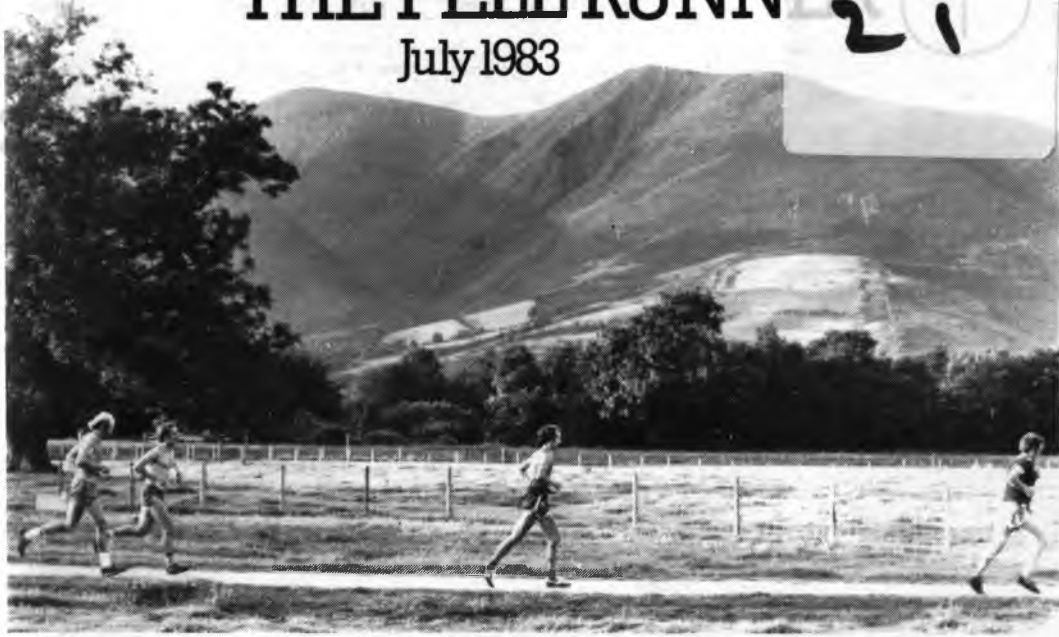


THE FELL RUNNER

July 1983

21



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The Fellrunning Specialists

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

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COVER PHOTOS

TOP: 7.45 p.m. below Skiddaw at the end of Stuart Bland's Bob Graham round. Left to right - Stuart Bland, John Gibbison, Pete Barron, Chris Bland.

BOTTOM: 10.30 a.m. 15 peaks down on the same round. Keswick to Ambleside road behind. Left to right - John Gibbison, Stuart Bland, Billy Bland, David Bland.

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EDITOR'S NOTES

It's nearly nine months since the Thieveley Pike Race when Kevan Shand and John Broxap suggested that I might like to edit the mag. I've always enjoyed evenings reading 'THE FELL RUNNER' and often wondered how the Styans managed to get it together so well and how it was done at all. Now I was faced with the option of finding out and after a chat with Sue and Andy I decided to give it a go. For the first three months things were easy as the Styans produced their final mag, then after Christmas, results, articles, adverts and photos began to fall through the letter box and I began to wonder how it was all going to fit in. It was tremendous to be receiving stuff nearly every day particularly when the competition jokes were coming in thick and fast. Now it's mid June and after a final shuffle of the pictures and pages it's time to go to the printers. It has been more fun than I had expected and with the help from Pat on the typewriter it has been a lot smoother, neater and easier than it would have been had I been pressing the keys. I hope you enjoy the magazine and I look forward to receiving material for the next one.

Hugh Symonds



Copy date for the next issue : October 8th.

OBITUARY - GERRY CHARNLEY

On Tuesday 14th December 1982 Gerry Charnley was killed in a tragic accident on Helvellyn in the Lake District. Sergeant police instructor for outdoor pursuits, he was leading a party of police cadets on the mountain in poor weather conditions, his pet dog went over the edge of a cornice and on investigating its disappearance the snow cornice broke away and he fell 500 feet. Later his body was found in Brown Cove and his dog, which was unhurt, was guarding his master. At the age of 53 he leaves a wife, Barbara, and four children.

Gerry was a true sportsman and outstanding organiser who made a tremendous success of everything he came in contact with. His intense enthusiasm, leadership and devotion in pioneering new challenges to provide pleasure for others cannot be equalled and we all have a lot to thank him for.

His outstanding athletic and outdoor career started at the age of 17 when he joined Clayton-le-Moors Harriers and as a member of the Youth's team he helped to win the East Lancashire Cross-Country Championships, 2nd team in the Northern and 7th team in the National. Later he achieved sub two minutes for the track half-mile.

In July 1963 Gerry took a small group of Harriers to the second Scottish Orienteering Championships at Dunkeld in Perthshire, they won the team prize. Inspired by this new mentally and physically demanding sport, he set about organising the first event in the North of England, assisted by fellow mountaineers and the South Ribble Mountain Rescue Team. The event was held at Whitewell near Clitheroe in November 1963 over mainly open fell country, a second event quickly followed at Tockholes near Blackburn where in later years Gerry spent many happy hours teaching the sport to police cadets and others.

The tremendous surge of orienteering activity in the 1960's spear-headed by Gerry saw the setting up of the management structure through specialist clubs, regional associations and the British Orienteering Federation. The planting of these roots took time, patience and determination to achieve and, as BOF Secretary and Northern OA Secretary, he took on the lion's share of the work. He was a founder member of Pendle Forest Orienteers and in later years its president.

The magic attractions of the fells and mountains of Britain threw down further challenges and frequent visits to the hills in both winter and summer to ski, climb, walk or run over them were made at every opportunity. In the 1950's he competed in the Lake District Mountain Trial and in later years when the Association was formed he took on the job of Secretary/Treasurer to bring the event up to his standards of course planning and organisation.

In true pioneering spirit he took parties of his friends to Scotland in the depths of winter to experience snow and ice climbing. A memorable summer trip to Ireland to climb all the peaks over 3,000 feet will never be forgotten. In 1960 he master-minded the transport and support for fellow harrier Alan Heaton who made a successful attempt on the Bob Graham 24 hours 42 peak record in the Lake District. His meticulous report of the event sparked off enthusiasm for others to attempt the round.

The ultimate challenge of the two-day mountain marathon was born in 1968 when Gerry found an article in a Swedish book along with a photograph showing a group of wet and bedraggled competitors lining up for the start of a three-day navigational hike, complete with full walking gear for the round journey. An article by Gerry in the Climber magazine set the wheels in motion for the first two-day mountain marathon which set off from Muker in the Yorkshire Dales in September 1968. The KIMM, as it is now known, has been held annually

since then.

In later years the two-day Capricorn events were established by Gerry along with his club Pendle Forest Orienteers. This type of event provided both orienteers and fell runners with the challenge of two long mountain orienteering competitions.

With the popularity of fell running increasing, Gerry chaired an open meeting in 1970 after the Pendle Fell race at which the Fell Runners Association was formed and his draft constitution accepted. His opening address spoke of ensuring for everyone the freedom to compete in the hills and mountains of Britain.

In 1977 Gerry was awarded the Queen's Jubilee Medal for outstanding service throughout her reign in voluntary organisations; his greatest accolade eluded him as the MBE in the 1983 New Year's honours lists was made known to him just before his death.

The roots in all sports that Gerry has planted must continue to grow. It would be wrong for his unrelenting efforts to flounder for he has given happiness and enjoyment to thousands over the years. We shall dearly miss you Gerry but the memories you have left us with will last for ever.

Alistair Patten

GERRY CHARNLEY MEMORIAL TRUST FUND

A memorial fund has been established and at the end of April 1983 the figure had reached £900.

Trustees of the fund are Tony Cresswell, Roger Wilson, Alistair Patten and Ned Paul. A number of meetings have taken place with the trustees and organisations representing the British Orienteering Federation, Fell Runners Association, Lake District Mountain Trials Association, Long Distance Walkers Association and other interested parties to determine objectives of the fund. To date three parts of the the fund have been determined:

1. The setting up of a permanent orienteering course at Tockholes near Blackburn, with the production of a new 1:10,000 scale map of the area and permanent controls sited for use by novices and others to improve their navigating skills.
2. Three Lakeland centres of navigation based on Youth Hostels in Langdale, Eskdale and Borrowdale, each starting point to have way marked map showing planned routes of varying distances to cater for all ages and abilities. The longest route for the elite challenge will embrace a clover leaf route linking all three hostels, the converging point in the centre being Esk Hause. A special version of the Scafell and Langdale Fells 1:40,000 scale 1981 KIMM map to be produced showing planned routes of the challenge circuits.
3. A memorial sited on the route of one of the Lakeland navigation circuits, its position and acceptable form are still under discussion.

Readers are invited to give generously to the Fund. contributions should be sent to:

Gerry Charnley Memorial Fund.
c/o Tony Cresswell,
2 Church View,
Tebay,
Penrith,
Cumbria.

CHAMPIONSHIPS

British Fell Running Championships 1982

Seniors - By halfway through the season it seemed that John Wild was going to win hands down, particularly after winning the first two long races, Edale and the Welsh 1000s, long races having previously been a suspect area. However, an injury sustained at Ben Lomond finally required operation in August and so John went into temporary exile after the Burnsall. Missing the Ben Nevis didn't matter as he already had four medium victories but with three short races to go and two to score from, the competition looked close as Bob Whitfield had been very consistent throughout the season and had gained more points on the long races. By Blisco only a handful of points separated John Wild, Bob Whitfield and Billy Bland. There were some very determined athletes warming up outside the Old Dungeon Ghyll for the last race of the season in mid-November. Behind Kenny Stuart, John Wild beat Bob Whitfield on the road and took the championship for the second year.

Notes: Maximum points 320; 152 runners scored; Kenny Stuart finished 12th from only five races.

In the Veterans' competition 122 runners scored. Joss Naylor's points were gained from only three long races Peter Brooks is the only veteran to remain in the top five for five years. Bill Wades' third was gained without a local hill for training but he has now moved to Huddersfield! John Marstrand's performance holds out a lot of hope for the ageing 0/40's, 16 of his points came from short and 20 from medium events.

In the Ladies championship 40 runners scored but only 7 of these finished 3 or more championship events.

TOP TEN CHAMPIONSHIP RACE POSITIONS

	Malantee	Burnsall	Thieveley	Butter Craggs	Blisco	Kentmere	Ben Lomond	Fairfield	Skiddaw	Ben Nevis	Edale	Welsh 1000's	Ennerdale	Wadale	Borrowdale
John Wild	-	1	6	5	2	1	1	1	1	-	1	1	-	20	-
Bob Whitfield	-	3	13	2	3	4	5	2	-	3	4	2	2	2	2
Billy Bland	2	5	12	4	6	11	-	4	-	2	-	-	1	1	1
Hugh Symonds	-	-	2	3	8	9	4	5	5	-	8	3	3	-	-
Malcolm Patterson	-	4	5	8	4	-	2	-	2	12	5	8	-	-	13
Jon Broxap	4	7	10	7	5	2	6	6	28	7	-	5	9	14	20
Dave Cartridge	5	-	7	13	12	6	7	3	3	-	-	-	21	-	22
Bob Ashworth	7	-	20	-	-	5	-	8	-	17	6	15	5	-	4
John McGee	-	9	-	-	-	7	9	9	-	4	7	13	4	8	29
Shaun Livesey	3	8	9	-	9	12	12	13	7	23	13	-	-	-	-
<u>OTHER RACE WINNERS</u>															
Roger Boswell	1														
Kenny Stuart			1	1	1					1					

SENIORS

Pos	Name	Club	Pts	Pos	Name	Club	Pts
1.	J Wild	CFRA	290	52.	P Stott	Eryri	32
2.	R Whitfield	Kendal	285	53.	P Lambert	Preston	29
3.	W Bland	Keswick	279	54.	C Donnelly	Cambuslang	28
4.	H Symonds	Kendal	260	55.	H Blenkinsop	Keswick	27
5.	M Patterson	DPFR	243		A Taylor	Kendal	27
6.	J Broxap	Keswick	243	57.	B Brindle	Horwich	25
7.	D Cartridge	Bolton	193		A Styan	Holmfirth	25
8.	R Ashworth	Rossendale	192		J Gibbison	Lancs/M'Cambe	25
9.	J McGee	CFRA	191	60.	A Smith	CFRA	24
10.	S Livesey	Clayton	174	61.	G King	Longwood	23
11.	A Darby	MDC	169		M Seddon	Holmfirth	23
12.	K Stuart	Keswick	157	63.	K Best	Bolton	22
13.	D Overton	Keswick	154		K Webster	Clayton	22
14.	J Reade	Clayton	146		D Bland	Kendal	22
15.	R Aucott	DPFR	139		G Huddleston	U/A	22
16.	D Lee	CFRA	126	67.	B Peace	Bingley	21
17.	I Robinson	Clayton	109		F Reeves	Kendal	21
18.	M Short	Horwich	100		M Shaw	Skyrac	21
19.	C Valentine	Keswick	99		R Wilde	M/C	21
20.	P Irwin	Rossendale	93	71.	P Dixon	U/A	20
21.	D Ratcliffe	Rossendale	92	72.	P Brooks	Lochaber	19
22.	J Maitland	Aberdeen	92	73.	A Robinson	Clayton	18
23.	P Barron	Keswick	88	74.	K Taylor	Rochdale	17
24.	D Woodhead	Bingley	85		J Fretwell	Holmfirth	17
25.	K Shand	Rochdale	81		G Gough	Blackburn	17
26.	M Speight	Bingley	80		G Edwards	Bingley	17
27.	A Richardson	Kendal	75	78.	D Hall	Verlea	16
28.	P Chapman	Kendal	73		T Birtwistle	Rossendale	16
	S Bland	Keswick	73	80.	G Read	Rochdale	15
	D Stuart	Keswick	73		M Weeks	Bingley	15
31.	P Haines	Mandale	69		A Shaw	Rochdale	15
32.	A Hulme	Altrincham	68	83.	S Parr	Clayton	14
	P Jebb	Bingley	68		I Ferguson	Bingley	14
34.	J Naylor	CFRA	62		C Edwards	Bingley	14
35.	R Campbell	Lochaber	56		D Smith	Halifax	14
36.	A Harmer	DPFR	52	87.	M Winstanley	Lancs/M'Cambe	13
37.	J Blair-Fish	DPFR	50		A Spenceley	Edinburgh	13
	M Hudson	Keswick	50		P McDonald	Lancs/M'Cambe	13
39.	R Shields	Lochaber	49		P Fettes	Lochaber	13
40.	I Charlton	Keswick	47		J Eaton	Rossendale	13
	N Lanaghan	Keswick	47	92.	Q Tupper	Rotherham	12
42.	K Robinson	Kendal	43		A Adams	Dumbarton	12
43.	H Jarrett	CFRA	42		J Marstrand	Lochaber	12
44.	A Philipson	Gosforth	41		R O'Hara	Longwood	12
45.	R Boswell	Lochaber	40		A Hyslop	Kendal	12
	F Lofthouse	Horwich	40	97.	J Robinson	Clayton	11
47.	G Brooks	Bingley	35	98.	D Jewell	DPFR	10
	D Cunningham	Clayton	35		M Edwards	Aberdeen	10
49.	P Murray	Horwich	34		A Hauser	Holmfirth	10
	I Holloway	Rochdale	34		S Gamble	Billingham	10
51.	G Byers	CFRA	33				

VETERANS

Pos	Name	Club	Pts	Pos	Name	Club	Pts
1.	R Aucott	DPFR	213	16.	A Shaw	Rochdale	53
2.	P Murray	Horwich	175	17.	P Fettes	Lochaber	36
3.	W Wade	Blackheath	166	18.	W Buckley	Rochdale	32
4.	P Brooks	Lochaber	144	19.	V Duff	Blackburn	30
5.	A Philipson	Gosforth	134	20.	J Capenhurst	Bingley	26
6.	N Mathews	Horwich	122	21.	P Knott	Blackpool	25
7.	A Ritchie	Keswick	122	22.	J Dean	Holmfirth	24
8.	H Blenkinsop	Keswick	103		G Brass	Clayton	24
9.	P Bland	Kendal	88	24.	W Ryder	Morpeth	23
10.	T McDonald	Bingley	72	25.	F Bias	E Kilbride	22
11.	S Bradshaw	Clayton	69		R Dewhurst	Clayton	22
12.	J Naylor	CFRA	66	27.	P Carmichael	Morpeth	21
13.	J Marstrand	Lochaber	58		W Smith	Clayton	21
	M Hayes	DPFR	58		R Orr	Clayton	21
15.	D Jewell	DPFR	57	30.	W Fielding	Leeds	20

SUPER VETERANS

Pos	Name	Club	Pts	Pos	Name	Club	Pts
1.	J Marstrand	Lochaber	58	6.	E Mitchell	DPFR	9
2.	W Fielding	Leeds	20	7.	G Spink	Bingley	6
3.	W Robinson	CFRA	17		I Nurk	Billingham	6
	D Hodgson	Leeds	17	9.	D Moulding	Clayton	5
5.	R Roberts	Eryri	11		K Ledward	U/A	5

LADIES

Pos	Name	Club	Pts	Pos	Name	Club	Pts
1.	S Parkin	Holmfirth	72	6.	S Thompson	Clayton	21
2.	L Lord	Clayton	61	7.	A Carson	Eryri	21
3.	R Naish	Eryri	50	8.	L Dunn	Walton	18
4.	F Wild	Lochaber	33	9.	W Dodds	Clayton	17
5.	C Haigh	Holmfirth	24	10.	C McNeil	Stewartry	16

FRA SECONDARY CHAMPIONSHIP 1982

Here it is again the 'Fun Championship', 'Best of the Rest Championship', name it what you will. But to be honest you can only treat it light-heartedly as the main Championship is such a strong competition. Nine out of last year's top 20 finished in this year's top 20. Its nice to see Bob Whitfield achieve something after years of consistent running. As you see he was streets ahead. John Reade had a bad back end of season and faded after leading. The sport is certainly on the up and up. This year 334 scored one point or more, compared with 282 last year. There were 196 new scorers this year. The most improved runner from last year is Colin Valentine who increased his points from 30 last year to 110. Also jumping up the ladder was top orienteer Malc Patterson from 28 points to 98.

Bob's year went like this:- long 6th, long 2nd, short 2nd, medium 1st, medium 1st, short 9th, long 2nd, short 3rd. He scored in only 8 races which means he still had room for 2 more. Billy scored his in only 6 races - long 2nd, long 1st, medium 5th, medium 1st, short 1st, medium 3rd.

FRA SECONDARY CHAMPIONSHIP 1982

Pos	Name	Pts	Pos	Name	Pts	Pos	Name	Pts
1.	R Whitfield	146	54.	S McMillan	30	104.	F Pidgeon	17
2.	W Bland	119	55.	B Taylor	29		P Iuson	17
3.	J Reade	114		I Callister	29	109.	A Amalta	16
4.	J McGee	111	57.	R Rawlinson	28		K Dobson	16
5.	H Jarrett	110		A Addis	28		B Davies	16
6.	C Valentine	110		D Crookes	28		M Elsgood	16
7.	A Darby	101		J Fish	28		D Evans	16
8.	R Ashworth	99	61.	K West	27		A Hulme	16
9.	S Livesey	98	62.	B Peace	26		I Park	16
10.	M Patterson	98		H Blenkinsop	26		T Tete	16
11.	P Irwin	95	64.	D Smith	24		M Walker	16
12.	J Broxap	80		G Brooks	24		S Williams	16
13.	M Short	79		R Heelis	24	119.	D Ashton	15
14.	D Lee	77	67.	J Nixon	23		P Carmichael	15
15.	J Norman	72		R Campbell	23		R Harbisher	15
16.	K Taylor	72	69.	N Mathews	22		D Hall	15
17.	D Cartridge	70		J Stevenson	22		D McGonigle	15
18.	K Stuart	66		J Williams	22		M Roberts	15
19.	B Brindle	65		C Donnelly	22		J Shields	15
20.	R Shields	65		N Heaton	22		P Simpson	15
21.	P Haines	63	74.	P Clark	20		L Williams	15
22.	R Boswell	61		M Hayes	20	128.	P McDonald	14
23.	A Harmer	61		D O'Neil	20		P Cain	14
24.	P Chapman	59		R Stevenson	20		N Douglas	14
25.	D Woodhead	59		P Weatherhead	20		T Farnell	14
26.	D Stuart	58	79.	A Adams	19		P Fettes	14
27.	D Ratcliffe	57		W Brown	19		G Griffith	14
28.	J Maitland	54		C Bromhall	19		A Jewell	14
29.	H Symonds	51		G Huddleston	19		G Moffatt	14
	G Byers	51		G Hanna	19		S Orrells	14
31.	A Richardson	50		L Heslop	19		J Rowley	14
32.	K Shand	49		A McGee	19		A Richards	14
33.	P Barron	47		J Naylor	19		P Whewell	14
34.	M Hudson	46		P Pezzol	19		A Woolford	14
35.	G Edwards	45		G Young	19	141.	M Bishop	13
36.	J Wild	44	89.	H Aspinall	18		W Burns	13
	R Pearson	44		B Bullen	18		M Brewer	13
38.	I Holloway	41		W Buckley	18		T Catton	13
	J Hayes	41		G Berry	18		R Griffiths	13
	R Morris	41		T Tyson	18		P Gibson	13
41.	S Graham	39		T Burt	18		T McCullough	13
	I Robinson	39		F Bohzi	18		P Murray	13
43.	P Lambert	37		J Baston	18		B McNeilly	13
44.	D Overton	36		D Bland	18		A Peacock	13
45.	S Barker	35		S Elliott	18		S Priestley	13
46.	M McNulty	34		A Hauser	18		M Rush	13
	J Ritson	34		D Jackson	18		D Williamson	13
	M Speight	34		A Lewsley	18	154.	A Adams	12
	D Tosh	34		D Gonagle	18		P Brooks	12
50.	J Gibbison	33		C Quine	18		J Boswell	12
	K Robinson	33	104.	K Barrett	17		M Foshci	12
52.	T Varley	32		P Dixon	17		M Fettes	12
53.	G Wright	31		T Lonergan	17		J May	12

12 pts	P Mason, M McGann, P McGuckin, M Newby, D Pyatt, W Ryder, W Simmons, M Targett.
11 pts	E Harwood, N Ashworth, S Bradshaw, M Bishop, D Bleakley, D Cawder, I Eakin, G Hull, A Nice, I Parker, G Read, S Rochford, M Sanderson, G Swan, W Todd, T Uttley.
10 pts	B Baxter, R Asquith, M Davies, R Aucott, J Emmott, D Fisher, F Giapioni, G Hawkins, V Marcinkiewicz, R Owen, J Patterson, J Rea, A Sladen, R Sunley, D Watson, A Curtis.
9 pts	I Birtwistle, I Beverley, K Boal, P Cowell, D Graham, K Gaskell, P Longfield, J Monks, I McWatt, A Nixon, S Parker, C Perry, A Sunter, B Vallely, C Watterson.
8 pts	F Anderson, D Bradley, P Brown, R Cowley, A Cook, D Connelly, S Duckworth, S Elliott, J Heferon, A Kay, G Lucas, J Loughran, P Moon, D Owen, M Seddon, M Winstanley.
7 pts	R Angell, E Campbell, K Delvin, I Ferguson, M Goodwin, P Jagan, P Kernan, P Munday, J McCrear, D Rowley, A Rothwell, S Simmons, R Shaw, T Sayes, G Vallane, M Weeks, C Wilkinson.
6 pts	M Cowbourne, P Evans, A Evans, A Hyslop, J Hutchinson, A Holmes, A Huddleston, D Jewell, M Rice, J Scott, A Smith, S Seale, A Seward, I Taylor.
5 pts	E Birtwistle, S Barlow, J Duggan, J Finnegan, C Fleming, C Jones, M Keys, J McCullough, P Nolan, A Ritchie, R Scott, H Walker, B Walker, D White, T Wright.
4 pts	P Brownson, G Bell, D Hield, A Belton, M Calvert, M Catlow, G Denham, A McCullough, S McKeown, I Pearce, G Spink, P Sutherland, G Webb, G Woolnough.
3 pts	J Arnold, D Crawford, C Choyce, W Fortune, D Frith, G Girling, G Horsburgh, M Jones, J Jarroine, D Johnstone, N Lanaghan, M Lucas, A Neal, M Shaw, P Thompson.
2 pts	W Armstrong, P Burnard, R Baker, P Hatto, M Harris, D Hill, F Loftus, J Mather, E McGlashan, P Nelson, E Rothery, T Roswell, I Spiers, F Thomas, F Wainwright, K Payne.
1 pt	R Anderson, M Broderick, R Blamire, D Barrington, J Foster, A Greco, P Howarth, D Kirk, G Motson, G Morson, G Pearson, M Rigby, M Simpson, W Tate, J Taylor, G Webster.

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approx 26 litres

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4. Quick release adjustable chest strap (holds sack firm on back)
5. Quick release adjustable waist strap (holds sack firm on back)
6. Elasticated lid for snug fit.
7. Lid fastens easily with single cord grip.
8. Lightweight, approximately 200gms (6.7oz)
9. Capacity, approximately 26 litres.

FOR BEST FITTING

1. First fully adjust shoulder straps to ensure sack rides as high over shoulder as possible.
2. Fasten waist belt and adjust.
3. Fasten chest strap and adjust.

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BRECON BEACONSNot yet categorised, 18 miles, 4,500'9 October

South Wales, until recently starved of fell running, has now got some of the races it deserves. The Brecon Beacons race, which has been compared to an Edale Skyline with most of the peat groughs removed, is probably the best of them. It would probably not satisfy the "hills-don't-exist-south-of-Kendal" brigade - there are no crags and boulder-fields to scramble over; in fact, most of the race is along well-trodden paths, but the 7 miles from Twyn Mwyalchod to Craig Pwllfa is a splendid ridge run including some rather steep climbing and descent on the three highest peaks, Corn Du, Pen y Fan and Cribyn.

This year's race was held in fairly good weather, apart from a few showers. Mist obscured the Fforest Fawr mountains to the west and filled the valley between the Beacons and Fforest Fawr; it also climbed the north face of the Beacons but didn't manage to spill over the ridge. Philip Dixon prefers running fell races in blizzards, gales and thick clag; however, he managed to slice a massive 5 seconds off his 1981 record. Until about half way he was closely followed by Ian Rochford and Les Williams but he then broke away to build up a 4½ minute lead by the finish. Ian Rochford blew up between Cribyn and Craig Pwllfa, leaving Peter Read to come through to take second place. But possibly the most notable run was by Martin Walker; at Twyn Mwyalchod (just under half way) he was 14th but he refused to slow down to a walk on any of the steep climbs on the big ridge and finished 4th, closely followed by Phil Gilbert who also put on a good display of late running. Meanwhile, Anthony Kay was weighed down by his newly purchased (£2.35) 1:25,000 O.S. map but preferred to use John Darby's local knowledge to guide him round; Anthony is an orienteer and he knows that he can't trust his own navigation. Thames Hare & Hounds were very proud of packing their runners closely; someone ought to tell them that filling 16th to 19th places isn't much good when another club has 1st, 3rd and 7th.

Anthony Kay

1. P Dixon	M de C	2.28.55	11. H Parry	Eryri	2.51.55
2. P Read	Rochdale	2.33.03	12. M Lucas	M de C	2.52.03
3. L Williams	M de C	2.33.20	13. D Townsend	Invicta	2.52.15
4. M Walker	Westbury	2.37.20	14. J Marstrand	Lochaber	2.52.44
5. P Gilbert	Thames H & H	2.37.40	15. R Stickland	Invicta	2.53.18
6. R Eagle	WADC	2.37.50	16. S Schofield	Thames H & H	2.55.35
7. J Darby	M de C	2.42.46	17. C Donnelly	Thames H & H	2.55.50
8. A Kay	WADC	2.43.00	18. P Blair-Fish	Thames H & H	2.56.06
9. A Nixon	M de C	2.43.01	19. A Davies	Thames H & H	2.57.10
10. J Rochford	Westbury	2.47.17	20. E Bennett	Saxons	2.57.21

Ladies

1. A Franklin	M de C	3.12.47
2. F Nixon	M de C	3.38.48

Veterans

1. D Townsend	Invicta	2.52.15
2. J Marstrand	Lochaber	2.52.44
3. B Hood	M de C	3.24.24

Teams

1. Mynyddwyr de Cymru - 11 pts. 2. Thames Hare & Hounds - 38 pts.

51 finishedBUTTER CRAGCategory A, 1½ miles, 900'10 October

The fourth annual amateur event over the historic Gasmere Guides Race course was run on a warm, over-cast afternoon, following some light rain, with the descent path being a little muddy in parts. Kenny Stuart led from start to finish, as he might well be expected to, and returned a time of 12.55, 16 seconds outside Brian Robinson's amateur record (1979) and 34 seconds outside Fred Reeves' professional record (1978). It was also slower than his own professional winning times: 12:37.5 (1980) and 12:46.1 (1981) though it should be noted that there was no gap in the wall this year as there was on all the aforementioned occasions, both professional and amateur, and indeed for the other amateur victories by Bob Whitefield (1980) and John Wild (1981).

Second man home was Bob Whitfield in 13.28, followed by Hugh Symonds 13.39, Billy Bland 13.45 and John Wild 13.48, the latter still not back to peak fitness after his ankle operation in August. Two particularly outstanding veteran performances were achieved by Ray Accott in 14th position and Paul Murray in 19th, while Carol Haigh was the fastest of four young ladies competing with a time of 17.49 which would have placed her 62nd overall out of a 91-strong field, ladies included.

There were fourteen competitors in the junior race, of whom the fastest were Richard Drinkall, Wénnington in 9.58, John Atkinson, Ireleth in 11.04 and Calvin Routledge, Ambleside in 11.21. It may be of interest to add that these lads finished 2nd, 9th and 12th respectively in the 1982 Gasmere Junior Guides Race.

Bill Smith

1. K Stuart	Keswick	12.55	16. K Shand	Rochdale	14.52
2. R Whitfield	Kendal	13.28	17. J Reade	Clayton	14.57
3. H Symonds	Kendal	13.39	18. A Spenceley	Edinburgh	15.00
4. W Bland	Keswick	13.45	19. P Murray	Horwich	15.03
5. J Wild	CFR	13.48	20. P Barron	Keswick	15.05
6. D Lee	CFR	13.50	21. N Lanagan	Keswick	15.09
7. J Broxap	Keswick	13.50	22. A Hulme	Altrincham	15.11
8. M Patterson	DPFR	13.51	23. D Stuart	Keswick	15.17
9. C Valentine	Keswick	14.15	24. A Sunter	Horwich	15.18
10. B Peace	Bingley	14.19	25. K McKay	Clayton	15.20
11. J. Maitland	Aberdeen	14.20	26. P Chapman	Kendal	15.24
12. A Darby	MM	14.31	27. P Jebb	Bingley	15.30
13. D Cartridge	Bolton	14.37	28. A Evans	Kendal	15.34
14. R Aucott	DPFR	14.42	29. P Tuson	Kendal	15.37
15. D Woodhead	Bingley	14.47	30. N Mathews	Horwich	15.41

Ladies

1. C Haigh	Holmfirth	17.49	3. J Allum	Clayton	24.35
2. L Dunn	Walton	18.07	4. M Pennell	Keswick	25.38

Veterans 0/40

1. R Aucott	DPFR	14.42	6. A Ritchie	Keswick	16.30
2. P Murray	Horwich	15.03	7. R Monk	Kendal	17.14
3. A Evans	Kendal	15.34	8. R Dewhurst	Clayton	17.30
4. N Mathews	Horwich	15.41	9. G Brass	Clayton	17.30
5. W Wade	Blackheath	16.14	10. W Smith	Clayton	17.47

Veterans 0/50

1. D Moulding	Clayton	22.22
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91 ran

Juniors (shorter course) 14 ran

1. R Drinkall	U/A	9.58	6. J Bulman	U/A	11.57
2. J Atkinson	U/A	11.04	7. N Drinkall	U/A	12.05
3. C Routledge	Kendal	11.21	8. K Booth	Kendal	12.25
4. A Bowness	Kendal	11.28	9. K Wrathal	Kendal	12.29
5. D Birkett	Kendal	11.30	10. J Wrathal	Kendal	13.13

THREE TOWERSCategory B, 20 miles, 2,500'

17 October

It was a clear, breezy day with some rain in the early stages of the race. 1981 winner, John Wild, was still in with a chance at the Childrens Homes checkpoint but, still not yet hitting his top form, he faded on the long road climb to Crowthorn Delf (the maggot farm), allowing Dave Lewis and Bob Treadwell to forge ahead. The Kossendale lad was, however, more used to the mild bogtrotting terrain of Black Moss than his southern rival and had opened up a decisive lead by the time he'd reached Pilgrims' Cross, finally winning by one minute in a new record time of 1.57.11.

Lewis, whose cross-country achievements should need no chronicling here, has won several short fell races over this type of country but this was his first competitive excursion over a longer distance. Treadwell has been lauded at least twice in Athletics Weekly as "King of the Mountains", a title conferred upon him by non-fell runners on account of his success in continental hill races. This event marked his debut on Northern hills and quite an impressive one it was too. It would be interesting to see how he fared over a rough mountain course.

Don Ashton (Blackburn) was the fastest veteran in 36th position out of 425 finishers (446 started), while orienteer Liz Dunn won the ladies event by over 3 minutes from Wendy Dodds.

Bill Smith

1. D Lewis	Rossendale	1.57.11	11. J Maitland	Aberdeen	2.05.01
2. R Treadwell	Surrey Beagles	1.58.11	12. K Taylor	Rossendale	2.05.49
3. J Wild	RAF Cosford	1.59.06	13. A Watt	RAF/1VH	2.06.30
4. K Barrett	Rochdale	1.59.36	14. M Patterson	DPFR	2.06.55
5. D Cartridge	Bolton	1.59.41	15. D Hall	Verlea	2.07.18
6. D Singleton	Bolton	2.00.49	16. F Loftus	Horwich	2.07.49
7. J Norman	Altrincham	2.01.56	17. P Turner	Bolton	2.09.02
8. R Ashworth	Rossendale	2.03.19	18. S Furness	Blackburn	2.09.32
9. H Symonds	Kendal	2.03.22	19. D Ratcliffe	Rossendale	2.09.41
10. M Short	Horwich	2.04.55	20. P Irwin	Rossendale	2.09.42

Ladies

1. L Dunn	Unatt.	2.42.21	4. H Mathews	Blackburn	2.48.30
2. W Dodds	ASV	2.45.44	5. D Taylor	PFO	2.51.49
3. L Lord	Clayton	2.46.22	6. L Heron	Bolton	3.05.33
			7. J. Pielow	SUOC	3.25.35

Veterans 0/40

1. D Ashton	Blackburn	2.15.00	3. D O'Leary	Man YMCA	2.26.37
2. T Parr	Bolton	2.24.55	4. M Brooks	ALT	2.28.13

Veterans 0/45

1. D Brown	Clayton	2.33.01
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Veterans 0/50

1. K Brookes	Horwich	2.29.31
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KARRIMOR TWO DAY MOUNTAIN MARATHONDartmoor23/24 October

This year's venue was new ground to many. However, those who may have been sceptical of the terrain beforehand must have had their fears dispelled over the weekend. Some quite runnable ground with good weather conditions resulted in some fairly fast times. Things may have been different in poor visibility when navigation on the central parts of the moor would have been testing.

The Elite course claimed to be 55 miles long directly with 10,000 feet of climbing over the two days but distances actually travelled were nearer 35 miles for day 1 and 30 miles on day 2. The first day's course was mainly on the North Moor, starting on the east side in Fernworthy Forest, crossing to the west side then moving round to the north end across several side valleys where much of the climbing was encountered. Another traverse of the moor through the less runnable, trackless, higher ground took competitors to the overnight camp just south of Princetown.

After Saturday's fine, clear weather, Sunday started with a fresh wind and deteriorated with showers and low cloud until a steady rain had set in by the afternoon. The day's course started with a crossing of the South Moor followed by a traverse round the east side, back to the North Moor and finish at Fernworthy.

John Baston and Jack Maitland made a successful, if somewhat last minute, partnership, increasing a 40 minute lead over Derek Ratcliffe and Peter Irwin after one day to over an hour at the finish of the second day.

Tony Richardson

Elite Class

1. J Baston	33(team No.)	10.58.14	6. A Lewsley	42(team No.)	13.12.22
J Maitland			J Wagstaff		
2. D Ratcliffe	37	11.59.32	7. M Stone	24	13.13.50
P Irwin			F Thomas		
3. K Taylor	29	12.10.13	8. D Rosen	25	13.17.48
P Hartley			R Coats		
4. P Haines	14	12.13.19	9. A Richardson	52	13.34.02
M Garratt			M Walford		
5. A Addis	22	12.53.17	10. J Page	32	13.54.16
A Belton			R Griffiths		

Class A, 78 km direct, ascent 2,700 metres

1. T Musgrave	147	10.39.11
J Musgrave		
2. M Goode	174	11.51.27
N Bowman		
3. T Watkins	132	11.51.37
G Grant		

Class B, 60 km direct, ascent 1,800 metres

1. P Frost	361	08.10.44
S Hale		
2. D Pryce	363	08.12.48
D Ryder		
3. P Etches	521	08.33.58
J Henderson		

HORWICH COMPOSITE RELAY31 October

1st Team	Kendal	70.02	1st Vet Team (5th)	Bolton	74.37
2nd Team	Bolton A	73.01	1st Junior (18th)	Bolton	79.08
3rd Team	Blackburn A	73.36	1st Ladies (35th)	Bolton	87.28

Road - Fastest

1. D Singleton	Bolton	20.46
2. M Freary	Bolton Vets	21.13
3. I Jones	Kendal	21.15

Fell - Fastest

1. A Taylor	Kendal	13.07
2. R Whitfield	Kendal	13.42
3. P Banks	Blackburn	14.00

RUMOUR HAS IT that PBs stands for prickly bastards.

BLACK LANE ENDS

Category C, 5 miles, 1,000'

7 November

1. D Cartridge	Bolton	30.40	11. G Read	Rochdale	32.38
2. R Brewster	Clayton	31.21	12. H Walker	Blackburn	32.39
3. R Ashworth	Rossendale	31.29	13. C Hawkins	Unattached	32.47
4. A Schofield	Blackburn	31.53	14. C Metcalfe	Skipton	32.48
5. J Eaton	Rossendale	32.06	15. F Pidgeon	Sheffield	33.14
6. P McWade	Unattached	32.18	16. P Irwin	Rossendale	33.21
7. S Livesey	Clayton	32.22	17. D Lawson	Bingley	33.33
8. S Breckell	Blackburn	32.26	18. M Aspinall	Rossendale	33.45
9. J Verity	Airedale	32.27	19. N Weaver	Clayton	33.48
10. C Robinson	Rochdale	32.33	20. D Woodhead	Bingley	33.50

Ladies

1. B Robinson	Bury	42.15
2. J Blethin	Airedale Hospital	47.30

Veterans

1. C Robinson	Rochdale	32.33
2. D Lawson	Bingley	33.33

169 ran

Juniors (11 - 16 years)

Age

1. G Martin	Todmorden	10.41	16
2. T Richardson	Bolton	11.01	13
3. M Jowett	Todmorden	11.22	14

4. W Brindle	Horwich	11.38	15
5. J Rutter	Clayton	12.01	14

30 ran

The Ordnance Survey



Lakes Mountain Race

1983

Sunday 11th September 1983 — 'South Lakeland', Cumbria

Open to men and women over 21 — entries vetted and numbers limited

(Entries close 1 August 1983)

Course lengths/ascents, descents

MEN - 20 miles and 8000 feet

(Approx)

WOMEN - 15 miles and 5000 feet

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BLISCO DASHCategory A, 5 miles, 2,000'13 November

A field of 187 set off from the ODG in cool, breezy weather. John Wild led from Kenny Stuart at Blisco summit, both making their debut in this race, but they then strayed too far right (due east) coming away. When they presently realised and set about correcting their error, Stuart put one over on Wild by jumping off a low crag. Meanwhile, Bob Whitfield, who did know the correct line off the summit, had plunged into the lead with a flying descent, only to be caught on the Blea Tarn road switchbacks by both Stuart and Wild. Kenny stormed home to a new record of 36.54, 14 seconds ahead of Wild, with Whitfield a further 6 seconds adrift, though still inside Billy Bland's 1981 record of 37.46. This result put paid to Whitfield's outside chance of victory in the fells championship, while simultaneously clinching the title for John Wild for the second year running. Ray Aucott put up a typically fine performance to claim the first veteran's prize in 20th position, while Pauline Haworth was the fastest lady in 94th.

Bill Smith

1. K Stuart	Keswick	36.54	11. D Woodhead	Bingley	40.40
2. J Wild	CFRA	37.08	12. D Cartridge	Bolton	40.44
3. R Whitfield	Kendal	37.14	13. D Lee	CFRA	40.56
4. M Patterson	DPFR	37.59	14. G Edwards	Bingley	41.28
5. J Broxap	Keswick	38.06	15. D Hall	Verlea	41.36
6. W Bland	Keswick	38.10	16. G Read	Rochdale	41.37
7. J Maitland	Aberdeen	39.03	17. K Shand	Rochdale	41.49
8. H Symonds	Kendal	39.17	18. G Byers	CFRA	42.04
9. S Livesey	Clayton	39.37	19. A Hyslop	Kendal	42.05
10. C Valentine	Keswick	40.04	20. R Aucott	DPFR	42.17

Ladies

1. P Haworth	Keswick	49.32
2. L Dunn	Sheffield Univ.	51.11
3. L Lord	Clayton	61.20

Veterans 0/50

1. B Robinson	CFRA	53.50
2. I Nurk	Billingham	66.39

Veterans 0/40

1. R Aucott	DPFR	42.17
2. P Murray	Horwich	43.31
3. A Philipson	Gosforth	43.36

Team

Keswick



Harry Dewhirst being pursued down Blisco

RUMBOLDS MOORCategory B, 5 miles, 800'21 November

Driving rain and icy gales transformed this normally pleasant little course into a minor survival test, recalling the conditions of the 1979 event. It was a three-man race at the front, crossing Skipton Moor to White Stone Peck, but soon developed into a duel between Dave Cartridge and Bob Ashworth, winner of the Skipton Fell Race to the same trig point some five months previously. Cartridge overcame the mixture of mud and fast going over the concluding stages to record a winning time of 33.42, almost 3 minutes outside Andy Taylor's 1980 record,(30.46).

Finally a vote of thanks to the course marshalls who braved such unpleasant conditions for our benefit, among them several local professional runners, including Brian Howell and Roger Ingham. Unlike many AAA martinet, these lads are interested only in sport, regardless of what creed it is performed under.

Bill Smith

1. D Cartridge	Bolton	33.42	11. D Woodhead	Bingley	35.08
2. R Ashworth	Rossendale	33.55	12. S E Downing	W Yorks Police	35.11
3. C Valentine	Keswick	34.08	13. F Pidgeon	Sheffield	35.13
4. J Eaton	Rossendale	34.16	14. H Walker	Blackburn	35.14
5. B Bullen	Leeds	34.20	15. B Brindle	Horwich	35.18
6. P Irwin	Rossendale	34.26	16. J Todd	Holmfirth	35.25
7. M Aspinall	Rossendale	34.38	17. B Peace	Bingley	35.30
8. C Metcalfe	Skipton	34.40	18. D Beresford	Clayton	35.35
9. R M Shaw	Skyrack	34.41	19. S Howard	Clayton	35.53
10. S Baker	Horwich	34.57	20. E Richardson	Rossendale	35.58

Ladies

1. C Haigh Holmfirth 38.20

Veterans

1. P Murray Horwich 36.57

168 ranMARSDEN TO EDALE TROGCategory A, 20 miles, 5,000'5 December

This year's run was a good event and I must thank all runners for complying with our stringent safety precautions to, again, make it a "safe" event. As you know the weather at this time of the year can be most unpredictable and the safety aspect causes the organisers considerable worry. The tag system which we introduced can be improved on but certainly proved its worth and next year we hope it will operate more smoothly. It has also been suggested that in future we have a mass start at 9 a.m. as it becomes increasingly harder to place runners in their correct start times - this year one 8.30 man nearly beat us to Edale!

From the entry donations will be made to the Richard Fund for handicapped children, the Mountain Rescue Team and the National Trust Kinder appeal. Thanks to the team for help at start and on the hills and to Fred and Ann Hollinshead at Crowden, Pete Wilding and Geof Carlin at Snake, Tom and Enid Foley at Edale Church Hall (and Chris Worsellington's missis!), Nel Stafford for flasks - Seal Stones and Trev Briggs and Jack Ashcroft who shouted at the finish, "Out of the bloody way - what's your number?" Thanks to Alan Wright and his computer friend. Geoff again camped on Bleaklow as a never needed First Aid Post - ta.

I would like to congratulate Rob Pearson - 2 hours 40.33 - and his third consecutive win and Kev Taylor 2 hours 44.46, Sue Parkin and indeed all the ladies who entered. Next year is the 10th Anniversary and the date is 4th December.

Tanky

RUMOUR HAS IT THAT John Broxap will be giving hints on pre-race preparation at the FRA course in September.

1. R Pearson	DPFR	2.40.33	11. N Mathews	HH	3.04.06
2. K Taylor	Rossendale	2.44.46	12. R Griffiths	Hol H	3.04.10
3. J Norman	Alt. AC	2.55.20	13. P Burke	Eldon	3.04.27
4. M Patterson	DPFR	2.56.20	14. A Lewsley	DPFR	3.05.57
5. T Tett	DPFR	2.56.31	15. S Elliot	Nott AC	3.06.15
6. B Brindle	H RM	2.56.47	16. A Belton	CUFRC	3.06.26
7. A Farnell	DPFR	2.57.06	17. R Heelis	HH	3.06.53
8. D Ratcliffe	Ross H	3.00.39	18. D Hill	DPFR	3.07.06
9. G Berry	DPFR	3.01.47	19. G Coupland	Sky	3.07.08
10. J Nixon	HH	3.03.46	20. D White	Hor H	3.07.17

Ladies

1. S Parkin	ASUAC	3.24.01
2. L Dunn	SUCC	3.28.14
3. J Robson	LUOC	3.37.54
4. W Dodds	AS UAC	3.47.48
5. S Sahni	DPFR	3.49.53
6. S Haines	Sky	3.50.28

Veterans

1. N Mathews	HH	3.04.06
2. D Jewel	DPFR	3.07.35
3. M Hayes	DPFR	3.10.46
4. S Bradshaw	Cl 1e M	3.11.56
5. M Cudahy	Ruck	3.12.44
6. J Peacock	Cl 1e M	3.15.47

WHINBERRY NAZECategory B, 3 1/2 miles, 800'26 December

Held in very misty conditions, local runners had a definite advantage with the host club finishing four runners in the first seven places.

Several runners went off course, with one serious injury. However, the friendly fell running spirit ensured that the injured runner was swiftly helped to finish.

Linda Lord of Clayton easily won the ladies race, finishing 92nd over all. This year the race was open to all age groups; however, next year's event will be restricted to 15's and over.

Ian Partington

1. D Lewis	Rossendale	22.17	11. D Woodhead	Bingley	24.02
2. M Newby	Rossendale	22.18	12. G Read	Rochdale	24.14
3. D Hall	Chorley	22.21	13. P Read	VCAC	24.14
4. D Cartridge	BUH	22.22	14. S Furness	Blackburn	24.18
5. M Short	Horwich	22.53	15. K Payne	Bury	24.18
6. M Aspinall	Rossendale	23.45	16. G Duckworth	Horwich	24.19
7. K Taylor	Rossendale	23.51	17. E Richardson	Rossendale	24.19
8. B Brindle	Horwich	23.54	18. R Owen	Horwich	24.19
9. K Gaskell	Horwich	23.56	19. P Brownson	Altrincham	24.19
10. P Ashworth	Todmorden	24.00	20. H Aspinall	Rossendale	24.39

Ladies

1. L Lord	CLM	29.00
2. A Lund	Rossendale	33.13

Veterans 0/40

1. J Dean	Holm	26.19
2. L Farnsworth	CLM	29.37

Teams

Rossendale 1, 2, 6 - 9 pts; Horwich 5, 8, 9 - 22 pts; Bolton 4, 41, 46 91 pts.

RUMOUR HAS IT THAT AMONGST Jon Broxap's hints will be ideas on how to get the adrenalin going by smashing your car. Jon won The Kentmere after denting his wing near Kentmere village.

WANSFELL

Category A, 3 miles, 1,400'

27 December

The course was this year altered for the fourth time in its ten-year history to comply with the wishes of the farmer whose land it crosses and the start reverted to the foot of Stockghyll Lane, back of the Salutation Hotel, though the finish was at the school higher up. Kenny Stuart led throughout to set a new mark of 18.56 and afterwards expressed his delight at the traditionally steep up-and-down course, though he would doubtless have been even more pleased had there been no road-running involved, as in the previous three events. Hugh Symonds was second to the top and seemed to be coming down well when he passed me (still climbing), but he nevertheless lost out to the spirited challenge of both Colin Valentine and Bob Whitfield on the lower slopes and eventually finished 4th.

Andy Philipson (Gosforth) won the 0/40's award in 21st position (21.41), while Tony Llewellyn was similarly triumphant in the 0/50's class (82nd: 26.17). Keswick had the strongest team and 121 finished. There were 8 competitors in the ladies race, in which Pauline Haworth scored an effortless victory, while Richard Drinkall of Wennington led the U/17's home and C. Peck the U/13's.

Bill Smith

1. K Stuart	Keswick	18.56	11. R Owen	Horwich	21.04
2. C Valentine	Keswick	19.44	12. K Gaskell	Horwich	21.04
3. R Whitfield	Kendal	19.50	13. H Jarrett	Cumberland	21.05
4. H Symonds	Kendal	20.01	14. G Byers	Cumberland	21.15
5. B Peace	Bingley	20.25	15. I J Robinson	Clayton	21.15
6. D Hall	Verley	20.31	16. ?		21.15
7. G Moffat	Kendal	20.42	17. G Woolnough	Kendal	21.16
8. S Livesey	Clayton	20.43	18. D Woodhead	Bingley	21.28
9. K Robinson	Kendal	20.58	19. N Lanaghan	Keswick	21.30
10. P Barron	Keswick	21.02	20. M Rigby	Cambridge	21.31

Ladies

1. P Howarth	Keswick	24.39	5. J Sumler	Bangor	32.42
2. D Varney	Keswick	28.23	6. G Wilkinson	Keswick	35.07
3. C Walkington	Horwich	29.10	7. E Stephenson	U/A	39.56
4. A Morris	Barnet	29.50	8. H Clasper	U/A	39.59

Veterans 0/40

1. A Philipson	Gosforth	21.41
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Veterans 0/50

1. A Llewellyn	Lancs & M'cme	26.17
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Under 13's

1. C Peck	S'N	7.12
2. A Brown	U/A	7.19
3. S Wilson	Kendal	8.19
4. J Tyson	U/A	8.26
5. D Wilson	U/A	10.59

Under 17's

1. R Drinkall	U/A	11.16
2. P Hyman	U/A	11.57
3. R Sutcliffe	Kendal	12.28
4. J Atkinson	U/A	12.32
5. C Routledge	Kendal	12.54

MOFFAT CHASE

Category A, 20 miles, 5,000' Men, Ladies, Vets (full distance)

18th September 1983 Fee £2.00

Registration and changing at Moffat Academy - Start 11.00 a.m.

Entries and enquiries to: M Bell,
10 Newington Avenue,
Annan, Dumfriesshire.
DG12 5AX

BOX HILLNot yet categorised, 7½ miles, 1,800'22 January

Box Hill is a race born of three main desires on the part of Anthony Kay, who will certainly be known to last year's participants, and myself:

1. to have a hill race which is actually easy to get to from Cambridge - at 100 miles that may seem a little overstated, but then try finding anything nearer!;
2. to inaugurate a really tough and scenically beautiful Fell Runners' Association race in the South of England, at a slack time at the very start to the orienteering and fell running seasons;
3. and to provide a focus for CUFRC, a chance for all the club members to join in the organisation or competition at one event, early in our Lent Term.

So far we seem to be succeeding in our first two aims. The last is more problematic; still, half our total membership turned out for this year's race, so we're proceeding towards our goal.

It is a difficult race to organise because of our distance from the race venue and the necessity of marking the entire course on race morning. In fact a large section of this year's field went astray either on Headley Heath or on Lodge Hill, presumably because these two parts of the course had been changed from last year (we did tell you in the pre-race details!). I don't think it affected the results; perhaps the only complete solution is to invest in a 7½ mile orange tape ...

1. T Watkins	S. Navigators	52.25	11. D Keyes	Hounslow	57.06
2. P Wallace	Medway	53.59	12. D Townsend	Invicta	58.01
3. D Woodhead	Bingley	54.16	13. L Taylor	Cambridge H.	58.07
4. M Rigby	CUFRC	54.24	14. P Kelly	DFOK	58.14
5. H Davies	CUFRC	54.46	15. D Munday	Invicta	58.20
6. D Rosen	Thames H & H	55.33	16. A Smith	Thames H & H	61.24
7. S Keyes	Hounslow	55.56	17. M Cooper	Hounslow	61.25
8. Q Harding	CUFRC	56.09	18. T Bell	Elliot's	61.30
9. M Elgood	S. Navigators	56.25	19. M England	Eversham	61.30
10. F Shipman	Hounslow	56.51	20. E Bennett	Medway	61.31

Veterans

1. D Townsend	Invicta	58.01
2. T Bell	Elliot's	61.30
3. M Jacobd	Portsmouth	62.23

Teams

1. Cambridge University Fell Running Club - 41 pts
2. Hounslow - 45 pts
3. Thames Hare & Hounds - 65 pts

B2 ranCREG-NY-BAA (ISLE OF MAN)Not yet categorised, 10 miles, 2,700'6 February

1. Keith Callister	1.21.41	6. Ritchie Stevenson	1.27.16
2. Phil Cain	1.23.24	7. Dave Ronan	1.32.09
3. Harry Kelly (Vet)	1.23.35	8. Mike Cowbourne	1.34.38
4. Phil Brookes	1.25.19	9. Ian Callister	1.36.40
5. Tony Varley	1.25.50	10. John Wright	1.39.06

TELFORD ATHLETIC CLUB

PRESENTS

2ND STRETTON SKYLINE FELL RACE

Saturday 10th September at 12 noon from Church Stretton School
20 miles, 4,200' climb, record: Jeff Norman 2hrs 30mins 20 secs.

Entries: £1, £1.50 U/A, Men and Ladies, to:

Ron Risbridger, 56 Lincoln Rd, Wrockwardine Wood, Telford, Shropshire.
Tel: Telford 619872

CARNETHY 'FIVE'Category A, 6 miles, 2,500'

19 February

1. K Stuart	Keswick	48.21	11. A Smith	Cumberland FR	53.35
2. H Symonds	Kendal	49.17	12. G Moffat	Kendal	53.58
3. R Whitfield	Kendal	49.45	13. J Blair-Fish	Edinburgh South H	54.17
4. C Valentine	Keswick	50.59	14. M Lindsay	Unatt Edinburgh	54.25
5. A Curtis	Livingstone	51.30	15. G Byers	Cumberland FR	54.36
6. D Woodhead	Bingley H	52.00	16. M Roberts	Kendal	54.56
7. R Morris	Edinburgh	52.14	17. R Anderson	Cambuslang H	55.10
8. A Spenceley	Edinburgh	52.16	18. P Nelson	Cumberland FR	55.11
9. P Tuson	Kendal	52.38	19. M Edwards	Aberdeen	55.20
10. R Boswell	Lochaber	53.18	20. D Stuart	Keswick	55.44

Ladies

1. L Bamoise	Edinburgh Uni	71.35
2. G Wilkinson	Keswick	75.49

Veterans

1. M Edwards	Aberdeen	55.20
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Teams

1. Kendal - 14 pts; 2. Keswick - 25 pts.



Robin Morris (235), Graham Webster (250) soon after the start of the Carnethy

22
BITTERSTONE CLEE

Not yet categorised, 2 miles, 750'

19 February

The idea was to give a race of category A standard, providing a challenge for the best, whilst enabling all ages and abilities to go.

My only disappointment was to have so many enquiries from top runners who didn't come. Nonetheless, there was a good turnout and a good time was had by all.

The course is unusual in that although it is an up and down, the summit is diagonally up from the start. With areas of bracken and large boulderfields, I feel this offers a good route selection challenge, but was ready to tape the route if foggy.

The day turned out to have about $\frac{1}{2}$ mile visibility which I felt was safe not to tape. However my recommended route instructions must have been bad unless everyone was too cold to bother as at the start people went in all directions. Dave Hall was spotted loping down a good minute clear long before I suddenly saw Paul Cadman dropping straight down to us. They met and realised each other's presence only 20 yards from the finish. Meanwhile, Mario Foschi, who'd been just behind them at the top, was exploring rural Shropshire.

The greatest pleasure for me was the proof of the demand for fell races for children. By offering U18, U15 and U13 I had as many juniors as seniors, with only 5 in the U18 range. Had I just put U18 I wonder how many would not have come. This was despite the West Midlands Grammar Schools' entry exams clashing and a 'flu epidemic that had a third of my school absent and decimated its representation.

A set of twenty mugs, supplied for the cost of firing, and voluntary help enabled a cheap race to provide mementoes for a fair number, whilst Mario won a spot prize for his pains.

Eddie Harwood

1. D Hall	Verlea	18.05	6. R Wells	HOC	21.26
2. P Cadman	W & BAC	18.07	7. N Kingston	Blake	21.49
3. P Stott	Deeside	19.38	8. W Pinson	HOC	22.42
4. K Webster	CLM	20.33	9. L Knott		22.53
5. G Whitmarsh		20.51	10. P Meredith	Samuori Judo C	23.36

Ladies 1. J Powell (Vet) 32.19; Veterans 1. D Thompson 24.07; U18 1. C Humphries 25.28;
U15 1. I Powell 24.28; U13 1. N Swaffield 25.32

SNAEFELL (ISLE OF MAN)

Not yet categorised, 5 miles, 1,900'

5 March

1. Keith Callister	45.24	5. Dave Ronan	52.38
2. Tony Varley	45.26	6. George Hull	58.00
3. Steve Parkinson	48.19	7. Stan Kewley	72.49
4. Ian Callister	49.25	8. Bob Baxter	75.10

Ladies 1. A Gomer 66.03

Juniors

1. John Walton	16.07	3. Steve Bargery	24.00
2. Paul Brew	23.03	4. Vincent Watterson	24.04

CHEW VALLEY SKYLINE

Category A, 13 miles, 2,000'

6 March

1. R Ashworth	Rossendale	1.46.38	11. P Cadman	Woly & Bilston	1.53.00
2. A Darby	M de C	1.49.22	12. T Hulme	Dark Peak	1.53.16
3. B Brindle	Horwich	1.49.41	13. P Burke	Buxton	1.53.33
4. D Cartridge	Bolton	1.49.56	14. R Seager	Leicester OC	1.53.46
5. K Taylor	Rossendale	1.50.57	15. N Mathews	Horwich	1.54.10
6. A Styan	Holmfirth	1.51.10	16. J Reade	Clayton	1.54.19
7. M Hudson	Keswick	1.51.11	17. D White	Horwich	1.54.27
8. R Owen	Horwich	1.51.19	18. A Sunter	Horwich	1.55.18
9. K Shand	Rochdale	1.52.06	19. D Ashton	Blackburn	1.55.25
10. F Loftus	Horwich	1.52.36	20. A Hauser	Holmfirth	1.56.00

Ladies

1. S Parkin	ASVAC	2.06.47	4. A Sexton	Buxton	2.45.55
2. W Dodds	Clayton	2.30.38	5. C Fielding	Dark Peak	2.48.44
3. S Exon	Stretford	2.32.54	6. K Demengel	Buxton	2.50.20

Veterans 0/40

1. N Mathews	Horwich	1.54.10
2. D Ashton	Blackburn	1.55.25
3. R Aucott	Dark Peak	1.56.48

Veterans 0/45

1. M Hayes	Dark peak	1.57.23
2. T Eckersley	Saddleworth	2.01.06
3. B Thackeray	Dark Peak	2.08.13

Juniors

1. A Woods	Blackburn	25.75	3. A Whelan	Horwich	26.51
2. A Fox	Hulme Grammar	26.05			

IAN ROBERTS MEMORIAL ROAD AND FELL RELAY19 MarchTeams

1. Staffs Moorlands B	88.02	3. Holmfirth A	90.15
2. Bolton A	89.36	4. Staffs Moorlands A	90.22

Fastest each leg

1. M Critchley	Bolton	20.47	3. C Moore	Bingley	20.30
2. B Shorrock	Blackburn	22.10	4. M Bishop	Staffs M'land	22.05

Fastest Ladies Team - Leeds City 123.17 Fastest Veterans Team - Bolton 99.40

Fastest Lady on Fell - R Taylor (Holmfirth) 28.44; Fastest Lady on Road - S Hales (Sheff Uni) 24.54

Fastest Vet. on Fell - C Robinson (Rochdale) 24.46; Fastest Vet. on Road - M Freary (Bolton) 21.58

The race lives up to its established reputation for producing surprises. This year the unexpected was the team victory of a 'B' team, although it took a blistering last leg from Mike Bishop (Staffs Morlands 'B') to snatch team victory after an intriguing contest.

Bolton set the early pace and, after excellent runs from Mike Critchley, Dave Cartridge and Dave Singleton, were still in the lead. This was in spite of a record equalling road leg from Bingley's Colin Moore and Bob Shorrock's passing of thirteen people on the fell for Blackburn. However, the depth of the Staffs Morlands' ability was proven when their teams clinched 1st and 4th places. Only Bolton and home club Holmfirth, thanks to a fine last leg from Martyn Goodhall, could split the two teams from the Midlands.

Once again many people contributed to the success of an unusual event where once more there were some staggeringly fast times put up over the fell by runners better known for their prowess over the road and country.

LLANBEDR TO BLAENAVON

Category A, 14 miles, 4,500'

19 March

This year Philip and Janette Dixon, the race organisers, improved the course by cutting out a lot of the road running and making the course shorter and steeper. The descent from Crug Mawr into the Gwynne Fawr valley is now sufficiently steep to give Philip, a Cumbrian exile, a distinct advantage over most of his rivals. There is now only a few hundred yards of road running in the valley and the long gentle ascent of Sugar Loaf on the other side of the valley has now been replaced by 1,600 feet of climbing at gradients which are mostly too steep to run up. The other more minor change to the route is the replacement of some of the road running in Abergavenny by a much more pleasant stretch along a disused railway track.

The weather at this race improves each year, much to the dismay of Philip Dixon, who runs best in blizzards and thick mist. Forty-seven runners set off from Llanbedr in bright, sunny conditions and it was Andy Darby who took the lead on the ascent of Crug Mawr, his closest pursuers being the Read brothers of Rochdale, Philip Dixon and Les Williams of Mynyddwyr De Cymru and Anthony Kay. Andy gradually but inexorably increased

his lead throughout the race and eventually won by 5 minutes. Meanwhile, on the slopes of Blorenge, it was not so much a race for the minor placings as a competition to see who could show the most sportsmanlike behaviour. Les Williams in fourth place caught up Philip Dixon who was suffering from cramp and they decided to continue the descent into Blaenavon together. There is a checkpoint by a pond just before the route enters the town of Blaenavon; there is no marshal there, just a red marker, which had been vandalised by 'small boys'. Geoff Read, in second place, didn't realise this and was frantically searching for a marshal when Messrs Dixon and Williams met him; these two gallant gentlemen showed Geoff the way to the finish and even let him finish ahead of them. Further back, Peter Read, who was feeling a bit tired and had dropped to 5th place on the ascent of Blorenge, was busy getting lost on the descent; but he was sufficiently far astray that two runners passed him without seeing him. Nevertheless, when Anthony Kay arrived at the finish he did spend some time trying to persuade the bewildered finish official that he was 6th and not 5th as they had recorded his position. What a friendly sport this is!

One of the nice features of this race is the facilities of Blaenavon leisure centre at the finish. These include a television which was used to show a video film that had been made during the race. A camera had been placed at the top of the very steep ascent of Blorenge. It was easy to see which runners hadn't been pushing themselves hard enough on this climb - they still had some breath left with which to make witty comments to the cameraman.

There was some disagreement as to the relative merits of the old and new routes for the race; but there can be no doubt that for pure fell running quality the new route is better.

Anthony Kay

1. A Darby	1.59.40	11. P Jenkins	2.21.03
2. G Read	2.04.55	12. P Beedie	2.23.15
3. P Dixon	2.05.07	13. N Braggins	2.23.25
4. L Williams	2.05.07	14. J Wilson	2.23.47
5. A Kay	2.11.23	15. M Lyne	2.23.56
6. A Andrews	2.12.03	16. R Marks	2.24.12
7. P Read	2.12.55	17. J Podbury	2.26.53
8. M Walker	2.14.20	18. M Lucas	2.27.28
9. T Hunter	2.19.56	19. S Rochford	2.27.35
10. G Lawrence	2.20.10	20. R West	2.28.22
<u>Ladies</u> 1. A Franklin	2.45.21		

DON MORRISON MEMORIAL 10TH EDALE SKYLINE

Category A, 22 miles, 4,500'

20 March

The 10th Skyline race was run in fair conditions with the early mist giving way to sunny periods. There were only 6 starters in the ladies race; an early lead was taken by Liz Dunn, which she kept to win by 7 minutes from Angela Carson. All 6 ladies completed the race. In the mens race there were 142 starters. A group of 5 comprising R. Whitfield (Kendal), J. Norman (Altrincham), R. Ashworth (Rossendale), M. Patterson (DPFR) and J. Maitland (Aberdeen) was clear by the Cheshire Cheese. Jeff Norman was in the lead over Brown Knoll but Bob Whitfield was 1 minute in front at Grindslow Knoll. He increased his lead to win in 2 hours 37 minutes 50 seconds, followed by Jeff Norman in 2nd place and Bob Ashworth in 3rd place.

1. R Whitfield	Kendal	2.37.50	11. A Hauser	Holmfirth	2.59.46
2. J Norman	Altrincham	2.40.12	12. J Blair-Fish	DPFR	3.00.02
3. R Ashworth	Rossendale	2.41.28	13. A Belton	CUFR	3.00.52
4. J Maitland	Aberdeen	2.45.27	14. P Collinson	Red R	3.01.08
5. A Hulme	Altrincham	2.51.12	15. J Boswell	Ilkley	3.01.11
6. R Owen	Horwich	2.51.22	16. D White	Horwich	3.02.13
7. B Brindle	Horwich	2.52.43	17. R Britton	ThHH	3.02.20
8. J Reade	CLM	2.54.14	18. D Booth	DPFR	3.04.16
9. K Gaskell	Horwich	2.55.21	19. G Berry	DPFR	3.04.32
10. P Tuson	Kendal	2.56.15	20. M Patterson	DPFR	3.04.35

Ladies

1. L Dunn	SYO	2.21.15	4. V Belton	CUFR	2.57.14
2. A Carson	Eryri	2.28.10	5. S Bradley	DPFR	2.58.04
3. C Whittle	DPFR	2.47.57	6. W Trowbridge	Hallam H	3.09.44

Veterans 0/40

1. V Duff	Blackburn	3.10.04
2. D Wade	Holmfirth	3.12.15
3. D Attwell	Altrincham	3.23.54

Veterans 0/50

1. W Fielding	Leeds City	3.36.10
2. K Brookes	Horwich	3.45.26
3. J Feist	DPFR	4.10.26

Veterans 0/45

1. D Jewll	DPFR	3.05.27
2. M Hayes	DPFR	3.18.18
3. P Duffy	Aberdeen	3.44.54

Teams

1. Horwich

BLACK COMBECategory A, 10 miles, 3,000'

20 March

The weather is kind to us again. To catch Black Combe without clag (not much anyway) for two years in succession is remarkable, I suppose we'll pay for it at a later date.

Kenny Stuart broke last year's record set by Jon Broxap by 1 minute 38 seconds; brother Duncan overtook Bill Todd (CFR) on the descent of Whitehall Knott for second place and Martin Hudson was fourth, this meant that the results co-ordinators didn't have too much trouble in working out the team winners. Daphne Varney took the ladies prize to make it a bonanza for Keswick AC. The only trophy that didn't go Keswick's way was that for the first veteran and this went for the second year running to Paul Murray of Horwich who reduced his time of last year by 1 minute 41 seconds.

It should be noted that with only a small amount of mist on the Combe, there were runners who ended up at 180° to where they should have been - this course requires navigational skill in mist.

Stuart Barnard

1. K Stuart	Keswick	1.13.42	11. C Webb	CFR	1.24.24
2. D Stuart	Keswick	1.17.20	12. C Wilson	Kendal	1.24.29
3. W Todd	CFR	1.17.29	13. M Winstanley	Lancs & M'combe	1.24.33
4. M Hudson	Keswick	1.17.42	14. J Clemens	BCR	1.24.38
5. A Hyslop	Kendal	1.18.54	15. S Varney	Keswick	1.24.43
6. G Byers	CFR	1.19.25	16. M Mattinson	U/A	1.24.47
7. C Valentine	Keswick	1.20.29	17. P Bland	Kendal	1.25.08
8. P Chapman	Kendal	1.21.09	18. J Nixon	Horwich RMI	1.25.16
9. D Bland	Kendal	1.22.33	19. G Woolnough	Kendal	1.25.35
10. P Murray	Horwich	1.22.55	20. E Parker	Kendal	1.25.52

Ladies

1. D Varney	Keswick	1.46.09
2. J Sutcliffe (V)	CFR	1.54.53
3. K Barnard	BCR	2.14.17

Veterans

1. P Murray	Horwich	1.22.55
2. P Bland	Kendal	1.25.08
3. M Simpson	Skipton	1.26.49

THE ROACHES RACECategory B, 18 miles, 4,000'

26 March

The second Roaches Race lived up to our expectations with a field of 99 seniors. After a bleak day marking the course on Friday I was relieved to have a fine race day, though conditions underfoot were much worse than last year. Prolonged and fruitless negotiation with Peak Park resulted in two course changes - the ascent past the Roaches outcrops is satisfactory but we lost the superb direct descent to the river crossing. 'On the right of way or not at all' was the message from the bureaucrats in Bakewell. The resultant course round Hangingstone thus had to be devious and will now stay fixed but I was infuriated by the lack of interest and understanding shown by this body who supposedly administer over the area for our recreation.

That said, it was a fine event which we can build on in future years. The local interest is very encouraging with two papers reporting on the race. I hope to invite a local dignitary to come and present the medals after the next event. The course marking will be improved - both to reduce the work on our part and to minimise the chance of runners going astray. The moving of a key arrow below Gradbach Hill did result in some people losing the route which was most unfortunate.

Next year the race will be at a similar time close to Easter, possibly on a Sunday. Thanks to all who came and made the event such a success and I hope to see you again next year.

Hugh Shercliff

1. M Bishop	Staffs M'lands	2.13.55	11. G Read	Rochdale	2.32.16
2. J Maitland	Aberdeen	2.20.34	12. D Jewell	DPFR	2.33.09
3. J Reade	Clayton 1e M	2.25.20	13. J Britton	ICL	2.33.41
4. A Darby	M de C	2.28.02	14. G Hulley	DPFR	2.34.25
5. M Foschi	Altrincham	2.28.36	15. A Hauser	Holmfirth	2.35.41
6. A Harmer	DPFR	2.28.52	16. B Brindle	Horwich RMI	2.36.02
7. D Ashton	Blackburn	2.29.01	17. J Hewitt	Warrington	2.36.03
8. P Lambert	LRR	2.29.10	18. P Nolan	Macclesfield	2.38.00
9. J Kershaw	Macclesfield	2.30.03	19. M Hayes	DPFR	2.39.03
10. J Cant	DPFR	2.31.51	20. K Robinson	Blackburn	2.39.17

Ladies

1. W Dodds	Clayton 1e M	3.20.38
2. D Taylor	U/A	3.33.56

Teams

1. Dark Peak Fell Runners	7.32.53
2. Macclesfield Harriers	7.51.57
3. Clayton-le-Moors Harriers	7.53.45

Junior Race - 5 miles, 1,000'

1. A Woods	Blackburn	39.00	3. S Forster	King Henry Sch.	46.35
2. D Boulton	King Henry Sch.	46.35			

RIVINGTON PIKE

Category C, 3.25 miles, 700'

2 April

Jon Broxap turned out to be a surprise winner of this year's Pike race. No that any disrespect is intended towards Jon by this remark but its just not the type of race you'd expect a roughstuff specialist to win - unless he's an established exponent like Harry Walker or Jeff Norman (but then you might recall that Broxap was the 1982 Cumbria cross-country champion and also set a new record for the Buttermere Round that year).

Bill Smith

1. J Broxap	Keswick	17.13	11. M Harrison	Horwich	18.07
2. S Livesey	Clayton	17.45	12. A Sunter	Horwich	18.08
3. G Gough	Blackburn	17.49	13. B McNaid	FRA	18.09
4. N Judge	Spensorough	17.50	14. J McGee	U/A	18.12
5. R Brewster	Clayton	17.51	15. M McGann	E Cheshire	18.12
6. S Barlow	Horwich	17.52	16. K Gaskell	Horwich	18.13
7. C Robinson	Rochdale	17.54	17. S Crimes	Horwich	18.13
8. C Valentini	Keswick	17.57	18. G Reed	Rochdale	18.15
9. S Breckell	Blackburn	18.05	19. P Brownson	Altrincham	18.23
10. S Hunt	Horwich	18.06	20. J Monks	Rochdale	18.24

Ladies

1. C Haigh	Holmfirth	19.56 record
2. C Smith	Spensorough	21.51
3. B Robinson	Bury	21.51

Under 18

1. P Pollitt	Bolton	18.24
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Teams

1. Horwich RMI - 27 pts;	2. Keswick - 35 pts;	3. Blackburn 36 pts.
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320 finished

Veteran 0/40

1. C Robinson	Rochdale	17.54
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Veteran 0/45

1. D Weir	Horwich	19.09
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Veteran 0/50

1. G Spink	Bingley	19.50
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MANX MOUNTAIN MARATHONCategory A, 30 miles, 8,000'4 April

Snow and sleet fell during the eve of this year's racing but by Easter Monday morning weather conditions had improved considerably so that all the events over the Manx hills started on time with the entries being similar to last year's.

Main interest centred around the Elite with a field of just under 30 runners with last year's winner, Ken Taylor, there to defend his title. He shared the lead with John Reade over the top of North Barrule but Martin Hudson took the lead on the way to check point number two and was never caught throughout the next twenty-eight miles to record his first win in this event, having recorded two thirds and a sixth place during the last three years. Colin Donnelly's course record was never in danger of being broken as conditions were heavy under foot, although there was very little mist.

Arthur Jones



Martin Hudson

Elite

1. M Hudson	Keswick	4.26.52
2. J Reade	Clayton	4.42.32
3. K Taylor	Rossendale	4.46.07
4. F Irwin	Rossendale	4.48.44
5. J Hayes	Ballydrain H	4.54.49
6. K Shand	Rochdale	4.56.12
7. T Barley	Bingley	4.57.09
8. D Ratcliffe	Rossendale	5.01.49
9. I Holloway	Rochdale	5.03.16
10. D Bleakley	Rossendale	5.19.52

Ladies

1. M Dodds	Clayton	6.15.09
2. S Quirk	Bingley	7.14.54
3. L Muir	Radstock H	8.31.19

Veterans

1. G Oliver	JLRA	5.34.02
2. W Buckley	Rochdale	5.38.37
3. D Fisher	Newport H	6.23.36

Juniors

1. J Foster	K Henry VIIISch	1.50.34
2. S Barlow	Moston Brook "	1.52.50
3. B Barlow	Moston Brook "	1.54.40

MOW COP 'KILLER' MILENot yet categorised, 1 mile, 550'6 April

Due to overwhelming demand, this year's Mow Cop 'Killer' Mile field had to be split into two races up the 550 foot climb of this gruelling measured mile of road. Pre-race favourite was the in-form Mike Bishop, with the main opposition thought likely to come from Jeff Norman, Glyn Harvey and Nick Peach.

Straight from the start Mike showed his intentions by sprinting into an early lead with unknown 19 year-old dark horse, Roger Bradley, in close attendance. They were 10 yards clear of the first steep section (.25 mile) and here "the pace slowed, so I (Roger) picked it up and got well clear". By the second steep section (.75 mile) at the aptly named Cheshire View pub, Roger was a long way ahead with Mike battling with Dave Ashe for second. Roger held on to register a superb and unexpected win over a top class field in a new record of 6 minutes 44 seconds with Mike and Dave both inside the 1982 record of 6 minutes 50 seconds.

First Veteran was Pete Lomas of Stockport, who led home a close bunch of five to win the 'B' race in 7 minutes 28 seconds and first lady was Christine Kilkenny of City-of-Stoke in 8 minutes 49 seconds.

Special mention must be made of Dave Attwell of Altrincham who (apart from being second veteran with 7.48 in the 'B' race) managed to jog down the hill in time to have a second attempt, which took 8.15. The races started 18 minutes apart. Does the killer mile damage the brain?? Anyway, well done Dave, well done everybody.

John Britton

1. R Bradley	Much Wenlock	6.44	6. I Lamplough	City of Stoke	6.56
2. M Bishop	Staffs M'lands	6.48	7. A Adams	ICL/Staffs	6.57
3. D Ashe	Staffs M'lands	6.49	8. J Norman	Altrincham	6.59
4. N Peach	Sale	6.50	9. P Bowler	Staffs M'lands	7.06
5. B Williams	ICL/Staffs	6.55	10. M Edwards	Warrington	7.07

Veterans

1. P Lomas	Stockport	7.28	3. D Davies	Newtown	7.53
2. D Attwell	Altrincham	7.48			

PENDLECategory A, 4½ miles, 1,500'

9 April

Note: Change of route due to farmers' request, lambing and underfoot conditions.

1. D Lewis	Rossendale	32.51	11. J Reade	Clayton	36.13
2. J Maitland	Aberdeen	33.26	12. S Gamble	Billingham S	36.18
3. G Gough	Blackburn	34.21	13. K Dobson	Bingley	36.19
4. R Bloor	Boll-OK	34.52	14. M Aspinall	Rossendale	36.20
5. S Breckell	Blackburn	35.16	15. C Beever	Clayton	36.23
6. M Newby	Rossendale	35.20	16. C Reard	Rochdale	36.36
7. A Turner	Bolton	35.29	17. P Lambert	Red Rose	36.40
8. P McWade	U/A	35.42	18. P Brownson	Altrincham	36.42
9. D Leaf	Rowntrees	35.50	19. H Walker	Blackburn	36.44
10. C Robinson	Rochdale	35.51	20. A Gaffney	Blackburn	36.56

Ladies

1. C Haigh	Holmfirth	40.49	4. H Mathews	Blackburn	47.23
2. R Carthy	Inland Rev	46.13	5. K Taylor	Clayton	53.24
3. B Robinson	Bury	46.17	6. J Allum	Clayton	54.30

Veterans 0/40

1. C Robinson	Rochdale	35.51
2. K Summersgill	Skipton	37.46
3. J Capenhurst	Bingley	38.51

Veterans 0/50

1. G Spink	Bingley	40.12
2. R King	Blackburn	45.13
3. F Thompson	Clayton	45.44

KENTMERE HORSESHOECategory A, 12 miles, 3,300'

10 April

Gale force winds and white-out conditions made this year's Kentmere race a real achievement to finish and, in fact, only 187 of the 375 starters did finish. Competitors were warned of the conditions prior to the start, so there could be no excuse for those who had to turn back due to being inadequately dressed, while among other retirements were no doubt runners with solely athletic club backgrounds to whom such conditions were both strange and fearsome. Congratulations then to the winning pair of Broxap and Livesey who came in together.

The fifteen competitors in the ladies race were all suitably clad and twelve completed the course, headed by Sue Parkin, Ros Coats and Wendy Dodds, the latter now wearing Clayton's colours. Clayton easily dominated the junior race to Kentmere Pike in which three of their runners were the only ones to reach the summit out of the twelve who started and Konrad Manning was a clear winner by 08.18 with a time of 57.14. The checkpoint officials and course marshalls deserve the highest praise for performing their duties in such atrocious conditions.

Bill Smith

1. J Broxap	Keswick	1.38.32	16. R Owen	Horwich	1.51.40
2. S Livesey	Clayton	1.38.32	17. S Furness	Blackburn	1.51.48
3. A Hyslop	Kendal	1.45.08	18. P Murray	Horwich	1.51.59
4. B Brindle	Horwich	1.46.12	19. D Booth	DPFR	1.52.25
5. F Loftus	Horwich	1.47.08	20. K Webster	Clayton	1.52.31
6. J Reade	Clayton	1.48.23	21. J Nixon	Horwich	1.52.33
7. P Nelson	CFR	1.49.24	22. P Stott	Eryri	1.52.42
8. P Dixon	M de C	1.49.26	23. T McDonald	Bingley	1.53.04
9. S Moore	Horwich	1.49.30	24. A Peacock	Clayton	1.53.19
10. W Todd	CFR	1.50.27	25. M Edwards	Aberdeen	1.53.24
11. A Hauser	Holmfirth	1.50.43	26. G Wright	Rossendale	1.53.30
12. M Winstanley	Lancs & M'cambe	1.51.07	27. G Walmsley	Clayton	1.53.32
13. G Woolnough	Kendal	1.51.25	28. D Lamond	Keswick	1.53.54
14. R Shaw	Skyrac	1.51.30	29. N Mathews	Horwich	1.53.42
15. P Lambert	Red Rose	1.51.36	30. G Berry	DPFR	1.52.51

Ladies

1. S Parkin	ASVAC	2.01.37	7. C Walkington	Horwich	2.22.37
2. R Coats	Lochaber	2.03.00	8. J Suttcliffe	CFR	2.28.04
3. W Dodds	Clayton	2.16.19	9. F Radford	Keswick	2.31.22
4. A Carson	Eryri	2.17.23	10. B Nelson	CFR	2.40.06
5. C McNeil	Stewatry	2.18.58	11. J Butterworth	Red Rose	2.45.19
6. J Robson	Unat	2.19.58	12. A Sexton	Buxton	2.48.34

Veterans 0/40

1. P Murray	Horwich	1.51.59	4. M Edwards	Aberdeen	1.53.24
2. T McDonald	Bingley	1.53.04	5. N Mathews	Horwich	1.53.42
3. A Peacock	Clayton	1.53.19	6. A Phillipson	Gosforth	1.55.55

Veterans 0/50

1. K Brooks	Horwich	2.10.35
2. D Talbot	Clayton	2.17.45
3. A Ashworth	Clayton	2.25.17

Juniors

1. K Manning	Clayton	57.14
2. J Rutter	Clayton	1.05.32
3. C Wilkinson	Clayton	1.12.13

Teams

1. Horwich - 52 pts; 2. Clayton - 78 pts; 3. Kendal - 125 pts; 4. Cumberland FR - 176 pts; 5. Keswick - 188 pts; 6. Holmfirth - 224 pts; 7. Dark Peak FR - 251 pts.

WARDLE SKYLINE

Not yet categorised, 6½ miles, 1,000'

16 April

Wardle is a village to the north-east of Rochdale. Connoisseurs of its many charms will tell you that they are based on the fact that Wardle is a dead end. Wardle's thoroughfare starts as a main road, becomes a narrow village street and ends as a cobbled track facing the embankment of Watergrove Reservoir. Until 1938 this track led through Watergrove, a weaving hamlet surrounded by hill farms, and over the Causeway to Todmorden. Now it leads to a silent and secluded valley rimmed by Brown Wardle Hill (1,311'), Middle Hill, Hades, Rough Hill (1,425') and Crook Moor. These form the Wardle Skyline. Once a couple of local desperadoes had formed the idea (in 1980) of an annual race up and down Brown Wardle on Carnival days, it didn't take much for even more desperate characters to realise that the race could be extended across the adjoining hills and moorland.

Most comments were favourable. The course was felt to have been challenging (to put it politely), the posting of results "Election night" style, on a large board, impressed many, as did the free cuppa for all competitors. There were grumbles - notably the lack of team results and team prizes. Next year there will be team prizes, for we have already set the date for the Second Wardle Skyline on or about 14th April, 1984.

Allan Buckley

1. R Ashworth	Rossendale	43.43	11. D Ratcliffe	Rossendale	45.56
2. C Robinson	Rochdale	44.09	12. P Irwin	Rossendale	45.58
3. P McWade	Clayton	44.15	13. P Standing	Bolton Utd	46.21
4. S Breckell	Blackburn	44.36	14. S Turner	U/A	46.36
5. J Eaton	Rossendale	45.01	15. F Reddington	Spennborough	46.39
6. M Harrison	Horwich RMI	45.03	16. K Shand	Rochdale	46.42
7. S Parker	Rossendale	45.25	17. H Smith	Spennborough	46.46
8. G Read	Rochdale	45.30	18. P Ashman	J LR RCT	47.15
9. A Swift	Longwood	45.55	19. J Reade	Clayton	47.29
10. S Hunt	Horwich RMI	45.55	20. H Watterhouse	Saddleworth	47.23

Ladies

1. B Robinson	Bury	57.24	3. S Kiveal	Saddleworth	66.36
2. M Jagan	EPOC	59.25	4. J Docherty	Saddleworth	67.49

BLISCO DASH

Category A, 5 miles, 2,000'

17 Apr



Blisco. Graham Moffat (155), Tony Peacock (12), Norman Berry (130)

1. K Stuart	Keswick	37.29	16. P Stott	Eryri	41.26
2. R Whitfield	Kendal	38.06	17. K Shand	Rochdale	41.29
3. J Broxap	Keswick	39.04	18. P Lambert	Red Rose	41.31
4. H Symonds	Kendal	39.34	19. S Varney	Keswick	41.36
5. W Bland	Keswick	39.43	20. B Brindle	Horwich	41.50
6. D Hall	Kendal	39.48	21. A Sunter	Horwich	41.53
7. C Valentine	Keswick	40.03	22. P Chapman	Kendal	42.04
8. M Bagness	Airienteers	40.12	23. P Murray	Horwich	42.05
9. B Peace	Bingley	40.28	24. C Wilson	Kendal	42.26
10. P Barron	Keswick	40.58	25. M Beddon	Holmfirth	42.27
11. A Hyslop	Kendal	41.01	26. N Lanaghan	Keswick	42.40
12. A Smith	CFRA	41.09	27. D Woodhead	Bingley	42.45
13. P Tuson	Kendal	41.10	28. A Phillipson	Gosforth	42.46
14. G Read	Rochdale	41.20	29. I Appleyard	Leeds City	42.51
15. D Stuart	Keswick	41.25	30. G Wright	Rossendale	43.16

Ladies

1. A Carson	Eryri	53.18
2. G Wilkinson	Keswick	54.23
3. C Walkington	Horwich	56.33

Veterans 0/40

1. P Murray	Horwich	42.05
2. A Phillipson	Gosforth	42.46
3. A Peacock	Clayton	43.47

Teams

1. Keswick - 9pts
2. Kendal - 12pts
3. Keswick B - 32 pts

Veterans 0/50

1. D Talbot	Clayton	52.26
2. D Moulding	Clayton	64.11

155 finished

Ed's note

Following the race there were a few grumbles about the entry fee of £1.50 or £2.00 on the day. Brendan Hill has sent the balance sheet for the race - income £306, expenditure £363.74, the deficit being written off as sponsorship by his firm. £100 of the expenditure was for the clock on top of the van. Did you notice it or use it? Do fell runners want to pay higher entry fees so that they can see their time at the end of a race?

GISBOROUGH MOORSCategory B, 12½ miles, 2,400'

17 April

Leading up to the race I had several concerns; was the new short race for juniors and women going to be too long for the younger age groups because of the rough terrain and steep climbs? Should we have had two short races, turning across to Highcliffe for the shorter one at the top of Guisborough Woods? With the atrocious wet, cold weather we had experienced at Mandale training sessions in the previous few weeks and the large number of retirements at Kentmere the week before, would conditions cause a whole series of previously inexperienced problems in this race?

On the day weather and athletics again 'turned up trumps'. The weather was made to order with some sunburn evident on marshalls at Highcliffe!

In the full race it turned out to be a tremendous tussle between last year's winner, John McGee, and an athlete in his first year of running, Stephen Sutcliffe (4th Paras). This young man was unknown to almost everyone except his mates in the Territorial Army at Norton. At base we were wondering if the CB transmissions had relayed the correct leading number. Finally we thought can he hold on and complete a tremendous performance? In the end he ran a magnificent race to outsprint John in the final quarter of a mile after McGee had caught up on the final descent. Stephen Sutcliffe now joins the list of previous winners: John McGee, Dennis Coates and Glen Forster.

David Parry

1. S Sutcliffe	D Co 4th Paras	83.14	11. A Holmes	Holmfirth	88.52
2. J McGee	U/A	83.17	12. S Gamble	M & C	88.59
3. D Leaf	Rowntrees	84.30	13. J Nettleton	Rowntrees	89.24
4. H Burdett	Mandale	84.46	14. G Potts	M & C	89.35
5. J Williams	Mandale	87.24	15. D Ready	Chester le St.	90.13
6. M Grainger	M & C	87.31	16. P Buckby	M & C	90.39
7. M Pearson	Mandale	87.43	17. A Hauser	Holmfirth	90.48
8. D Booth	DPFR	87.53	18. C Wright	Mandale	90.52
9. T Farnell	DPFR	87.55	19. D Weatherhead	Bingley	91.08
10. J Coulson	Rowntrees	88.34	20. A Woolford	Macclesfield	91.13

Ladies

1. R Taylor	Holmfirth	106.50	2. S Catford	Thirsk/Sowerby	111.42
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Veterans 0/40

1. J Nettleton	Rowntrees	89.24	3. R Puckrin	Whitby/Esk Val	91.23
2. D Ready	Chester le St.	90.13	4. J Capenerhurst	Bingley	93.47

Veterans 0/50

1. G Spink	Bingley	94.33	2. D Hodgson	Leeds City	98.08
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Teams 1. Mandale A - 83 pts; 2. Middlesbrough & Cleveland A - 122 pts; 3. Rowntrees 168 pts.

THREE PEAKSCategory A, 22 miles, 4,500'24 April

The weather is always a dominating factor in the Three Peaks Race and not only the weather on the day. Whilst April 1982 was a particularly dry month, April 1983 was one of the wettest on record. Thus, although the day of the race was near perfect, the 1983 times of the leading runners who competed in both races were on average seventeen minutes slower. The number of runners finishing inside 3 hours fell from twenty-five to two and the number inside 3 hours 30 minutes from one hundred and forty-two to fifty-seven. The route change off Pen Y Ghent imposed by local landowners probably added five minutes to the times of leading runners but the heavy ground conditions were undoubtedly the main factor behind the slower times.

Kenny Stuart confirmed that he can handle the long stamina races as well as the short explosive events, with an impressive win. Taking the lead on the climb up Whernside, he stretched his lead to 4 minutes by Ingleborough summit and 4 minutes 28 seconds at the finish. In second place was Hugh Symonds and Sean Livesey (aged 20 years and 1 month) moved through from fifth at Hill Inn to third at the finish and must be the youngest to ever finish in the first three in the senior event. Last year Sean was the winner of the Junior Pen Y Ghent Race. The leading ladies chose to run in together after being close together for most of the race. A larger entry for the ladies event would be welcomed and the support for the Junior Pen Y Ghent Race is also disappointing. The Junior event has been well organised for the last two years and really does deserve better support.

I find it depressing for the second successive year to refer to the problems of access which continue to dominate the organisation of the Three Peaks Race. At one time it was feared that three major route changes would have to be introduced this year. In the end only one was necessary as late permission was obtained to use the traditional route up Whernside. A last minute intervention by the Police enabled us to retain use of the route into the finish, which crosses private land underneath the railway line. The landowner's requirements for extra marshalling place heavy demands on the Organisers' resources and nearly sixty marshalls were deployed for this year's race. Offers of assistance from any of the Clubs whose members support the race would be appreciated.

Dave Hodgson



Start of Three Peaks: Right to left K Stuart, J Maitland, M Speight, R Whitfield, ?, J Broxap, A Harmer.

1. K Stuart	Keswick	2.53.34	16. D Ratcliffe	Rossendale	3.12.39
2. H Symonds	Kendal	2.58.06	17. B Brindle	Horwich	3.14.09
3. S Livesey	Clayton	3.01.34	18. D Woodhead	Bingley	3.14.11
4. R Whitfield	Kendal	3.02.46	19. A Harmer	DPFR	3.14.58
5. J Broxap	Keswick	3.04.40	20. P Tuson	Kendal	3.15.12
6. J Maitland	Aberdeen	3.05.39	21. A Richardson	Kendal	3.15.41
7. M Goodall	Holmfirth	3.06.27	22. J Eaton	Rossendale	3.16.20
8. J Reade	Clayton	3.07.17	23. M Speight	Bingley	3.16.27
9. M Patterson	DPFR	3.07.50	24. J Blair-Fish	DPFR	3.17.12
10. M Short	Horwich	3.08.18	25. A Hauser	Holmfirth	3.17.21
11. I Holloway	Rochdale	3.08.43	26. H Smith	Spennborough	3.18.02
12. R Ashworth	Rossendale	3.09.01	27. K Taylor	Rossendale	3.18.55
13. S Breckell	Blackburn	3.11.57	28. D Stuart	Keswick	3.19.32
14. P Irwin	Rossendale	3.12.01	29. K Dobson	Bingley	3.19.46
15. A Spenceley	Edinburgh	3.12.05	30. B Pearce	Bingley	3.19.54

Ladies

1. C Walkington	Horwich	4.08.01	4. H Johnson	Solihull	4.28.56
W Dodds	Clayton	4.08.01	5. A Grindley	Clayton	4.29.18
3. L Dunn	Sheffield Univ	4.20.49	6. A Carson	Eryri	4.40.35

Veterans 0/40

1. P Murray	Horwich	3.21.28	4. A Philipson	Gosforth	3.25.41
2. D Wade	Holmfirth	3.22.41	5. D Ashton	Blackburn	3.26.26
3. N Mathews	Horwich	3.23.38	6. S Bradshaw	Clayton	3.34.10

Veterans 0/50

1. P Carmichael	Morpeth	3.35.26	3. S Wild	Hallamshire	3.44.25
2. W Fielding	Leeds City	3.43.46	4. J Smith	GEC	3.58.57

Teams

1. Kendal AC	9.16.04	3. Clayton le Moors	9.29.05
2. Keswick AC	9.17.46		

Pen-Y-Ghent Amateur Junior Fell Race

1. S Parker	Rossendale HAC	48.32	4. K Bell	Blaydon H	51.33
2. S Martland	Harrogate	50.33	5. S Jones	Blaydon H	52.08
3. M Bradshaw	Rossendale HAC	50.42	6. S Sunter	Horwich RMI	54.17

CONISTONCategory A, 9 miles, 3,500'30 April

Record entries - double in the Senior race and treble in the Junior race - combined with good weather to make a very enjoyable meeting. Clear tops, good visibility and light winds meant no navigational problems. Bob was a clear winner from Billy, last year's victor, in a record time. The Junior race was won in great style by R Bergstrand of Rochdale; Helen Lancaster, a local farmer's daughter, was the first Junior girl. The inclusion of Mouldrybank at the start - a steep grass climb of 800 feet - was generally well received - if only in retrospect! Again, I would urge those who haven't run here to come and try a great classic course. There will be car parking facilities laid on next year.

1. R Whitfield	Kendal	69.07	11. K Taylor	Rossendale	75.37
2. W Bland	Keswick	70.29	12. R Futtrell	Holmfirth	75.44
3. M Hudson	Keswick	71.07	13. P Tuson	Kendal	75.45
4. P Barron	Keswick	72.33	14. J Rye	Thames	75.57
5. D Hall	Kendal	74.02	15. J Gibbison	L & M	76.02
6. J Reade	Clayton	74.37	16. P Irwin	Rossendale	76.19
7. P Chapman	Kendal	74.45	17. M Winstanley	L & M	76.26
8. P Lambert	Red Rose	75.07	18. G Read	Rochdale	76.26
9. G Byers	CFR	75.09	19. K Shand	Rochdale	76.49
10. J Maitland	Aberdeen	75.31	20. P Murray	Horwich	76.53

Ladies

1. C Walkington	Horwich	102.58	2. A teasdale	Keswick	103.27
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Veterans

1. P Murray	Horwich	76.53	3. P Bland	Kendal	82.52
2. N Mathews	Horwich	81.20	4. T Sykes	Rochdale	92.21

184 finished

Juniors

1. R Bergstrand	Rochdale	31.24
2. K Manning	Clayton	34.17
3. T Donlon	Blackburn	35.46

Girls

1. H Lancaster	U/A	49.04
2. W Walton	U/A	53.05

30 finished

Ed's note: The race was filmed and broadcast on TV. Pete Bland has a video copy and will be showing it in his shop.

PENRITH BEACONCategory C, 4 miles, 500'

2 May

1. D Cannon	Gateshead	22.53	11. G Russell	Kendal	26.31
2. J Broxap	Keswick	23.21	12. R Unwin	Aberdeen	26.33
3. D Hall	Kendal	24.07	13. R Douglas	Keswick	26.37
4. G Byers	CFR	24.58	14. D Davey	Cockermouth	26.37
5. N Lanaghan	Keswick	25.04	15. R Suddaby	Borderliners	26.50
6. P Howarth	Keswick	25.23	16. H Blenkinsop	Keswick	26.54
7. H Jarrat	CFR	25.55	17. I Farnish	U/A	27.00
8. D Wilkinson	Keswick	26.06	18. N Mathews	Horwich	27.02
9. T Richardson	Kendal	26.10	19. K Mingsins	CFR	27.07
10. K Shovelton	Rochdale	26.27	20. B Mitchell	Horwich	27.10

Ladies

1. C Walkington	Horwich	32.46
2. P Inman	Kendal	34.28
3. A Wells	Cockermouth	34.44

Juniors

1. D Trevaskis	6.07
2. P Leighton	6.12
3. N Johnston	6.20

BEN LOMONDCategory A, 9 miles, 3,192'

7 May

For the third consecutive year John Wild broke the course record. In '82 this was not surprising in the dry and warm conditions but this year the ground was very wet and slippery. It was Wild's first fell race after a footballing injury and Kenny Stuart would be certain to provide keen competition. Kenny led to the top with John working very hard to keep the gap small. The lead exchanged several times on the rapid descent but John gave all, collapsed on the line and knocked a second off his '82 record. Sue Parkin ran with amazing speed finishing 41st overall, in front of several very respectable male runners.

Hugh Symonds

Opposite photo: Mike and Sue Parkin at Greendale in the 1982 Wasdale race.

RUMOUR HAS IT there were some respectable male runners at Ben Lomond.

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1. J Wild	CFR	1.02.16 (new record)	16. R Boswell	Lochaber	1.12.20
2. K Stuart	Keswick	1.02.25	17. M Lindsay	Edinburgh SH	1.12.39
3. J Maitland	Aberdeen	1.04.36	18. B Brindle	Horwich	1.12.48
4. J Broxap	Keswick	1.04.54	19. A Philipson	Gosforth	1.12.53
5. R Whitfield	Kendal	1.05.04	20. M Edwards	Aberdeen	1.13.01
6. H Symonds	Kendal	1.05.23	21. A Hauser	Holmfirth	1.13.04
7. D Lee	CFR	1.07.10	22. D Stuart	Keswick	1.13.13
8. S Livesey	Clayton	1.07.33	23. P Murray	Horwich	1.13.16
9. M Short	Horwich	1.09.19	24. A Smith	CFR	1.13.32
10. A Spenceley	Edinburgh	1.09.46	25. D Woodhead	Bingley	1.13.46
11. P Barron	Keswick	1.09.59	26. S Varney	Keswick	1.14.02
12. A Curtis	Livingston	1.11.12	27. R Shields	Lochaber	1.14.20
13. A Sunter	Horwich	1.11.26	28. R Anderson	Cambuslang	1.14.50
14. J Blair-Fish	Edinburgh SH	1.11.53	29. J Stevenson	Irvine	1.14.53
15. R Morris	Edinburgh	1.12.22	30. R Bradley	Holmfirth	1.15.02

Ladies

1. S Parkin	Holmfirth	1.17.40	5. C McNeil	Stewartry	1.35.25
2. A Mikkelsen	Keswick	1.31.58	6. L Lamb	Inverness	1.41.22
3. A Carson	Eryri	1.33.46	7. J Butterworth	Red Rose	1.51.08
4. C Walkington	Horwich	1.35.14			

Veterans

1. A Philipson	Gosforth	1.12.53	5. H Blenkinsop	Keswick	1.17.06
2. M Edwards	Aberdeen	1.13.01	6. P Duffy	Aberdeen	1.19.13
3. P Murray	Horwich	1.13.16	7. W Ryder	Morpeth	1.20.03
4. N Mathews	Horwich	1.16.45	8. P Brooks	Lochaber	1.21.13

Teams

1. Keswick AAC - 17 pts	4. Kendal AAC - 46 pts
2. Cumberland Fell Runners - 32 pts	5. Aberdeen AAC - 56 pts
3. Horwich RMI - 40 pts	6. Lochaber AAC - 74 pts

DUDDON VALLEYCategory A, 21 miles, 6,500' - Saturday long event

7/8 May

1. W Bland	Keswick	2.46.39	11. J Nixon	Horwich	3.11.42
2. M Hudson	Keswick	2.47.57	12. S Moore	Horwich	3.12.46
3. D Ratcliffe	Rossendale	3.01.33	13. A Richardson	Kendal	3.12.47
4. P Irwin	Rossendale	3.01.42	14. G Wright	Rossendale	3.14.28
5. J Reade	Clayton	3.02.58	15. P Stott	Eryri	3.14.44
6. P Nelson	CFR	3.05.00	16. D Barnes	Keswick	3.19.23
7. K Shand	Rochdale	3.05.27	17. J Naylor	CFR	3.21.41
8. K Taylor	Rossendale	3.05.46	18. D Bland	Kendal	3.22.19
9. P Chapman	Kendal	3.08.57	19. J Crummet	Bingley	3.23.04
10. G Bell	Halifax	3.10.32	20. J Baston	Deeside	3.23.57

Veterans 0/40

1. P Bland	Kendal	3.28.46
2. W Grindley	Clayton	3.32.52
3. S Bradshaw	Clayton	3.34.02

Veteran 0/50

1. K Brooks	Horwich	4.23.21
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Veterans 0/45

1. J Naylor	CFR	3.21.41
2. L Sullivan	Clayton	3.48.00
3. G Bell	Clayton	5.06.57

Veteran 0/60

1. J Riley	Clayton	5.18.25
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Category O - Sunday long event

1. M Hudson	2.26.05	12. J Nixon	3.11.27	
2. K Taylor	2.43.15	13. P Nelson	3.14.49	
3. J Burton	2.46.09	14. B Johnson	0/40	3.17.21
4. P Stott	2.52.25	15. P Bland	0/40	3.22.43
5. K Burns	2.52.44	16. P Sykes		3.25.53
6. D Hollinrake	3.01.33	17. I Sykes	0/50	3.29.39
7. A Richardson	3.02.26	18. G Jones		3.30.00
8. J Sherrif	3.03.22	19. R Kenyon		3.48.54
9. J Crummet	3.03.29	20. J Oldroyd		3.51.30
10. R Powell	3.05.12	21. G Orchard		3.52.47
11. A Kay	3.08.28	22. Wendy Dodds		3.52.47

DARWEN MOORSCategory B, 11 miles, 1,800'8 May

Two hundred and ninety-eight runners disappeared into the mist which was down to ten yards in places. Prolonged pressure by Rossendale's Bob Ashworth resulted in a decisive break on the final ascent of Great Hill, which he stretched to 26 seconds ahead of race-long companions Dave Singleton and John McGee. Two hundred and ninety-five competitors eventually completed the 11 miles of this very tough moorland course. An unfortunate accident to Bolton harrier, Alan Jones, resulted in him having to be carried to the nearest course marshall at Tochholes Road. Alan expressed his thanks to a local runner training on the course, a farmer and several fellow competitors who helped him down a steep part of the course.

1. R Ashworth	Rossendale	1.20.19	11. G Woodburn	Blackburn	1.24.45
2. D Singleton	Bolton	1.20.47	12. J Jackson	Wigan	1.25.16
3. J McGee	U/A	1.20.51	13. A Sunter	Horwich	1.25.35
4. J Norman	Altrincham	1.22.20	14. P Turner	Bolton	1.26.11
5. P McWade	Clayton	1.22.53	15. C Robinson	Rochdale	1.27.58
6. S Breckell	Blackburn	1.22.56	16. A Gaffney	Blackburn	1.28.10
7. M Short	Horwich	1.23.04	17. J Reade	Clayton	1.28.36
8. A Adams	Staffs	1.23.54	18. P Stevenson	Pudsey	1.28.57
9. M Winstanley	Lancs/Morcambe	1.23.58	19. D Ashton	Blackburn	1.29.01
10. K Moss	Chorley	1.24.15	20. B Chester	Chorley	1.29.33

Ladies

1. R Taylor	Holmfirth	1.45.40	3. A James	ASVAC	1.51.21
2. V French	Chorley	1.46.12	4. K Taylor	Clayton	2.15.44

Veterans 0/40

1. J Jackson	Wigan	1.25.16
2. C Robinson	Rochdale	1.27.58
3. D Ashton	Blackburn	1.29.01
4. T McDonald	Bingley	1.30.39

Veterans 0/50

1. J Salt	Rochdale	1.40.23
2. J West	RAF	1.41.30
3. D Clutterbuck	Rochdale	1.45.41
4. A Heaton	Clayton	1.48.08

BLACK MOUNTAINSNot yet categorised, 19 miles, 6,000'14 May

The first Black Mountain fell race can only be described as a minor success, with the word minor only referring to the numbers that took part - 22 men and 2 ladies. A success though it certainly was, with just about everyone agreeing that the race was one of the most enjoyable that they had taken part in. This is especially gratifying as many of the local runners who had trained over the course had voiced objections about the severity of the route between checkpoints 2 and 5, which involves a descent of some 2,000 feet and an immediate ascent of a similar amount. I think on the day though people realised that the race from Crickhowell to longtown involved far more ridge running than their first glance at the map had shown. Congratulations to Phil Dixon and Len Wallace in finishing joint 1st. Len, a member of Newport Harriers, did particularly well to hang on to Phil down some very steep descents. Special thanks to John, my brother,

who did all the hard work leading up to the race itself. Thanks to the wives and friends who contributed with sandwiches and cakes, etc. and to those who joined in the spirit of the occasion and offered their help on the day. Because of an incident towards the end of the race, could I please take this opportunity to remind competitors that especially in long fell races, where distances between runners can be quite considerable, the opening and shutting of gates is the responsibility of the individual.

A.R. Darby

1. P Dixon	MDC	2.32.00	11. M Lucas	MDC	2.59.00
2. L Wallace	Newport	2.32.00	12. R Crawford	MDC	0/40 3.06.00
3. L Williams	MDC	2.40.00	13. R West	MDC	0/40 3.11.00
4. C Cheswick	Dursley	2.47.00	14. R Marshall	MDC	3.45.00
5. M McDermott	Oxford Univ.	2.47.30	15. A Franklin	MDC	L 3.48.00
6. P Beedie	U/A	2.50.00	16. P Parker	HOC	0/50 3.48.30
7. A Darby	MDC	2.50.30	17. F Nixon	MDC	L 3.50.00
8. P Evans	MDC	2.51.00	18. R Simpson	Caldicot	3.53.00
9. A Andrews	MDC	2.57.00	19. B Hood	MDC	0/50 3.57.00
10. J Darby	MDC	2.57.30	20. P Hammond	U/A	3.59.00

Teams: 1. MDC; 2. MDC

NORTHERN COUNTIES A.A. FELL RACE CHAMPIONSHIPCategory A, 14 miles, 5,000'

14 May

A record number of 187 runners competed for the NCAA individual and team titles. There were only 8 retirements as the event's tradition for fine weather held out. Most significant amongst these was Shaun Livesey (Clayton) who was well set for 2nd position before taking a wrong line off Whiteless Pike to end up in Buttermere. Kenny Stuart won comfortably and Billy Bland was only a few seconds slower than his winning time last year. Jon Broxap came in 3rd to establish Keswick AC as a virtually unbeatable club on the fells. They also provided the 2nd team home with Horwich and Cumberland Fell Runners having to be satisfied with equal third place. John Wild, British Champion, would be reasonably satisfied with 4th position as he seeks to regain fitness for the longer events after an early season setback due to an injury sustained at football. The junior race was a flop in that only 3 competed. Is it worth while continuing this event for the under 21's with such lack of interest? The ladies too were short on numbers - only 4 deeming it worth while competing in an event which offered championship points for the taking. Are we flogging a dead horse here also?

Danny Hughes

1. K Stuart	Keswick	2.06.24	16. D Bland	Kendal	2.27.13
2. W Bland	Keswick	2.09.38	17. A Hauser	Holmfirth	2.27.50
3. J Broxap	Keswick	2.13.32	18. S Moore	Horwich	2.28.41
4. J Wild	CFR	2.19.11	19. J Blair-Fish	DPFR	2.28.44
5. M Short	Horwich	2.19.28	20. J Nixon	Horwich	2.29.46
6. R Ashworth	Rossendale	2.20.25	21. A Harmer	DPFR	2.29.48
7. D Stuart	Keswick	2.22.38	22. A Richardson	Kendal	2.29.49
8. P Barron	Keswick	2.22.49	23. J Baston	Chester/E'mere	2.30.07
9. P Irwin	Rossendale	2.25.08	24. P Murray	Horwich	2.31.23
10. K Shand	Rochdale	2.25.15	25. N Lanaghan	Keswick	2.31.40
11. P Lambert	Red Rose	2.25.24	26. I Robinson	Clayton	2.31.54
12. A Smith	CFR	2.25.33	27. P Mackrill	CFR	2.32.12
13. G Read	Rochdale	2.25.45	28. F Loftus	Horwich	2.32.40
14. P Tuson	Kendal	2.25.54	29. R Futrell	Holmfirth	2.32.45
15. A Philipson	Gosforth	2.27.10	30. R Shaw	Skyrac	2.32.46

Southern Counties Individual

1. J Blair-Fish	DPFR	2.28.44
2. C Wilson	Kendal	2.41.03
3. D Lamond	Keswick	2.42.05

Cumbria County Individual

1. K Stuart	Keswick	2.06.24
2. W Bland	Keswick	2.09.38
3. J Broxap	Keswick	2.13.32

Lancashire County Individual

1. M Short	Horwich	2.19.28
2. R Ashworth	Rossendale	2.20.25
3. P Irwin	Rossendale	2.25.08

N.E. Counties Individual

1. A Philipson	Gosforth	2.27.10
2. P Chapman	Kendal	2.33.56
3. P Longfield	Billington	2.38.09

Yorkshire County Individual

1. A Hauser	Holmfirth	2.27.50
2. J Blair-Fish	DPFR	2.28.44
3. A Harmer	DPFR	2.29.48

Ladies

1. W Dodds	Clayton	3.13.10
2. C Walkington	Horwich	3.23.47

Veterans 0/40

1. A Philipson	Gosforth	2.27.10
2. P Murray	Horwich	2.31.23
3. N Mathews	Horwich	2.33.14
4. D Wade	Holmfirth	2.36.47
5. P Longfield	Billington	2.38.09

Veterans 0/50

1. P Carmichael	Morpeth	2.55.05
2. J Marstrand	Lochaber	2.59.15
3. F Thompson	Clayton	3.20.16

Juniors

1. R Bergstrand	Rochdale	1.15.02
2. M Lindsay	Edinburgh S H	1.21.18

Cheshire County Individual

1. J Baston	Chester/E'mere	2.30.07
2. M Winstanley	Lancs/M'cambe	2.36.44
3. J Hewitt	Warrington	2.44.42

3. J Sutcliffe	CFR	3.31.08
4. A Sexton	Buxton	4.02.25

6. H Blenkinsop	Keswick	2.39.28
7. J Naylor	CRR	2.39.38
8. P Brooks	Lochaber	2.43.35
9. M Edwards	Aberdeen	2.43.51
10. P Bland	Kendal	2.44.14

4. J Mann	Horwich	3.52.55
5. F Carradus	Kendal	4.07.38
6. J Niblett	Horwich	4.15.02

3. K Manning	Clayton	1.25.15
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ELLAN VANNIN (ISLE OF MAN)Category A, 20 miles, 6,000'15 May

1. A Varley	Boundry H	3.46.53	4. M Coulourne	4.31.15
2. I Callister	Manx AC	3.52.45	5. P Cain	4.31.40
3. G Hall		4.25.00	6. Anne Gomer	5.22.05
			R Baxter	5.22.05

Veteran

7 finishedBLACKSTONE EDGENot yet categorised, 3½ miles, 1,100'19 May

A fantastic turn out for the first running of this race despite it being a wet Thursday evening. 222 runners very quickly got very muddy in the famous 'Pennine Way peat bog'. The course is my own choice for a category A event and starts from one of Lancashire's oldest inns, the Lydgate. The route follows a Roman road to Robin Hood's Rocks on Blackstone Edge before meeting the Pennine Way and returning on the Roman Road. Sue Parkin was amazing in running 28 minutes 18 seconds to finish 34th overall, less than one minute behind first veteran, Colin Robinson. Prizes to the first 30 and no profit to the organisers.

Kevan Shand

1. J Norman	Altrincham	25.46	11. A Sunter	Horwich	26.49
2. A Adams	ICL	25.49	12. K Shand	Rochdale	26.54
3. D Hall	Kendal	26.12	13. K Dobson	Bingley	26.56
4. R Bergstrand	Rochdale	26.25	14. K Robinson	Kendal	27.06
5. B Williams	ICL	26.32	15. M Brady	Glossop	27.07
6. G Read	Rochdale	26.35	16. A Whittaker	Spencerborough	27.07
7. M Short	Horwich	26.36	17. G Bell	Halifax	27.07
8. N Judge	Spencerborough	26.36	18. S Barlow	Horwich	27.15
9. I Holloway	Rochdale	26.39	19. R Futrell	Holmfirth	27.19
10. S Davies	Horwich	26.46	20. S Hunt	Horwich	27.24

Ladies

1. S Parkin	Holmfirth	28.18
2. C Haigh	Holmfirth	31.05
3. S Smith	Spensorough	34.14
4. C Walkington	Horwich	34.44

Teams

1. Rochdale - 31 pts; 2. Horwich - 46 pts; 3. ICL - 82 pts.

Veterans

1. C Robinson	Rochdale	27.36
2. R Asquith	Holmfirth	28.08
3. R Hill	Clayton	28.50
4. G Spink	Bingley	29.45
5. P Watson	Pudsey/Bramley	29.51

GOATFELL (ISLE OF ARRAN)Category A, 8 miles, 2,800'

21 May

1. P Irwin	Rossendale	1.18.43	11. T MacDonald	Bingley V	1.24.55
2. R Morris	Edinburgh	1.19.30	12. H Blenkinsop	Keswick	1.25.09
3. A Styan	Holmfirth	1.20.18	13. D Bleakley	Bury	1.25.15
4. M Lindsay		1.20.42	14. A Kay	Cambridge Univ	1.25.31
5. R Boswell	Lochaber	1.20.59	15. M Johnstone	Nith Valley	1.26.28
6. R Campbell	Lochaber	1.21.07	16. J Hewitt		1.27.44
7. D Booth	DPFR	1.22.29	17. P Monday	Rochdale	1.27.58
8. R Shields	Lochaber	1.22.51	18. J Adair		1.27.59
9. J Stevenson	Irvine Bourtree	1.23.41	19. T McCulloch	Ayr Seaforth	1.28.26
10. A Adams	Dumbarton	1.24.06	20. R Richardson	Scot.Vet.Har.	1.28.53

Ladies

1. E Faulkner	2.27.35
2. G McMaster	2.34.29
3. S Gilmore	3.06.20

Team

1. Lochaber AAC

CLOUGHA PIKECategory B, 5 miles, 1,150'

21 May

1. J McGee	Copeland	38.17	11. C Pooley	Lancs/M'Cambe	41.50
2. M Harris	Lancaster Univ	38.40	12. A Brierley	Clayton	42.00
3. N Miller	Lancaster Univ	39.35	13. K Robinson	Blackburn	42.19
4. J Reade	Clayton	39.54	14. A Thornton	MDOC	42.30
5. H Aspinall	Rossendale	40.05	15. M Mattinson	U/A	42.41
6. C Valentine	Keswick	41.24	16. A Rothwell	Horwich	42.42
7. A Gaffney	Blackburn	41.25	17. I Turner	U/A	42.47
8. J Gibbison	Lancs/M'Cambe	41.34	18. G Woolnough	Kendal	42.49
9. S Cliff	Lancaster Univ	41.35	19. B Chester	Chorley	43.12
10. D King	U/A	41.37	20. B Duffy	Aberdeen	43.18

Ladies

1. B Granswick	Clayton	55.40
2. V Brindle	Clayton	56.22

Veterans 0/45

1. A Ashworth	Clayton	50.43
2. R Cutts	Longwood	51.33

Veterans 0/40

1. B Duffy	Aberdeen	43.18
2. C Huck	Lancs/M'Cambe	43.57
3. B Hillon	CFR	45.07
4. A Evans	Kendal	45.26

Opposite photo: Vets Fell Champion Ray Aucott at Blisco November 1982.



FAIRFIELD HORSESHOE

Category A, 9 miles, 3,000'

22 May

The second consecutive medium scorer to produce a stunning race and for John Wild, Kenny Stuart and Jack Maitland to fill the same first three positions. For those who could see John and Kenny running along the ascending ridge it appeared that they were out on a friendly training run as they kept pace side by side to the summit. Only in the final descent before the last agonising strides on the level track could John open up a small gap sufficient to win. Despite the good weather and intense competition, the winning time was 52 seconds short of John Wild's record time of 1981. Two hundred and forty men started with 3 retirements and 98 pre-entries not running. Fourteen ladies competed with no retirements but 13 non-starters. They gave the men something to chase as they started half an hour in advance but next year it is proposed that everyone will start at 2.00 p.m.

Hugh Symonds

1. J Wild	CFRA	1.10.57	16. P Chapman	Kendal	1.19.48
2. K Stuart	Keswick	1.11.04	17. G Read	Rochdale	1.19.52
3. J Maitland	Aberdeen	1.13.54	18. A Sunter	Horwich	1.20.02
4. A Darby	Mynyddwyr	1.14.07	19. P Barron	Keswick	1.20.21
5. J Broxap	Keswick	1.14.20	20. R Futrell	Holmfirth	1.20.41
6. H Symonds	Kendal	1.14.33	21. A Harmer	DPFR	1.20.46
7. R Whitfield	Kendal	1.14.41	22. G Moffat	Kendal	1.20.59
8. W Bland	Keswick	1.14.51	23. A Philipson	Gosforth	1.21.03
9. M Short	Horwich	1.15.39	24. G Griffiths	Eryri	1.21.22
10. S Livesey	Clayton	1.16.09	25. B Peace	Bingley	1.21.26
11. R Ashworth	Rossendale	1.16.53	26. H Jarrett	CFRA	1.21.31
12. R Bloor	U/A	1.18.16	27. W Todd	CFRA	1.21.38
13. D Hall	Kendal	1.18.48	28. N Lanaghan	Keswick	1.21.43
14. R Wayte	Bingley	1.19.10	29. J Reade	Clayton	1.21.53
15. R Aucott	DPFR	1.19.21	30. B Brindle	Horwich	1.22.22

Ladies

1. S Parkin	Holmfirth	1.31.10	6. C Walkington	Horwich	1.49.23
2. L Dunn	Sheffield Uni	1.40.59	7. A Teasdale	Keswick	1.51.14
3. A Carson	Eryri	1.42.20	8. S Bradley	DPFR	1.59.20
4. H Bloor	Highgate Harr	1.45.13	9. J Allum	Clayton	2.01.26
5. R Clayton	DVO	1.48.29	10. J Butterworth	Red Rose	2.03.48

Veterans 0/40

1. R Aucott	DPFR	1.19.21	6. R Asquith	Holmfirth	1.26.47
2. A Philipson	Gosforth	1.21.03	7. P Bland	Kendal	1.27.35
3. P Murray	Horwich	1.23.09	8. D Wade	Holmfirth	1.28.19
4. M Edwards	Aberdeen	1.24.30	9. R Allum	Clayton	1.31.34
5. P Longfield	Billingham	1.25.22	10. K Lodge	Halifax	1.32.45

Veterans 0/45

1. A Delamere	Colorado USA	1.31.06
2. G Brass	Clayton	1.35.35
3. F Rush	Keswick	1.36.13
4. D Brown	Clayton	1.37.05

Veterans 0/50

1. P Carmichael	Morpeth	1.32.18
2. K Brooks	Horwich	1.33.30
3. D Clutterbuck	Rochdale	1.41.11
4. I Sykes	Rochdale	1.42.19

Teams

1. Keswick AC	3.40.15	5. Bingley Harriers & AC	4.03.04
2. Kendal AC	3.48.12	6. Holmfirth Harriers & AC	4.07.59
3. Cumberland Fell Runners	3.54.06	7. Eryri Harriers	4.08.18
4. Horwich RMI Harriers	3.58.03	8. Bolton United Harriers	4.46.29

Opposite photo: Another very close race between Kenny Stuart and John Wild. Kenny leads John on the zig zags at Snowdon in the Welsh 1000m peaks race in June 1983. John Wild went on to win. Results and report in the next issue.



BENS OF JURA

Category A, 16 miles, 7,500'

28 May

Coming across on the ferries before the race is the first view you get of the Paps of Jura and you can't help but gaze in awe. They're incredible things - volcano shaped, they stand in triangular formation, looking as if they come straight out of the sea and don't intend to stop until they reach the sky. The tops are often in cloud but the clouds don't cover much - just rock. Each of the three Paps is like the worst face of Great Gable and the screes are made of football-sized lumps of granite. Two of them have sheer precipices on one side but in general they're not quite as bad as they look and though the race covers all seven Bens on the south of the island there is an hour's good running before you hit the Paps - and a three mile stretch of coast road to finish.

The race itself was run in almost perfect weather - a warmish day with a cool breeze and the hills clear of cloud. Mike Short was surely to be fancied after his recent races but he was not amongst the early leaders - was he playing it canny? Andrew Curtis of Edinburgh led for the first hour and at times was so far in front that it seemed he would either win or die - he died, finishing 12th. Andy Styan took him as they reached the summit of Beinn a'Chaoilais and that was it. In his first run over two hours for two years, Andy pulled steadily away from the chasing group of Hudson, Aucott, Ratcliffe and Philipson, with Morris, second at Goatfell the previous week, hanging on. It was Philipson, running magnificently, particularly on the downhill, who moved into second place and Mike Short wasn't playing it canny - 'I just never got going', he said later.

Andy finished four minutes in front, breaking Brian Finlayson's record by fifteen minutes. The Styan household should be all right for booze for a while as the sponsors, MacKinlay's Whisky, gave a gallon of the best Jura Malt as first prize. Every finisher got a miniature whisky and most runners and families got much more than that the next day on organised tours round the Jura Distillery. Lots of folk have booked accommodation already for next year - not surprising really, since it's a fabulous event. It's definitely the toughest on the calendar and everyone there must be grateful to Don Booth for resurrecting the race and organising it so well.

Andy Styan

1. A Styan	Holmfirth	3.24.37	New record	11. J Patterson	Pyramid	3.54.55
2. A Philipson	Gosforth	3.28.08		12. A Curtis	Edinburgh S H	3.55.10
3. M Hudson	Keswick	3.30.49		13. I Reddington	Spensborough	4.02.46
4. R Aucott	DPFR	3.34.00		14. D Bleakley	Bury	4.05.07
5. D Ratcliffe	Rossendale	3.40.02		15. R Boswell	Lochaber	4.05.38
6. D Booth	DPFR	3.42.21		16. J Hewitt	Warrington	4.06.03
7. M Short	Horwich	3.43.50		17. P Nelson	CFR	4.06.31
8. R Morris	Edinburgh	3.46.59		P Gilbert	Thames H H	4.07.52
9. J Blair-Fish	Edinburgh S H	3.48.32		19. A Kay	Cambridge	4.07.52
10. D Hollindrake	Lancs/M'cambe	3.51.11		20. P Bland	Kendal	4.08.21

Ladies

1. J Niel East Kilbride 5.43.00

Veterans 0/40

1. A Philipson Gosforth 3.28.08
 2. R Aucott DPFR 3.34.00
 3. P Bland Kendal 4.08.21

Veterans 0/50

1. J Marstrand Lochaber 4.41.00
 2. B Bentall DPFR 5.07.04

Team - 1. Dark Peak Fell Runners

WHARMTON DASH

Not yet categorised, 2 miles, 600'

29 May

1. P Roden	East Cheshire	14.41	11. R Asquith	Holmfirth	15.36
2. H Aspinall	Rossendale	14.42	12. S Hunt	Horwich	15.38
3. B Brindle	Horwich	14.43	13. F Loftus	Horwich	15.43
4. M McGann	East Cheshire	14.43	14. D Cartwright	Holmfirth	15.44
5. A Sunter	Horwich	14.49	15. A Swift	Longwood	15.50
6. R Owen	Horwich	14.52	16. R White	Holmfirth	16.06
7. S Turner	Rochdale	15.06	17. R Healis	Halifax	16.07
8. A Sladen	Salford	15.25	18. K Maguire	Rochdale	16.10
9. H Waterhouse	Saddleworth	15.31	19. P Livesey	U/A	16.11
10. S Sunter	Horwich	15.35	20. P Lord	Saddleworth	16.12

Ladies

1. L Davis	East Cheshire	19.22
2. K Mather	Saddleworth	19.42
3. S Kiveal	Saddleworth	22.36

Veterans

1. R Asquith	Holmfirth	15.36
2. P Duffy	Aberdeen	16.21
3. H Kelly	East Cheshire	16.22

Teams

1. Horwich
2. East Cheshire

BENTHAM GALA 10Category C, 10 miles, 800'

30 May

1. M Bishop	Staffs Morlands	51.54	11. F Loftus	Horwich	57.33
2. H Symonds	Kendal	52.23	12. S Pratt	Bingley	57.39
3. J McGee	Copeland	53.32	13. P Lambert	Red Rose	57.42
4. P McWade	Clayton	53.57	14. J Reade	Clayton	58.23
5. R Ashworth	Rossendale	54.00	15. J Singleton		58.24
6. R Bergstrand	Rochdale	54.03	16. G Woolnough	Kendal	58.24
7. H Aspinall	Rossendale	56.16	17. A Spence	Bingley	58.35
8. G Moffat	Kendal	56.49	18. G Spink (Vet)	Bingley	58.41
9. P Irwin	Rossendale	57.02	19. K McKay	Clayton	59.08
10. P Tuson	Kendal	57.12	20. J Capenhurst	Bingley	59.12

Ladies

1. M Hurst	61.49	2. C Walkington	73.48
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CFRA and FRA members

(Special rates for FRA members)

PROFILE OF DANNY HUGHES - CHAIRMAN OF THE FRA

by Andy Styan

Danny Hughes is well known to many FRA members as the Secretary of the Cumberland Fell Runners' Association - the man whose organisation of the Ennerdale, Wasdale, Copeland, Kinniside, Muncaster, Northern Counties and several other races, is widely recognised as the best.

Now 46 years old, Danny has been running since the age of 15, but he only took up fell running when he moved to the Lake District where he now lives working as an engineer for BNFL at Calder Hall. He became secretary of the CFRA after their first promotion of the Ennerdale Horseshoe Race fifteen years ago and was instrumental in starting up the Wasdale Race and every other CFRA promotion since.

He still enjoys competing in fell races and can't resist it, even when he's unfit. He reckons that by carrying on as a competitor he understands what is or is not important to the runners. His philosophy as a race organiser is that races are for the enjoyment of the competitors, not an ego trip for organisers (the recent change to entry on the day for all CFRA races to give more freedom to runners is a reflection of this).

Danny was a member of the group who prepared the extremely comprehensive CFRA report 'Safety of Fell Races' in 1981, following the death of Bob English in the Ennerdale Race that year. This report now forms the basis of the FRA rules and recommendations for fell race organisers and competitors.

In 1979 Danny was elected to the FRA committee and has served on it since and so has played an active part in our negotiations for recognition by the AAA, for whom he has sympathy and understanding, while recognising the areas in which they don't help fell running. Elected to the position of Chairman of the Association last October, Danny is sure to bring to the job all the professionalism and commitment that he has shown up to now. He can stay in the chair for up to three years (I hope he does) and they look like being exciting ones for fell running.



Danny Hughes at Muncaster 1978

BOB GRAHAMS - THE BLAND WAY

By Tony Cresswell

Largely unreported until now, the antics of Billy then Stuart Bland's epic rather swift BG's would make riveting reading. That is of course if any one person could have stayed in long enough to report on them. Ideally, Billy and Stuart should write a report themselves but the likelihood of them singing their own praises is as likely as me running the next 12-odd hour BG! Anyway, as I was involved to a small degree in both I will do my best to paint a picture of these amazing lightning tours.

The week-end nearest to the longest day of 1982 was the stage for Billy's effort. Having run (and won) the Ennerdale the previous week-end as a depreciation run our Willie had most of Keswick AC and more dotted round the region in readiness. I was labelled for the Dunmail-Wasdale leg (-might have slowed by then?). Billy had started at the crack of dawn going clockwise like Mr. Graham had and as Mike Nicholson had when he set the existing record of 17.45 in 1977. I wasn't able to make Dunmail in time for Billy's schedule due to work so set off up Langdale and hot foot for Rossett Pass. I had still missed him - information kindly supplied from some of John Gibbison's pacers, also doing a Round. The day was still and mild but low cloud obscured the tops all day. Should I go to Ore Gap and miss him there? I opted for Esk Hause but alas I had still missed out but the gap was now down to apparently 5-10 minutes. Keep going son, you've got all day and thanks to the abundance of walkers (doing the 4-3's) I gained progress reports of the elusive 'Have you seen three fell runners, mate?' until Jon Broxap faintly made out one such enquiry in the mists in the Ill Cragg region. At last, contact!



Amongst a million stones. Joss Naylor leads Stuart Bland to the top of Great Gable

Then there was Stuart also in support and going great guns, Billy. He graciously declined my offers of one flask tea, ditto coffee, squash, milk, butties, cakes, having humped them all the way. I could have made a fortune flogging the stuff on Scafell Pike but if we stopped I must have blinked. Broad Stand was the riot it commonly is. Stuart was shoved up to pull up Billy then Jon who went on for Scafell summit. I was last and nearly had me and Stuart down Mickledore Chimney; 'By lad, yer 'eavier than our Jon', he said. Our time off Scafell was ridiculous as I remember and a small group was assembled at Wasdale Head. He only stopped a very short while but I recall him with a butty and bottle of Mackeson as I stood croaking behind Joss's car. Only Joss continued with Billy on up Yewbarrow leaving me trying to flog these drinks and things to

Joss's kids. Having failed there as well I set off for Sty Head after Jon and Stuart bound for Borrowdale and I returned to Langdale via Rossett once more. Over my shoulder I understand Billy had a few minutes halt on yewbarrow but Joss saw to that ... more of this later. Barring that momentary flutter he speeded up if anything and from Newlands into Keswick it was a job for any including the fresh to live with him. So at 6.54 p.m. just 13.54 hours after setting out, Billy shaved a clear 3 hours 51 minutes off the record. The record was very likely to go all right, Billy having dawdled round in 18.50 hours back in 1976. He told us pacers that 16 hours was the target, it was the amount under that target that stopped the world turning. It turned out to be an ultra depreciation run for the Wasdale a few weeks later - which Billy also won, with a record time ...

Billy stomped off with the Borrowdale again a while later but equally impressive was Stuart's run to third place. It was after the Catrigg the next day that Stuart came over and asked about the next week-end. It was the same old song, 'I know I can do 16 hours ...' (TC deposits small puddle in Fitz Park, but casually replies, 'I'll be there'). So on the 14th August of the same year I got up to see Stuart off from Keswick, Kenny Stuart went along as he had done for Billy with Tony Bland in June but in August it was still dark. Pete Barron and Jon Charlton went on from Threlkeld, again as for Billy with Dave Stones. I couldn't make Dunmail in time again (jobs have uses!) and this time I dashed down Borrowdale and on up Grains to Esk Hause, electing to

wait on Esk Pike. This was a grand day and views were extensive and the approaching runners were spotted on Bowfell. Billy and David Bland with John Gibbison were with Stuart but the regularity of Stuart's drinks hinted towards a slowing. The pace was very swift and Billy confirmed that at the time Stuart was well up with his own times. Stuart was reluctant to eat and sensed a fading, and after a drier and easier Broad Stand the drop off Scafell was halted. Part way down Stuart lay down and Billy saw his chance to try the 'Naylor shake' - a delightful little remedy performed by the said bod on Billy when he wavered on Yewbarrow. It was as much as I could do to obey instructions, but with Billy holding his arms and me his legs we picked him up and shook the living daylights out of him. Gripping a Mars bar between his teeth for anaesthetic poor Stu was shaken like a rag doll between two guard dogs.



Seventy-three, Seventy-four...

It worked though; his eyes were all over his head but on we all trooped to Wasdale! It was during this time that Stuart lost that bit of time that put the difference in between his and Billy's rounds. Off went the pair of them up Yewbarrow with Billy giving, shall we say, words of encouragement. I had feared it might all end in a punch-up on Pillar but Joss turned up and set off in pursuit as umpire. In true Bland style he got better as time went on and blazed into Keswick to record 14.56 hours. While slightly overhsadowed by Billy's effort, it ought to be remembered that this was a 'first time' effort and in as much was a voyage into the unknown. Does it all end here?



Stuart to Chris Worsell "There's no goldfish at the fair on Great Gable"

Stuart certainly thinks not. In trying to gather information for this article I was told not to waste my time, 'I'm telling you, someone will go out soon and do 12 hours ...' Well, while there are maybe one or two about I thought I had better write this article and let the brave come forward.

I have to apologise for the depth of detail supplied which can only revolve around my own tiny contributions. There were loads of folk involved who performed their own marathon efforts but rather than make this a great factual account they are left out here, get the full facts from Fred Rogerson, but a few split times to close with the aid of the 1" map should make the best of us squirm. I was only too glad to be along and very proud to be part of a bit of history.

	<u>Billy</u>		<u>Stuart</u>	
Keswick to Threlkeld	2.13	(3 min)	2.28	(2 min)
to Dunmail	2.41	(3 min)	2.38	(2 min)
to Wasdale	3.43	(2 min)	3.54	(10 min)
to Honister	3.09	(13 min)	3.32	(3 min)
to Keswick	1.47		2.07	
	<u>13.54</u>	21 mins rest	<u>14.56</u>	17 mins rest



THE STUARTS OF THRELKELD

by Bill Smith

During the past decade, a number of professional fell runners have become reinstated as amateurs, including Pete Bland, Tom Robertshaw, Billy Bland, Fred Reeves, the Stuart brothers and, most recently at the time of writing (December 1982), Graham Moffat. The term 'professional' when used in this context is just a joke for even the top guides racers make less from a whole season than many AAA exponents (outside fell racing) pick up for one appearance - unofficially, of course. The only professional thing about these lads is, to paraphrase Bill Teasdale, in the way they train, and all of them have regular jobs to work at outside the sport, mainly connected with farming. The purpose of this article is to trace both the professional and amateur careers of the Stuart brothers, Duncan and Kenny.

Living at Threlkeld, near Keswick, they are not short of training ground, for the steep grass slopes and rock ridges of Blencathra soar impressively skywards directly above their home. There were, in fact, four fell-running Stuart brothers at one time but two of them, Gary and Colin, competed only twice each in the Ambleside junior guides race and with only moderate success. It should be added, however, that neither had the same interest in the sport which is shared by their more well-known brothers and, as Kenny says, "They really only ran because they were egged on a bit!"

KENNY STUART

Kenny Stuart, a gardener by trade, was born at Threlkeld on 25.2.57. He stands 5'5" and weighs 112 lbs. As a lad, he represented his school, district and county at cross-country, and his first fell race was a junior event at Thirlmere in which he finished 5th. His first senior triumph came over a flat cross-country course at West Ward, near Wigton, in 1974. His first senior fell race was at Coniston where he finished 6th out of 10 starters.

By 1977 Kenny had established himself on the professional circuit but Fred Reeves, Tommy Sedgwick and Graham Moffat often proved to be superior opposition. In 1978 Kenny finished 4th in the professional fell runners' championship and in 1979 when Reeves won the championship for the 10th consecutive year Kenny had continued to improve and finished runner up. In 1980 Kenny won a total of 18 races and the fell championship. He repeated the triumph in 1981 with a formidable 30 wins from 32 races to complete his last full season as a professional.

Early in 1982 Kenny Stuart won a cross-country race at Oxton in the Scottish Borders and also displayed an ability to cope with longer distances when, as a "guest", he took Jon Broxap all the way in the Buttermere Round, a 22 mile road circuit from Keswick over Honister and Newlands, to set a new record of 2.05.30. This event is more of a pre-season training run than an open race, with no entry fees and no prizes. When the summer season opened with the Rusland May Day race, Stuart showed no lapse of form, emerging victorious over Graham Moffat and Harvey Gott, Milnthorpe, and the following weekend he won the 21 mile Duddon event by a fraction of a second from Billy Bland with a time of 2.46.10. Not yet a competent navigator, nor sufficiently familiar with the route, Kenny stayed with Billy almost to the end, a technique which he has since performed on several occasions.

Three months elapsed before Stuart was to compete again, whilst he awaited confirmation of his reinstatement as an amateur and the resultant freedom to join Keswick AAC, of which club his brother Duncan was already a member. A week before Burnsall Sports on August 21st, he was informed that his application had been approved, thereby allowing him

to compete in the Burnsall Centenary Fell Race in which he was placed 2nd to John Wild, a most praiseworthy performance in view of his lack of race-fitness. The following day, he won the Sedbergh Hills Race from Bob Whitfield.

In the Ben Nevis Race, he led from Billy Bland at the summit, only for Billy to regain the lead on the scree descent, but then Kenny forged ahead once more when Bland fell near the Red Burn crossing and eventually won by 01.16 with a time of 1.27.12. Kenny's lack of route-finding skill showed the following weekend when he could only manage 11th position in the Vaux Mountain Trial, won by Billy Bland in very rough conditions - a highly creditable performance for all that. Next came victory at Langdale over a revised course to Scafell Pike and back and further triumphs in the Thieveley Pike, Tour of Pendle, Butter Crag, Blisco Dash and Wansfell. He also placed 2nd (49.51) to Andrew Taylor in the undulating Derwentwater "10" road race last November. These performances, allied with Kenny's remarkable dexterity at both climbing and descending and over any distance, have led to him being tipped as a likely successor to John Wild in the 1983 British Fell Running Championship.

One of Kenny's reasons for seeking reinstatement was that, with the increased training he was doing, he felt that he might as well be facing the increased competition which the much larger amateur fields afforded, as well as being able to compete over widely varying distances and also have the option of running road and cross-country if he felt the need of it. "But above all", he says, "I wanted to compete with my brother Dunc for Keswick as, although we often train together, we had to go different ways come race time."

Of his training, he explains: "Because of the fact that most of my training in winter is done in darkness, very little quality work on grass or fell can be done, and tarmac therefore becomes my main training surface. A typical winter week would be around 80 miles with some short work on Saturday and a long run on Sunday. A spring or summer week without any races near might be: Monday a.m. 3 miles cross-country, p.m. 10 miles road (60-70 minutes); Tuesday a.m. 3 miles cross-country, p.m. 6 miles including 4/5 x 1 mile on grass; Wednesday a.m. 15 miles in 2 hours or more; Thursday a.m. 3 miles cross-country, p.m. 6 miles including 8 x 1/2 miles on grass; Friday a.m. 3 miles cross-country, p.m. 10 miles road; Saturday a.m. 3 miles cross country, p.m. 4/5 miles sustained effort on fell; Sunday 15 miles or 2 1/2 hours or more of steeper stuff. This schedule totals upward of 80 miles. "Although I would like to do this every week, I need to be very flexible and training in summer changes often, varying in both mileage and type. I don't believe in high mileage and often get as low as 60 miles per week in summer, while I have only once ever been over 80 miles per week in winter. No doubt I'll experiment with mileage in future." For fell training he uses the Skiddaw-Blencathra range and the Clough Head-Helvellyn range.

Kenny Stuart regards his best single performance as a professional to be his 1980 Grasmere win, and as an amateur (1982 only) his Ben Nevis victory. He is also proud of his 30 wins from 32 starts in 1981, which included 28 in succession. His plans for the future are: "To be successful as a fell runner and to keep clear of major injury". Also, "I would like to win the championship one year in the future". Regarding the two codes of fell racing, Kenny says: "I would like to see the sport run under one code and not as 'pro' and 'amateur'. As prize money for guides races becomes 'poor pocket money' (some as low as £4) and amateur prizes improve, this makes the present situation a sham." Sentiments which are shared by all true fell runners, both professional and amateur.

DUNCAN STUART

Duncan Stuart was born at Threlkeld on 8.9.59. He is a builder, 5' 4½" tall and weighing 119 lbs. Like Kenny, Duncan represented both his school and district at cross-country. His first fell race was the under-12 event at Ambleside sports, where he finished 10th out of a 30 strong field. His first senior race was the 1972 Rusland and May Day event. He had two or three wins as a junior and placed 2nd to Philip Robinson of Preston Patrick (Brian Robinson's cousin) in the 1976 junior guides race at Grasmere. Other 2nd placings as a junior included Sedbergh, Rusland, Coniston and Ennerdale. He was never first in any race as a senior but was runner-up to Kenny at Lowick in 1980.

Duncan's reason for wanting to join the amateur ranks was: "A wider choice of races, including the longer distances". He was reinstated and joined Keswick AAC during the Spring of 1981. Though not (so far) an athlete of Kenny's ability, Duncan is nonetheless a very useful runner who will surely improve over the next few seasons. During his first two years of amateur competition he has put together several results of which many another runner would be proud: 1981 - 37th Skiddaw (1.13.46), 11th Kinniside, 17th Latrigg, 28th Sedbergh, 31st Burnsall (16.02), 34th Pendleton, 26th Langdale, 26th Derwentwater "10" (54.48). 1982 - 19th NCAA, 14th Black Combe (Whicham), 27th Ennerdale, 18th Skiddaw (1.11.22), 24th Wasdale, 4th Kinniside, 12th Half Nevis, 15th Borrowdale, 11th Latrigg, 10th Sedbergh, 37th Thieveley Pike, 23rd Butter Crag, also a 1.12.00 half-marathon in the Great Cumbria Run.

The winter training of Duncan Stuart consists of 80-90% road with fell runs at the weekend. His summer schedule of 60-70 miles per week includes "steady runs on fell and road up to one hour, with the odd short fell run going hard for 20 minutes". His fell training ground is Skiddaw, Latrigg and the Blencathra group. Duncan's plans for the future are: "To maintain the enthusiasm to train daily and to enjoy races and life in general".

The original manuscript of this article contained further details of Kenny's early career which have had to be cut out due to space limitations.



Duncan Stuart (No 6) at Blisco '82. Also Paul Iuson(67), Guy Woolnough (112), Geoff Read (138), Pete Barron (102)

ROMANCE ON THE FELLS

By Carole Atkinson
Leeds City AC

I met him running on the fells
 One wet and windy day,
 When I stopped to tie my laces
 And got right in his way.
 "Watch out!" I heard, as from
 behind

He went into a slide,
 And landed, not too gracefully
 In the mud, right by my side.
 From then our partnership was
 formed,

We'd always run together,
 Into many a golden sunset
 And in any kind of weather.
 We entered all the fell races
 But one day he opted out.
 He said, "You'll see me watching,
 I'll go up top to shout."
 So charging up the hill I went
 In rain and drizzly mist,
 And when I reached the summit
 My soggy cheek he kissed!
 But alas, oh dear, the judge he

saw
 The kiss, and at us cried,
 "Nay lad, ye can't do that y'know,
 -She'll get disqualified!"
 "It says in't book, 'NO GIVING
 AID

TO RUNNERS BY THE CROWD',
 And by my readin' I would say
 That kissin's not allowed."
 By this time I, with vigour,
 Had run down to cross the line
 And was celebrating victory,
 Oblivious of my crime.
 But in the end the prize I kept
 Because the people thought
 That kissing was no detriment,
 In general, to the sport.
 Now two years later we got wed,
 And on the washing line,
 Amongst the hoardes of sweaty
 socks,
 His shorts hang next to mine.



FELL RUNNING WITH ASTHMA

By John Kidger

I carefully worded the title of this article for a reason. Generally speaking, running despite an injury or illness is, at best, counter-productive and, at worst, dangerous. However, certain medical conditions can afflict the runner with which he has to come to terms on a long term or even permanent basis. Such a condition is asthma and I hope to show that a runner can learn to live with it and, if he loves his running, learn to run with it.

The alternative is to give up running and I often felt like doing just that during the eighteen months when my persistent 'bad chest' went undiagnosed and, later, on discovering that I had become asthmatic. Negative thoughts arose from self-pity and the still fresh memory of what it was like to have clear unobstructed breathing.

I became asthmatic in 1982 following a viral chest infection in 1981 and the resulting 'tight chest' symptoms which persisted over a long period. In 1982 I was 32 years old and had never had asthma or any other serious chest illness before. My initial reaction on learning that I had developed asthma was to immediately assume that I would never be able to run as well with asthma as I had done without it. The danger in this attitude is that it kills the motivation necessary to improve on race times and positions.

Asthma is a surprisingly common condition which can affect people at any age. The asthmatic develops the condition described as 'twitchy' airways and lungs, which means that many triggers such as house dust pollen, cold air or exercise bring on the characteristic wheezing associated with the disease. This wheezing is caused by the constriction of the air passages, a condition also found in the chronic bronchitis sufferer. However, the hope for the asthmatic runner lies in the fact that in asthma as opposed to chronic bronchitis this narrowing of the airways is a reversible process. Asthma is, therefore, controllable even if it is not curable. The level of control made available by the use, in my case, of inhaled aerosol drugs to counter this constriction permits the runner to continue his running. One type of inhaler that I use is an air-passage dilater, and the other type acts in a preventative manner. A further cause for optimism exists for the fell runner because of the nature of the exercise involved, i.e. generally long distance running at a steady pace.

Experiments on asthma sufferers compare their ability with non-asthmatics to exhale a certain volume of air in a certain length of time. Asthmatics, with their constricted airways, score less well than non-asthmatics in such tests. Exercise-induced asthma can be demonstrated in asthmatics after a run of around ten minutes. However, a second run shortly after the first reveals a smaller exercise-induced effect. This suggests that the body's production of some chemical substance (called a 'mediator') is less during the second test. It is also believed that people who run for long periods at relatively steady rates can 'run through' the asthma effect of exercise because this chemical mediator which is released by the body is then used up as the run continues.

The use of inhalers immediately before a run prevents the wheezing which normally occurs at the end of a run and in my experience delays, prevents or lessens the tightness in the chest and wheezing which comes on during a run.

Throughout this period I have received very quick and sympathetic medical consultation and treatment through the NHS. This applies to my own GP, the chest specialist at my local hospital's chest clinic and the chest clinic at Wythenshawe hospital which has an extremely

advanced lung function laboratory. Having said that, I did help my cause along by pushing for appointments and for referral to specialists and by asking lots of questions at every stage. The medical profession's reaction to my concern about my health and running was very positive and supportive and it is probably not coincidental that the most helpful medics were those who were fell walkers and runners themselves.

As well as the correct use of inhalers medical opinion suggests strongly that self-help measures such as dust reduction and the use of non-allergenic materials in the home, particularly in the bedroom, are of more practical benefit to the asthmatic than attempts at desensitisation to the various allergens by the use of injections. It is also known that lack of sleep contributes to an increase in the number and severity of wheezy attacks.

The self-help principal should also apply to the runner's training and racing. The necessary preventative inhalers should always be used immediately before a run of any kind because once wheezing starts the beneficial effect of the inhaler does not seem to work. In my experience the worst weather conditions for asthma are very cold, dry days. This is confirmed in a hospital laboratory test where the inhalation of very cold air is used to simulate exercise in inducing asthma. For this reason my winter training is severely affected and I have to put more effort in as Spring starts.

The tactic for races has got to be a slow start and, hopefully, a strong finish because a fast start will induce wheezing and tightness in the chest which will then persist throughout the race. Also I always try to get in a warm-up before a race. Because even-paced running over long distances seems to favour the asthmatic, I feel that the two-day events and challenges such as the Bob Graham should be possible.

The asthmatic runner then has to get to know his body's reaction to running and to heed the warnings that his body transmits. It is this combination of correct control measures and change in lifestyle including training and racing patterns that allows the asthma sufferer to run competitively on the fells. I have come to terms with my asthma and no longer waste time fretting about where I would be finishing in races had I not become asthmatic. Rather, with the support shown by my Clayton club-mates I have got back to the real world of training and racing and whilst accepting the limitations imposed by my asthma I am still able to share every runner's ambition which is to keep on improving.



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ON THE FELLS

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In the South West Lake District
From Elterwater Youth Hostel



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Technical Director: Ken Ledward.

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

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

GOODBYE 82 - HELLO 83

Clive Wilson, Kendal

Accompanied by my friend Pamela, I left Windermere at 1 p.m. on 30th December, 1982 bound for the West Highlands, full of a marvellous feeling I always associate with the discovery of new places and the prospect of new adventures. Almost 7 hours driving brought us to Glen Finnan at the head of Loch Shiel, the famous gathering place for the rebel clans of 'Bonny Prince Charlie' in 1745. As darkness was upon us and we both wanted to see more of the place, an overnight stop was agreed and spent very well at little expense in the Stage House Hotel. The owner is a most helpful chap and is also well informed about local bothys both high and low level which was of interest to us as we intended to do some walking in the area.

The morning after our arrival found us standing at the foot of the famous land mark looking down what must be one of the most beautiful lochs in Scotland. Armed with our bothy list and map, we started out for our first 'walk in' to our chosen bothy. Our intentions were to stay there for New Year's Eve and then move on to Mallaig and so down Loch Nevis, bothying on the way.

On reaching our bothy, we claimed our corner, lit a wood fire and generally settled in; later setting out for wood we found plenty on the nearby beach and more in the ash and birch woods on the surrounding hills. Struck by the beauty and isolation of the place, we decided to stay over more than one day and so set off back to the road some 4 miles distant to bring in more supplies. On the outward journey we met three intrepid fellow FRA members of a like mind, Roger Boswell, Larry Taylor and Colin Donnelly, having arrived back that evening with more supplies, i.e. booze, and a little extra food, got to watch the sack weight! We really found the party spirit/spirits with hot punch made from port and white wine, heated on the wood fire. Then later the boys produced a bottle of whisky, some cans of beer and a bottle of dark rum. By the time we had ushered in the New Year and passed all the booze around need I say New Year's Day was lost to most of us in one form or another. A marvellous time in great company.

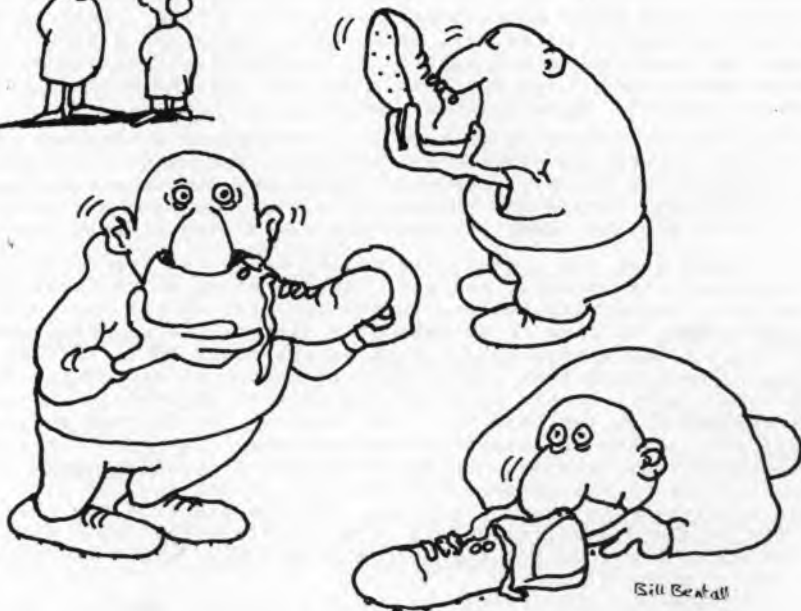
On leaving, Roger invited us to call in at his place at Corpach on our way home for a cuppa and offered his floor for the night. Delighted at the prospect, we quickly accepted. On Monday 3rd we arrived at Roger's in a smelly state and partook of a glorious bath and were then fed on a large meal of lamb, potatoes and leeks. Absolutely great!

We then settled down for a chat with Colin, Larry and Roger, the two former staying over as well, and were invited along on the next day's training run - better and better, thinks I. Then we all set sail for the local in Fort William to partake of a pint or two of IPA (Youngers best). The following morning found us at the lower falls in Glen Nevis, the three of us having been joined by Graham whom we met in the pub on the previous night. Pamela decided on a walk to the head of the Glen while I was about to run off into new country. We left at 9 a.m. and moved off at a steady trot up into the real air. Twenty minutes later it was snowing very hard and the adrenalin was flowing nicely. Forty-five minutes saw us rising over the shoulder at the head of Allt cone a'Mhusgain between the summits of Sgurr a'Mhaim and Stob Ban then down and across to the Old Military Road from Kinlochleven. Then on north for a few miles until we hit the West Highland Way, which we followed for another 4 miles or so.

At this time the crack was good and stories about this summit here, that isolated dwelling there, the burn down yonder just filled my head with so much local information it will take me several more trips to

assimilate it all. Cresting a hill through the forestry ride, I was suddenly presented with the most spectacular view of 'the Ben' I have ever seen. Snow capped and in brilliant sunshine with an unbelievable backcloth of blue sky. A sight that will stay fresh in my mind for a long time. On down the hillside through the pine forest and back along the track to our transport, this completed for me a memorable run among some of our finest mountains with some new friends who proved themselves to be very fine people during the days spent in their company and credit to their club, Lochaber, and the comradeship of FRA members in general. Long may it continue! Note: The impending threat of military takeover of Knoydart's beautiful wilderness was the only sad note in an otherwise beautiful few days.

OH, DEAR! SEASON
BARELY STARTED
AND ANOTHER
OUTBREAK OF
SHOE SNIFFING!



DAVE CANNONInterviewed by Jeff Connor

Age:	32 years
Height:	6ft
Weight:	10st 7lbs
Place of Birth:	Appleby, Cumbria
Family:	Wife, Susan; son, Simon (7); daughter, Sally (5)
Occupation:	Electricity Board linesman
Club:	Gateshead (formerly Kendal)
Coached by:	Gordon Surtees since 1965

Dave Cannon achieved international fame as a marathon runner but prior to taking to the road was one of the outstanding fell runners of the early 1970's, winning the Fell Runner of the Year title in 1972. He left fell running well before reaching his peak but even so left behind some outstanding achievements ... five Ben Nevis wins, the current Ben and Skiddaw records. His best marathon time is 2 hours 11 minutes 22 seconds in 1980.

* * *

Can you see yourself ever returning to fell running?

I've thought a lot about going back to the fells, perhaps after the next Olympics. I see things have changed a lot. I thought guys like Harry Walker and Jeff Norman would still be around but they're leaving fell running now. I suppose I believed I could just carry on where I left off but can see now that I'd have to set my sights a bit lower but I probably will go back. The thing is, there are some tremendous people in fell running. I can remember when I won the British Marathon Championship at Rugby in 1977, I got a pile of letters from fell runners - Stan Bradshaw, people like that.

Do you keep in touch with the fell running scene?

I look for all the results. I see I still hold a few records but I know they will all go eventually.

Who to, do you think?

Well, there's a great little guy coming in this year ... Kenny Stuart of course. Coming from Cumbria I can understand him running as a pro early on but to me pro running gets you nowhere, its dead and buried in my opinion. But good luck to Kenny, I wish him well. To go up to Ben Nevis and win at your first attempt and presumably without seeing the course is some achievement. I think he could be a marvellous marathon runner too. I never realised how good he was until he beat me at the Derwentwater '10'. To run around 50 minutes on a tough course like that is good going. He's built exactly right for marathons and I'll tell you what ... I'd love to coach him!

Could he be an international?

I'd say so. What I would say to him is this: win the Fell Runner of the Year this year and I can see him winning the lot (written before Kentmere) then think again.

Do you ever go on the fells now?

No, I just train on the roads now. You see you use a different type of muscle. I think that's why it took me so long to make my mark as a marathon runner. Gordon, my coach, and my brother tried for three years to get me off the fells but I wouldn't do it at first because in those days on the road I was just another runner whereas on the fells I was winning.

Have you always been coached?

I've been with Gordon since 1965/66. Nowadays it just tends to be a friendly relationship. We talk once a week and I tell him what I'm doing.

Did you find fell running easy from the start?

When I took up fell running I found I was up front from the start and of course when you get a sniffer like that you're away. I started doing the necessary training then to win them. Round Appleby there's all the fell training you need.

What were your strong points?

My main asset was coming down. People could hold me going up but there weren't many who could live with me coming down. The only one who could get past me going down in the early days was Tommy Sedgwick but he couldn't live with me going up.

Who were your main rivals?

In those days Harry Walker and Jeff Norman. Harry was a tremendous climber and Jeff was pretty good all round, particularly on the runnable stuff. Colin Robinson was another who did well on the runnable courses like Rossendale but when it came to the steep rocky stuff I found I was a lot better.

What achievements stand out?

I'm quite proud of the Skiddaw record. There's talk of beating the hour but I think my 62.30 will take some cracking. I think my best ever run was at Ben Nevis in 1976. I led all the way to the top for the record. Of course there's a mile and a half of road first and I found I had the speed there to get away from such as Harry. If he tried to stay with me he found he didn't have the strength left for the climb. Things like the Burnsall I'd just run as hard as I could from the start.

Did you run that all the way?

No, you can't run all the way up there. You could the Ben, though, if you stuck to the path but of course you go up the rocks. One year I even missed out the loop above Red Burn and went straight up the grass slope you descend. I don't think I lost anything by it, it was just an experiment.

What about the long Lakes courses?

I tried the Ennerdale one year although at 20 I was probably a bit young. I stayed with Joss up the first climb but he went away after Red Pike. I was shattered in that. I can remember I was about five minutes up on Dennis Weir and I was just sat down near the end watching him come up. My brother said that had to be the last time but I'm sure I'd cope with it now.

Any injuries?

Was there ever! My ankles were going all the time and are still weak. I put it down to fell running. You'd go over on your ankle one week but would be running again next week with a strap round it. It takes weeks, maybe months, to get over an ankle injury. I ran a 30k race in Japan earlier this season and I was just warming up on the grass, jogging, when I went over on my ankle. They're still weak you see.

How would you set about getting in shape for the fells again?

Well, its the muscles in the legs that have gone now. When I was fell running I had enormous thighs, now they've just disappeared with a different type of running. I suppose I could run a fell race now and do O.K. but next week I'd be crippled. When I was fell racing I'd go out and run session after session on the hills, the best spots are out near Merton and Dufton Pike. I'd run up the front, jog down the side, run up the side and so on. After five or six weeks of this you'd tackle anything. I was doing about 70-75 miles a week then.

What about descending?

I'd practise descending too. I'd run down a steep bank time after time, increasing the distance each time till I could run hard all the way. You have to do this ... particularly to get your nerve back after a bad fall. Then I'd look for rocky bits and come down them. One time at Burnsall I fell I don't know how many times and if you fall once you can be sure you'll go again. When you get up you lose track of everything because you've been trying to see so far in front.

Could you still descend like that?

In the early days I was a bit smaller, just a boy really. Now I'm the size I am I don't know whether I could do it again at that speed. You definitely lose some flexibility with age. Nowadays I do more and more stretching exercises whereas I just used to put the old shoes on and straight out.

What happened in the European Championship Marathon in Athens?

I was very disappointed with Athens (Dave finished 12th in a time of 2 hours 21 minutes). It would be easy to make a lot of excuses like the weather or the course. Training round Appleby, the hilliness of the Athens course shouldn't have been a problem and I've run well in the the heat in the past. At halfway I caught the leaders and began to get excited because I thought they must have blown but they must have been taking a breather because they went away again straight after. It was the closest I've ever come to dropping out. After Athens I was down but these are the races that make you. It was the same after Milton Keynes in 1980 when I missed out on Olympic selection, I had to pull myself back after that. But that's athletics, it takes the downs to make the ups.

Do you think life would have been easier away from Appleby?

I love Appleby. All my friends and relatives are here. I know its a bit of a backwoods. There are no facilities and some of the weather is appalling at times. There are no street lights either but it makes you harder if you can overcome conditions like this. This time of the year I'm trying to speed my training up a bit but there's no track and the rugby field is usually sodden.

What makes you carry on then?

Satisfaction mainly. I certainly didn't set out with the idea of making my fortune I love the sense of achievement and there's nothing more pleasurable than to be running well

You used to run for Kendal.

Yes, I was a member from 1962 to 1974 I did a lot of travelling with Joss, up to the Ben and places like that. He was tremendous

company and of course a phenomenal runner. I certainly don't think I could do some of the things he's done, like running for 24 hours round the Lakes. As a person there was no-one like Joss for keeping you entertained, a first class fellow. He loves running and he loves life ... and that's what it's all about, isn't it?

HYPOTHERMIA ON INGLEBOROUGH

by Bob Hargreaves

Sunday had come around again. The 23rd March 1980 to be exact. Sunday almost automatically means "the long run day"! This Sunday though was to be different. Three of us had organised a Three Peaks training run. The three being Richard Allum, Steven Carlos and myself. In previous years I used to shudder at the thought of tackling the 'Peaks' but now, after having been round them so many times, this next one would be just a formality.

The day's weather presented us with winter conditions. The peaks area had a nice covering of snow over it. I thought, "no problem here - I've been round in worse conditions than this". The three of us prepared for the run as usual on the Horton car park. Just to show off and make all the other people on the car park look round, I gave a blast on my rescue whistle. To my amusement it worked. Before setting off running I had my usual "confidence" swig of coffee. To my annoyance, Steven handed me some toffees for me to put into my pockets - he didn't have any pockets. Anyhow, with preparations complete, we began the run.

All three of us had a tremendous run up Penyghent. We ran all the way up bar a few strides when deep snow prevented us. The snow was drifting and we witnessed some spectacular scenes. With an attitude of "as a matter of fact" we reached the summit and turned for the descent and Whernside. To Steven's delight, Richard and I made some fantastic falls and cart-wheels in the snow drifts on the way down. All three of us were in stitches over laughing at our self-made entertainment.

On the way to Ribbleshead, we realised just how bad the weather conditions were. So we abandoned the idea of going to Whernside. Instead, we would take the road to the Hill Inn and 'pop' over Ingleborough.

Having passed the Hill Inn, conditions under foot were becoming harder due to the snow depth. Most of the time in this area it was easier to walk than run. Suddenly Steven said, "Let's turn back, it's too rough." I was stunned and I thought, "Here we go, a caffer!" I disagreed about turning back and Richard offered no resistance so we were to carry on. So on we pressed - "Ah yes - I've been here many times", I was thinking to myself. Navigation towards the Swine's Tail was only possible by use of experience; the area was like a white desert. Snow falling prevented any visual bearings being taken from Ingleborough but we hit the Swine's Tail absolutely spot on. "Brilliant!", I thought to myself.

The scramble up the Swine's Tail was blocked by snow drifts. So we decided to climb up at the other side of the fence. The wind was whipping up here and we all donned our plastic wind breakers plus, in my case, gloves. To begin the ascent, we had to climb a wall at the bottom. This in itself was not too difficult because the snow had almost drifted to the top of the wall and the crust of the snow was hard enough to walk over. I had just straddled the wall with one leg on one side and the other leg on the other side when, for

some unknown reason, I turned my head into the wind. The icy blast I received nearly keeled me over and I gasped a deep breath with the shock. I turned away and felt for my face. Instead of touching skin on my face all I found was ice!

With the wall ordeal over, I began the climb proper. Richard and Steven were some way ahead of me by now. I thought to myself, "this climb should be fairly straightforward - just keep your eye on those ice-covered rocks". Not exactly being the world's best rock climber, half way up the ascent I became afraid of falling backwards. So I made a plan. This was to strike out for the wall and fence on my left - adjacent to the Swine's Tail. I started to use the mesh fence to hold on to and pull myself up. The only problem was that by now my hands were numb with the cold. My gloves were frozen and useless so I had stuffed them into my pockets. To grip the fence hurt my hands badly but I dared not let go lest I should fall. I caught Richard up once; for some reason he had stopped for a moment, blocking my way up. "Come on Richard", I thought, "I'm going to fall." Near the ridge, Richard shouted, "We'll miss the summit out and go straight over, eh?" This time I agreed.

I was just straightening myself up from a crouching, climbing position on the ridge when, suddenly, the whole world seemed to collapse in on my insides. I felt as though I hadn't been to the toilet for months. My legs went to jelly and I had a vicious attack of nausea. By the way Richard and Steven looked at me I could tell something was wrong.

"O.K. Bob, come on now and keep warm", encouraged Steven. So we began the descent to Horton. I couldn't run for long, I wanted a rest so I could put my head between my knees to get rid of my feeling of sickness. So I found a suitable pile of snow and sat down. "Ah, that's better", I thought, "just five minutes and I'll be O.K." Richard came down on me like a ton of bricks and bellowed, "No you don't. Get up!" I couldn't make him understand that I wanted a rest. I couldn't talk properly, only mumble, although I tried like hell to make sense. "Get up and keep moving", Richard shouted. So I got up and took a look around. All I could see was a white desert and I felt a sense of hopelessness.

I suddenly realised that I was staring death full in the face. I thought to myself, "Hell, Bob, your time is up, this is it, finished. Isn't it strange and so final?" For a moment I thought about Ted Pepper. Unlike poor Ted though, I was not alone. Richard swung into action. He decided to abandon any attempt to make it back to Horton. Instead, he decided to try and intersect the path to Clapham in the hope of meeting someone who could help us. As I could only manage a half walk, half stumbling pace, Richard stayed with me and he said to me, "Bob, I'm going to have you back for a drink in the The Seven Stars tonight!" I thought, "Stop it Richard, I know I'm a gonna".

He sent Steven on ahead at a running pace so as to try and raise the alarm. For some reason Steven made for Horton and so Richard bellowed, "Where do you think you're going? The way for help is that way", and pointed towards Clapham. Like a startled hare, Steven altered course.

My sleeves had worked their way up above my wrists offering my frozen hands no protection. I was so cold that I couldn't pull them down myself and I could not speak so I couldn't ask Richard to pull the sleeves for me. I mumbled like a lunatic to Richard, waving my arms. Eventually, Richard started to pull my sleeves further up my arms! He had misunderstood me and I couldn't blame him. I nodded my head frantically and motioned downwards with my

arms. This time he got the message and he yanked those sleeves well over my hands.

On our way to Clapham, I fell at every obstacle - mainly snow drifts and streams. Unlike on Penyghent, this time the falls produced no laughter - just silence. Richard took hold of me to try to stop me falling. This made me feel even more unsteady and when I fell I took Richard with me. I shuddered when I realised that not only was my life fading away, I was taking Richard with me. Richard was obviously strong enough to make it back. Furthermore, Steven had now vanished, was I dragging him down too? He was on his own. "Where the hell's Steve?" I mumbled, but without reply.

"Where are the toffees, Bob, the toffees?" Richard suddenly asked. He had remembered Steven's toffees that I had put into my pocket. I couldn't tell him where the sweets were. I knew, but my speech refused me. I mumbled something and half pointed to where my pocket was. My layers of clothing were complicated. The toffees were in a pocket in one of the inside layers. Richard fumbled around and probed my clothing but he failed to find the toffees. Agonisingly, at times his hands were very close to that all important pocket. The toffee idea was abandoned. What a paradox, we had survival rations but could not get them.

For a moment we could make out some figures on the horizon to our right. Fell walkers! But how could we attract their attention? Then it came to me - the car park - we were carrying whistles. "I must make Richard understand me this time", I thought. I took a deep breath and concentrated all my power into shouting "Whistles" at Richard. Yes, I had made myself clear enough this time because Richard's hands went to his neck and he pulled his rescue whistle out. Then, mumbling one word at a time over and over again, I said, "six short blasts". Again, Richard understood and commenced the distress signals. Richard's whistle was too high pitched, it had no penetration power. I had a referee's whistle but I couldn't get it. The shrill note of Richard's whistle nearly deafened me but it made no impression on the walkers, they had vanished over the horizon.

We were alone again. Richard had been whistling for about half an hour to no avail. Richard altered course but he seemed to be going back up Ingleborough. "No, no, no", I wailed. "I'm not going back up there", I mumbled in desperation. We checked ourselves and continued our trek to Clapham. Some way ahead we saw a flash of yellow. Steven was on his way back to us! And was that ... yes, he was being followed by a group of about four dark figures. Help was on its way. The scene turned misty and I was almost overwhelmed with relief.

The rescuers were soon about us and wasted no time. Two of them put extra clothing on me whilst another fed me with coffee. They put my hands in massive gloves and then told me to put them into my pockets. So I wouldn't fall, two of the rescuers led me down the fell, arm in arm. As luck had it, the rescuers were a group of university students doing some geographical field-work in the area and so they knew just where to go. With my arms in my pockets, negotiating the stiles proved to be a hair-raising affair. Since I was virtually strait-jacketed I could do nothing to help or maintain my own balance. At one stile, I fell like a sack of potatoes. Richard ran on ahead to open the gates and Steven ran on to the fell rescue station at Clapham to raise the alarm.

We reached the fell rescue station and were greeted with another cup of coffee. By now my feet had thawed out but I was still

having trouble with my hands. At least I could talk normally again. The fell rescue station had radioed on for an ambulance although a further short walk was necessary to get to it. The trek recommenced but now our moods were different; we knew now that we were safe.

There were two ambulances waiting, one being a fell rescue type vehicle. We boarded the ordinary ambulance which promptly took us to a mental home! One of the ambulance men just happened to be an organiser of the Ingleborough fell race and so I didn't get an expected telling off. Instead he made me promise to take part in the next Ingleborough fell race! We arrived at the mental home - I could see one of the patients staring in through the ambulance windows. One of the ambulance men looked at me and said, "A doctor will come out here to see you - if you go inside there you'll never get out!" I grinned him a thankful smile.

The doctor came into the ambulance and I thought, "Now for it - a dressing down." To my surprise, the first thing the doctor said was, "I'm a runner too", so I didn't get another expected telling off. The doctor also announced that since I was so warm now, it would be silly to go inside the mental home for a hot bath. "Great!", I thought with relief.

The ambulance men kindly drove us back to Horton and even allowed us to use the ambulance as a changing room to get back into normal gear. As I changed, something wet and sticky fell to the floor - it was one of Steven's toffees. After saying a thousand thanks to the ambulance men we made our way home.

Sitting in the Seven Stars that evening, the beer tasted better than ever. Richard said to me, "I told you I would get you to the Stars tonight, didn't I?" With a lump in my throat I remembered those words in the frozen nightmare a few hours earlier. Later Richard, his wife Jennifer and I toasted life itself. How everything else seems so irrelevant now.

My thanks go to:

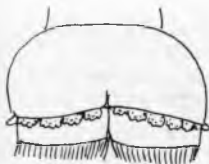
Richard Allum and Steven Carlos for saving my life,
the staff member and students of Hull University,
the Ambulance Service,
the Fell Rescue and
the doctor who examined me.

My warning goes out to all:

No matter how experienced you are,
no matter how good you are,
no matter how well dressed you are,
NEVER underestimate the hills.

R.K. Hargreaves

*RUMOUR HAS IT that the Three Peaks course is getting longer
because the Mirror is running out of tee shirts for elite runners.*



SHORTS



Fell Runners in Italy

Welsh and English teams of 4 are travelling to Verona in the first week of July for an international nine-mile hill race. The English team is J Wild, K Stuart, J Broxap, R Whitfield with Danny Hughes as team manager.

Running in Ireland?

Douglas Barry of the Irish Hill Runners Association is kindly offering help (possibly accommodation) to anyone wanting to race in Eire. Comprehensive fixture lists are available by sending a S.A.E. to the editor or telephone Douglas on 01 868180 (Eire).

Kentmere Quote

Neil Walmsley of Cautley near Sedbergh in his first ever fell race said "I thought it was a bit cold when I saw half an inch of ice encrusted on my right leg". Neil was not deterred but finished in two hours.

Back Numbers of FRA Mags

Summer 79, July 80, August 81, July 82 and December 82 copies are available. Send 60p in stamps or cheque to FRA to the editor.

Carnethy Hill Running Club

Sparked off by the 'Carnethy Five', a new club for fell running has been formed at Penicuik specially for local unattached runners. Club secretary: William Scott, 40 Nevis Gardens, Penicuik, Midlothian. EH26 8JZ

Extracts from the AAA Handbook 1983/84

9(d) "Fell Running" - The Management of Fell Running is delegated to the Fell Runners' Association. The FRA has power to draw up regulations for the management of Fell Running, subject to the approval of General Committee, but no such regulation is valid which contravenes a law or rule of the Association. An appeal shall be from any decision of the FRA to the General Committee whose decision shall be final. The FRA has jurisdiction to enforce any by-laws or regulations it may make from time to time.

52(a) - In all events competitors must wear at least a vest and shorts which are clean and so designed and worn as not to be objectionable.

(d) - In Fell or Hill Races competitors shall comply with any special conditions regarding clothing which may be laid down by the organisers for the safety of the competitors and their protection from exposure due to weather conditions.



LETTERS TO THE EDITOR

Dear Hugh,

I would like to take the opportunity to pay tribute to the previous editor for the work he did in bringing the magazine to its present high standard. Andy Styan's hallmark was wit (sometimes acid) of which not everyone saw the funny side. His style had a marvellous way of deflating pomposity and officialdom, and needless to say I was sometimes on the receiving end.

As the most widely read production on fell running, the magazine has stood as a bullwark against encroachment of unnecessary rules and regulations which threatened the free nature of the sport. At the same time a safety consciousness has been promoted which would deny any charge of irresponsibility.

The magazine production for the past three years has of course been a man and wife team effort with Sue doing (I suspect) most of the donkey work and, I wouldn't be surprised to learn, contributing a large dose of the above-mentioned wit.

To Andy and Sue - thank you both and we wish you a happy retirement.

Danny Hughes,
FRA Chairman.

Dear Friends,

When I read that the memorable Ennerdale race had been substituted by the 3 Peaks as one of this year's championship races I thought, "the FRA must be going soft - there's only one thing for it - emigrate". On reflection, I realise this is a ploy by the Committee of the FRA to actually enhance their enjoyment of the Ennerdale by not encouraging runners who are only "chasing points". Unfortunately, its too late now - we've taken the plunge and ended up in New Zealand!

We miss the fells very much since here fell running doesn't exist. Road and track running is very popular and there are six large running clubs here in a town with 100,000 inhabitants. We are doing our best to entice them off the roads onto the surrounding hills which stretch for miles, much of it privately owned sheep country. Not having a tradition of public footpaths as in GB, access is limited to the whim of the farmers and trespassers can be prosecuted. So guard your public footpaths very dearly!

However, we are hoping to encourage other runners to join us and we are trying to get some races organised. We have plans for a 2-day Mountain Marathon next January and in February a 'Copeland Chase' type event and a race round the "3 Peaks of Dunedin". These are 2,000 feet hills which surround the city. The course will stick to walkways because of the dense native bush that exists in these parts but even this is a new concept for Dunedin Kiwis. One eminent local athlete on our first weekend here told us that it was impossible to 'run' up these hills, so we went out and proved him wrong!

Should any fell runners ever find themselves in the South Island of New Zealand, we would be most pleased to put them up and show them

some good places to run; there are plenty of them.

Our address is:- 22 Campbells Road,
Pine Hill,
Dunedin, New Zealand.

As we languish in the midst of a New Zealand winter, we enviously wish you all a most successful fell running season.

Peter and Sarah Haines.

Ed's note - We hope your encouragement of fell running down under is successful and we look forward to your World Championship event!

Dear Editor,

After looking through Fell Runner and reading in the Guinness book of Records that rates of descent are recorded, I was thinking of finding out which race in Great Britain has the fastest descent. For example, the Skiddaw descent is held by Jeff Norman. The descent rate is worked out by feet/metres per minute and the Skiddaw descent is recorded as 39m (128ft) per minute.

I am interested to find out which races have high descent rates so could readers please write to me with any course descent times giving:

1. height interval (i.e. summit to base)
2. times
3. rate (if worked out)

As a matter of interest I would like to hear of any other descent times or records from any reader. For example, Tryfan (N. Wales) with a 2,000 foot interval from summit to road (about 1.2 miles) has been descended in 8 minutes 26 seconds, giving a rate of 72.71 m per minute or 237.62 feet per minute! Is this a record in itself?

Any details to the address below please. Any results found will be compiled and returned for your information and use.

Thanking you in anticipation.

T.J. Pilling

195A Henwick Road
Worcester
WR2 5PG

Dear Sir,

I refer to a recent issue of your publication and in particular to the entry relating to the 1982 Langdale Fell Race and would like this opportunity of offering our version of the events leading up to this race.

The 'Ribble' Rescue Team has in fact not existed for some 2½ years since its amalgamation and formation into the Bowland Pennine team. I am quite sure Mr Meek would have been well aware of this situation if he had bothered to write or even phone us just once during that time. This oversight would seem indicative of Mr Meek's organisational skill as he always assumed we would turn up.

I am in favour of keeping expenses and organisational costs to an absolute minimum and it would appear Mr Meek has the same attitude. On this event we not only did the rescue cover, but also did the race checking, once again helping to reduce costs. We are not averse to doing a little extra work for a little extra donation but would you volunteer your services when at the time of writing we have not

received payment for the 1981 race - a period in excess of 18 months?

This team was involved in the original Bob Saunders race, as was Mr Meek, and still to this date we have not received our full remuneration - sorry for digressing. As you can see the 'rumour' that we had let Mr Meek down holds little credence, as the shoe would appear to be on the other foot.

I apologise on behalf of the rescue team for any inconvenience to the fell runners who turned out for the event, but as a voluntary fund raising body we are unable to offer assistance without some guarantee that we will cover our expenses.

Yours faithfully,

P R Durham,
Hon Secretary,
Bowland Pennine Rescue Team.

Dear Editor,

I was interested to read recent letters about fell races for juniors. Would a Junior Fell-Runner of the Year award help to stimulate further interest on the part of race organisers, junior runners and clubs?

At present, as you write in the July issue, there are a reasonable number of junior races, some over excellent courses and keenly contested. There is, however, no real way in which youngsters can feel a sense of competitiveness in the sport as a whole, since they may well not meet the same competitors more than once or twice by accident.

If the idea seems workable, perhaps it would be worth exploring possible structures.

Yours sincerely,

Tony Richardson.

Ed's note - The Committee are working on having a Junior Championship in 1984.

Dear Hugh,

A fell running member of the Reebok Racing Club recently drew my attention to a grossly inaccurate article concerning club vests in the December 1982 Fell Runners Magazine. The misconceptions and inaccuracies of Mr Styan's article do little justice to his previous journalistic aspirations. On behalf of the 500 members of the Reebok Racing Club may I let a few facts speak for themselves rather than the dubious hearsay of Mr Styan.

"... but 'Reebok Racing Club' is not a club at all". A membership of 500 in the UK and active clubs in Belgium, France and Sweden would appear to argue against this statement. The Racing Club was formed in April 1982 and if Mr Styan would care to send me a SAE I would gladly forward him one of our quarterly Club magazines which clearly show we do function as a club and are able to offer many services to members. Membership is open to athletes of all standards. The Club is able to operate because of sponsorship from Reebok International. We do sponsor a number of athletes, but not all the 500 as Mr Styan apparently believes.

"... I reckon it would be better if Reebok set up its own (affiliated) running club ...". Thank you for the suggestion but you are a little late. The Racing Club applied for AAA affiliation in

June 1981. We are still trying but confidently expect to succeed shortly after a meeting with the AAA - who recognise that we do function as a Club. It is taking a long time but do I need to tell the FRA of the difficulties one can sometimes encounter with the AAA, see page 3 of your last mag. Also, is Mr Styan conversant with a 2nd Claim membership?

As Mr Styan understands it, or rather misunderstands it, two Racing Club members were not disqualified at Barnsley. There was a dispute but the two runners received their prizes after a ruling by the AAA Executive. We considered our members were unjustly singled out by the race referee and as any club would do we stood by them and lobbied for their case. We did not offer to "pay them for the loss of any prizes" and certainly did not notify other sponsored runners of such a scheme.

Is this the normal standard of Mr Styan's writing, i.e. wild critical assertions totally lacking in fact? It would have been a simple matter for Mr Styan to contact Reebok, I believe he has done so for certain items in the past, before embarking on this witch-hunt. Finally, his choice of Quiz material confirms his editorial comment.

"Perhaps the fact that they're particularly good has something to do with it."

Yours sincerely,

Dave Singleton,
Secretary, Reebok Racing Club.

Reply to Dave Singleton's letter:

Dave Singleton accuses me of being 'grossly inaccurate'. I reckon he is just nit-picking. In reply I must first apologise for my loose language in the article in question. I accept totally that Reebok would not pay for loss of prizes in cases of disqualification through wearing their vests. I also accept that Reebok Racing Club is a club, just like my local working men's club is. What I meant was a club like Kendal AC, Bolton AC, etc.

Yes, I am conversant with 2nd-claim membership. I hope I haven't got it wrong again in observing that John Wild (RAF and Tipton Harriers) ran 2nd-claim for Cumberland Fell Runners last year - often wearing a Reebok Racing Club vest. I'm not familiar with 3rd-claim.

I'd be pleased to hear from anyone who can convince me that the Reebok Racing Club is not primarily a clever (some might say cynical) way of advertising and I'm not surprised that the AAA are reluctant to give it affiliation.

If I could finish with some nit-picking myself, Dave Singleton attributes to me some statements that I did not make - I haven't bothered to answer them.

Andy Styan.

Dear Editor,

With reference to Andy Styan's 'Club Vests', I am a fell running member of the Reebok Racing Club and I do wear the vest out of the goodness of my heart. I joined the Club in April of last year after seeing an advert in Athletics Weekly for one main reason.

The reason was to help support a British company which produces an excellent product and which is at last getting some of the recognition that it deserves both here and abroad. I have had no

other 'incentive' to join as will be the case for a large majority of the other 400-plus members in the UK.

I joined in full realisation that the company is receiving considerable commercial advantage from the scores of runners parading around with Reebok emblazoned across their chests, but what of it? New Balance, Nike, Adidas, etc have been at it for years. Why didn't Andy mention these companies while on the subject of 'objectionable advertising'?

My Rochdale Harriers club vest is worn with as much pride as ever, the Reebok Racing Club never having been seen as a replacement. In championship, league and relay races I think that the wearing of 1st claim club colours should be compulsory but surely in open competition the choice of clothing is up to the individual.

Finally, I am amazed that Andy finds the even more blatant Pete Bland Sports advertising 'OK' to him.

Yes, Andy - you are old-fashioned.

Yours,

Robin Bergstrand,
Rochdale Harriers
(and Reebok Racing Club)

Dear Hugh,

Andy Styan in the last issue expressed his lack of enthusiasm for competitors in fell races wearing Reebok Racing Club vests instead of their proper club vests. I don't think he should be concerned. Any competitor wearing such a garment in a race is, in my view, just providing information for the rest of us. He (or she) is saying either that he is a beneficiary of the Reebok slush fund or that he is a prize berk (or possibly both). Of course members of such a competitor's so called first claim club can be expected to take a dim view but I assume no self-respecting club would wish members who run in another 'club's' vest to count for them as far as team prizes are concerned.

Yours sincerely,

Will McLewin.



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“Competition Results”



The winner, Eddie Swift of Kent, requested a fell as first prize as he doesn't have a lot to train on but he'll be receiving the next best - a year's subscription and a T-shirt. Runner-up, Graham Patten, wins a T-shirt with "BLOODY REEBOK SHOES!"

Andy Styan gave up the editorship so that he could enter the competition and in trying to make up for those lost years he entered six captions and wins the award for maximum number of captions.

Best of the Rest

Hey Joss! There's no hairs on the bottom of my feet. (Colin Ramsbottom)

O.K. Andy, put down the red hot poker! I'll promise not to wear the vest again. (Paul Brownson)

All I did was to ask Andy Styan what he thought of my new club vest - look what his blistering reply did to my feet. (Robin Bergstrand)

Yuk - in two weeks it will a bigger scab than Styan. (A.K. Tomkinson)

That's the last time I try designing fell shoes. (John Wild)

I bet you can't think of any smutty entries for this competition.

(Andy Styan)

Never mind my foot - can you see if my balls are still there?

(Will McLewin)

Now that's what I call a fart - blew my socks off! (Paul Brownson)

Serves myself right for wearing bloody Aztecs. (Alistair Cole)

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» COMPETITION «



John Wild and Mike Short after the Wasdale 1982. Photo W.S. Bateson.
 What's the story? Entries to the editor by October 8th.

Name FRA No.
 Address

Mike Short says

John Wild says

1st Prize - T-Shirt and one year's membership

2nd Prize - T-Shirt

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 £5.25 and will bring six issues delivered to your door. In fact if you subscribe in answer to this ad it will bring seven because we'll send you free a back number featuring the famous Karrimor Mountain Marathon including the superb Scafell colour map. Alternatively you can buy "CompassSport" from Pete Bland Sports and other fell running suppliers. Why not ask for a copy to be put by for you ?

Subscription Form

To: CompassSport 37, Sandycombe Road, Twickenham, Middlesex TW1 2LR

Please send me "CompassSport" for one year (six issues) starting from..... and in addition please send my free back number. I enclose cheque/P.O. for £5.25 payable to "CompassSport".

Name

Address

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COMMITTEE



NEWS

There have been four committee meetings since the AGM in October. These took place after the Blisco Dash, before the Benson Knott, before the Windermere to Kendal 10 and after the April Blisco Dash. Full copies of the minutes of all committee meetings are available from the General Secretary (large SAE please).

Blisco

- Sub-committee appointed to consider the implications of FRA's new status.
- Recruitment. All those who run regularly on the fells should be encouraged to join the FRA.
- Langdale Race. Lancaster and Morecambe would not run the race unless Dave Meek gave up so that they had full responsibility.

Benson Knott

- Calendar and Race Categorisation.
- Dinner arrangements. Trophy winners to receive two complimentary tickets.
- World Fell Running Championships. More information on European scene to be sought.
- FRA and AAA. Amended draft constitution to be submitted to the AAA.

Windermere

- Dinner. Agreed as a success. Rossendale to be asked to organize the next one in October.
- Langdale Race. Keswick considering Dave Meek's request for help.
- Gerry Chanley Memorial Fund. FRA to contribute and individual contributions also welcome.
- FRA and AAA. AAA accepted revised constitution on March 4th subject to a minor amendment.
- Report on meeting with Scottish Runners at Carnethy.
- Team Championships. "The British Club Fell Running Championships" to be open to clubs affiliated to FRA (£5 for 1983)
- World Championships sub-committee formed.
- A darkskinned Jon Broxap was welcomed back from Australia.

Blisco

- Life membership. Economics considered.
- British Championships. Junior Championships proposed for 1984.
- EGM called for after Ennerdale Race.

COMMITTEE OFFICERS

Chairman Danny Hughes, Hallsteads, Gosforth, Cumbria.
Tel. 0940 5366

General Secretary Jon Broxap, 25 Meadowcroft Cottages, Bowness-on-Windermere, Cumbria. Tel. 09662 4567

Treasurer John Reade, 3 Wood Terrace, Simonstone, Burnley, Lancs.

STOP PRESS. Constitution amendments accepted unanimously at the EGM after the Ennerdale race.

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Membership Secretary Norman Berry, 165 Penistone Road, Kirkburton, Huddersfield. Tel. 0484 602922

Fixtures Secretary Dave Moulding, 53 Downham Road, Chatburn, Clitheroe, Lancs. Tel. 0200 41112

Statistician Kevan Shand, 13 Chichester Close, Smithy Bridge, Littleborough, Lancs. Tel. 0706 70080

Magazine Editor Hugh Symonds, Delf Top, Busk Lane, Sedbergh, Cumbria. Tel. 0587 20965

COMMITTEE MEMBERS

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

Please note when contacting members of the Committee:

1. Enquiries about membership, failure to receive magazine/calendar, change of address, payment of subscription should be sent to Norman Berry.
2. Enquiries/information about the British Fell Running Championships should be sent to Kevan Shand.
3. Enquiries/information concerning races should go to Dave Moulding.
4. All material for the magazine, including advertising, goes to Hugh Symonds.

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

MEMBERSHIP APPLICATION FORM

(New Members)

Please fill in all the details on the form below and send it with your subscription to: Membership Secretary,
N F Berry,
165 Penistone Rd.,
Kirkburton,
Huddersfield HD8 0PH. Please mark your envelope 'FRA'

Surname Mr/Mrs/Ms Christian name(s)

House name/no. Street

District Town

County Post code

Date of birth Club

Phone (Code)..... (No).....

Subscription £ 2.50

Donation

Total

Signature

Date

Cheques should be made payable to 'The Fell Runners' Association'.

The 1983 Championship after 6 races (Kentmere, Blisco, Three Peaks, Ben Lomond, N. Counties and Fairfield)

Seniors	Pts	Races		Pts	Races
1. J Broxap	167	6	11. B Brindle	66	5
2. K Stuart	154	5	12. R Ashworth	64	3
3. H Symonds	106	4	13. D Stuart	52	4
3. W Whitfield	106	4	14. A Hauser	50	4
5. S Livesey	104	4	14. J Reade	50	3
6. M Short	91	4	16. G Read	49	3
6. J Wild	91	3	16. P Lambert	49	3
8. J Maitland	81	3	18. P Tuson	46	3
9. W Bland	78	3	19. A Smith	45	3
10. P Barron	76	4	20. D Hall	43	2

Ladies

1. C Walkington	45	6	5. L Dunn	17	2
2. A Carson	40	5	6. A Sexton	14	2
3. S Parkin	36	3	7. C McNeil	12	2
4. W Dodds	32	3	8. J Sutcliffe	11	2

Veterans

1. P Murray	120	6	7. D Wade	59	3
2. A Philipson	114	6	8. P Longfield	54	4
3. M Edwards	78	5	9. A Peacock	46	3
4. N Mathews	69	4	10. P Bland	39	3
5. P Brooks	62	5	11. P Duffy	33	3
6. H Blenkinsop	60	4	12. P Carmichael	0/50	4

Teams

1. Keswick	624	6	5. Holmfirth	833	4
2. Horwich	650	6	6. CFR	849	4
3. Clayton	1060	6	7. DPF	1204	4
4. Kendal	450	5	8. Bingley	645	3
			9. Lancs/Morecambe	1341	3

The Team Championship is open to clubs affiliated to the FRA (£5 to Norman Berry). Scoring is from positions of the first five runners in the fifteen Championship races. The lowest club scores from 3 short, 3 medium and 3 long races will count and the winning club will be that with the lowest aggregate score from these 9 races. Runners must be first claim. Failure to score nine races leads to disqualification. Ladies may count in the team. Trophy and five medals to the winners.

Membership Secretary's Report

Membership has been steadily growing. At 30th November 1982 there were 1627 members fully paid. At 31st May 1983 there were 1988, of whom 205 had not yet renewed their membership for the current year.

Notification of changes of address

It would be a tremendous help if members would notify the Membership Secretary of their changes of address (not forgetting telephone number) promptly.

Area Listings of members, their addresses, telephone numbers and clubs are available to members for a fee of £2 per list from the Membership Secretary. These lists are intended to help members contact each other for transport, training, etc. Lists available are:-

- Area 1 - Cornwall, Devon, Somerset, Glos., Worcs., Hereford, Salop.
- Area 2 - Notts., Derbyshire, Lincs., Leics., W Midlands, Northants., Warwick, Staffs.
- Area 3 - Suffolk, Essex, Cambs., Berks., Bucks., Beds., Herts., Oxon.
- Area 4 - London, Middlesex, Surrey, Sussex, Hants., Kent, Wilts.
- Area 5 - Cheshire, Manchester, Merseyside, Isle of Man.
- Area 6 - Durham, Tyneside, Tyne & Wear, Northumberland, Cleveland.
- Area 7 - N Yorks., W Yorks., S Yorks., Humberside.
- Area 8 - Cumbria
- Area 9 - Lancs.

A membership application form is included for the convenience of friends who may wish to join the FRA. It is not a renewal form.

THANKS

- to: Andy and Sue Styan who left lots of useful instructions and for spending an evening showing me how to put a mag together.
- to: Pat Roberts of Sedbergh who has been fantastic on the type-writer and has put up with me running round in sweaty gear with a fistful of results for typing.
- to: Race reporters, article writers and results senders.
- to: Neil Shuttleworth for his photos which appear on the front cover and on pages 16,35,41,47 and 49.
- to: Morris Comlam for his Carnethy photo on page 21.
- to: Dave and Elaine Woodhead whose photos are on pages 27,30,32 and 53.
- to: Simon Parker who went to the 'zig-zags' and took the photo page 43.
- to: Steve Bateson for his pictures on pages 50 and 74.
- to: Cartoonists- Bill Bentall, Geoff Read and Aydon Jackson.
- to: Peter Brooks and Kevan Shand for the Championship results.

Please send results, race reports, photos, cartoons, competition entries, suggestions for competitions, interviews and articles by October the 8th to

Hugh Symonds
 Delf Top,
 Busk Lane,
 Sedbergh,
 Cumbria.
 LA10 5HF

telephone 0587 20965.

DATE FOR YOUR DIARIES: October 15th: Annual dinner and presentation.

Please send race results to both the editor and Kevan Shand as early as possible.

Advertising rates for the Winter issue:

Full page:- £25.00

Half page:- £14.00

Quarter :- £ 8.00

Rumour has it that this page was typed by the ed.

Don't miss the AGM to be held after the Tour of Pendle race on October the 1st.

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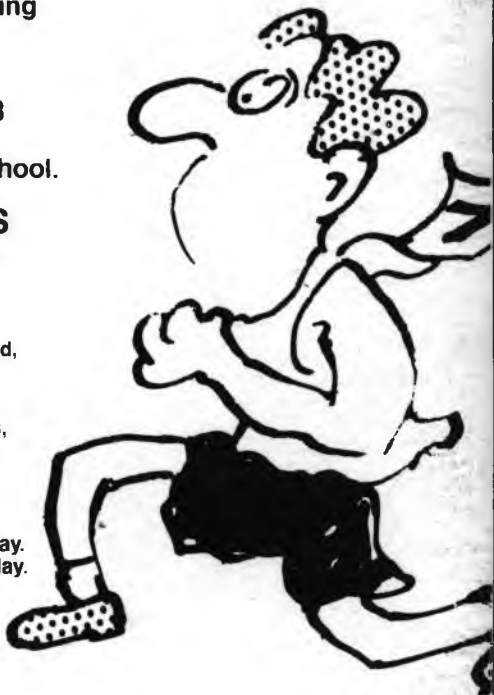
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