

# THE FELL RUNNER

January 1984



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*The Fellrunning Specialists*

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## COVER PHOTOS

TOP: Bryan Troughton of Bury AC on Beinn Shiantaidh with Beinn an Oir in the Background - Bens of Jura 1983.  
(Photo - courtesy of Times Newspapers Ltd)

BOTTOM: Adrian and Richard Crane passing prayer flags in the Himalayas.

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<b>Axn Fell</b>	<b>20m</b>	<b>4 March</b>
<b>Manx Mountain Marathon</b>	<b>30m</b>	<b>23 April</b>
<b>Elian Vannin</b>	<b>20m</b>	<b>6 May</b>
<b>Bradda</b>	<b>15m</b>	<b>1 July</b>
<b>½ Bob Baxter Round</b>	<b>27m</b>	<b>9 September</b>

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# **FELL-RUNNING in the ISLE OF MAN**



*The Isle of Man has attracted most of the big names: here Jos Naylor walks on water — showing how tough the going can get!*

EDITOR'S NOTES

"What are the FRA going to do with all the money?" is a question which I was asked at a race this summer. Since the AGM the new subscription of £3 brings each member two magazines a year plus a comprehensive calendar and a late summer supplement to the fixture list. With about two thousand members, the postage and printing bills don't leave a lot spare but the Committee have spent money on new trophies and several complementary tickets and prizes were given away at the dinner this year. Naturally the accounts go through the season and an idea put forward to keep the balance healthy is to attract life membership to the first hundred applicants at £50 per time. This is limited, as in the unlikely event of everyone opting for it, the Association would have problems if there was no regular annual income. In order to send the English team of four to Italy this summer a large sum had to be lent from the FRA funds before the Italian sponsors returned all expenses after the race. This left the balance low and in danger of running dry in paying for the summer magazine but the Lire soon came flooding back.

The Committee has been busy again. One of the highlights is always the selection of the championship races. This year the bizarre idea of scoring Borrowdale and Lattrigg on consecutive days was accepted but rumours soon spread and feelings against it reverberated around the hills so Lattrigg was cut out and Blisco brought in at the next Committee meeting. The Committee are keen to know your ideas but this is one item which had to be dealt with outside the AGM unless an all-day meeting was held. It took the Committee over two hours to reach their choice.

I wish everyone good days on the hills this season and particularly the juniors who will be competing for the first FRA Junior Championship.

Hugh Symonds

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1984 Championship races:-

<u>Short</u>	<u>Medium</u>	<u>Long</u>
Blisco	Black Combe	Northern Counties
Blackstone Edge	Coniston	Ennerdale
Saddleworth	Fairfield	Glossop
Eildon Two Hills	Moel Siabod	Borrowdale
Thieveley Pike	Ben Nevis	Sedbergh Hills

# CHAMPIONSHIPS

## BRITISH FELL RUNNING CHAMPIONSHIPS 1983

A stunning championship season with a shock start at Kentmere, a series of red hot summer races and the final race at Thieveley deciding victory. Despite Jon Broxap and Shaun Livesey's win at Kentmere, the championship was soon seen to be between just John Wild and Kenny Stuart. The interview which follows the championship results describes how the two felt through this epic season.

### Statistician's Report

Team Championship. Keswick won this newly devised event but they were pushed hard throughout the season by Horwich.

Veterans. The young Paul Murray (some say he's only 26) had won by the Ben even though he was beaten there by runner-up Andy Philipson. George Brass had a good second half of season but as he only turned 50 in the summer the super vets was won by Peter Carmichael. There was only one point between these two so it promises to be a good event next year.

Ladies. A fine victory for long distance traveller Angela Carson. It wasn't until Burnsall that she overtook Carol Walkington who had led for most of the season. Carol did well finishing second after four years off to raise a family.

### Facts

162 men scored one or more points in the main championship, 18 with 100 plus points, the same as last year. The most improved must be Geoff Read of Rochdale who rose from 80th last year to 16th in only seven races. 121 vets and 48 ladies scored. There are quite a few changes for next year so it should make the season interesting. See you all at Blackstone Edge - have a good winter.

Kevan Shand

### TOP TEN RACE POSITIONS

	Blisco	Buckden Pike	Melantee	Burnsall	Thieveley Pike	Kentmere	Ben Lomond	Fairfield	Kinniside	Ben Nevis	Three Peaks	Northern Counties	Welsh 1000's	Wasdale	Borrowdale	Total Points
Kenny Stuart	1	2	1	2	1	-	2	2	1	2	1	1	2	-	1	311
John Wild	-	1	2	1	2	-	1	1	2	1	-	4	1	-	2	306
Jon Broxap	3	7	3	5	41	1	4	5	3	8	5	3	6	-	7	274
Hugh Symonds	4	3	5	8	6	-	6	6	-	9	2	-	4	8	-	257
Shaun Livesey	-	13	7	6	3	1	8	10	4	3	3	-	24	-	3	247
Billy Bland	5	-	-	-	-	-	-	8	6	5	-	2	3	1	4	219
Jack Maitland	-	4	-	3	4	-	3	3	-	4	6	-	-	-	-	190
Brent Brindle	20	12	19	25	22	4	18	30	-	16	17	-	10	-	20	152
Mike Short	-	5	-	-	-	-	9	9	-	-	10	5	5	-	-	143
Pete Barron	10	-	13	26	-	-	11	19	12	10	-	8	-	-	-	139

SENIORS

Pos	Name	Pts	Pos	Name	Pts	Pos	Name	Pts
1.	K Stuart	311	53.	G Griffiths	32	107.	J Eaton	12
2.	J Wild	306	55.	B McGonigle	31		P Cadman	12
3.	J Broxap	274		R Futrell	31		B Watkins	12
4.	H Symonds	257	57.	R Owen	28		G Edwards	12
5.	S Livesey	247		D Cartwright	28	111.	K Webster	11
6.	W Bland	219	59.	K Taylor	27		T McDonald	11
7.	J Maitland	190		N Mathews	27	113.	M Jones	19
8.	B Brindle	152		A Darby	27		P Mackrill	10
9.	M Short	143		M Bishop	27		D Leaf	10
10.	P Barron	139	63.	N Lanaghan	26		D Bleakley	10
11.	R Ashworth	135		J McGee	26		D O'Neil	10
12.	D Cartridge	127	65.	W Todd	25	118.	G Walmsley	9
	D Hall	127	66.	M Goodhall	24		D Cunningham	9
14.	K Shand	126		P Chapman	24		D Wilkinson	9
15.	A Smith	120		D Lee	24	121.	M Speight	8
16.	G Read	116		P Nelson	24		J Baston	8
17.	C Valentine	112		J Wagstaff	24		L Williams	8
18.	D Stuart	109		G Devine	24		H Walker	8
19.	R Whitfield	99	72.	M Bagness	23		E Ratcliffe	8
20.	A Philpison	94		P Dixon	23		R Asquith	8
21.	S Moore	92		A Styan	23	127.	C Wilson	7
22.	P Murray	91		G Clucas	23		T Peacock	7
23.	J Reade	87	76.	I Holloway	22		D Davies	7
24.	A Richardson	79		C Creswick	22		K McKay	7
25.	P Irwin	75		A Churchill	22		A Moffat	7
26.	P Lambert	73	79.	G Brooks	21	132.	M Seddon	6
27.	H Jarrett	71		T Hulme	21		S Sunter	6
28.	R Aucott	67		M Flint	21		G Wright	5
29.	R Campbell	66	82.	J Boswell	20		R Bryson	6
	J Nixon	66	83.	A Curtis	19	136.	S Priestley	5
31.	B Peace	65		M Winstanley	19		A Clemens	5
32.	F Loftus	63		D Booth	19		J Patterson	5
33.	D Ratcliffe	59		R Bloor	19	139.	R Shields	4
	D Woodhead	59		D McWade	19		T Farnell	4
	A Harmer	59	88.	S Varney	18		P Harlow	4
36.	G Gough	57		S Breckell	18		I Beverley	4
	G Moffat	57		G Woolnough	18		A Jewell	4
38.	P Tuson	56	91.	I Appleyard	17		G Byers	4
39.	A Hauser	50		R Wayte	17	145.	R Anderson	3
40.	R Shaw	48		A Nixon	17		D Lamond	3
	M Hudson	48		J Ritson	17		R Seager	3
42.	M Patterson	47		C Donnelly	17		G King	3
43.	R Morris	46	96.	M Clough	16		M Walford	3
44.	A Hyslop	45		I Charlton	16		J Naylor	3
45.	A Spencerley	44		R Rawlinson	16	151.	K Dobson	2
	J Blair-Fish	44	99.	D Bland	15		J Stevenson	2
47.	A Sunter	42		S Bland	15		T Catton	2
48.	I Robinson	38	101.	D Wade	14		P Holmes	2
49.	M Lindsay	36		S Furness	14		K Mingins	2
	S Baker	36		A Lewsley	14		D Sutton	2
51.	R Boswell	35		I Parke	14		J Emmott	2
	M Edwards	35	105.	P Brooks	13	158.	R Bradley; G Berry; 1	
53.	P Stott	32		A Rothwell	13		M Stone; S Parker; A Thornton	

VETERANS

1.	P Murray	208	40.	P Watson	15	80.	G Wyse	7
2.	A Philipson	198		P Weatherhead	15		F Rush	7
3.	N Mathews	172	42.	W Ryder	14		B Halden	7
4.	M Edwards	152		B Warnock	14	83.	B Roberts	6
5.	P Brooks	149		J Clemens	14		D Hughes	6
6.	D Wade	148	45.	R Orr	13		E Abbott	6
7.	G Brass	96		J Scott	0/50 13		J Capenhurst	6
8.	P Carmichael 0/50	95		D Hodgson	13		D Moulding	6
9.	T McDonald	83	48.	D McDonald	12		D Brown	6
10.	P Longfield	70		A Delemere	12		W Cunningham	6
11.	R Aucott	66		B Harwood	12		R Jackson	6
12.	A Peacock	62		M Clough	0/50 12		A Waterhouse	6
13.	H Blenkinsop	60	52.	D Weir	11	92.	G Oliver	5
14.	P Duffy	59		D Talbot	11		J Huck	5
	R Asquith	59		R Cole	11		N Soper	5
16.	P Bland	47		J Smithurst	11		W Robinson	5
17.	S Bradshaw	37		J McPherson	11		J Whitter	5
18.	M Simpson	34		P Fettes	11		J Watson	5
19.	R Monk	33	58.	K Talbot	10	98.	A Heaton 0/50	4
	K Lodge	33		C Bland	10		W Harrison	4
21.	W Wade	31		J Black	10		R Clives	4
	P Coleman	31		W Buckley	10		P Davies	4
23.	J Naylor	30		G Brooks	10		F Wheeler	4
24.	W Grindley	27		K Armstrong	10		B Hillon	4
	J Marstrand 0/50	27		D Scott	10		P Blagbrough	4
26.	K Brooks 0/50	26	65.	A Stapeley	9	105.	M Kirby	3
	B Thackery	26		J Jackson	9		S Bias	3
28.	R Dewhurst	25		S Moyle	9		M Brook	3
29.	P Jackson	24		D Williams	9	108.	T Moore	2
30.	D McGinn	23		P Fleming	9		S Wild 0/50	2
	R Alwin	23		W Cooper	9		M McKirdy	2
	R Richardson	23		L Sullivan	9		J Cox	2
33.	J Dean	20		J Brown	9		J Smith	2
	W Burns	20		M Sanderson	9		P Nelson	2
35.	J Stout	19	74.	H Thompson	8		E Sullivan	2
36.	M McGill	17		W Wilson	8	115.	J Smith 0/50	1
	P Knott	17		D Barron	8		V Duff	1
38.	D Ashton	16		N Berry	8		T Moor	1
	W Fielding 0/50	16		C Bauer	8		E Muxworthy	1
				T Eckersley	8		J Pope	1
							P Barker	1
							G Garnett	1

Amendments to 1982 Veterans' Results:

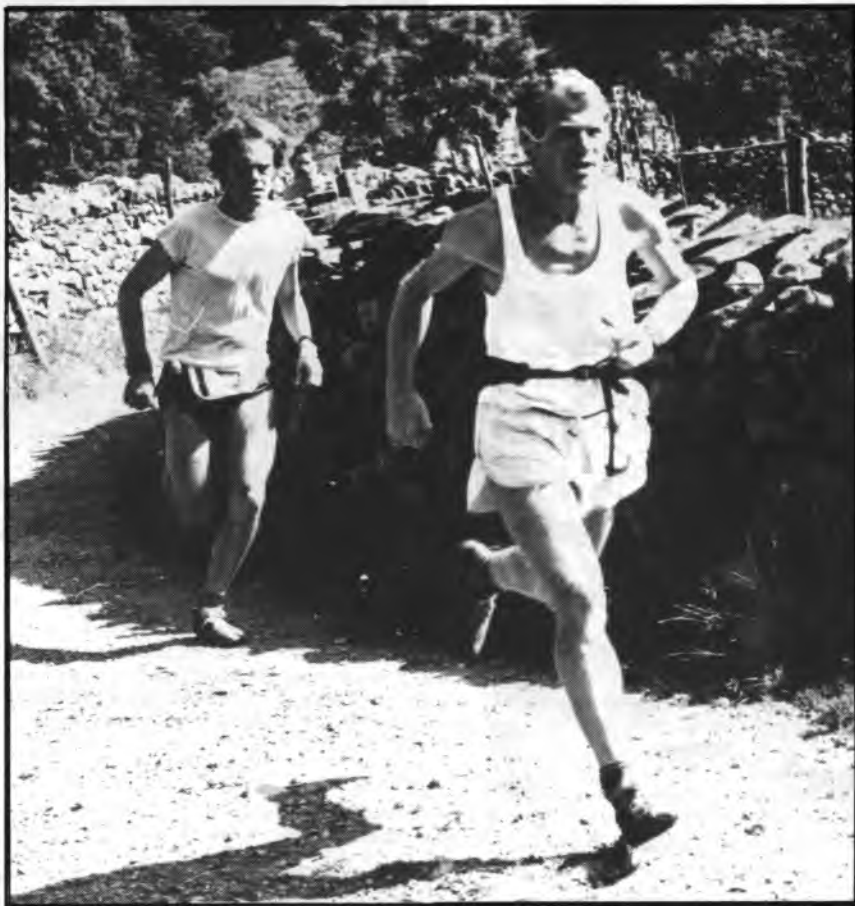
17th Keith Lodge (Halifax AC) - 49 pts. Positions 17 and on move down one position.

Opposite page:- Paul Murray leads Andy Philipson at Borrowdale (photo/Eileen Woodhead)



LADIES

1.	A Carson	91	18.	K Robinson	9	34.	T McNeil	5
2.	C Walkington	85	19.	S Walsh	8		B Nelson	5
3.	W Dodds	43		K Taylor	8		J Butterworth	5
4.	G Wilkinson	41		A White	8		L Lamb	5
5.	S Parkin	36		J Payne	8		W Brinde	5
6.	A Sexton	32		N Whyte	8	40.	L Grove	4
7.	B Hogge	30	24.	H Johnson	7		A Teasdale	4
8.	L Dunn	29		A Livery	7		S Smith	4
9.	R Coates	21		H Bloor	7		B Cranswick	4
	A Mikkelsen	21		J Glass	7	44.	S Bradley	3
11.	D Varney	20	28.	A Grindley	6		E Potterton	3
12.	L Lord	15		A Hewitt	6	46.	F Radford	2
13.	J Sutcliffe	14		R Clayton	6	47.	P Ratcliffe	1
14.	J Allum	13		R Hancock	6		J Stephenson	1
15.	C McNeil	12		C Rothero	6			
	C Haigh	12		B Higgins	6			
	W Lightfoot	12	34.	J Robson	5			



JOHN WILD AND KENNY STUART

Interviewed  
by

JEFF CONNOR

After 15 races, a hundred or so miles and a lot of effort, the 1983 Championship was decided by the margin of 20 seconds at the final race of the series, Thieveley Pike, in September. It was the most thrilling finale to the finest Championship ever with two men going into that final race needing to win. John Wild needed maximum points and Kenny Stuart, with enough points already, just needed to prevent John Wild from winning.

**JOHN WILD:** *I'd been confident of a good season. I had a good winter with no mess-ups and had finished 15th in the National in March, my best place for a couple of years. I was also looking forward to some good competition as I'd had it fairly easy for the last two seasons. I knew Kenny was going to be around when he finished second at Burnsall in 1982. Then, in March, I broke a bone in my foot helping out with a superstars competition at work. I couldn't train for six weeks, my longest break ever through injury. It meant I missed Kentmere, Blisco and the Peaks, although I cheered up a bit when I heard what happened at Kentmere!*

**KENNY STUART:** *When I was still waiting for my re-instatement I'd seen John race a few times - at Skiddaw and places like that and he had impressed me. At Burnsall in 1982 he'd well beaten me and I knew that at that time I couldn't touch him. I just set out planning to get fit with a few more sessions over longer distances. Most of the winter work was done on the road as I start work at 8 and don't finish until 5 so I can't get out on the high fells but then I don't do many steep fell sessions as I feel speed is more important. I think this season proves that.*  
Kentmere (April 10)

**JW:** Injured.

**KS:** *I dropped out of this high up in a blizzard. The thing was I'd set off without much clothing and basically I was too frightened to go on. I was losing more heat than I could keep. I had a comfortable lead by the first checkpoint and given the chance feel I could have won as I felt more or less in control.*

Blisco (April 17)

**JW:** Injured

**KS:** *I'd beaten John the year before although I was a bit lucky as he'd gone off line. Obviously with John not there this time I felt confident*



John Wild leading the way down the Ben.  
(Photo/Bob Mitchell)

and built up a good lead by the summit. I still ran the descent hard though because the year before Bob Whitfield had caught us going back down.

### Three Peaks (April 24)

JW: Injured.

KS: I knew I could get round as I'd looked over part of the course. Still, I didn't want to go it alone and went out with Hugh Symonds as far as Whernside where I made my effort. The going was heavy and I was bothered with cramp and a bit scared I'd have to ease up. I'd have liked a better time but they told me after it was the heaviest going for years and the course was a mile longer but then I wouldn't know as it was my first time there!

### Ben Lomond (May 7)

JW: Looking back in my diary now I was quite surprised to win this. I hadn't had much of a build-up. But this has always been a good weekend for me with good camping, good racing and a good beer up. Kenny pulled away going up but I got up level at the turn-round. We ran about two miles together before I managed a break with Kenny sort of half hanging on. It was a cracking race - good competition and good for the sport.

KS: I didn't expect John to come as I didn't think he was fit enough. It was a good weekend racewise and drinkwise. I hadn't seen the course but its marked and straightforward. It was a gruelling race. I broke John going up but then on the way down we passed each other two or three times until he finally got 15 yards on me. When he gets yards on you that's that. (1st John Wild in a new course record)

### Northern Counties (May 14)

JW: This really showed I wasn't ready. Ben Lomond, my first fell race since November, was still in my legs. I liked the course though its not really my type. I'm not one of the best climbers and on that long drag up Causey Pike they got away. I didn't see anything of Kenny and just ran round with Bob Ashworth. Then Sean Livesey got lost and I finished fourth which was a valuable extra point for me.

KS: This must be my favourite long race. Its steep and I enjoyed the climbs. I was a bit surprised to win as I had flu the week before but I felt all right on the day. Billy Bland had taken me round before so I knew the way. There were four or five of us together going past Newlands Church and I made a break up Causey Pike. I thought if I kill myself here I'll kill a few others too and really put an effort in.

### Fairfield (May 22)

JW: One week later ... Its amazing the way they manage to choose these races. It was something like the sixth Championship race in six weeks and I was still getting over the Northern Counties. Before the season started I'd sat down and made a list of who I thought was going to win what and



Kenny Stuart chasing - after a hairy race down to the Red Burn. (Photo/Bob Mitchell)

I had Kenny down for this with me second. It was cut and thrust all the way with each trying to break the other until the last steep grassy descent when I got a lead. I like these medium races and try and base most of my training round them. They're more like cross-country.

KS: Definitely one of the hardest races of the season. I really had a go at him. I thought I could get him on the final lane but then he put a burst in down that last slope. He was stronger that day.

#### Welsh 1,000 metres (June 4)

JW: I enjoyed this race. I'd run it twice before and knew the course which gave me a slight advantage over Kenny and Billy. Billy had turned up in Wales because of all the stick he was getting about not running long races outside the Lakes! Most of the race it was a question of hanging with the pace although I let Mike Short get two minutes clear at one point which was a bit of a silly thing to do. From the A5 on it was Kenny, Billy and me and going up the PYG track I honestly didn't know how it would end. I was starting to get cramp and secretly hoping Billy would win to take the points off Kenny. Then Billy dropped off and I made a final break up the railway. Twenty miles and it comes down to a sprint finish!

KS: I wasn't sure what to do. It was my first time in Wales and I hadn't a clue where the course went. My plan, as such, was to stick with whoever was in front and then try on the climb up Snowdon as there's a path all the way. Well the three of us climbed Snowdon together. Billy dropped off three quarters of the way up and I thought it was mine. In the end it was nothing to do with fitness ... John was just harder.

#### Buckden Pike (June 18)

JW: I couldn't believe it when I saw the course. It was more like cross-country and not very tough at all. I thought they'd handed me the points. At the time I was training very well and feeling very fit but still felt a bit cold on the day. Everybody else was off, though. I tried a break early on and nobody came with me. There just didn't seem to be any fight in anyone.

KS: Very disappointed with my run. Maybe it was staleness - I can't see any other reason. It was funny because I felt pretty good at the start but there was nothing there once the race started. John was exceptionally good that day although I wouldn't call this a true fell race, not a Championship course, not even 'A' category. (1st John Wild in a new course record)

#### Wasdale (July 9)

JW: We both decided not to bother. It certainly wasn't the race for me with so many other Championship races around that time.

KS: I was still going through a bad patch and wasn't too keen. I think I could give Billy a race over this course but I don't know if I'd have beaten him on a hot day like that.

#### Kinniside (July 16)

JW: I'd been up in the Lakes five or six days before and looked the course over. I liked what I saw and felt it was my type. There's plenty of grassy running. But Kenny got away early going up Blakely Raise. I'd put it down as a win on paper but he was going really well that day. I'd be walking up a slope and look up and see him still running. At times like that you just have to try and concentrate, get the breathing going and ignore it when it starts to hurt.

KS: Kinniside is more or less my sort of course. You can run most of it and in fact I think I ran it all. I got away twice in the race, having gone a bit off course at one point. On grassy descents like these I feel I can hold my own with anyone, whereas John is marginally faster over rough downhills. Some said at the end it was a record as it's now slightly longer. It's a comparable time to Alan McGhee's, anyway.

### Melantee (July 30)

JW: A big mistake going up for this. It didn't do me any good at all. I hadn't seen the course and all the way was just hanging on hoping somehow I'd beat him. Kenny won by a long way and what's more I screwed my ankle up again. It was stiff and sore and it was only on the Thursday before I decided to run Borrowdale.

KS: It was a fantastic run for me - I felt really good from the start. It's a steep hill and I walked some although I don't think you'd gain much by running. It was a drizzly day although the course was supposed to have been drier than in the past. I'd never been over it and I was impressed although no-one was going to beat me coming down there that day. Borrowdale (August 6)

JW: If I couldn't win I was hoping Billy would and do me a favour but he couldn't climb that day. We'd left him by Esk Hause and though he caught us going down the Corridor he said he just wasn't going uphill. By the time Kenny, myself and Sean Livesey got to Styhead we'd left Billy again. Sean was going like a demon but dropped off going up Dale Head. Then Kenny started moving better and reached the top with a good lead. I could see him all the way down the descent, looking over his shoulder, almost twisting his head off as he does.

KS: Billy himself had shown me over the course. He's helped me a lot, as has John. We've had some hard races and knocked ourselves up against each other and still gone out and had a few beers after. Going up Scafell we tried to get away from Billy and dropped him although he came back down the Corridor. Out towards Styhead we got him again. He turned round and said it was no good and he doesn't say that unless he means it. Sean surprised us but going up Dale Head I really put my head down and first Sean went then John, slightly. I felt bad. It was my hardest race ever and I pushed myself beyond the limit really. Then I started knotting up with cramp on the way down and even had to stop for a couple of seconds. It was a good night out though. That's what I like about fell running, the social side. Sometimes it's too good! (1st Kenny Stuart; 2nd John Wild)

### Burnsall (August 20)

JW: I've always liked Burnsall. I'd had a couple of good races there before and I was looking forward to the extra points and my hat trick. It was another cracker this time. Kenny knew that if he was going to beat me he had to do it going up and it was a question of me hanging on all the way to the cairn. I got in front there and really let go on the way down. I didn't look round ... I got rid of that habit in my track days!

KS: John broke the record. It was a great time and a lot better than the old pro record. Officially he was a second slower but there's no doubt in my mind that John is the fastest man over that course. I would say a good half a minute better than Fred Reeves' record which went straight up, not round a loop. I ploughed it to the top giving it all but John hung on. Once he snatched 15-20 yards that was it.

### Ben Nevis (September 3)

JW: I got the record but was a bit fortunate really. The mist was down to the Red Burn and on the way up there were four of us bashing away. Jack Maitland and Kenny got away from Sean and me by six or seven seconds but they must have taken the wrong line on the descent because we came out of the mist in front. Once on the tourist track I relaxed a bit because even though it's a rough path there are still sections where a runner like me can open up. I was about one minute 20 seconds inside a highly respected record but it was courtesy of Jack Maitland who had really pushed it going up. Even Kenny took a back seat on the climb that day.

KS: We went astray slightly coming down which was a pity because I feel I could have held my own with John back down the road. When we got back to the Red Burn we thought we were in front and in fact Jack Maitland went over the line still thinking I'd won and he'd come second.

I caught Sean at Achintee and pulled yards back on John on the road. I felt I had plenty left and still finished inside a good record, as did Sean.

#### Thieveley Pike (September 24)

JW: I had to win the last three races of the Championship to take the title again. I won two and there was just this to go. There was a three weeks gap and I needed the rest. The worst thing about the Ben is not the race but the drive back with stiff legs. In fact in the seven days after I only trained on four. I followed the usual routine with speedwork on the Wednesday before Thieveley and then an easy couple of days. Through the wood I closed to two or three yards on Kenny but he got away going up the last climb and was 30 or 40 yards clear. Once he was five yards away though there was no way I was going to catch him. He was through the railway arch before I was even in sight.

KS: Quite honestly I'd hoped to have it all sewn up before Thieveley but John had to win the last three and it got to be a nerve-wracking business after he won the two and we had to wait for the last race. John had always given me the impression he was better than me on a course like Thieveley and I began to re-assure myself that even second was good enough in my first Championship season. If he won, he'd beat me by one point which wasn't bad. Then on the day I set off and decided to take as much out of myself as possible. Every race had been hard so I thought I might as well kill myself on this one too. At the finish I was 20 seconds clear and I must admit I felt exceptional that day. (New record by 1.42)

JW: I was disappointed, not with missing the Championship hat trick, but simply just losing that year. It seemed a lot of hard work lost on one race and after a season like that it was a shame one of us had to come second. I haven't made any plans for next year yet though I suppose I have to do a marathon sometime and I would like to do a good one. As for the fells, I'll just have to see. We really enjoy the fells, there's a nice lot of people and we've had some great weekends. Any chance Kenny and I get to have a beer we take it! I don't think there's anyone around next year who can touch Kenny though I think Sean Livesey could come through the year after. He's only 20 and had a terrific season. The only other dangers I can see are if a good cross-country runner tries a few races because I believe a good runner with background should always beat an out-and-out fell runner. I've enjoyed this season. I think I can sit back and say I couldn't have done any more.

KS: I'll run the fells next year and go for the Championship again in a roundabout sort of way. I won't make a conscious decision to win it, I'll just go and enjoy my racing. As for an international vest at road or cross-country, well, its not really an ambition, more a sort of hope. When I'm sick of hurting myself on the fells I might have a go. I've only ever run two road races, both 10's and I found them different. Of the two I think I find road the hardest but then I've trained to hurt myself on the fells. As for John, I think he'd make a good marathon runner. Whatever he goes in for he dedicates himself to. At 30 he must have his best years ahead as a marathoner if he goes with it now.

\* \* \* \* \*

race results summer 1983 >>

PEN Y GHENT

Category A, 5½ miles, 1,500'

4 June

1. J McGee	Copeland	46.17
2. R Whitfield	Kendal	46.34
3. D Hall	Kendal	47.54
4. P Irwin	Rosendale	48.33
5. G Moffatt	Kendal	49.23
6. G Read	Rochdale	49.31
7. R Shaw	Skyrac	49.34
8. T Robinson	Clayton	49.48
9. P Tuson	Kendal	50.12
10. S Beckwith	U/A	51.15
11. P Harlowe	Skipton	51.19
12. M Targett	Clayton	51.29
13. T Catton	Clayton	51.43
14. G Woolnough	Kendal	51.46
15. E Ratcliffe	Bingley	51.58
16. S Baker	Horwich	52.38
17. T MacDonald	Bingley	52.40
18. G Young	Rowntrees	52.45
19. M Edwards	Warrington	52.53
20. C Valentine	Keswick	53.03



John McGee leads Bob Whitfield at the bottom of Pen y Ghent

Veterans

1. T MacDonald	Bingley	52.40
2. P Longfield	Billingham	53.30
3. D Ashton	Blackburn	53.39

training



country

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Superb walking and fell training country. Sleeps 3-5. Open all year.

£65 - £85 per week. Telephone 0587 20965 or see Hugh Symonds.

THE FESTIVAL RUN - SADDLEWORTH (3rd-5th June)

As one of the 'fringe' events of the Saddleworth Festival of the Arts, the Festival Run was already at the planning stage in mid-1982. However, what was to have been a race covering the whole week of the Festival was finally slimmed down to just three stages as a result of lack of sponsorship. J.W. Lees and Boddingtons Breweries eventually came forward with much needed help and Oldham Motor Company assisted both financially and with a lead car.

The initial aim of the organising team was to pit quality fell runners against their equivalent on the road. Thus a fairly short but tough hill race on the Friday evening with a good night in the pub afterwards was followed by a full-blooded fell race on Saturday afternoon. For some of the road runners this was their first experience of the delights of peat bog and what it does to your toe nails. Some of the expressions as they came off the moor were a delight. Sunday morning provided opportunity for revenge with a half-marathon on the road circuit used the previous October for the popular Autumn Leaves ½ marathon.

Stage 1 - the Harrop Dale Hill Race - was won by Alan Sladen (Salford Harriers) from Colin Robinson (Rochdale AC) with a lead of just over one minute. Interestingly, 12 out of the first 13 finishers were booked in for the three-day event and 3 out of the first 5 were veterans. Brenda Robinson (Bury AC) took the lead in the ladies race and held it through the three days from Hilary Mathews (Bolton United). The Ravenstones Brow Fell Race - Stage 2 - saw the introduction of a number of specialist fell runners just down for the day. Bob Ashworth (Rossendale AC) ran out an easy winner by over three minutes with Alan Sladen down the field but retaining the Festival Run Race Leader vest by 35 seconds from Colin Robinson. Sunday morning's third and final stage provided the biggest field with, as had been hoped, a large number of locals turning out. Alan Sladen came in sixth, some 3½ minutes behind the winner, Terry Lonergan but over one minute ahead of his chief rival Colin Robinson for the overall 3-race victory.

The Saddleworth Festival Committee were delighted with the event and indeed turned up at each of the races. They have indicated they with the race to take place at the next Festival in 1988 but, better than that, Saddleworth Runners Club are seriously considering making the three-day race an annual event which will fit more conveniently than this year into both road and fell calendars.

RAVENSTONE BROW

Not yet categorised, 10 miles, 1,250'

4 June

1. R Ashworth	Rossendale	65.19	11. K Lodge	Vet	Halifax	73.56
2. A Hulme	DPFR	68.56	12. S Heap		Salford	73.58
3. M Prady	Glossop Dale	69.36	13. R O'Hara		Longwood	74.02
4. C Robinson	Vet Rochdale	69.47	14. H Kelly	Vet	E Cheshire	74.32
5. A Sladen	Salford	70.21	15. A Corbett		Barnsley	75.24
6. P Lomas	Vet Stockport	72.23	16. A Bocking		Manchester H	76.04
7. D Smith	Leamington	72.53	17. K Maguire		Rochdale	76.25
8. E Rennie	Longwood H	73.03	18. J Clemens		Black Combe	76.29
9. H Waterhouse	Saddleworth	73.18	19. A Peet		Wigan	76.55
10. R Waterhouse	Saddleworth	73.41	20. P Duffy	Vet	Aberdeen	77.05

Ladies

1. B Robinson	Bury	88.09	3. H Mathews		Bolton	95.41
2. J Anthony	E Cheshire	94.28				

WELSH 1000 METRE PEAKS

Category A, 20 miles, 9,000'

5 June

The third of the long championship races saw John Wild looking for a first of the season's long victories, Kenny Stuart looking for his third and Billy Bland running on new ground. After a slow early morning start the group speeded up on the Canedds as Mike Short was seen in the distance with a handsome lead taken by fast running on a different route to the main pack. This lead was eventually whittled down by Ogwen and Short was soon dropped leaving Stuart and Wild to drop Bland by Pen-y-pass. A long tough climb to the top of Cribb-y-ddysgl still didn't separate John and Kenny after over three hours of running but a hard burst by John Wild clinched his victory on the railway line to the summit.

Hugh Symonds

Opposite page:- The editor looking up the zig zags on Snowdon, watching Kenny Stuart and John Wild race it to the end. (Photo/Simon Parker)





WELSH 1000 METRE PEAKS

1. J Wild	CFR	3.26.33	16. D Stuart	Keswick	4.04.08
2. K Stuart	Keswick	3.27.15	17. A Lewsley		4.04.15
3. W Bland	Keswick	3.30.15	18. J Reade	Clayton	4.04.40
4. H Symonds	Kendal	3.34.12	19. P Cadman	Birchfield	4.06.36
5. M Short	Horwich	3.43.49	20. P Murray	Vet Horwich	4.07.01
6. J Broxap	Keswick	3.47.58	21. M Jones	Eryri	4.09.14
7. J Wagstaff	Tipton	3.53.36	22. D Cunningham	Clayton	4.10.52
8. K Taylor	Rossendale	3.53.53	23. L Williams	M de C	4.10.54
9. C Creswick	Rossendale	3.53.24	24. D Davies		4.11.18
10. B Brindle	Horwich	3.57.34	25. D Wade	Vet Blackheath	4.13.47
11. J Nixon	Horwich	3.58.08	26. S Priestley		4.14.27
12. K Shand	Rochdale	4.00.14	27. S Livesey	Clayton	4.15.22
13. S Moore	Horwich	4.00.34	28. R Seager	Bangor	4.15.38
14. A Nixon	Myn Morgannwg	4.01.44	29. P Brooks	Vet Lochaber	4.17.50
15. N Mathews	Vet Horwich	4.03.14	30. A Sunter	Horwich	4.19.13

Ladies

1. A Carson	Eryri	1.58.29	4. J Glass	Eryri	2.15.15
2. B Hogge	Eryri	2.02.50	5. A Sexton	Buxton	2.33.15
3. S Walsh		2.12.38			

EDENFIELD

Category B, 7 miles, 1,300'

5 June

Warm and sunny was the day but wet was the course for this was June 1983 not August. A mammoth civil engineering project by the local water authority had resulted in a "great wall of Edenfield"; this meant a slight detour for the course which included a steep hill climb for those fell runners who believe that the course was lacking in such matters.

The 150 starters were quickly spread out by the early inclines but it soon became clear that Rossendale would be well up with the leaders. Whittle Pike, the highest point on the course, found Jeff Norman lurking closely behind the leader, Ashworth, whilst 30 seconds behind were the Rossendale brothers Aspinall. The lead changed hands halfway down Whittle Pike and was maintained as such up the steep climb and down past the water works. Despite several attempts Jeff was not to be defeated in this only his second race on the course. Another happy winner was Anne Pendlebury in the Ladies race. Anne was never really pushed to her limit and won by a margin of 3½ minutes. After receiving the trophy and his prize Jeff Norman declined the beer tent to make a quick trip to Saddleworth and another race in the afternoon.

1. J Norman	Altrincham	45.51	11. M Prady	Glossop Dale	46.48
2. R Ashworth	Rossendale	42.55	12. P Irwin	Rossendale	46.55
3. M Aspinall	Rossendale	44.51	13. D Ratcliffe	Rossendale	47.09
4. H Aspinall	Rossendale	45.11	14. J Singleton	Clayton	47.41
5. C Beever	Clayton	45.28	15. K Robinson	Blackburn	47.42
6. A Hulme	DPFR	45.36	16. D Beels	Todmorden	47.44
7. P Brownson	Altrincham	45.37	17. K Webster	Clayton	47.50
8. S Turner	Rochdale	46.01	18. A Robinson	Clayton	48.24
9. P Lambert	Red Rose	46.11	19. P Greenwood	Rochdale	48.27
10. S Baker	Horwich	46.28	20. D Emerson	Bury	48.31

*RUMOUR HAS IT that Brent Brindle and Shaun Sunter have taken up playing the piano.*

### SADDLEWORTH

Category A, 3 miles, 950'

5 June

The very poor entry in the Junior race was compensated for to a certain extent by the outstanding run from Robin Bergstrand of Rochdale. Always in the lead he stormed round to win in a new record which would have placed him 6th in the Senior Race.

Andy Darby came to win the trophy for the fourth year in succession and he achieved his aim but not without some doubts. Rob Harbisher from Holmfirth pushed into a big lead on the ascent and ridge run but Andy came into his own on the descent to pull away by 21 seconds.

Carol Haigh achieved yet another success by winning the Ladies race for the second year and breaking her own record by 5 seconds, whilst Gerry Spink put up a best-ever 0/50 time of 23.42 to take the super vet prize. Holmfirth were notable for providing almost one quarter of all finishers and they got their reward by carrying home a load of prizes.

Dave Makin

1. A Darby	MDC	19.56
2. R Harbisher	Holmfirth	20.17
3. A Adams	S/M	20.30
4. A Marsh	Holmfirth	20.32
5. B Hussain	Stocksbridge	20.50
6. A Styan	Holmfirth	21.02
7. S Torrance	MAC	21.05
8. J Norman	Altrincham	21.08
9. M McGann	ECH	21.09
10. I Holloway	Rochdale	21.24
11. P Barron	Keswick	21.31
12. G Read	Rochdale	21.44
13. D Cartwright	Holmfirth	21.47
14. R futrell	Holmfirth	21.50
15. I Moore	Holmfirth	21.52
16. R Asquith	Holmfirth Vet	21.54
17. P Crewe	Bingley	21.58
18. K Dobson	Bingley	21.59
19. C Valentine	Keswick	22.16
20. A Swift	Longwood	22.19



Kevin Dobson tucking in behind A Marsh at Saddleworth  
(Photo/Eileen Woodhead)

#### Teams

1. Holmfirth - 12 points
2. Rochdale - 57 points

### SPRINGTIME IN CUMBRIA 1984

A tough weekend for fell runners who can navigate

#### Saturday 31st March

The second Fleetfoot Mountain Trial will be held in the superb hills around Little Langdale.  
Two courses, 15m/6,000' and 9m/2,500' from Britannia Inn, Elterwater; interval starts from 0900 to 1100; under FRA draft rules; men and women over 18; £1 entry by 26th March to P Buckley, 5 Lonsdale Avenue, Torrisholme, Lancaster. LA4 6RX. Limited EOD - take pot luck with the start time.

#### Sunday 1st April

Black Combe Fell Race 10 miles/3,000'

SCOLTY HILL

Category B, 5½ miles, 800'

5 June

Aberdeen's Fraser Clyne, 'fresh' from his 2.14 marathon in London, set off for Scolty summit with an air of determination to be the first runner to crack 30 minutes in this tough little race. Dundee's Charlie Haskett and Clyne's club mate, Ian Matheson, suntanned from a year in Reno, Nevada, gave chase up the gruelling climb to the Scolty monument but on the cross-country loop back to the finish Clyne's speed carried him to his 4th successive win and, despite the boggy conditions, a new course record. Dundee's Liz Lynch retained her title with a 60 second victory over Sonia McLaren.

1. F Clyne	Aberdeen	(rec)	29.45	11. R Hetherington	Aberdeen	33.51
2. C Haskett	Dundee		30.46	12. M Francis	Elgin	34.04
3. I Matheson	Jun Aberdeen	(rec)	30.55	13. R Unwin	Aberdeen	34.10
4. G Harper	Aberdeen Univ		31.04	14. M Turner	Jun Elgin	34.46
5. J Hepburn	Dundee		32.38	15. C Noble	Aberdeen	34.52
6. S Peddie	Aberdeen		32.45	16. A Birse	Dundee	34.56
7. M Edwards	Vet Aberdeen	(rec)	32.52	17. K Norman	Jun Peterhead	34.59
8. R Campbell	Lochaber		33.04	18. P Maughan	Aberdeen	35.11
9. S McMillan	Lochaber		33.37	19. D Nicholson	Aberdeen	35.37
10. B Maher	Aberdeen		33.46	20. H Cameron	Forres	35.41

Teams

1. Aberdeen AAC 'A' (1,3,6) - 10pts.      2. Dundee Hawkhill H. (2,5,16) - 23 pts.

OTLEY CHEVIN

Category B, 3½ miles, 1,000'

8 June

1. A Whittaker	Spennborough	16.32	11. R Gibson	U/A	17.37
2. S Howling	Sheffield	16.47	12. K Moore	Harrrogate	17.39
3. R Bloor	Airienteers	16.53	13. R Butterfield	Skyrac	17.41
4. G Devine	Bingley H	16.57	14. G Brooks	Bingley	17.41
5. N Judge	Spennborough	17.00	15. P Wickins	Pudsey & Bramley	17.42
6. I Appleyard	Leeds City	17.12	16. P Harlow	Rowntrees	17.46
7. B Watkins	Bingley H	17.19	17. P Daley	Halifax	17.55
8. C Leggatt	Valley Striders	17.28	18. J Todd	Holmfirth	18.01
9. R Fotrell	Holmfirth	17.30	19. A Hauser	Holmfirth	18.02
10. K Shand	Rochdale	17.34	20. B Howell	U/A	18.03

Ladies

1. C Haigh	Holmfirth	18.45	3. S Smith	Spennborough	20.55
2. J Dransfield	Spennborough	20.51			

Calderdale Hike 14th April 1984

From Community Centre Mytholmroyd

32 miles + 5 miles orienteering type event for runners

Details from entries secretary. SAE to Mrs Schofield

17 Hollins Bank

Sowerby Bridge

West Yorkshire

ENNERDALE HORSESHOE

11 June

Category A, 23 miles, 7,500'

1. W Bland	Keswick	3.30.38
2. M Hudson	Keswick	3.45.06
3. M Short	Horwich	3.52.51
4. P Irwin	Rossendale	3.52.59
5. J Naylor	Vet CFR	3.56.28
6. P Tuson	Kendal	3.56.32
7. I Robinson	Clayton	3.56.54
8. K Taylor	Rossendale	3.57.58
9. A Sunter	Horwich	4.02.57
10. P Barron	Keswick	4.04.19
11. J Maitland	Aberdeen	4.05.46
12. F Loftus	Horwich	4.12.24
13. G Wright	Rossendale	4.14.41
14. S Moore	Horwich	4.18.14
15. B Brindle	Horwich	4.18.16
16. N Lanaghan	Keswick	4.20.57
17. J Baston	Cheshire & E'mere	4.22.58
18. A Richardson	Kendal	4.24.10
19. J Crummett	Bingley	4.28.18
20. D Lord	Morpeth	4.29.05
21. J Dixon	Horwich	4.32.00
22. R Fowler	Horwich	4.32.01
23. K Shand	Rochdale	4.38.15
24. D Tierney	E Cheshire	4.38.31
25. B Foreman	U/A	4.39.08
26. T Cresswell	Keswick	4.39.23
27. R Blamire	Stewatry	4.39.26
28. M Bluer	Rochdale	4.40.04
29. R Orr	Vet DPFR	4.41.21
30. W Grindley	Vet Clayton	4.41.55

Ladies

1. W Dodds	Clayton	5.53.53
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Teams

1. Keswick AC	11.20.03
2. Rossendale H	12.05.38
3. Horwich RMI 'A'	13.08.12



Jack Maitland at Black Sails  
(Photo/Bob Mitchell)

MUNCASTER

Category A, 10 miles, 1,800'

12 June

1. R Bloor	U/A	1.14.10	11. P Barron	Keswick	1.19.30
2. J McGee	Copeland	1.14.13	12. M Short	Horwich	1.20.42
3. G Huddleston	Black Combe	1.15.14	13. D Stuart	Keswick	1.22.40
4. J Maitland	Aberdeen	1.16.16	14. R Shaw	Skyrac	1.22.50
5. H Jarrett	CFR	1.16.59	15. C Webb	CFR	1.22.53
6. G Byers	CFR	1.17.32	16. A Richardson	Kendal	1.23.36
7. G Clucas	CFR	1.17.44	17. N Lanaghan	Keswick	1.23.49
8. J Etchells	Vet Barrow	1.18.15	18. D Barnes	Keswick	1.24.02
9. A Smith	CFR	1.18.34	19. W Todd	CFR	1.24.08
10. A Hulme	DPFR	1.19.10	20. H Blenkinsop	Vet Keswick	1.24.46

Ladies

1. P Haworth	Keswick	1.41.30	2. A Mikkelsen	Keswick	1.43.38
			3. J Wilkinson	Keswick	1.52.04

Teams

1. Cumberland Fell Runners - 27 pts	2. Keswick AC - 59 pts
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LOMONDS OF FIFECategory B, 10 miles, 2,200'12 June

1. C Donnelly	Cambuslang H	65.00 (rec)	11. V Johnson	Dundee Hawkhill	73.59
2. A Curtis	Livingston	66.35	12. S McMillan	Lochaber	74.10
3. R Boswell	Lochaber	68.10	13. D Wood	Stirling Univ	74.35
4. M Lindsay	Edinburgh S	68.20	14. T McCulloch	Ayr Seaforth	75.20
5. J Blair-Fish	Edinburgh S	69.30	15. D Copeland	Interlopers	75.28
6. R Anderson	Cambuslang H	70.19	16. D Francis	Fife	76.00
7. J Robertson	Cambuslang H	70.20	17. C Ramsay	Edinburgh	76.10
8. R Campbell	Lochaber	71.35	18. J Black	Vet Livingston	76.30
9. S Graves	Fife	73.30	19. W Mitchell	Cambuslang H	76.40
10. B Maher	Aberdeen	73.55	20. W Gauld	Edinburgh S	77.35

Ladies

1. A Curtis	Livingston	86.00	2. C Walley	S London H	87.36
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GREEBA, ISLE OF MANNot yet categorised, 9 miles, 2,500'12 June

Victory in the Greeba Fell race went to visiting athlete, Graham Moffat (ex professional), who beat all his Island based rivals and shattered Steve Kelly's race record time of 1 hour 18 minutes 44 seconds by 2 minutes 40 seconds. Graham decided to try out Manx hills and obviously found them to his liking as he walked off with first prize in an excellent course record time of 1.16.04. Keith Callister also broke the old record with a time of 1.17.51, while Tony Varley (3rd) just failed by 35 seconds to equal the old mark.

W. Kennaugh

1. G Moffat	Kendal	1.16.04	4. S Mackie	Manx AC	1.22.40
2. K Callister	Manx AC	1.17.51	5. I Callister	Manx AC	1.22.57
3. A Varley	Boundary H	1.19.19	6. P Cain	Boundary H	1.24.15
1st Vet - B Baxter	2.17.23		1st Junior - A Bargery	41.55	

CHEVY CHASECategory A, 17 miles, 4,000'12 June

1. A Phillipson	Vet Gosforth	2.24.45	11. D Learnmouth		2.52.43
2. D Jackson	Alnwick	2.37.51	12. G Armstrong	Wallsend	2.53.47
3. W Whitwell	Blaydon	2.41.18	13. P Whewell	Blaydon	2.53.48
4. C Wright	Mandale	2.41.35	14. I McKeith	Gosforth	2.54.04
5. R Braviner		2.43.17	15. A Griffin	Blyth	2.57.53
6. B Miller	Heaton	2.44.02	16. K Cooper	Morpeth	3.02.00
7. W Breading	Blaydon	2.45.00	17. J Breading	Blaydon	3.03.47
8. R Scott	Morpeth	2.45.20	18. D Madgwick	Blyth	3.05.22
9. M Shirley	Heaton	2.48.40	19. M Taylor	Alnwick	3.05.22
10. G Pullen	Durham Univ	2.49.49	20. E Watson	Heaton	3.06.32

Teams

1. Blaydon H & AC - 27 pts; 2. Heaton H & AC - 35 pts; 3. Alnwick Running Club - 43 pts.

RUMOUR HAS IT that those fell runners that entertained outside the ..... pub after the Ben Nevis race are to be booked again for 1984.

CLITHEROE

Category C, 7 1/2 miles, 1,350'

12 June

1. A Darby	Newport	49.56	11. D Leaf	Rowntrees	54.44
2. R Ashworth	Rossendale	51.03	12. P Crewe	Bingley	54.55
3. D Cartridge	Bolton	51.48	13. H Walker	Blackburn	55.10
4. P McWade	Clayton	52.04	14. J West	Clayton	55.13
5. I Holloway	Rochdale	52.15	15. P Lambert	Red Rose	55.20
6. S Breckell	Blackburn	52.42	16. A Gaffney	Blackburn	55.24
7. H Aspinall	Rossendale	52.53	17. M Targett	Clayton	55.30
8. M Aspinall	Rossendale	53.11	18. C Pooley	Lancaster/M'Cambe	56.05
9. T Brierley	Clayton	54.23	19. D Waterworth	Clayton	56.15
10. S Baker	Horwich	54.35	20. I Appleyard	Leeds	56.38

Vets 0/40

Vets 0/50

1. J Capenhurst	Bingley	56.50	1. G Spink	Bingley	59.00
2. K Lodge	Halifax	57.52			

Ladies

1. S Purves	U/A	60.58	3. J Ashworth	Blackburn	73.46
2. B Cranswick	Clayton	73.33			

BUCKDEN PIKE

Category A, 4 miles, 1,500'

18 June



Start of Buckden Pike (Photo/Mrs Nash)

1. J Wild	CFR	31.37	16. A Harmer	DPFR	35.52
2. K Stuart	Keswick	32.27	17. I Robinson	Clayton	35.55
3. H Symonds	Kendal	32.51	18. G Gough	Blackburn	36.03
4. J Maitland	Aberdeen	33.05	19. B Watkins	Bingley	36.05
5. M Short	Horwich	33.32	20. P Murray	Vet Horwich	36.18
6. R Ashworth	Rossendale	33.57	21. D Leaf	Rowntrees	36.26
7. J Broxap	Keswick	34.01	22. K Shand	Rochdale	36.28
8. G Moffat	kendal	34.36	23. E Ratcliffe	Bingley	36.37
9. B Peace	Bingley	34.49	24. G Brooks	Bingley	36.40
10. A Smith	CFR	34.57	25. A Philipson	Vet Gosforth	36.42
11. R Shaw	Skyrac	35.00	26. J Blair-Fish	Edinburgh	36.44
12. B Brindle	Horwich	35.04	27. P Harlow	Skipton	36.45
13. S Livesey	J Clayton	35.13	28. M Edwards	Vet Aberdeen	36.52
14. D Hall	Kendal	35.29	29. T Catton	Clayton	36.53
15. G Reade	Rochdale	35.35	30. S Varney	Keswick	36.58

Ladies

1. L Dunn	Sheffield Univ	42.45	3. D Varney	Keswick	44.19
2. A Carson	Eyri H	43.57	4. L Lord	Clayton	44.27

Teams

1. Kendal



Brent Brindle (244), Geoff Reade (302) and Andy Harmer (333) chasing the leading group up Buckden Pike  
(Photo/Eileen Woodhead)

GREAT HILLCategory C, 5½ miles, 1,200'18 June

Bob Shorrock returned to his home ground after missing a year to win yet again, this time by an even bigger margin, from his Blackburn club mate George Woodburn. Bob missed the 4 year-old record held by Pete Ravald by 14 seconds. Third man home John Jackson from Wigan was also 1st Vet over-40 while Joe Salt, Rochdale, finished in 57th position to lead the over-50's. Val French from Chorley took the ladies' prize. A field of 127 runners helped the race into profit this year.

Barry Richardson

1. R Shorrock	Blackburn	30.58	11. P Hands	Leicester	34.05
2. G Woodburn	Blackburn	32.19	12. S Turner	Rochdale	34.09
3. J Jackson	Vet Wigan	33.04	13. P Standing	Bolton	34.22
4. M Aspinall	Rossendale	33.10	14. D Ratcliffe	Rossendale	34.48
5. P McWade	Clayton	33.18	15. A Gafney	Blackburn	34.50
6. H Aspinall	Rossendale	33.30	16. P Goulding	Rossendale	34.53
7. R Owen	Horwich	33.43	17. S Longden	Altrincham	34.54
8. C Beever	Clayton	33.49	18. A Selby	Bolton	35.09
9. S Breckell	Blackburn	33.58	19. M Selby	Vet Bolton	35.10
10. D Smith	Halifax	34.03	20. K Gaskell	Horwich	35.13

Ladies

1. V French	Chorley	43.01	3. M Platt	Chorley	46.21
2. S Exon	Stretford	43.34			

RUMOUR HAS IT that PB stands for phone box.



JAMES BLAKELEY, HARDEN MOSS

<u>Category C, 3 miles</u>				<u>18 June</u>
1. R Harbisher	Holmfirth	15.23	11. M Seddon	Holmfirth 16.53
2. G King	Longwood	15.46	12. T Vangrove	Vet Holmfirth 17.00
3. A Marsh	Holmfirth	15.54	13. T Ramsden	Holmfirth 17.02
4. A Swift	Longwood	16.11	14. R Bradley	Holmfirth 17.04
5. R Asquith	Vet Holmfirth	16.25	15. I Moore	Holmfirth 17.11
6. M Prady	Glossop Dale	16.31	16. C Gledhill	Vet Holmfirth 17.16
7. R O'Hara	Longwood	16.32	17. P Stevenson	Pudsey/Bramley 17.16
8. D Cartwright	Holmfirth	16.40	18. S Keech	Manchester 17.19
9. A Holmes	Holmfirth	16.42	19. C Wilson	Kendal 17.22
10. H Smith	Spenborough	16.49	20. K Maguire	Rochdale 17.22

<u>Ladies</u>				
1. C Haigh	Holmfirth	18.25	2. B Fisher	Holmfirth 27.51

<u>Teams</u>					
1. Holmfirth HAC	-	9 pts	2. Longwood HAC	-	13 pts

ORMESBY

<u>Category C, 8½ miles, 900'</u>				<u>18 June</u>
1. S Sutcliffe	Mandale	47.24	11. W Burns	Vet Cleveland Nuc 55.43
2. J Barker	Morpeth	49.27	12. E Moody	Eston 55.47
3. M Rigby	Cambridge	50.33	13. A French	Cleveland Nuc 55.53
4. P Buckby	Middlesbro/Cleve	51.36	14. B Blackledge	Mandale 55.56
5. M Holmes	Rowntrees	52.27	15. C Johnson	Norton 56.10
6. C Wilberforce	Mandale	53.50	16. B O'Sullivan	Normanby 56.45
7. I MacPherson	Mandale	54.19	17. D Parry	Mandale 56.47
8. M Scully	Middlesbro/Cleve	54.25	18. J Watson	Vet Scarborough 56.50
9. R Smith	Mandale	54.30	19. K Fielden	Vet Middlesbrough 56.55
10. W Wilson	4th Para	55.12	20. P Simms	SMP 57.24

ROYAL DOCKRAY

<u>Not yet categorised, 15 miles, 4,000'</u>				<u>18 June</u>
<u>Long Course</u>				
1. A Richardson	Kendal	2.12.56	11. P Walters	Kendal 2.44.23
2. G Huddleston	BCR	2.15.28	12. D Richardson	Kendal 2.44.23
3. D Stuart	Keswick	2.21.47	13. D Archer	Horwich 2.45.42
4. P Bland	Vet Kendal	2.27.23	14. S Howe	OB 2.48.23
5. S Wright	Spenborough	2.27.41	15. G Clayton	Horwich 2.48.23
6. P Stone	CFR	2.29.27	16. D Bayliss	Kendal 2.48.39
7. J Stout	Vet CFR	2.32.21	17. B Thomas	U/A 2.49.05
8. C Knox	Keswick	2.32.58	18. B Johnson	Vet CFR 2.50.02
9. M Winstanley	Lancs/M'Cambe	2.36.18	19. R Mercer	Kendal 2.50.43
10. E Parker	Kendal	2.36.40	20. N Walker	Kendal 2.50.51

<u>Short Course</u>						
1. R Clayton	L	DV Orient	1.41.43	4. S Johnston	Vet BL	1.52.20
2. J Cave	Vet	U/A	1.41.54	5. E Stephenson	L	Spenborough 1.53.08
3. J Graham	L	U/A	1.42.45			

PATRICK, ISLE OF MAN

Not yet categorised, 11 miles, 3,200'

18 June

1. A Varley	1.57.25 (Rec)	4. D Ronan		2.16.27
2. K Callister	2.09.46	5. M Cowbourne		2.18.07
3. I Callister	2.11.12	6. G Hull		2.27.52

1st Vet. R Baxter 2.47.34; 1st Junior B Kennaugh 38.02; 1st Junior Girl Michele Cowbourne.

OFFA'S DYKE '15'

Category C, 15 miles, 2,500'

19 June

1. N Brawn	Invicta	1.30.48	11. M Davies	Worcester	1.36.28
2. M Cawood	Leicester Cor	1.31.54	12. R Aucott	Vet DPFR	1.36.37
3. L Roberts	Blackheath H	1.32.07	13. P Skinner	Harlow	1.36.38
4. A Watt	RAF/TVH	1.33.07	14. D Cooper	Vet Worcester	1.36.39
5. J Masterson	Leicester Cor	1.33.21	15. I Macintosh	Bath & Percy	1.37.18
6. L Wallace	Newport H	1.33.27	16. T Jones	Westbury H	1.37.24
7. R Edwards	Leicester Cor	1.33.43	17. D Hope	Worcester	1.37.27
8. F Costigan	Tipton H	1.34.39	18. P Hands	Leicester Cor	1.37.27
9. J Kerley	Bath & Percy	1.35.45	19. A Jefferies	Vet Swansea H	1.37.59
10. J Wagstaff	Tipton H	1.36.21	20. M Cross	Bournemouth	1.38.38

Teams

482 finished

1. Leicester Cotitians - 14 pts; 2. Worcester AC - 42 pts; 3. Bournemouth AC - 75 pts.

Ladies

1. A King	Burnham J	1.52.13	7. R Naish	Eryri	2.08.01
2. S Hassan	Birchfield	1.55.25	8. P Cooke	Solihull 6th	2.10.13
3. A Blake	Aldershot & F	1.59.22	9. S Hobbs	U/A	2.14.40
4. A Franklin	M de C	1.59.50	10. G Hayden	U/A	2.14.54
5. L Billington	Hounslow	2.04.45	11. P Haworth	Keswick	2.16.28
6. J McCabe	Halesowen	2.07.16	12. E Wallace	Burnham J	2.17.39

Ladies' Teams

37 finished

1. Burnham Joggers - 43 pts; 2. Mynyddwyr de Cymru - 48 pts; 3. Bromsgrove & Redditch AC - 52 pts.

HAWORTH HOBBLE - 17TH MARCH

33 miles, 4,400' Teams of two

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Entry form and details send SAE please to:

G Dimitrijevic, 28 Sunhurst Drive, Oakworth, Keighley, W Yorks. BD22 7RG

SKIPTONCategory B, 4½ miles, 1,000'19 June

1. R Ashworth	Rossendale	22.38	11. J Todd	Holmfirth	23.53
2. M Aspinall	Rossendale	22.50	12. A Hauser	Holmfirth	24.02
3. D Hall	Kendal	22.54	13. D Cooney	J Dkyrac	24.05
4. H Jarrett	CFR	23.00	14. H Smith	Spensorough	24.07
5. H Aspinall	Rossendale	23.05	15. P Mills	Rochdale	24.08
6. G Devine	Bingley	23.09	16. K Shand	Rochdale	24.12
7. R Shaw	Skyrac	23.10	17. J West	Clayton	24.13
8. G Byers	CFR	23.32	18. K Mingsins	CFR	24.17
9. R Asquith	Vet Holmfirth	23.38	19. B Walker	Bingley H	24.22
10. J Reade	Clayton	23.43	20. K Summersgill	Vet Skipton	24.24

Ladies

1. L Cord	Clayton	29.10	3. L Cooper	ASVAC	34.07
2. J Yule	Bradford/Ilkley	31.48			

HOLCOMBE TOWERCategory C, 3½ miles, 550'22 June

This popular Wednesday night race produced a new name on the winner's trophy. The packed leading bunch were some 20 strong as they crossed first the railway line and then the main road. It was only the hard climb up to the Tower that spaced the bunch out and left the first four all wearing the same club vest - that of Rossendale. Mike Newby found the downhill section more suited to his track training and was able to improve his 5 second lead to some 40 seconds by the finish. The blue vests of Rossendale also came in the next three places - the brothers Aspinall again and Bob Ashworth. Ian Holloway maintained the Rochdale tradition with his 5th place.

The Ladies winner was Colette Harkin of Bolton who came in almost 2 minutes before Brenda Robinson. Colette, hard in training for the Tour of Tameside, promised to return next year, a promise that Brenda gives each year. The number of women entries, 11, was well up on last year and growing. The race was concluded with the presentation in the Grants Arms with the freshly crowned Miss Ramsbottom presenting prizes and kisses to the 30 prize winners in the race.

1. M Newby	Rossendale	19.31	11. S Turner	Rochdale	21.16
2. M Aspinall	Rossendale	20.11	12. J Reade	Clayton	21.22
3. H Aspinall	Rossendale	20.14	13. H Waterhouse	Saddleworth	21.24
4. R Ashworth	Rossendale	20.27	14. S Longdon	Altrincham	21.35
5. I Holloway	Rochdale	20.30	15. K Shand	Rochdale	21.37
6. R Bergstrand	Rochdale	20.52	16. K McKay	Clayton	21.43
7. A Sunter	Horwich	20.57	17. S Davies	Horwich	21.48
8. P Standing	Bolton	20.58	18. A Hesketh	Horwich	21.51
9. G Read	Rochdale	20.59	19. R Futrell	Holmfirth	21.54
10. D Ratcliffe	Rossendale	21.02	20. D Schofield	Rossendale	21.56

Ladies

1. C Harkin	Bolton	23.46	6. A Willinson	Rochdale	30.41
2. B Robinson	Bury	25.31	7. J Docherty	Saddleworth	30.45
3. C Walkington	Horwich	27.24	8. M Webster	Clayton	31.03
4. C Ward	U/A	30.25	9. L McGovern	Horwich	31.49
5. L Fraser	Rossendale	30.35	10. B Reade	Clayton	32.39

*RUMOUR HAS IT that the FRA Committee are in search of Paul Murray's birth certificate.*

EILDON TWO HILLS

Category A, 4½ miles, 1,400'

25 June

1. A Curtis	Livingston	29.05	11. C Barrie	Gala	32.46
2. R Morris	Edinburgh AC	29.48	12. M Johnston	Nith	32.50
3. M Lindsay	Edinburgh SH	30.01	13. E Harvey	Vet ESO	33.07
4. J Reade	Clayton	30.31	14. S Jones	Melrose	33.12
5. B Emmerson	Teviotdale	31.02	15. R Sloan	Melrose	33.15
6. J Marsh	Teviotdale	32.13	16. W Gauld	Melrose	33.18
7. J Blair-Fish	Edinburgh SH	32.19	17. S Bennett	Teviotdale	33.32
8. Z Bankowski	Edinburgh AC	32.25	18. J Black	Vet Livingston	33.44
9. G Blain	Melrose	32.33	19. D Jackson	Alnwick	34.11
10. P Haddock	Teviotdale	32.40	20. G Meikle	Gala	34.12

Teams

1. Teviotdale Harriers - 28 pts; 2. Edinburgh AC - 31 pts.

ALTEX TOWER

Category C, 6 miles, 800'

25 June

1. P Campbell	Bolton	36.05 (Rec)	11. J Singleton	Clayton	40.11
2. P Turner	Bolton	37.24	12. R O'Hara	Longwood	40.16
3. P McWade	Clayton	38.01	13. A Sunter	Horwich	40.43
4. P Standing	Bolton	38.33	14. D Nolan	Stretford	40.48
5. B Brindle	Horwich	38.55	15. R Mitchell	Clayton	41.11
6. M Prady	Glossop	39.02	16. C Harris	Longwood	41.19
7. M Walmsley	Blackburn	39.03	17. K Garrett	Blackburn	41.33
8. H Aspinall	Rossendale	39.27	18. D Farnworth	Blackburn	41.40
9. R Futrell	Holmfirth	39.55	19. G Bennison	Bolton Utd	41.47
10. A Churchill	U/A	40.00	20. L Stephenson	Kendal	41.48

GREAT DAYS ON THE FELS END . . . .

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BLAKE FELLCategory B, 7 miles, 1,700'

				<u>25 June</u>	
1. J Wild	CFR	47.56	11. P Tuson	Kendal	53.00
2. H Symonds	Kendal	48.42	12. I Holloway	Rochdale	53.10
3. J Broxap	Keswick	48.48	13. A Smith	CFR	53.18
4. G Huddleston	BCR	49.00	14. C Webb	CFR	53.28
5. S Livesey	Clayton	49.08	15. N Lanaghan	Keswick	53.58
6. J McGee	Copeland	49.41	16. K Shand	Rochdale	54.00
7. H Jarrett	CFR	51.27	17. K Mingins	CFR	54.35
8. W Todd	CFR	51.43	18. A Rothwell	Horwich	56.11
9. G Byers	CFR	51.48	19. T Jewell	CFR	56.27
10. P Barron	Keswick	52.14	20. H Blenkinsop	Vet Keswick	56.39

Ladies

1. A Mikkelsen	Keswick	66.08
2. B Nelson	CFR	66.44
3. G Wilkinson	Keswick	70.51

Vet 0/50

1. W Robinson	CFR	59.21
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CAIRNGORMCategory B, 10 miles, 3,000'

				<u>25 June</u>	
1. C Donnelly	Cambuslang	1.15.16	11. D Murray	U/A	1.26.26
2. R Boswell	Lochaber	1.16.15	12. P Nichol	Bingley	1.28.23
3. B Turnbull	Inverness	1.16.32	13. H Cameron	Forres	1.30.13
4. R Campbell	Lochaber	1.16.53	14. S MacNaughton	Inverness	1.30.30
5. C Martin	Dumbarton	1.18.41	15. A Stapley	Vet Fife	1.31.52
6. M Edwards	Vet Aberdeen	1.19.48	16. A Miller	Badenoch/Strath	1.35.14
7. B Maher	Aberdeen	1.19.52	17. M Barlow	Lochaber	1.36.55
8. L Taylor	Lochaber	1.23.51	18. A MacKenzie	U/A	1.38.40
9. R Unwin	Aberdeen	1.14.49	19. R O'Donnell	U/A	1.39.27
10. A Murray	U/A	1.26.26	20. E Campbell	Vet Lochaber	1.40.17

Teams

1. Lochaber - 14 pts; 2. Aberdeen - 22 pts; 3. Inverness Harriers - 45 pts.

ELDWICK GALACategory C, 3 miles, 400'

				<u>25 June</u>	
1. P Bowley	Staff/Moor	16.47	11. K Dobson	Bingley	18.24
2. J Todd	Holmfirth	17.19	12. D Weatherhead	Bingley	18.25
3. D leaf	Rowntrees	17.29	13. S Wolstenholme	ASVAC	18.28
4. K Robinson	Kendal	17.33	14. G Young	Rowntrees	18.39
5. B Parkinson	ASVAC	17.42	15. G Spink	V 0/50 Bingley	18.45
6. P Crewe	Bingley	17.53	16. D James	Bingley	18.49
7. D Anderson	V 0/40 Bingley	18.04	17. C Haigh	Lady Holmfirth	18.49
8. J West	Clayton	18.10	18. B Greenwood	Bingley	19.04
9. R Bradley	Holmfirth	18.16	19. A Rushworth	Bingley	19.07
10. P Wilkinson	Clayton	18.27	20. J Capenerhurst	V 0/40 Bingley	19.08

Ladies

1. C Haigh	Holmfirth	18.49
2. B Carney	Bingley	22.48
3. J Yule	U/A	23.51

Youths

1. R Stacey	20.42
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Teams

1. Bingley - 24 pts; 2. Holmfirth - 33 pts.

ANNALONG HORSESHOE

Category A, 13 miles, 5,500'

26 June

1. M Hudson	Keswick	2.05.58	10. W Brown	Mourne	2.23.58
2. I Parke	Ballydrain	2.08.46	11. B Jess		2.24.02
3. J Hayes	Ballydrain	2.09.23	12. M Brewer	Ballydrain	2.27.46
4. J Patterson	Co Antrim	2.10.00	13. E Croxy		2.36.05
5. M McNulty	Tullymore	2.10.08	14. A Carey		2.38.15
6. S Graham	Newcastle	2.11.09	15. T Eakin	Co Antrim	2.38.21
7. N Douglas	Newcastle	2.11.44	16. R Newell		2.58.41
8. W Mitchell	Mourne	2.13.54	17. B Vallyely	Armagh	3.03.35
9. D Graham	Newcastle	2.15.02			

St. John's, I.O.M.

Not yet categorised, 4 miles, 900'

25 June

1. K Callister		31.54	4. D Ronan		33.44
2. P Cain		32.36	5. C Donald		34.49
3. M Cowbourne	Boundary	33.21	6. M Hannay		36.31

1st Vet R Baxter - 47.56; 1st Junior B Kennaugh - 38.10; 1st Junior Girl M Cowbourne - 55.07.

BRADDA, I.O.M.

Category B, 15 miles, 4,200'

26 June

With mist on the southern peaks the conditions were far from ideal for the eighth Bradda Fell Race. The main running for most of the distance was made by Tony Varley, Bob Cowley and Keith Callister. So to the turn and first off South Barrule was Keith Callister and Tony Varley followed very closely by Bob Cowley with Phil Cain in fourth place. Back down to the Sloc and over to Fleswick and then to Bradda Cafe. Tony set a new course record, clipping nearly 4 minutes off Steve Kelly's 1980 time of 2 hours 17 minutes 45 seconds. The team prize went to Boundary 'A', consisting of T Varley, B Cowley and P Cain. Boundary 'B' were 2nd and Manx AC 3rd.

1. T Varley	Boundary	2.13.49 (Rec)	4. C McArty		2.33.45
2. K Callister		2.28.40	5. M Cowbourne	Boundary	2.35.36
3. B Cowley	Boundary	2.31.02	6. D Ronan		2.40.36
1st Vet R Baxter		3.32.20	1st Junior R Leece		53.17

THE CAPRICORN TWO-DAY MOUNTAIN ORIENTEERING COMPETITION  
KINGSDALE - THE THREE COUNTIES - CUMBRIA, LANCASHIRE, NORTH YORKSHIRE - 25/26TH JUNE

Elite Class

1. R Bloor	5.38.42	4. D Ratcliffe	6.14.20
2. A Richardson	5.39.36	5. J Rye	6.15.27
3. J Baston	5.44.51		
1st Lady J Savage	7.53.33	1st Veteran B Carey	7.06.21

A Class

1. A Thornton	5.18.40	1st Lady R Clayton	5.57.34
2. P Stott	5.19.08		
3. A Spenceley	5.22.35	1st Veteran J Hague	5.50.23

FELL RACES AT HOPE, HATHERSAGE, BAMFORD AND BRADWELL

Each of these races, staged in neighbouring villages, is a mid-week evening event in the attractive Hope Valley area of the Peak District in Derbyshire. Each race is just one of a number of activities staged by the respective village communities throughout the week of their Wakes or Carnival celebrations. Until about four years ago these races, which except Hathersage have a long history, were restricted to local runners with small fields of about twenty. Making them open has proved popular with runners and villagers. Runners enjoy the now very competitive racing in pleasant countryside and villagers enjoy the spectacle, colour and excitement of big fields of up to two hundred. The modest entry fees (usually about 50p) are used to cover expenses and the cost of trophies (there are no prizes as such) with any surplus, like that produced by the other activities, going to village funds.

HOPE WAKES

<u>Category B, 5½ miles, 1,000'</u>						<u>28 June</u>
1. D Williams	ICL	24.53	11. G Berry	DPFR		26.24
2. M Wilson	Hallam	25.20	12. R Aucott	Vet DPFR		26.28
3. A Hulme	DPFR	25.25	13. C Lowe	ICL		26.29
4. S Torrance	Manchester	25.42	14. W Moss	Buxton		26.37
5. A Swift	Longwood	25.46	15. J Britton	ICL		26.40
6. M Prady	Glossop	25.52	16. G Hulley	DPFR		26.40
7. A Farnell	DPFR	25.57	17. R Futrell	Holmfirth		26.57
8. A Harmer	DPFR	26.04	18. T Cresswell	Matlock		26.58
9. D Cartwright	Holmfirth	26.10	19. R Bradley	Holmfirth		26.59
10. P Lewis	DPFR	26.19	20. D Ibbotson	Glossop		27.00

MAMORE

<u>Category C, 16 miles, 1,500'</u>						<u>2 July</u>
1. P Dolan	Clydesdale	1.45.35	11. W Ryder	Vet Morpeth		1.51.41
2. R Boswell	Lochaber	1.46.39	12. P Walsh	Dumbarton		1.55.31
3. R Campbell	Lochaber	1.46.46	13. D Francis	Fife		1.56.20
4. M McCulloch	Forres	1.46.56	14. J Jardine	Vet Lochaber		1.57.53
5. C Martin	Dumbarton	1.47.59	15. J Morning	JSMTIC		1.58.25
6. W Mitchell	Cambuslang	1.49.29	16. G McConnochie	Lochaber		1.59.45
7. J Robertson	Cambuslang	1.49.54	17. D McKirdy	Vet E Kilbride		2.00.52
8. G Carun	Clydesdale	1.50.09	18. R McCutcheon	Cambuslang		2.01.12
9. R Anderson	Cambuslang	1.51.19	19. D Henderson	Cambuslang		2.02.16
10. L Taylor	Lochaber	1.51.23	20. T O'Reilly	V 0/50 Springburn		2.04.46

Ladies

1. F McNeil                      Lochaber                      2.37.53

Teams

1. Lochaber AAC;    2. Cambuslang Harriers.

GUTO NYTH BRAN

<u>Not yet categorised, 7 miles, 1,200'</u>						<u>2 July</u>
1. L Wallace	Newport	40.36	11. R West	Vet M de C		47.51
2. P Hexter	Les Croupiers	40.56	12. A Andrews	M de C		48.22
3. A Ormand	Newport	42.01	13. I Watson	M de C		48.54
4. M Walker	Bristol	42.17	14. S Woodhead	Vet Newport		49.09
5. D Ruddock	Bristol	43.48	15. M Prendergast	Les Croupiers		50.11
6. L Williams	M de C	44.02	16. P Morris	Les Croupiers		50.23
7. J Darby	M de C	44.49	17. M Cripps	U/A		52.29
8. S Rochford	Bristol	45.36	18. J Gibbon	Les Croupiers		54.14
9. N Jones	M de C	46.41	19. E Alexis	Vet Les Croupiers		54.21
10. P Dixon	M de C	47.40	20. J Middleton	Les Croupiers		54.30

Teams

1. Bristol OK - 17 pts;    2. Newport AC - 18 pts;    3. Mynyddwyr de Cymru - 22 pts.

TOTLEYNot yet categorised, 4 1/2 miles, 700'2 July

1. D Hall	Kendal	25.40	11. J Alflett		27.39
2. M Thompson	Sheffield	26.07	12. M Edwards	Warrington	27.52
3. D Bradley	DPFR	26.38	13. B Wilson	Vet Hallam	28.19
4. P Hands	Leicester Cor	26.48	14. P Glover	DPFR	29.07
5. P Lewis	DPFR	26.54	15. D Sant	DPFR	29.10
6. A Swift	Longwood	26.59	16. K Cartmell	Keswick	29.35
7. G Hulley	DPFR	27.10	17. D Jewell	Vet DPFR	29.45
8. P Jones	Hallam	27.15	18. P Woodhead		30.00
9. M Greaves	Hallam	27.23	19. A Spicer		30.13
10. D Cartwright	Holmfirth	27.26	20. G Morgan	DPFR	30.23

Ladies

1. S Bradley	DPFR	36.22	3. A Ludlow		39.11
2. W Trowbridge	Hallam	38.05			

GLOSSOPCategory A, 18 miles, 4,000'3 July

A fine day and 113 runners set off for Higher Shelf Stones. Local runner, Mike Prady, led the field and had built up a four minute lead at Crowden following the descent from Laddow Rocks. He was eventually passed by Peter Irwin and Tony Farnell. Ray Aucott just held off the challenge of Norman Mathews to take the Veterans Trophy. Peter Irwin's winning time of 3.03 is 5 minutes outside the record set by Ros Pearson in 1981. Jane Anthony won the Ladies race run over a 12 mile course. The organisers would like to thank the local firms and traders for their sponsorship, the volunteers at registration, check points and drink stations, Woodhead Mountain Rescue for radio contact and the runners for taking part. 106 runners set out in the Mens race, 88 finishing. In the Ladies race 7 competed with 5 completing the course.

Pete Griffies

1. P Irwin	Rossendale	3.03	11. J Reade	Clayton	3.18
2. A Farnell	DPFR	3.04	12. G Walmsley	Clayton	3.19
3. M Prady	Glossop Dale	3.08	13. A Belton	CUFRC	3.21
4. S Priestley	E Cheshire	3.09	14. K McKay	Clayton	3.22
5. R Aucott	Vet DPFR	3.09	15. S Bradshaw	Vet Clayton	3.23
6. N Mathews	Vet Horwich	3.10	16. A Harmer	DPFR	3.23
7. A Addis	E Cheshire	3.12	17. D Ibbetson	Glossop Dale	3.25
8. K Taylor	Rossendale	3.14	18. S Parker	Clayton	3.27
9. M Hayes	Vet DPFR	3.17	19. P Richards	Salford	3.31
10. R Heelis	Halifax	3.17	20. A Jones	DPFR	3.32

Veterans 0/50Veterans 0/60

1. W Fielding	Leeds City	3.45	1. R Howarth	DPFR	5.01
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Teams

1. Dark Peak Fell Runners - 16 pts; 2. Rossendale HAC - 32 pts; 3. Clayton le Moors - 37 pts.

Ladies' Race

1. J Anthony	E Cheshire	2.15	4. S Kiveal	Saddleworth	2.50
2. A Sexton	Buxton	2.47	5. V Belton	WAVC	3.02
3. J Docherty	Saddleworth	2.50			

*RUMOUR HAS IT that the Ben Nevis Race Committee are still on the mountain picking their numbers up.*



SKIDDAW

Category A, 9 miles, 2,700'

3 July

If Wild and Stuart had been running the Skiddaw, I think we would have seen Dave Cannon's 10-year-old record of 62.30 beaten (it must be one of the longest standing records). I also think Wild and Stuart would have had to produce their best form to have stayed with Symonds let alone beaten him. His time of 63.09 was the third fastest time ever, only four men have ever got under 64 minutes. Incidentally, the first Kendal AC winner since Cannon, about 200 metres short of breaking the record, Symonds also had one of the fastest runs to the summit (38.30). Graham Huddleston of Black Combe, running his first Skiddaw, had a superb run, finishing only about 200 metres behind the winner and his time was the second fastest ever for 2nd place. G Griffiths in 6th place (1st Junior) just missed that record by 8 seconds. Vincent Duff in winning the Q/45 category had the distinction of being second fastest Vet overall. Eighty-five collected certificates for running the course in 80 minutes or less, with N Clayton of Skyrac being the first person to run Skiddaw in exactly 80 minutes. 184 Ran.

Des Oliver & Mike Pearson

1. H Symonds	Kendal	63.09	11. I Robinson	Clayton	69.51
2. G Huddleston	Black Combe	64.18	12. R Shaw	Skyrac	70.18
3. J Norman	Altrincham	66.05	13. N Lanaghan	Keswick	70.59
4. R Ashworth	Rossendale	66.29	14. M Farmery	Frodsham	71.10
5. J McGee	Copeland	66.39	15. M Jones	Eryri	71.18
6. G Griffiths	Eryri	66.51	16. M Hudson	Keswick	71.23
7. D Hall	Kendal	68.07	17. C Proudfoot	Frodsham	71.32
8. P Barron	Keswick	68.47	18. P Chapman	Kendal	71.43
9. G Gough	Blackburn	69.53	19. D Stuart	Keswick	71.49
10. W Todd	CFR	69.06	20. D Waterworth	Clayton	71.51

Veterans

1. J Capenhurst	0/40	Bingley	74.45	1. Kendal	202.59
2. V Duff	0/45	Blackburn	75.01	2. Keswick	211.09
3. P Longfield	0/40	Billingham	75.27	3. Eryri	211.35

Teams

Ladies' Race

1. S Currie	Ind	83.22	4. J Sutcliffe		93.19
2. A Mikkelsen	Keswick	86.18	5. J Graham	Ind	94.27
3. F Radford	Keswick	88.09	6. J Allun	V 0/40 Clayton	101.23

Youths' Latriqg Fell Race

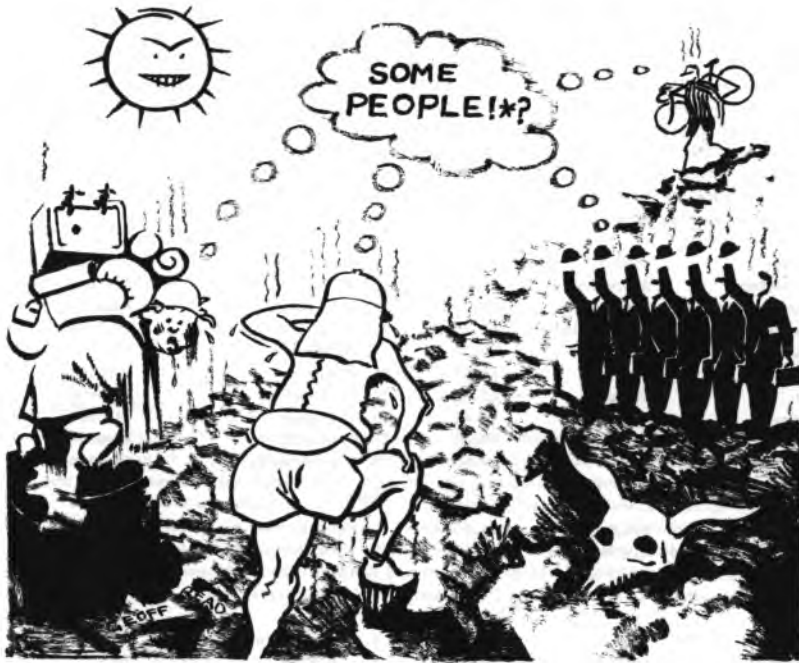
1. D Cooney	Skyrac	18.57	6. M Gledhill	Holmfirth	21.16
2. S Crosland	Skyrac	19.57	7. S Booth	Ind	21.45
3. P Barker	Skyrac	20.08	8. B Devine	Skyrac	21.51
4. J Rutter	Clayton	20.40	9. F Glass	Skyrac	22.16
5. D Hawksworth	Holmfirth	20.58	10. I Campbell	Holmfirth	22.37

HATHERSAGE GALA

Not yet categorised, 3 1/2 miles, 600'

4 July

1. Henderson	Hallam	22.00	11. D Woodward	U/A	24.25
2. D Cartwright	Holmfirth	22.40	12. A Ulley	Hallam	24.30
3. A Swift		22.48	13. D Sant	DPFR	24.40
4. W Moss	Buxton	22.58	14. A Waklyn	Castleton	24.45
5. P Lewis	DPFR	23.14	15. B Sykes	Sheffield	24.46
6. G Morson	Buxton	23.18	16. G Morgan	DPFR	24.53
7. P James	Hallam	23.21	17. R Gregory	Tideswell	25.12
8. M Greaves	Sheffield	23.38	18. G Evans	Hallam	25.26
9. I Turner	Stockport	23.48	19. J Hunter	Buxton	25.28
10. W Wilson	Hallam	24.00	20. Haynes	Whitwell	25.30



The scene on Scafell Pike - Wasdale '83 (Cartoon by Geoff Read)

Temperatures soared into the 80's as the 1983 Wasdale Fell Race got under way. Before it ended 59 had retired suffering from heat exhaustion. Billy Bland ran in what he described as nothing more than training pace, keeping himself cool with a sponge strapped to his wrist and dipped in every available stream. As he crossed the finishing line Tony Richardson, second, was just checking in at Scafell Pike. Veteran, Ray Aucott, defied encroaching old age with a comfortable 3rd position. Hugh Symonds offered the only challenge to Billy and ran with him until Seatallan. On reaching Pillar he decided that just finishing the course had to take priority and dropped back to finish in eighth position.

A cine film of the race was taken and this will be shown at the CFRA dinner on November 12th - all are welcome.

Thanks to all helpers, especially John Peel, CFRA member, whose computer programme and equipment for registration and results has reduced the secretarial work load considerably. Thanks also to George Fisher of Keswick for sponsoring first prize and John Wild for donating the Junior Trophy.

1. W Bland	Keswick	3.49.50	16. K Shand	Rochdale	4.42.24
2. A Richardson	Kendal	4.10.47	17. J Nixon	Horwich	4.42.30
3. R Aucott	Vet DPFR	4.14.04	18. I Robinson	Clayton	4.42.58
4. D Ratcliffe	Rossendale	4.20.16	19. N Lanaghan	Keswick	4.43.40
5. M Hudson	Keswick	4.21.41	20. F Loftus	Horwich	4.46.11
6. A Smith	CFR	4.24.20	21. D Bleakley	Rossendale	4.47.04
7. P Lambert	Red Rose	4.24.59	22. A Rothwell	Horwich	4.47.07
8. H Symonds	Kendal	4.26.55	23. A Mathews	Vet Horwich	4.47.24
9. A Churchill	U/A	4.32.40	24. K McKay	Clayton	4.47.41
10. A Philipson	Vet Gosforth	4.33.13	25. P Brooks	Vet Lochaber	4.50.10
11. J Boswell	Ilkeston	4.33.25	26. G Walmsley	Clayton	4.50.36
12. P Irwin	Rossendale	4.36.22	27. I Beverly	Clayton	4.52.04
13. R Futrell	Holmfirth	4.37.39	28. M Walford	Kendal	4.52.55
14. G Read	Rochdale	4.38.18	29. I Holloway	Rochdale	4.54.14
15. M Clough	Clayton	4.40.55	30. M Stone	DPFR	4.54.50

Ladies

1. B Hogge	Eryri	5.35.45	3. A Carson	Eryri	5.54.12
2. C Walkington	Horwich	5.38.06			

Teams

1. Keswick AC - 25 pts; 2. Rossendale Harriers - 37 pts; 3. Kendal AC - 38 pts.

Junior Race

1. K Manning	Clayton	13.16	3. J Rutter	Clayton	14.00
2. C Routledge	Kendal	13.43	4. P Naylor	U/A	22.15

MYTHOLMROYDCategory B, 7 miles, 1,000'

9 July

1. D Cartridge	Bolton	47.43	11. P Crewe	Bingley	52.53
2. S Livesey	Clayton	48.16	12. R Bradley	Holmfirth	53.01
3. S Breck ell	Blackburn	48.44	13. P Standing	Bolton	53.10
4. B Bullen	Leeds City	48.53	14. D Ibbetson	Glossop Dale	53.28
5. H Jarrett	CFR	48.57	15. G Brooks	Bingley	53.51
6. R Ashworth	Rossendale	49.13	16. D Smith	Halifax	53.52
7. G Gough	Blackburn	49.24	17. P Turner	Bolton	53.56
8. C Beever	Clayton	50.12	18. K Mingins	CFR	53.59
9. G King	Longwood	51.43	19. D Beels	U/A	54.01
10. A Sunter	Horwich	52.17	20. J Capenhurst	Vet Bingley	54.09

Teams

1. Bolton - 31 pts; 2. Clayton - 36 pts.

Ladies Race

1. S Parkin	ASVAC	56.34	5. P Aspinall	U/A	83.52
2. I Crawshaw	E Cheshire	67.53	6. B Fisher	Holmfirth	90.55
3. J Anthony	E Cheshire	75.24	7. J Davis	Grimsby	102.47
4. B Goodwin	Grimsby	80.22			

SNOWDONCategory A, 10 miles, 3,300'

16 July

1. R Keeney	RAOC	1.08.39	11. M Jones	Eryri	1.16.15
2. M Bishop	Staff Moors	1.09.23	12. B Brindle	Horwich	1.16.52
3. J Norman	Altrincham	1.09.55	13. J Dolan	RAOC	1.17.28
4. A Watts	Wanarlawydd	1.10.40	14. P Standing	Bolton	1.17.39
5. H Symonds	Kendal	1.11.43	15. A Sunter	Horwich	1.18.35
6. M Bishop	Staff Moors	1.11.59	16. D Fairclough	Sefton	1.18.38
7. G Griffiths	Eryri	1.12.51	17. G Patton	Vet M/Ferguson	1.18.43
8. D Evans	Aberystwyth	1.14.10	18. D Davies	Vet Newtown	1.19.20
9. K West	W'hampton	1.15.32	19. K Gaskell	Horwich	1.19.26
10. A Adams	Staff Moors	1.16.07	20. D Warren	Winsford	1.20.08

Juniors (16 and under 18) Cloqwyn BridgeLower Juniors (14 and under 16) Halfway House

1. R Bergstrand	Rochdale	53.25	1. D Cooney	Skyrac	39.58
2. K Prydderch	Eryri	58.20	2. M Cresswell	Liverpool	40.22
3. W Brindle	Horwich	65.23	3. D Roberts	Eryri	40.49
			4. A Ciapponi	Italy	41.50

KINNISIDE

Category A, 9 miles, 3,000'

16 July

Congratulations to Kenny Stuart on a fine win and a new race record. His winning time was a few seconds slower than Alan McGee's of 1978 but he covered a greater distance with a slightly modified start and finish.

Danny Hughes

1. K Stuart	Keswick	(Rec)	1.04.40
2. J Wild	CFR		1.05.53
3. J Broxap	Keswick		1.08.33
4. S Livesey	Clayton		1.08.40
5. J McGee	Copeland		1.09.26
6. W Bland	Keswick		1.10.25
7. H Jarrett	CFR		1.11.02
8. G Clucas	CFR		1.11.57
9. D Stuart	Keswick		1.13.37
10. A Hulme	DPFR		1.13.51
11. D Woodhead	U/A		1.14.11
12. P Barron	Keswick		1.14.20
13. R Campbell	Lochaber		1.14.24
14. J Ritson	Derwent		1.14.57
15. P Murray	Vet	Horwich	1.15.39
16. S Baker		Horwich	1.16.47
17. S Moore		Horwich	1.17.16
18. A Richardson		Kendal	1.17.18
19. M Edwards	Vet	Aberdeen	1.17.26
20. J Nixon		Horwich	1.17.51
21. A Philipson	Vet	Gosforth	1.18.14
22. D Wilkinson		Keswick	1.19.06
23. D Wade	Vet	Holmfirth	1.19.09
24. A Moffat		DPFR	1.19.17
25. P Macrill		CFR	1.19.17
26. A Clemens		Black Combe	1.19.22
27. A Jewell		CFR	1.19.31
28. J Naylor	Vet	CFR	1.19.50
29. I Charlton		Keswick	1.20.29
30. A Mathews	Vet	Horwich	1.21.48

Ladies

1. G Wilkinson	Keswick	1.38.54
2. C Walkington	Horwich	1.44.23
3. A White	Clayton	2.02.35

Teams

1. Keswick AC - 19 pts; 2. Cumberland Fell Runners - 42 pts; 3. Horwich RMI - 68 pts.



Sean Livesey and Jon Broxap kicking up the dust as they fly off Dent in the Kinniside Race.  
(Photo/Eileen Woodhead)

FANCY TRAINING SOMEWHERE DIFFERENT THIS WEEKEND?

We do not guarantee sunshine, dry feet, easy paths or regular drink stops. But we do promise you the opportunity of a full weekend's running through miles of unspoilt moorland in one of Britain's least known dales. Write with SAE for details of our fell running weekends to:

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INGLEBOROUGHCategory A, 7 miles, 2,000'

16 July

250 athletes set off from the centre of Ingleton to the summit of Ingleborough and back as part of the Ingleton Gala celebrations. Despite the hot weather both the Senior Men's and Ladies' records were improved. Kevin Capper of Lancaster & Morecambe AC, the British steeplechase international, ran a magnificent race to take 51 seconds off the old record, finishing in 45 minutes 41 seconds, while Sheila Currie from Canada, now training at Lancaster, reduced the Ladies' record by 16 seconds to finish 75th in a time of 55 minutes 55 seconds. Dave Cartridge (47m 10s), the top class fell runner from Bolton, couldn't hold on to Kevin and Bullen of Leeds finished nearly 2½ minutes later. Asquith of Holmfirth, a 40 year-old veteran, finished 18th (52.21) to take the veteran cup and Gerry Spink, the 51 year-old from Bingley, retained his Super Veteran's title with a remarkable time of 55minutes 21 seconds.

In the Junior race to Crina Bottom and back R Jackson (24.48) of Salford Met finished almost a minute clear of his nearest rival, J Drinkall.

Thanks are due to the many helpers on the field and on the mountain, to the CRO and Raynet radio control team who helped to ensure safety on the mountain. There was some difficulty in accounting for all those who set out and in compiling results due to the large number of vestless and numberless (men that is) - perhaps there is some reason for AAA rules!

J A Llewellyn, Ingleton

1. K Capper	Lancs & More	45.41 (Rec)	11. E Robinson	Rossendale	51.24
2. D Cartridge	Bolton Utd	47.10	12. I Farnell	DPFR	51.27
3. B Bullen	Leeds City	49.37	13. P Irwin	Rossendale	51.39
4. J Reade	Clayton	49.52	14. A Devine	Bingley	51.43
5. J Coulson	Rowntrees	50.04	15. P Robinson	Clayton	51.49
6. I Brierley	Clayton	50.16	16. S Brady	Clayton	52.04
7. K Robinson	Kendal	50.35	17. A Gaffney	Blackburn	52.10
8. M Farmery	Frodsham	50.46	18. R Asquith	Vet Holmfirth	52.21
9. E Roberts	Rossendale	50.59	19. G Brooke	Bingley	52.21
10. A Harmer	DPFR	51.16	20. D Waterworth	Clayton	52.32

Veterans 0/40Veterans 0/50

2. P Longfield	Billingham	53.14	1. G Spink	Bingley	55.54
3. J Capenhurst	Bingley	54.21			

Ladies

1. S Currie	Canada	55.55	4. B Reade	Clayton	84.25
2. J Graham	Ambleside	70.27	5. B Fisher	Holmfirth	85.24
3. B Cranswick	Clayton	71.08	6. G Pinkerton	Ingleton	85.46

Junior Race to Crina Bottom

1. R Jackson	Salford Met	24.48	5. C Wilkinson	Clayton	26.15
2. R Drinkall	U/A	25.42	6. P Barker	Skyrac	26.48
3. J Rutter	Clayton	25.49	7. S Taylor	Walton	27.18
4. D Wordsworth	Skyrac	26.11	8. E Simpson	U/A	27.27

SLIEVE DONARDCategory A, 7 miles, 2,900'

16 July

1. C Donnelly	Cambuslang	1.05.58	11. N Douglas	Newcastle	1.15.47
2. R Bryson	Ajax	1.09.35	12. W Mitchell	Mourne	1.16.00
3. McGonigle	Newcastel	1.09.43	13. R Rodgers	Newcastle	1.16.24
4. J Hayes	Ballydrain H	1.09.48	14. M Brewer	Ballydrain H	1.17.20
5. I Parke	Ballydrain H	1.10.05	15. T Eakin	Co Antrim H	1.19.30
6. J Patterson	Co Antrim H	1.10.45	16. R Girvan	Ballydrain H	1.19.50
7. M McNulty	Tollymore	1.12.05	17. W Brown	Mourne	1.20.01
8. J Hifferson	Albertville H	1.13.57	18. M Rice	Ajax	1.20.40
9. D Rankin	Co Antrim H	1.14.19	19. R Rutherford	Ballydrain H	1.20.45
10. D Graham	Mourne	1.14.50	20. S Graham	Newcastle	1.21.10

Teams

1. Ballydrain Harriers 3.37.13; 2. Newcastle AC 3.41.54; 3. Co Antrim Harriers 3.44.34.

1st Lady P McNulty 1.53.18

BOOTLE BLACK COMBE

Category A, 7 miles, 1,900'

17 July

1. G Huddleston	Black Combe	39.49
2. W Bland	Keswick	41.37
3. G Byers	CFR	42.09
4. S Parker	Rossendale	42.13
5. R Campbell	Lochaber	42.17
6. M Hoffe	Eskdale	42.32
7. H Jarrett	CFR	42.45
8. J Ritson	Derwent	43.13
9. P Barron	Keswick	43.34
10. D Woodhead	U/A	43.59
11. W Todd	CFR	44.07
12. K Mingins	CFR	44.34
13. S Baker	Horwich	44.55
14. P Murray	Vet Horwich	45.08
15. D Wilkinson	Keswick	45.23
16. J Reade	Clayton	46.08
17. A Ligema	Eskdale	46.31
18. P Chapman	Kendal	46.38
19. N Matthews	Vet Horwich	46.49
20. J Clemens	Black Combe	47.16

Ladies

1. G Wilkinson	Keswick	57.54
2. G Simpson	Eskdale	61.37
3. K Taylor	Clayton	77.10

First Team - Cumberland Fell Runners



Gillian Wilkinson (Keswick) with a winning streak at Bootle the day after victory at Kinniside.  
(Photo/Eileen Woodhead)

BAMFORD

Not yet categorised, 3½ miles, 600'

20 July

1. M Patterson	DPFR	20.45	11. J Hinchley		22.13
2. M Wilson		20.59	12. R Bradley	Holmfirth	22.18
3. R Aucott	Vet DPFR	21.45	13. M Seddon		22.43
4. T Farnell	DPFR	21.45	14. D King		22.48
5. P Lewis	DPFR	21.47	15. P Keen		23.00
6. A Swift		21.51	16. W Wilson		23.05
7. R Asquith	Holmfirth	21.58	17. R Todgood		23.10
8. D Cartwright	Barnsley	22.02	18. A Chiswell		23.19
9. G Hulley	DPFR	22.05	19. M Harvey		23.26
10. W Moss		22.10	20. A Riley	DPFR	23.27

Ladies

1. B Bradley		29.00	3. H Oilerenshaw		35.40
2. A Sexton	Buxton	30.45	4. O Harper		37.18

TURN SLACK

Category B, 8 miles, 1,300'

23 July

The weather was near perfect on the day though not quite as humid as last year. It was another good turn out, 25 teams scoring points. It was good to see Dave Cartridge picking up a main trophy. It was a surprise to see Rob Bloor take second place - not bad for an orienteer and he's improving. Rochdale's young Bergstrand had a good run - he's one to watch for in the future.

K T Shand

1. D Cartridge	Bolton	51.24	11. A Spence	Bingley	54.31
2. R Bloor	U/A	52.57	12. R Owen	Horwich	54.32
3. I Holloway	Rochdale	53.11	13. B Troughton	Bury	54.36
4. I Brierley	Clayton	53.21	14. B Brindle	Horwich	54.55
5. M Aspinall	Rossendale	53.25	15. P Crewe	Bingley	55.01
6. M Prady	Glossop Dale	53.46	16. J Ritson	Derwent	55.02
7. R Bergstrand	Rochdale	53.47	17. P Robinson	Clayton	55.02
8. J Reade	Clayton	54.05	18. J Eaton	Rossendale	55.40
9. R Wood	Frodsham	54.13	19. I Robinson	Clayton	55.44
10. G Read	Rochdale	54.30	20. P Hands	Leicester	56.15

Veterans

1. G Spink	0/50	Bingley	57.48	3. K Lodge	0/40	Halifax	58.46
2. J Capenhurst	0/40	Bingley	58.34	4. P Duffy	0/45	Aberdeen	59.45

Ladies

1. C Walkington	Horwich	69.49	5. J Robson	U/A	81.21
2. W Dodds	Clayton	72.01	6. S Duffy	Spensborough	81.56
3. B Cranswick	Clayton	73.40	7. A Lott	ASVAC	85.56
4. J Sumler	Clayton	77.32			

Youths

1. J Rutter	Clayton	22.36	4. T Fletcher	Clayton	31.12
2. M Jowett	Todmorden	22.37	5. K McMahon	Rochdale	32.45
3. L Taylor	Rochdale	25.28	6. N Bishop	Bronte	33.55

Teams

1. Clayton le Moors - 38 pts; 2. Horwich RMI - 73 pts; 3. Rochdale - 79 pts.

THE PACK OF HOUNDS INN

LAMPLUGH

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MOEL SIABOD

Category A, 8 miles, 2,300'

23 July

Moel Siabod and Moel Hebog (held a week later), two races held in the heart of the Snowdonia National Park, provide contrasting running in near perfect surroundings. Siabod starts on the A5 (yes, they stop the holiday traffic) beside the Capel Curig Carnival field and follows a forestry road, then a stony forest trail until the open mountain is reached at about half way. From there its a steady climb up a grassy path to the boulder strewn summit. For serious contenders its all runnable. From the top competitors took an alternative descent, angling down a steep grassy slope, before rejoining the path just above the trees. A smattering of English runners put in an appearance but it turned out to be a bit of a field day for the locals. The Griffiths brothers Glyn and Hefin provided a one-two for Eryci, who incidentally filled six of the first ten places. The two W's, Weatherhead and Woodhead were best of the English brigade, coming third and fourth respectively. Derek Davies (9th) was first vet and Angela Carson confirmed her reputation with 48th place in 63.53.

Hebog was held a week later and attracted 58 runners (including two from the Continent and an American husband and wife duo) despite having only local publicity. The race starts in Beddgelert and, apart from a run through the village to give the spectators a treat, goes up and down the local mountain by an extremely steep route. Imagine Glisco, add two hundred feet of desperate scree, subtract the road section at the finish, halve the entry fee and you've got it. Railway buffs will enjoy running through the remains of the old Welsh Highland line station near the finish. This time ex-Bingley Harrier, Dave Woodhead, managed to divide the Griffiths lads though he was three minutes behind the all-conquering Glyn. His English running mate of the previous week, 'PJ', again made the trip to Wales but on a blazing hot day could only manage seventh. Davies was first vet again and Bridget Hogge had a good run to be first lady in 65.02.

David Moulding

1. G Griffiths	47.47
2. H Griffiths	48.59
3. P Weatherhead	49.23
4. D Woodhead	49.38
5. P Stott	49.55
6. R Bates	50.28
7. M Jones	50.46
8. H Parry	51.78
9. D Davies	52.21
10. P Jones	52.44
11. L Williams	53.55
12. G Ellis	54.28
13. J Hewitt	54.33
14. D Emmerson	54.38
15. A Hughes	54.39
16. S Skelton	54.40
17. W James	55.11
18. R Powell	55.18
19. D Williams	55.21
20. K Williams	55.30

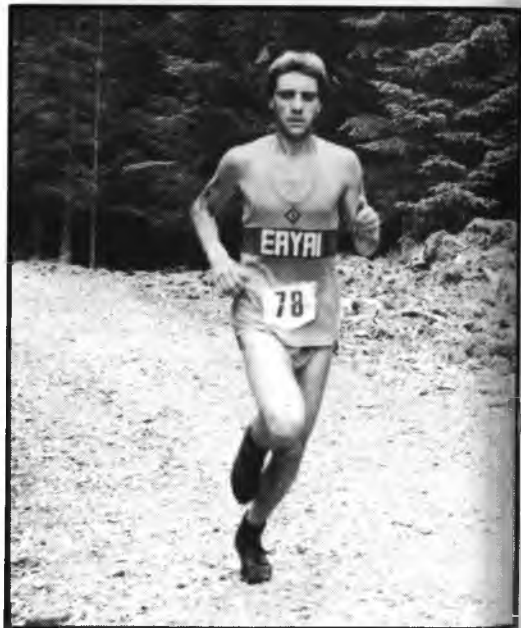
Vet

Ladies

1. A Carson	63.53
2. R Parry	65.45
3. B Hogge	68.45

Veterans

1. D Williams	55.21
2. B Harwood	55.54
3. B Yale	56.29



Glyn Griffiths winning Moel Siabod  
(Photo/Eileen Woodhead)

*RUMOUR HAS IT THAT Pete and Carol Walkington did the Karrimor as a threesome this year , or at least that was their conception.*



MOEL HEBOG

Not yet categorised, 5½ miles, 2,400'

30 July

1. G Griffiths	45.04	11. G Davies		55.07
2. D Woodhead	48.35	12. D Williams	Vet	55.11
3. H Griffiths	48.54	13. A Hughes		55.45
4. M Jones	50.21	14. N Fisher		56.40
5. S Orrells	51.12	15. E Isaacs	Vet	56.49
6. H Parry	51.25	16. M Blaue		57.19
7. P Weatherhead	52.39	17. P Orrells		57.50
8. P Stott	52.44	18. R Owen		58.30
9. J Dolan	53.51	19. R Williams		58.33
10. D Davies	Vet	20. R Parry		58.57

Ladies

1. B Hogge	65.02	3. J Robertson		74.12
2. R Parry	68.00	4. D Peters	(USA)	87.27

58 ran

MOW COP

Category C, 5½ miles, 1,100'

30 July

The second running of the Mow Cop Hill Race attracted an entry of 165. On a very hot, sunny afternoon Dave Warren from Winsford AC soon established an unassailable lead, eventually winning by over 1½ minutes (almost a minute outside John Wild's record from 1982). Further down the field positions changed frequently as differing abilities to cope with the fences, barbed wire, stiles, etc became apparent. Norman Deakin and Philip Hands finally got away from the rest to fight out 2nd and 3rd places. Apart from plenty of unprintable comments on the second of the 500'+ climbs and the weather, everyone seemed to have enjoyed the run. What a pity more fell runners from further north didn't take the short trip down the M6 to the event. Is this the only event on the fell runners' calendar for 1983 on mainland Britain with no mention of Clayton-le-Moors on the result sheet!



The start of the descent from Mow Cop

C Lowe

1. D Warren	Winsford	33.23	11. D Heath	Stoke	36.56
2. N Deakin	Newcastle	35.00	12. J Eagle	ICL	36.57
3. P Hands	Leicester	35.05	13. J Robartson	Stoke	37.03
4. P Leaf	ICL	35.25	14. P Martin	U/A	37.18
5. D Leese	Michelin	35.52	15. D Cooper	Michelin	37.22
6. M Weedall	Winsford	36.00	16. B Wilkins	Sparkhill	37.30
7. P Larkin	Newcastle	36.10	17. J Fisher	Staffs M'lands	37.44
8. C Lowe	ICL	36.30	18. D Reid	Macclesfield	37.46
9. P Abbott	Winsford	36.39	19. K Richardson	ICL	37.48
10. A Sealby	ICL	36.48	20. D Knight	PMAC	37.59

Lochaber Three

Alan McGee's seemingly impossible record was smashed by a brilliant Kenny Stuart who led from start to finish to record a time of 27 minutes 54 seconds, a record which will take some beating. Conditions were near perfect for the race which had a very disappointing entry of only 60 which included three ladies and one super-vet who was a youthful 67 years of age! The following day it was the turn of Colin Donnelly to break Billy Bland's record in the Half Nevis with a fine piece of aggressive running. Colin had a big lead at the turn and he increased this on the descent to finish well clear. It should be remembered that the path up the Ben has been given a facelift over the past few months and it undoubtedly improves the times. Dave Cartridge had an excellent run to finish a fine second and Hugh Symonds came through very strongly to finish third. Kenny Stuart and Jn Broxap were obviously feeling the efforts of the previous day but they were too strong for the local runners, Campbell and Boswell, on the final road section to the finish. Paul Murray completed a fine double when he easily won the vets' award. In the Cow Hill Race, Ronnie Campbell led at the summit but was no match for Harry Jarrett on the descent. Harry recorded a best time of 17 minutes 56 seconds (this time has still to be ratified as a new record as this year's course was slightly different to that of previous years).

MELANTEE

Category A, 3 1/2 miles, 1,500'

30 July

1. K. Stuart	Keswick	27.54 (Rec)	16. D McGonigle	Newcastle NI	32.10
2. J Wild	CFR	29.12	17. P Murray	Vet Horwich	32.37
3. J Broxap	Keswick	29.35	18. S Baker	Horwich	33.25
4. D Cartridge	Bolton	29.51	19. B Brindle	J Horwich	33.30
5. H Symonds	Kendal	30.13	20. S Moore	Horwich	33.35
6. C Valentine	Keswick	30.25	21. D O'Neil	J Lochaber	33.39
7. S Livesey	J Clayton	30.42	22. A Philipson	Vet Gosforth	33.57
8. H Jarrett	CFR	30.56	23. G Devine	J U/A	34.00
9. M Lindsay	J Carnethy	31.13	24. A Spenceley	Edinburgh	34.10
10. R Morris	Edinburgh	31.22	25. S Sunter	J Horwich	34.17
11. R Boswell	Lochaber	31.26	26. P Brooks	Vet Lochaber	34.24
12. D Stuart	Keswick	31.35	27. A Rothwell	Horwich	34.44
13. P Barron	Keswick	31.42	28. M Edwards	Vet Aberdeen	34.55
14. A Smith	CFR	31.56	29. T MacDonald	Vet Bingley	35.00
15. R Campbell	Lochaber	32.04	30. T McCulloch	Ayr Seaforth	35.47

Ladies

Veterans 0/50

1. A Mikkelsen	Keswick	40.38	1. G Brass	Clayton	36.10
2. C Walkington	Horwich	41.59	2. P Carmichael	Morpeth	38.53
3. J Payne	Rowmeath	69.19			

Teams

1. Keswick - 10 pts; 2. Cumberland Fell Runners - 24 pts; 3. Lochaber - 47 pts; 4. Horwich RMI - 54 pts.

\* \* \* \* \*

HALF NEVIS

Category A, 6 miles, 2,200'

31 July

1. C Donnelly	Cambuslang	47.39 (Rec)	11. R Morris	Edinburgh	53.51
2. D Cartridge	Bolton	49.15	12. P Murray	Vet Horwich	54.01
3. H Symonds	Kendal	50.00	13. G Devine	J U/A	54.26
4. K Stuart	Keswick	50.14	14. A Rothwell	Horwich	54.55
5. J Broxap	Keswick	50.27	15. B Maher	Aberdeen	55.17
6. R Campbell	Lochaber	50.33	16. D O'Neil	J Lochaber	55.32
7. R Boswell	Lochaber	50.50	17. S Elliott	Notts	55.51
8. H Jarrett	CFR	51.04	18. M Lindsay	J Carnethy	56.17
9. P Barron	Keswick	51.15	19. R Shields	Lochaber	56.17
10. D McGonigle	Newcastle NI	53.15	20. T MacDonald	Vet Bingley	56.27

Ladies

Veterans 0/50

1. F Wild	Lochaber	66.30	1. P Carmichael	Morpeth	65.54
2. A Mikkelsen	Keswick	69.31	2. J Campbell	Lochaber	65.58

Teams

1. Keswick - 18 pts; 2. Lochaber - 29 pts; 3. Cambuslang - 67 pts.

COW HILLCategory B, 2 miles, 900'1 August

1. H Jarrett	CFR	17.56 (Rec)	11. D Lord		Morpeth	20.43
2. R Boswell	Lochaber	18.13	12. B Devine	Y	Skyrac	20.45
3. R Campbell	Lochaber	18.18	13. S MacDonald	J	Bingley	21.00
4. G Devine	J U/A	19.02	14. G Brooks		Fort William	21.10
5. D O'Neil	J Lochaber	19.09	15. T O'Reilly	Vet	Springburn	22.14
6. I O'Reilly	E Kilbride	19.12	16. B Malcolmson		U/A	24.29
7. C Valentine	Keswick	19.21	17. B Hamilton		Irvine	24.30
8. T MacDonald	Vet Bingley	19.30	18. D Sharp	Jun Lady	Spensorough	24.47
9. A Rothwell	Horwich	19.33	19. P Trainor		Keswick	24.48
10. S MacLeod	Lochaber	20.06	20. A Springett		Caitness	25.10

1st Team Lochaber - 10 pts.BRADWELLCategory B, 3 1/4 miles, 600'4 August

1. M Bishop	Staffs M'lands	18.33	11. D Cartwright		Holmfirth	20.22
2. P Bowler	Staffs M'lands	18.37	12. P White		Buxton	20.26
3. M Patterson	DPFR	18.56	13. P Leaf		ICL	20.27
4. A Adams	ICL	19.27	14. R Asquith	Vet	Holmfirth	20.34
5. M Wilson	Hallamshire	19.46	15. I Higginbottom			20.36
6. M Prady	Glossop Dale	19.52	16. G Morgan		DPFR	20.39
7. M McGann	E Cheshire	19.54	17. B Moss		Buxton	20.42
8. R Pearson	DPFR	20.01	18. R Hepworth		Longwood	20.43
9. G King	Longwood	20.05	19. M Seddon		Holmfirth	20.46
10. J Kershaw	Macclesfield	20.08	20. M Greaves		Hallamshire	20.48

TEGG'S NOSENot yet categorised, 6 1/4 miles, 1,100'6 August

The first running of the Tegg's Nose Fell Race attracted 78 starters. It resulted in a win for local, John Kershaw, who made an early break from Malcolm Jones, Eryri, and steadily increased his lead throughout. Macclesfield Harriers took the team prize ahead of local rivals Buxton AC who provided the first three ladies home. Local MP Nicholas Winterton completed the course and then recovered quickly from a state of collapse to present the prizes. The event was run in conjunction with the Macclesfield Sheep Dog Trials and will now become a regular feature.

1. J Kershaw	Macclesfield	44.31	11. J Hewitt		Warrington	51.13
2. M Jones	Eryri	46.09	12. S Foster		Macclesfield	51.14
3. G Cresswell	Matlock	47.40	13. A Knot	J	Congleton	51.25
4. M Seddon	Holmfirth	48.11	14. C Phillips		Newcastle	51.32
5. J Whalley	Macclesfield	48.28	15. A Addis		E Cheshire	52.13
6. M Stacey	Newcastle	49.37	16. J Neaves	J	Macclesfield	52.51
7. T Davies	Hull	50.05	17. R Smith		Nottingham	52.57
8. C Bent	Buxton	50.35	18. A Birch		U/A	53.07
9. W Moss	Buxton	50.41	19. S Bowden		Warrington	53.12
10. R Halenko	Clayton	50.50	20. T Faulkner	Vet	Stafford	53.20

Ladies

1. P Pickering	Buxton	64.20	3. A Mason		Buxton	70.55
2. V Bailey	Buxton	69.43				

Teams

1. Macclesfield	2. Buxton
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CREAG-DHUCategory A, 4 miles, 2,000'

6 August

1. B Turnbull	Inverness	28.35	11. S Keegan	Newtonmore	33.42
2. M Lindsay	CHR	28.44	12. I Murray	U/A	34.03
3. R Boswell	Lochaber	28.56	13. J Cumming	Inverness	34.16
4. R Morris	EAC	29.27	14. J McPherson	Kincraig	34.17
5. N Bowman	Lochaber	30.14	15. G Cuthbert	EAC	34.45
6. N Martin	Forres	31.11	16. C Mädlar	Switzerland	35.03
7. D O'Neil	Lochaber	31.26	17. M Davis	Kingussie	35.29
8. B Maher	Aberdeen	31.57	18. J Grant	Inverness	35.36
9. P Winterton	Royal Marines	33.22	19. P Leat	Royal Marines	35.50
10. I McWatt	Dumbarton	33.41	20. G Swan	Edinburgh SH	36.00

HORROWDALECategory A, 17 miles, 6,500'

6 August

1. K Stuart	Keswick	2.45.25	16. S Bland	Keswick	3.07.25
2. J Wild	CFR	2.45.54	17. I Charlton	Keswick	3.07.55
3. S Livesey	Clayton	2.51.23	18. J Reade	Clayton	3.12.08
4. W Bland	Keswick	2.52.03	19. C Valentine	Keswick	3.12.11
5. D Cartridge	Bolton	2.57.08	20. B Brindle	Horwich	3.14.01
6. R Ashworth	Rossendale	2.57.56	21. K Shand	Rochdale	3.15.35
7. J Broxap	Keswick	2.59.04	22. A Philipson	Vet Gosforth	3.15.42
8. R Aucott	Vet DPFR	3.00.21	23. S Moore	Horwich	3.17.11
9. M Hudson	Keswick	3.00.30	24. D Booth	DPFR	3.17.16
10. R Campbell	Lochaber	3.00.38	25. I Robinson	Clayton	3.17.21
11. F Loftus	Horwich	3.01.17	26. G Brooks		3.20.33
12. G Read	Rochdale	3.01.55	27. D Hall	Kendal	3.20.36
13. A Richardson	Kendal	3.02.19	28. P Murray	Vet Horwich	3.21.42
14. D Ratcliffe		3.06.39	29. D Sutton		3.21.48
15. D Woodhead		3.07.07	30. S Parker	Clayton	3.22.47

Ladies

1. D Varney	Keswick	3.54.30
2. B Hogge	Eryri	4.10.53
3. C Walkington	Horwich	4.14.04

Veterans 0/50

1. P Carmichael	Morpeth	3.42.43
2. M Clough	Clayton	3.45.26

Teams

1. Keswick AC - 8.36.32; 2. Keswick AC - 9.15.50; 3. Clayton-le-Moors - 9.20.52

ICL AC - THIRD ANNUAL MOW COP 'KILLER' MILE

The original measured mile uphill road race. 550 feet climb, under AAA laws.

Separate races: Ladies, U-18, Vets, Mens A & B and Fun Run.

Easter Wednesday 25th April 1984. 7 pm onwards. Entries still only 50p to: John Britton, 6 Field Way, Alsager, Stoke on Trent. ST7 2NE (Alsager 77217). Please enclose SAE for details/acknowledgement. SAE for results.

Good prize lists, sponsored by Bourne Sports.

Special ICL prizes: value £300 for first person under 6 mins 15 secs  
 value £100 for first person under 6 mins 30 secs  
 Course record Roger Bradley (Much Wenlock) 6 mins 44 secs

LATRIGG

Category A, 3 miles, 950'

7 August

Hugh Symonds adopted a pied piper role, leading a gaggle of six other runners to times inside Billy Bland's former record for the 3-mile dash from Fitz Park to the 1,203' summit of Latrigg and back again. Hugh smashed Billy's record by no fewer than 52 seconds and H Jarrett, S Breckell, J Broxap, J Ritson, Billy Bland himself and R Bergstrand (the first runner under 18 to finish) were all inside 17 minutes 46 seconds.

The course was very fast after the long, dry spell of weather. But new records for the Latrigg Race must be qualified by saying that there have been several enforced route alterations since the event was revived under the AAA's laws in 1973, having been before that a professional race which formed one of the highspots of the now defunct Keswick August Monday Sports. The present course was adopted only three years ago, following the building of forestry fences across the older and more direct route. In fact, Martin Weeks ran the fastest amateur Latrigg in 1976 in a time of 16.32 when it really was 'Latrigg direct'. Harry Walker also twice ducked under the present record with times of 16.50 and 16.51 in the first two years after the revival.

That does not diminish the efforts of the 1983 competitors for it was a highly convincing victory by the Kendal runner who pulled people right through the 113 strong field to fast personal times. Kendal won the team prize through the efforts of Symonds, G Moffat and D Hall, who finished 1st, 8th and 9th respectively, just two points ahead of holders Keswick (Broxap, Bland and P Barron). Vince Duff retained the veterans' trophy, coming 22nd overall in 19.16 and B Thackeray was the first over-50 in 58th place and a time of 21.37. Simon Booth was the first under-16 to finish and also first local. The record breaking did not extend to the Ladies where local girl Annette Mikkleesen won in 22.43, well over a minute clear of her nearest rival.

The race was again supported by the Keswick Reminder and estate agents Tiffen, King, Nicholson. A popular feature of the prize-giving was that several prints of a pencil drawing of Latrigg by local artist Bill Lawrence were handed out to runners who finished out of the main awards list. For those interested in finances, Latrigg is organised as a non-profit making event as the second half of Keswick AC's mini fell running festival. Sponsorship this year brought in £50 and entry fees £85. Expenses and refreshments cost £25.50 - we have a lot of generous friends - and prizes cost £108, leaving an excess of income over expenditure of just £1.50.

Ross Brewster (race organiser)

1. H Symonds	Kendal	16.54	11. K Mingins	CFR	18.16
2. H Jarrett	CFR	17.27	12. C Valentine	Keswick	18.24
3. S Breckell	Blackburn	17.29	13. M Prady	Glossop Dale	18.42
4. J Broxap	Keswick	17.33	14. K Shand	Rochdale	18.43
5. J Ritson	Derwent	17.34	15. M Jones	Eryri	18.44
6. W Bland	Keswick	17.39	16. D Woodhead		18.53
7. R Bergstrand	J Rochdale	17.43	17. D Wilkinson	Keswick	18.58
8. G Moffat	Kendal	17.58	18. A Moffat	DPFR	18.59
9. D Hall	Kendal	18.07	19. P Rafferty	Army	19.03
10. P Barron	Keswick	18.13	20. D Frampton	Keswick	19.04

<u>Ladies</u>			<u>Veterans</u>		
1. A Mikkleesen	Keswick	22.43	1. V Duff	Blackburn	19.16
2. K Mather	Saddleworth	23.57	2. A Evans	Kendal	20.24
3. J Sutcliffe	CFR	25.00	3. I Eckersley	Saddleworth	21.00

BOUNDARY SPORTS, I.O.M.

Not yet categorised, 6 miles, 1,500'

7 August

1. K Callister	51.56	4. I Callister	63.32
2. I Varley	53.19	5. J Kewley	66.12
3. M Cowbourne	55.47	6. S Bassnett	70.26

RUMOUR HAS IT that a certain fell runner has shares in a Jelly Baby Factory.

DOWNHAM VILLAGE

Category A, 5½ miles, 1,700'

13 August

A glorious day saw Lord Clitheroe start the race with his pistol (one day after the glorious 12th - made up for the shortage of grouse this year!). Gasps of surprise when John Wild appeared in the village - we are not accustomed to such stars in our small race. He, along with Cartridge and Livesey, was inside last year's record. John said after the race that under more pressure he could chip a further 2 minutes off the record - who knows, maybe more stars next year.

Simon Moyle

1. J Wild	CFR	40.53 (Rec)	11. G Lofthouse	Horwich	44.46
2. D Cartridge	Bolton	41.18	12. R Owen	Horwich	45.17
3. S Livesey	Clayton	41.46	13. K Shand	Rochdale	45.54
4. S Gough	Blackburn	43.20	14. M Targett	Clayton	46.01
5. P McWade	Clayton	43.23	15. H Walker	Blackburn	46.02
6. S Breckell	Blackburn	43.31	16. D Woodhead	U/A	46.05
7. D Hall	Kendal	43.43	17. P Lambert	Red Rose	46.24
8. J Reade	Clayton	44.21	18. P Murray	Vet Horwich	46.28
9. D Cartwright	Holmfirth	44.28	19. G Brooks	Singley	47.38
10. S Parker	Rossendale	44.31	20. A Brierley	Clayton	47.45

LARGO LAW

Category B, 5 miles, 950'

13 August

1. C Donnelly	Cambuslang	29.04	11. O'Neil	Lochaber	33.24
2. R Boswell	Lochaber	30.36	12. J Campbell	FVO	33.48
3. R Campbell	Lochaber	31.10	13. E McLashan	Lochaber	34.07
4. A Curtis	Livingston	31.43	14. C Walton	St Andrews Univ	34.19
5. N Bowman	Lochaber	31.48	15. P Leat	Royal Marines	34.24
6. R Anderson	Cambuslang	32.03	16. A Cook	ELO	34.29
7. V Johnson	Dundee	32.36	17. K Goodwin	Pitreavie	34.39
8. C McCarthy	Grampian	32.54	18. J Black	Vet Livingston	34.47
9. M Curtis	Fife	32.59	19. R Cassidy	U/A	34.57
10. I Turner	U/A	33.03	20. R Cherry	Interlopers	35.13

1st Lady A Curtis Livingston 39.07

CNICHT

Not yet categorised, 5 miles, 1,900'

13 August

1. G Griffiths	Eryri	34.37	4. D Davies	Eryri	37.09
2. M Jones	Eryri	36.08	5. H Griffiths	J Eryri	37.14
3. H Parry	Eryri	36.34	6. G Ellio	J Eryri	38.37

Ladies

1. A Carson	Eryri	45.48			
2. R Parry		48.56			
3. J Robertson		55.24			

Veterans 0/40

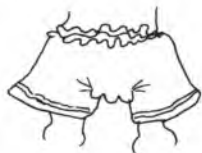
1. D Williams		40.19
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Veterans 0/50

1. J Pope	Eryri	50.17
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# Royal Victoria Hotel



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CRIFFEL

Category A, 6½ miles, 1,700'

14 August

Harry Jarrett had the race to himself, leading from start to finish. It must now be becoming a favourite of his, having won three years ago and being the course record holder. Colin Valentine, now recovered from an ankle injury, was hungry for a second win here and put in the fastest descent in pursuit, which included having to stop and tie a loose lace. Jon Broxap unfortunately faded on the return after deciding to have a bit of football practice with a granite boulder. Ted Isaacs, from the flat Wirral Plains, was up at the top quickly and managed to hang on to get the veterans' prize. Conditions were very hot and the ground hard. The mill pond was a popular place for returning runners.

1. H Jarrett	CFR	51.27	11. M Johnstone	Nith Valley	56.25
2. C Valentine	Keswick	51.48	12. R Blamire	Stewartry	57.14
3. A Curtis	Livingston	52.42	13. A Hyslop	Kendal	57.21
4. J Broxap	Keswick	54.09	14. J Marsh	Teviotdale	57.58
5. M Lindsay	Carnethy	54.24	15. T Isaacs	Vet Wirral	58.23
6. G Byers	CFR	55.08	16. D Barnes	Keswick	58.28
7. S Varney	Keswick	55.42	17. J Clemens	Vet Black Combe	58.36
8. R Morris	Edinburgh	55.50	18. D McDowall	Nith Valley	60.48
9. K Mingsins	CFR	55.55	19. B Gauld	V O/50 EXOC	60.59
10. A Richardson	Kendal	56.10	20. H Atkinson	Bingley	61.21

Ladies

1. D Varney	Keswick	68.35	3. M Carver	IND	92.52
2. J Graham	Ambleside	76.49			

WADSWORTH VILLAGE

Not yet categorised, 4½ miles, 800'

14 August

The weather was perfect for the Wadsworth Village Fair but perhaps a little too warm for the 112 starters in its inaugural fell race. The course is an interesting one in that although there is a gentle climb onto the moor it is very fast along the Calderdale Way and the real ascent is in the last mile to the finish. Ian Clarkson led the unusually fast start and held his position for the first mile. Once on the moor he was overtaken by Graham Bell who, with the benefit of local knowledge, opened up a sixty yard lead. This was whittled down by his brother in law, Gerald King, on the descent to the valley bottom and he was overtaken by him in the final climb. Two performances of particular note came from Holmfirth runners. R Asquith came 5th overall to take the first veteran's prize and Carol Haigh came an amazing 10th overall to win the ladies' prize. The generosity of local tradespeople enabled us to offer 36 individual prizes and four team prizes and we donated just over £13 to the local community association.

Graham Bell

1. G King	Longwood	23.57	11. T McDonald	Vet Bingley	26.21
2. G Bell	Halifax	24.25	12. K Smith	Halifax	26.30
3. I Clarkson	Rochdale	24.28	13. S Parsons	Mount Skip	26.37
4. B Brindle	Horwich	24.53	14. R Jarvis	U/A	26.39
5. R Asquith	Vet Holmfirth	24.58	15. R Spendlove	Todmorden	26.44
6. S Sunter	Horwich	25.12	16. L Robinson	Blackburn	26.46
7. H Waterhouse	Saddleworth	25.24	17. B Harwood	Vet Oldham	26.47
8. D Beels	Hollins	25.44	18. A Sunter	Horwich	26.57
9. D Smith	Halifax	25.47	19. R O'Hara	Longwood	26.59
10. C Haigh	Lady Holmfirth	26.11	20. P Duffy	Vet Aberdeen	27.09

Teams

1. Halifax Harriers - 23 pts; 2. Horwich RMI - 28 pts.

Opposite photo: John Broxap (82), Steven Varney (86) and Colin Valentine (51) at Criffel.



SIERRE - ZINAL RACE, SWITZERLAND

14 August

1. Aldo Allegranza	Italy	2.36.35	<u>Other British Positions</u>		
2. Ian Sebillé	Belgium	2.38.47	23. David Clark	GB	2.55.26
3. Serafin Viera	France	2.41.24	24. Ian Holloway	GB	2.55.30
4. Albrecht Moser	Switzerland	2.41.35	38. John Blair-Fish	GB	3.03.51
5. Mike Short	GB	2.42.14	40. Alan Catley	GB	3.04.30
6. Michel Seppey	Switzerland	2.42.20	56. Tony Hulme	GB	3.08.45
7. Toni Spuler	Switzerland	2.45.20	69. David Bowden	GB	3.13.27
8. Peter Haid	Switzerland	2.46.12	87. John Kierley	GB	3.15.18
9. Christ Zimmermann	France	2.46.38	100. Derrick Littlewood	GB	3.17.14
10. Joseph Peter	Switzerland	2.47.04	112. Paul Stott	GB	3.18.21
11. Edy Faessler	Switzerland	2.47.29	130. Michael Farmery	GB	3.20.33
12. Hugh Symonds	GB	2.48.52	134. Harold Chadwick	GB	3.21.29
13. Gilbert Hurtes	France	2.49.21	142. Ken Taylor	GB	3.23.07
14. Kurt Hess	Switzerland	2.50.36	178. Pete Bland	GB	3.27.16
15. Peter Hoffmann	Switzerland	2.50.42			
16. Jeff Norman	GB	2.51.07			
17. Mike Bishop	GB	2.51.23			

1252 Ran



BARNOLDSWICK WEETSCategory C, 6 miles, 800'

14 August

1. A Sladen	Salford	32.47	11. A Spence	Bingley	35.19
2. R Brewster	Clayton	32.58	12. J Temperton	Airdale	35.27
3. D Wilson	U/A	33.06	13. R Hargreaves	Clayton	35.42
4. J Reade	Clayton	33.55	14. J Emmott	Skipton	35.47
5. M Aspinall	Rossendale	34.10	15. M Target	Clayton	36.00
6. D Wood	Frodsham	34.19	16. P Jagan	U/A	36.03
7. A Marsh	Holmfirth	34.33	17. E Shackleton	Clayton	36.09
8. R Herbisher	Holmfirth	34.56	18. J Bastow	Chester	36.11
9. M Connor	Blackburn	35.07	19. R Humphries	Clayton	36.14
10. D Waterworth	Clayton	35.10	20. E Ratcliffe	Bingley	36.22

KYMIN DASHNot yet categorised, 6 miles, 850'

20 August

1. A Darby	M de C	39.53	4. N Thomas	Gloucester	41.04
2. D Rees	Gloucester	40.30	5. M Weeks		42.03
3. M Wiles		41.01			

Ladies

1. B Powell		53.25	3. S Thomas		63.17
2. J Scott		63.09			

BURNSALLCategory A, 1 1/4 miles, 900'

20 August

Kenny Stuart was first to the top in 8 minutes 45.6 seconds but on the descent John Wild flew down taking risks which Kenny said he just wasn't prepared to take, including leapfrogging the wall. John Wild's time of 12.48 knocked two seconds off Rickie Wild's 1977 record.

Hugh Symonds

1. J Wild	CFR	12.48 (Rec)	16. I Appleyard	Leeds	14.32
2. K Stuart	Keswick	13.03	17. B Peace	Bingley	14.38
3. J Maitland	Aberdeen	13.30	18. C Valentine	Keswick	14.46
4. M Bishop	Staffs	13.36	19. A Smith	CFR	14.51
5. J Broxap	Keswick	13.41	20. G Moffat	Kendal	14.53
6. S Livesey	U/A	13.43	21. R Shaw	Skyrac	14.57
7. D Cartridge	Bolton	13.44	22. G Brooks	Bingley	15.00
8. H Symonds	Kendal	13.50	23. H Walker	Blackburn	15.05
9. G Gough	Blackburn	13.58	24. G Edwards	Bingley	15.08
10. R Ashworth	Rossendale	14.21	25. B Brindle	Horwich	15.12
11. D Hall	Kendal	14.26	26. P Barron	Keswick	15.12
12. A Styan	Holmfirth	14.30	27. I Farnell	DPFR	15.13
13. D Cartridge	Holmfirth	14.30	28. G King	Longwood	15.15
14. K Shand	Rochdale	14.31	29. Holmer	Holmfirth	15.19
15. G Devine	Bingley	14.31	30. S Baker	Horwich	15.19

Ladies

1. C Haigh	Holmfirth	16.34
2. A Carson	Eryri	18.31
3. B Higgins	Halifax	18.54

Veterans

1. R Asquith	Holmfirth	15.21
2. P Murray	Horwich	15.25
3. A Philipson	Gosforth	15.36
4. M Edwards	Aberdeen	16.08
5. N Mathews	Horwich	16.22

Teams

1. Keswick AC - 25 pts; 2. Kendal AC - 39 pts;  
3. Bingley Harriers - 54 pts.

SEDBERGH HILLS

Category A, 14 miles, 6,000'

21 August

1. H Symonds	Kendal	2.01.37 (Rec)	11. J Nixon	Horwich	2.21.03
2. J Broxap	Keswick	2.09.40	12. P Lambert	Red Rose	2.21.14
3. R Ashworth	Rosendale	2.10.07	13. B Bullen	Leeds City	2.21.30
4. A Richardson	Kendal	2.12.44	14. A Philipson	Gosforth	2.22.26
5. S Breckell	Blackburn	2.15.23	15. A Farnell	DPFR	2.23.13
6. K Shand	Rochdale	2.17.41	16. D Barnes	Keswick	2.24.07
7. M Hoff	Eskdale	2.18.36	17. D McGonigle	Newcastle	2.24.21
8. R Webb	W Mercia	2.18.48	18. J Reade	Clayton	2.25.10
9. D Hall	Kendal	2.18.57	19. S Varney	Keswick	2.26.02
10. B Brindle	Horwich	2.19.05	20. M Rigby	Cambridge	2.26.16

PENDLETON

Category B, 5 miles, 1,500'

27 August

For the past few years Pendleton has been blessed by glorious weather for its fell Race. This year proved to be no exception. Indeed, after flagging the course all morning, I almost felt as though I had run the race and wondered how many gallons of sweat would be expended later in the afternoon. Conditions underfoot were the best for years for the 169 runners in the senior race and, as had happened in many other races during this long hot summer, advantage was taken of these conditions to break the course record. In fact, Kevin Capper broke it by almost three minutes and the first seven finishers were within the old record. It had been a hard fought race between Kevin and Dave Cartridge with Dave first to the summit and only seven seconds separated them at the end, with Bob Ashworth third. The over-40 vets was won by K Lodge of Halifax with George Brass of Clayton taking the over-50 prize and Linda Lord, Clayton was first lady. In the first running of the Junior Race over a shorter course P Barker of Skyrac was first past the post in a field of nine runners.

1. K Capper	U/A	30.38 (Rec)	11. S Furness	Blackburn	34.03
2. D Cartridge	Boilton	30.45	12. B Walker	Bingley	34.12
3. R Ashworth	Rosendale	32.03	13. S Baker	Horwich	34.18
4. G Gough	Blackburn	32.09	14. M Targett	Clayton	34.20
5. P McWade	Clayton	32.28	15. I Rutherford	Clayton	34.23
6. J Reade	Clayton	32.50	16. A Robinson	Clayton	34.34
7. S Breckell	Blackburn	33.14	17. D Wood	Chorley	34.40
8. C Beaver	Clayton	33.27	18. J Emmott	Skipton	34.45
9. G Divine	Skyrac	33.44	19. T Catton	Clayton	34.49
10. G Woodburn	Blackburn	33.53	20. H Walker	Blackburn	35.14

Roger Dewhurst

Ladies

1. L Lord	Clayton	41.38	3. K Taylor	Clayton	48.28
2. B Cranswick	Clayton	48.18	4. J Allum	Clayton	51.49

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CROSS KEYS INN ROAD AND FELL RELAY RACE

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

27 August

1. Holmfirth A - 1.06.58

1. J Todd	16.03
2. A Styán	17.33
3. A Dewhurst	15.27
4. A Marsh	17.55

2. Rochdale - 1.07.29

1. K Barrett	15.46
2. G Read	17.52
3. P Eves	15.54
4. I Holloway	17.57

3. Longwood - 1.07.59

1. R Hepworth	17.01
2. M Almond	18.12
3. D Topham	15.25
4. G King	17.21

4. Holmfirth B - 1.09.17

1. C Hollingsworth	16.49
2. R Harbisher	17.22
3. S Beardsell	17.11
4. R Bradley	17.55

5. East Cheshire A - 1.10.22

1. M Burgess	16.42
2. M McGann	17.36
3. D Robinson	16.28
4. N Schofield	19.26

6. Altrincham A - 1.10.59

1. P Brownson	16.31
2. S Longden	18.38
3. N Grange	17.48
4. J Norman	18.02

Best Individual Performances

Road

1. A Wilton	Buxton A	15.01
2. D Topham	Longwood A	15.25
3. A Dewhurst	Holmfirth A	15.27
4. K Barrett	Rochdale A	15.46

Fell

1. G King	Longwood A	17.21
2. R Harbisher	Holmfirth B	17.22
3. A Styán	Holmfirth A	17.33
4. M Prady	Glossop Dale A	17.34

ESTON NAB

Category C, 8½ miles, 800'

28 August

1. S Markley	M'brough/C'land	43.44	11. P Buckby	M'brough/C'land	46.33
2. J Burdett	Mandale	43.59	12. P Veitch	Vet M'brough/C'land	46.45
3. M Pearson	Mandale	44.28	13. A Richardson	Kendal	46.57
4. A Lamb	N Shields Poly	44.28	14. T Puckrin	Vet Whitby/Esk Valley	47.05
5. G Potts	M'brough/C'land	44.52	15. M Hall	M'brough/C'land	47.13
6. J Williams	Mandale	45.20	16. D Healey	Mandale	47.26
7. M Grainger	M'brough/C'land	45.28	17. H Forrest	Gosforth	47.27
8. J Coulson	Rowntrees	45.49	18. D McGarrell	S Shields	47.47
9. G Bellord	M'brough/C'land	46.17	19. G Bastow	U/A	47.59
10. M Lister	Harrogate	46.19	20. E Moody	M'brough/C'land	48.17

Ladies Race (6 miles)

1. S Catford	Thirsk/Sowerby	40.28	4. J Lancaster	CFR	48.44
2. J Newbury	Burn Road	42.34	5. K Smith	M'brough/C'land	52.42
3. C Waddoups	Mandale	46.02			

Youths Race (6 miles)

Teams

1. J Yeats	M'brough/C'land	32.51	1. Middlesbrough & Cleveland Harriers A - 13 pts
2. R Flory	Whitby/Esk Valley	35.13	2. Mandale AC A - 25 pts
3. P Suttill	M'brough/C'land	35.35	

Opposite page:- Kenny Stuart leads from John Wild, Andy Darby, Hugh Symonds and Jack Maitland. (Photo/Anne Wild)



LAXEY HORSESHOE, I.O.M.

Category B, 12½ miles, 3,250'

28 August

1. M Hudson	1.43.51	8. P Simpson	2.17.58
2. T Varley	1.48.11	9. G Hull	2.19.31
3. P Cain	1.50.49	10. J Evans	2.22.25
4. K Callister	1.54.28	11. J Kewley	2.22.25
5. I Callister	1.59.57	12. A Ogden	2.32.31
6. M Cowbourne	2.03.20	13. M Gray	Vet 2.41.43
7. D Fisher	Vet 2.05.46		

Team Prize - Boundary Harriers

WREKIN

Category A, 6 miles, 1,700'

28 August

This year's Wrekin Fell Race welcomed for the first time the Midland Fell Running Championship, by courtesy of the Midland Counties AAA. The Championship, which has previously been held in conjunction with the Northern Counties Championship in Cumbria, has at last come home.

At 2.30 on a balmy and windless afternoon 150 runners set out on their first ascent of the Erccall hill. Pre-race favourite Mike Bishop set an early blistering pace chasing John Wild's record time of 34.27. At the Erccall summit he was leading from cross-country international Pete Eves of Rochdale Harriers. Following in third place was the ever improving Colin Bell of the host club, Telford. Mike, however, was in an uncompromising mood and emerged at the top of the severe Wrekin scree with a clear lead. He had stretched his lead at the Wrekin summit to 64 seconds over Eves with Bell a further 7 seconds adrift. By this stage Alan Adams of ICL had pulled himself through into fourth place to remain in contention for the Midland Title. Bishop stormed back over the Erccall to create a buffer of nearly two minutes at the finish and to become the Midland Fell Running Champion of 1983. Eves and Bell were chased home all the way by A Hulme of Pennine Fell Runners. Eves held on to take second place while Bell had to relinquish third place on the final descent. This position, however, made him second in the Midland Championship. Alan Adams held on to the third championship place.

Jenny Pearson once again won the ladies race in a new record time of 45.06.

We very much hope that the Midland Championship will again be a part of the Wrekin Fell Race in 1984.

Ron Risbridger

1. M Bishop	Staffs M'lands	35.42	11. I Jones	Newtown	39.16
2. P Eves	Rochdale	37.38	12. M Weedall	Winsford	39.27
3. A Holme	Pennine	37.44	13. D Cartwright	Holmfirth	39.40
4. C Bell	Telford	37.47	14. S Orrells	Newtown	39.46
5. D Hall	Kendal	37.55	15. D Woodhead	U/A	39.59
6. A Adams	ICL	37.59	16. D Fairclough	Sefton	40.05
7. P Cadman	Wolverhampton	38.55	17. B Ward	Cheltenham	40.11
8. D Ratcliffe	Rossendale	38.57	18. P Leaf	ICL	40.17
9. R Futrell	Holmfirth	39.05	19. D Davies	Vet Newtown	40.31
10. K West	Wolverhampton	39.08	20. C Lowe	ICL	40.40

Ladies

1. J Pearson	Sheffield	45.06 (Rec)	3. K Taylor	Clayton	57.01
2. J Wilcox	Shrewsbury	54.09			

MACHEN MOUNTAIN

Category B, 5½ miles, 1,000'

29 August

1. A Darby	M de C	33.50	7. P Hogan	Westbury	37.32
2. G Blackburn	Vet Westbury	34.56	8. S Mugerstone	Westbury	37.52
3. L Williams	M de C	35.59	9. J Collins	Swansea	38.13
4. A Jovetic	Rhymney Valley	36.38	10. C Davis	Lady Les Croupiers	39.06
5. W Darby	M de C	37.04	11. M Unwin	Clevedon	39.26
6. G Ellis	Eryri	37.10	12. N Hindle	Altrincham	40.28

1st Team Mynyddwyr de Cymri

HADES HILL

Category B, 5 miles, 1,200'

1 September

1. M Newby	Rossendale	29.07	11. R Asquith	V 0/40	Holmfirth	30.56
2. P Dixon	Rossendale	29.19	12. G Read		Rochdale	31.03
3. M Aspinall	Rossendale	29.27	13. M Bradshaw		Rossendale	31.10
4. P Eves	Rochdale	29.33	14. S Baker		Horwich	31.12
5. I Holloway	Rochdale	30.07	15. D Ratcliffe		Rossendale	31.22
6. R Ashworth	Rossendale	30.11	16. G Wadsworth		Rossendale	31.29
7. C Bell	Telford	30.15	17. K Shand		Rochdale	31.37
8. P Irwin	Rossendale	30.35	18. M Seddon		Holmfirth	31.38
9. P Goulding	Rossendale	30.44	19. J Emmott		U/A	31.39
10. R Futrell	Holmfirth	30.54	20. K Taylor		Rossendale	31.40

Ladies

1. L Lord	Clayton	38.48	2. J Yule		Bradford Coll	39.24
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Veterans

1. R Asquith	0/40	Holmfirth	30.56	3. A Peacock	0/40	Clayton	34.38
2. G Spink	0/50	Bingley	33.12	4. M Simpson	0/45	U/A	34.58

Teams 1. Rossendale - 12 pts; 2. Rochdale 38 pts.

BEN NEVIS

Category A, 10 miles, 4,400'

3 September

The penultimate championship race. Strong winds even at sea level meant that most were reluctant to lead on the road to Achintee but shortly after the gate a large group soon became fragmented when Shaun Livesey injected considerable pace. Only Kenny Stuart and John Wild kept with Shaun's pace and by the Red Burn the leading trio had a hundred yard lead on Cartridge, Symonds and Maitland with Broxap, Donnelly, Hall and Bland not far behind. The steep rough climb above the Burn signalled the start of the race for Jack Maitland. He changed gear, soon gained on Livesey et al and ended up winning the trophy for the first man to the top. Coming off the summit Maitland led Stuart by a couple of yards and Wild and Livesey followed roughly fifteen seconds behind. Thick dark mist down to the burn disguised this part of the race and John Wild and Kenny Stuart were as surprised as each other when the Cumberland Fell Runner came out of the mist in the lead. The twenty second gain either through better route or faster running got John Wild down the mountain faster and despite the foul conditions the first three broke Dave Cannon's record of 1976 with John Wild bettering it by 1 minute 20 seconds.

Ros Coates finished 76th, less than 20 minutes behind Wild and 13 minutes ahead of the second lady, Angela Carson. Impressive results sheets were produced at the prize giving but what a shame the Vets and Ladies were not identified and what a headache for Kevan Shand. Frustration for Pete Barron as he finished in the first ten but, being Keswick's fourth runner, without team prize.

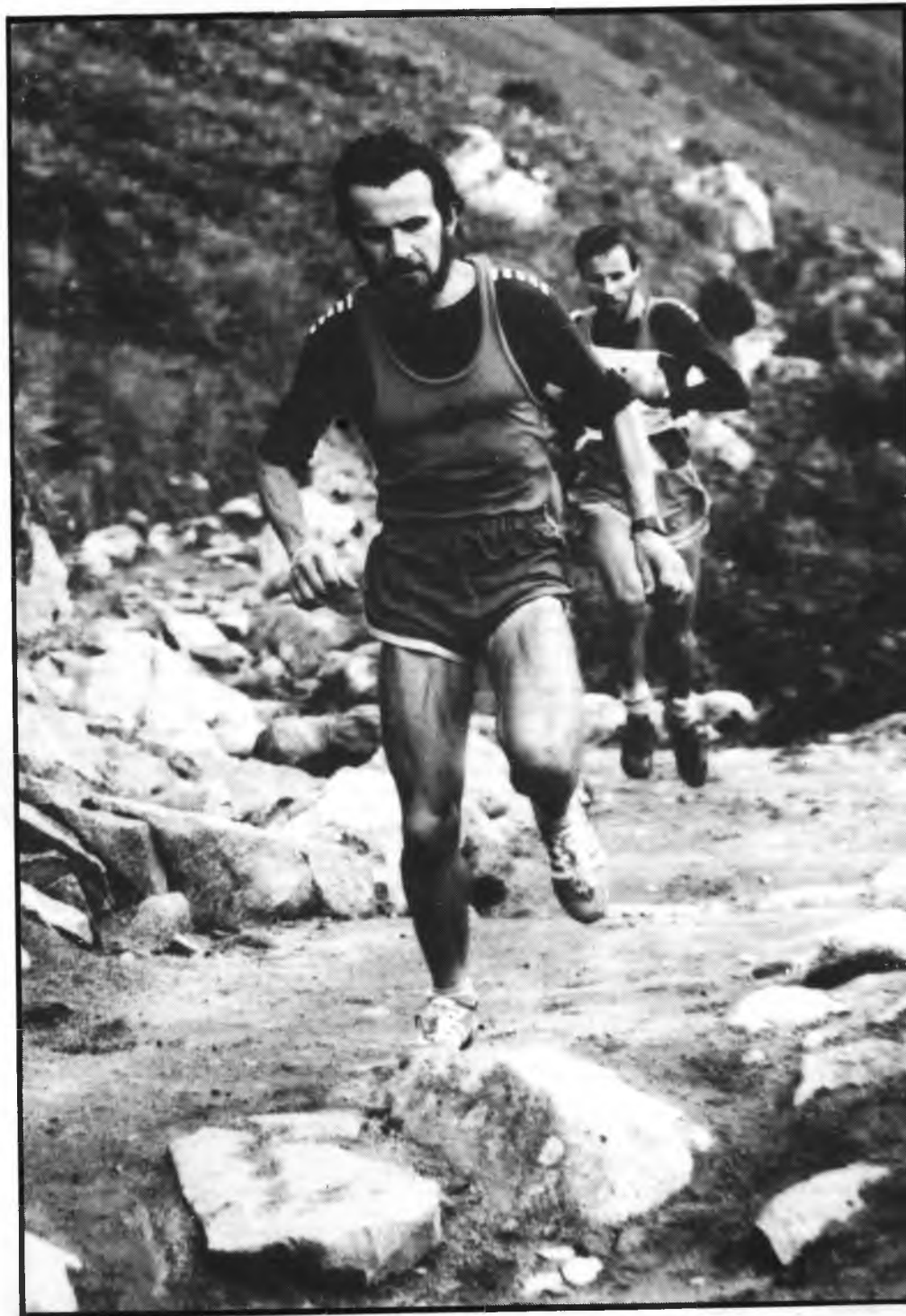
Hugh Symonds

1. J Wild	CFR	1.25.35	16. B Brindle		Horwich	1.34.34
2. K Stuart	Keswick	1.25.52	17. I Parke		Ballydrain	1.34.38
3. S Livesey	Clayton	1.26.21	18. F Loftus		Horwich	1.34.57
4. J Maitland	Aberdeen	1.27.28	19. R Nile		Bristol	1.35.08
5. W Bland	Keswick	1.28.24	20. R Campbell		Lochaber	1.35.16
6. G Griffiths	Eryri	1.29.23	21. G Moffat		Kendal	1.35.25
7. D Cartridge	Bolton United	1.29.32	22. R Morris		Edinburgh	1.36.11
8. J Broxap	Keswick	1.30.05	23. P Stott		Eryri	1.36.12
9. H Symonds	Kendal	1.30.33	24. A Hyslop		Kendal	1.36.14
10. P Barron	Keswick	1.30.51	25. R Bryson		Ajax	1.36.23
11. D Hall	Kendal	1.31.44	26. J Patterson		Pyramid	1.36.30
12. H Jarrett	CFR	1.32.03	27. G Byers		CFR	1.36.33
13. C Valentine	Keswick	1.32.42	28. J Blair-Fish		Carnethy	1.36.45
14. C Donnelly	Cambuslang	1.32.52	29. K Miggins		CFR	1.36.52
15. D McGonigle	Newcastle	1.33.11	30. D Stuart		Keswick	1.37.25

Ladies

1. R Coates	Lochaber	1.45.17	3. G Wilkinson		Keswick	2.03.16
2. A Carson	Eryri	1.58.22				

1st Team Keswick AC - 15 pts.





STRETTON SKYLINENot yet categorised, 20 miles, 4,200'10 September

The second Skyline proved once again to be a severe test of stamina and endurance. Forty-six runners set out in the rain and overcast conditions that were to persist for most of the afternoon; 41 runners completed the course. Prolonged pressure by Leicester's P Hands resulted in a decisive break on the final ascent of the Long Mynd which he stretched to 3 minutes ahead of race-long companions Graham Patton and Steve Hughes. Steve of Shrewsbury was using his local knowledge gained on the annual Long Mynd hike. W Nock of Halesowen pulled through the field from 13th position at Pole Bank to finish in 2nd place while Telford marathon man Phil Jones produced another well paced race to be the host club's first runner home.

Ron Risbridger

1. P Hands	Leicester	2.36.01	11. A McDonald	Telford	2.46.29
2. W Nock	Halesowen	2.38.16	12. R Carey	Vet Octavian Droubers	2.48.47
3. G Patton	Vet Massey Ferguson	2.39.18	13. D Gosling	Potteries	2.50.12
4. S Hughes	Shrewsbury	2.39.43	14. R Bunn	Vet Halesowen	2.52.03
5. J Sweeting	Westbury	2.40.53	15. D Brown	Telford	2.52.36
6. P Jones	Telford	2.41.28	16. P Jenkins	Taunton	2.52.04
7. C Creswick	Dursley	2.42.21	17. J Cartwright	Shrewsbury	2.55.25
8. M Clark	Clayton	2.43.32	18. S Higgins	Telford	2.55.32
9. C Barcroft	Telford	2.44.02	19. R Wells	Halesowen	2.56.27
10. E Harwood	DPFR	2.45.31	20. D Jackson	Telford	2.58.43

MOEL EILIO RIDGENot yet categorised, 8 miles, 3,000'11 September

A fine, blustery day greeted the runners as they headed up the first grassy climb to Moel Eilio summit, with Glyn Griffiths taking an early lead. Then it was off along the spectacular switchback of a ridge with fine views of Snowdon complete with trains. All chasing Glyn Griffiths but he proved an elusive quarry, mainly due to his suicidal descent rate.

A good 'A' category race with a friendly intimate atmosphere at the Youth Hostel courtesy of the Glass family. The free soup was very welcome.

Tony Hulme

1. G Griffiths	Eryri	62.06	11. A Bocking	Pennine	69.18
2. A Hulme	Pennine	64.02	12. E Harwood	DPFR	70.06
3. P Weatherhead	Eryri	65.09	13. M Foschi	Pennine	70.18
4. M Jones	Eryri	65.43	14. R Owen	Eryri	70.24
5. D Davies	U/A	65.59	15. D Wronnall	Rochdale	71.11
6. D Parry	Eryri	66.53	16. C Taylor	Clayton	71.29
7. H Griffiths	Eryri	67.04	17. R Williams	Eryri	71.54
8. B Hodgson	Prestatyn	68.14	18. D Williams	Eryri	72.02
9. L Williams	M de C	68.22	19. B Harwood	Oldham	73.33
10. M Bluer	Rochdale	69.17	20. G Jones	Eryri	73.50

1st Lady R Naish1st Vet D Williams1st Super Vet B HarwoodORDNANCE SURVEY LAKE'S MOUNTAINOrienteering, 20 miles, 8,000'11 September

Organised by the Lake District Mountain Trial Association and sponsored for the first time by Ordnance Survey. Those competitors who regard the race as their annual 'MOT' found the examiners a little less searching this year and the clear weather prevented any testing of compass work. However, the strong north wind had a decided braking effect and judging by the scene at the Coppermines Hostel the route choices were not as obvious as some of us might have thought. Route finding problems were also evident from the finish field as runners tried to sort out the rocky slope of Yewdale Fells at the end of a long hard day.

On the Ladies' course stage 2 proved decisive and Vicky Mason opened up a commanding lead here. On the next stage the leaders went via Goats Water and it would be interesting to hear from anyone who took the alternative by Seatwaite Tarn and Walna Scar. For the men no stage was crucial but a confident start and

Opposite page:- This man has no number either! Roger Boswell just in front of Harry Jarrett on the way down the Ben. (Photo/Bob Mitchell)

good line round Harter Fell won the day for Martin Hudson. Strong climbers went straight over Walna Scar to Ash Gill Beck and the traversing fraternity found an equally good route by Caw Moss - maybe a bit quicker if you go round at exactly the right level?

Congratulations to everyone for making checkpoint 3 by 3.45 and finishing soon after 6 pm so that no-one missed out on their supper.

1. M Hudson	Keswick	3.48.54	11. J Broxap	Keswick	4.17.22
2. W Bland	Keswick	3.55.42	12. P Barron	Keswick	4.19.33
3. D Ratcliffe	Rossendale	3.56.37	13. A Curtis	Livingston	4.22.30
4. J Rye	Thames	4.03.19	14. M Walford	Kendal	4.24.04
5. A Richardson	Kendal	4.04.52	15. S Moore	Horwich	4.24.33
6. I Holloway	Rochdale	4.06.08	16. P Nelson	CFR	4.27.23
7. A Philipson	Vet Lanchester	4.08.01	17. P Murray	Vet Horwich	4.28.06
8. M Hoffe	Eskdale	4.08.13	18. M Calvert	Leeds Univ	4.28.40
9. J Maitland	Aberdeen	4.09.11	19. K Taylor	Rossendale	4.28.43
10. J Naylor	Vet CFR	4.12.34	20. D Hill	DPFR	4.28.49

#### Ladies

1. V Mason	MDOC	3.09.30	5. B Hogge	Eryri	3.36.32
2. J Robson	LUOC	3.18.27	6. W Dodds	Clayton	3.40.12
3. C McNeill	Solway	3.21.30	7. V Belton	WAOO	3.44.37
4. R Hancock	Airienteers	3.34.58	8. J Savage	Harlequins	3.48.22

#### Teams

1. Keswick AC - 12.01.58; 2. Kendal AC - 13.01.46; 3. Rossendale Harriers - 13.10.30

### LANTERN PIKE

Category B, 5½ miles, 1,050'

17 September

On a bright and breezy day Malcolm Patterson was a comfortable winner of the Senior Race. Malcolm led from the Trials Field at a cracking pace but was passed on the first of the climbs up to Matley Moor Farm by Alan Adams and Geoff King. These three swapped positions until the final steep climb to the summit of the Lantern Pike when Malcolm made his effort and opened up a gap which proved to be decisive. Malcolm increased his lead on the descent back to the Trials Field and Alan Adams just held off the fast finishing Ricky Wilde for second place. Ricky, who regards his course record of 29.12 as one of his best ever runs, made a very welcome return to form and could be a real force again in 1984. Carol Haigh again embarrassed most of the men by coming home in 33rd position in a new record time of 35.20. This reduced Jean Lochhead's old time by over 3 minutes.

Alan Bond

1. M Patterson	DPFR	32.07	11. R Asquith	Vet Holmfirth	33.43
2. A Adams	ICL	32.35	12. M McGann	E Cheshire	33.46
3. R Wilde	Manchester	32.37	13. A Harner	DPFR	33.57
4. G King	Longwood	32.43	14. D Lawson	Vet Bingley	34.07
5. M Prody	Glossop Dale	32.50	15. A Moffat	DPFR	34.19
6. A Hulme	Pennine	33.04	16. J Norman	Berry Hill	34.26
7. D Crookes	E Cheshire	33.16	17. A Huddleston	U/A	34.29
8. I Holloway	Rochdale	33.23	18. C Trelfa	E Cheshire	34.35
9. T Farnell	DPFR	33.31	19. F Pidgeon	Sheffield	34.39
10. W Weedall	Winsford	33.39	20. D Cartwright	Holmfirth	34.46

#### Ladies

1. C Haigh	Holmfirth	35.20	3. W Lightfoot	DPFR	40.30
2. J Holland	Sale	37.17	4. J Spence	DPFR	42.07

*RUMOUR HAS IT that John Wild's thinking of becoming a fireman?*

THREE SHIRES

Not yet categorised, 13 miles, 4,500'

17 September

It seemed after the race that all the 78 runners in the first running of the race had had a most enjoyable race on what turned out to be a perfect day with a little low cloud on Swirl How and Wetherlam and a cooling breeze blowing most of the day. It was fast running along a track out to Greenside Mines then a very steep ascent of Wetherlam, most runners opting for the direct climb up the face. There was never much between the leading runners until the gradual ascent from the 3 Shires Stone to Pike O'Blisco where Billy Bland started to pull away from Colin Valentine who had put up a good fight for most of the way. Martin Hudson crept up through the field to finish a good second. Billy held off his challenge on the run in off Lingmoor, not being attracted by the very inviting gully near the summit which some runners found to their misfortune.

Ian Stephenson

1. W Bland	Keswick	1.56.19	11. K Kendall	Lancs/More	2.08.58
2. M Hudson	Keswick	1.56.38	12. I Charlton	Keswick	2.10.12
3. A Smith	CFR	1.58.15	13. J Gibbison	Lancs/More	2.10.38
4. C Valentine	Keswick	1.58.44	14. A Hyslop	Kendal	2.12.34
5. P Barron	Keswick	2.02.38	15. D Cunningham	Clayton	2.13.01
6. D Hall	Kendal	2.03.19	16. T Peacock	Vet Clayton	2.13.22
7. P Nelson	CFR	2.04.40	17. P Murray	Vet Horwich	2.15.13
8. P Stott	Eryri	2.06.11	18. M Rigby	Cambridge Univ	2.15.20
9. C Wilson	Kendal	2.07.18	19. E Parker	Kendal	2.15.20
10. N Lanaghan	Keswick	2.07.40	20. N Walker	Kendal	2.18.30

Ladies

1. L Lord	Clayton	2.43.19	2. A Crabb	CFR	2.43.50
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TWO BREWERIES

Not yet categorised, 18 miles, 5,000'

17 September

A combination of rumours of free beer and horror stories from last year enticed 89 athletes and a dog to start the race at Traquair House; 76 runners and a dog finished. Colin McIntyre's early lead was taken over by Jack Maitland who went on to win in a new record time. Colin repeated his previous year's trick and 'blew up' on Trahenna, the last hill. He had battled for several miles with Tony Richardson of Kendal for second place but eventually finished 10th. First veteran was Norman Mathews from Horwich. Horwich also won the team prize from Rossendale and Lochaber much to the delight of Frank, the expatriate Horwich organiser. other notable performances were given by John Webb Bowen the 64 year old Pitreavie 'Mega-vet' (7 hours 18 minutes) and the Rossendale team who showed that they could imitate fish as well as hares! As is now becoming usual for Scotland's finest 'apres run', the free beer wasn't finished despite worthy tries by many drouthy runners!

Our next race is the Greenmantle New Year Dash on 2nd January at 12.00. The emphasis is definitely on the apres run!

Dick Wall & Frank Smith

1. J Maitland	BOS	2.50.15 (Rec)	11. S Moores	Horwich	3.07.28
2. A Richardson	Kendal	2.54.19	12. J Blair-Fish	Carnethy	3.08.01
3. R Campbell	Lochaber	2.59.23	13. M Lindsey	Carnethy	3.11.32
4. A Curtis	Livingston	3.01.07	14. N Bowman	Lochaber	3.15.04
5. B Bullen	BOS	3.01.25	15. J Marsh	Teviotdale	
6. B Brindle	Horwich	3.03.26	16. R Blumer	Stewartry	3.16.07
7. K Taylor	Rossendale	3.03.57	17. N Mathews	Vet Horwich	3.17.47
8. J Nixon	Horwich	3.04.38	18. B Emerson	Teviotdale	3.18.05
9. P Irwin	Rossendale	3.04.48	19. S Hale	BOS	3.20.19
10. C McIntyre	BOS	3.06.03	20. E Richardson	Rossendale	3.21.41

Ladies

1. S Parkin	BOS	3.37.53	4. J Ramsden	BOS	4.04.05
2. A Curtis	Livingston	3.40.43	5. C McNeil	BOS	4.19.23
3. W Dodds	Clayton	3.58.42			

MOFFAT CHASE

Category A, 20 miles, 5,000'

18 September

Lack of numbers did not lower the standard of the race as Colin Donnelly set off at a hot pace on the road from Moffat Cross. Hugh Symonds, not knowing the course, followed in pursuit and spent the next hour and twenty realising why it is called the Moffat Chase until Donnelly suddenly stepped down a gear off Saddle Yoke and left Symonds to find his own way for fifty minutes. Climbing out of the steep valley gave Symonds an opportunity to look at the map but the gap which he had widened to a minute was finally closed by the last checkpoint. The pair descended from Greygill Head together but a fast final mile on the track into Moffat gave Donnelly a comfortable victory. After his victory at Broughton the day before, Jack Maitland did well to finish third and to complete the best part of forty miles of racing in a weekend and 120 miles of running in the week.

Huge Loss

*Ed's Note* Eleven is the smallest number that I have seen at the start line of a fell race and I can understand the organisers' concern particularly when they have to report back to their club committee a loss for the organisation of the event. It will be a great shame if this event does not continue. The hills are high, rough and wild and the course is a great challenge but why didn't it attract more entries this year? The Two Breweries and Little Langdale Races the day before can explain the numbers to some extent but there are often three races in a weekend with numbers well exceeding 100 in each. Good news as we go to print:- the race is to be held on the first Sunday in October in 1984 - see you at Moffat.

1. C Donnelly	Cambuslang	2.42.29	6. N Walmsley	Kendal	3.28.50
2. H Symonds	Kendal	2.43.48	7. R Boswell	Lochaber	3.29.29
3. J Maitland	Aberdeen	2.55.09	8. J Blair-Fish	Carnethy	3.30.47
4. K Taylor	Rossendale	3.01.52	9. M Lindsay	Carnethy	3.40.27
5. C Taylor	Clayton	3.06.49	10. J Kidger	Clayton	3.45.26
<u>1st Lady</u> W Dodds	Clayton	4.25.10	<u>1st Team</u> Clayton le Moors		

SIMONSIDE

Not yet categorised, 6 miles, 1,150'

24 September

Andrew Philipson came storming in knocking over 3 minutes off last year's winning time but there were only 7 seconds between him and W Iait with whom he had tussled the whole way. Michael Armitage of Holmfirth came in strongly, followed by last year's winner, David Lord, who had knocked over a minute off his previous time in spite of the tough conditions. It was generally agreed that it was a difficult but a scenic and enjoyable course. The race deservedly is building a following but sadly no ladies this year.

Peter Freemam & Ian Webb

Mark Webb Memorial Trophy

1. A Philipson	Gosforth	41.35	6. G Atkinson	Newcastle	46.17
2. W Iait	Alston	41.42	7. M Sanderson	Falstone	46.58
3. M Armitage	Holmfirth	42.46	8. K Cooper	Morpeth	47.22
4. D Lord	Morpeth	43.35	9. P Lee	Sunderland	47.26
5. J Kidger	Clayton	46.12	10. D Woods	Capheaton	47.36

Pennine Fell Runners is a new club formed in the South Manchester, Cheshire and Pennine fringe areas.

The aim of this club is to bring together keen fell runners in the area for training purposes and to try and reduce travelling costs especially for races in the Lake District and Scotland.

We also hope to enter a team in all Championship races.

New members very welcome.

For further information contact:

Tony Hulme, 140 Altrincham Road, Wilmslow, Cheshire. SK9 5NQ

Tel: Wilmslow 529874



ECCLES PIKE

Category B, 3 miles, 650'

24 September

Virtually double the normal entries in every age group and category made this year's Eccles Pike Races a great success and also put the race at last on a sound financial footing. The policy here has always been to award a large number of trophies rather than give big prizes to an elite few, locals particularly being encouraged to enter by special prizes in every category, a nice touch which creates a good village atmosphere.

Over the years the race has attracted several great names of fell running including among the winners Ron Hill, Ricky Wilde and John Wild, the course record holder. This year that tradition was continued with a fine run by Jeff Norman of Altrincham who despite being some ten or so seconds down at the top powered away on the descent to beat G King of Longwood by six seconds. M Prady of Glossop Dale, an ever improving fell runner, was third. Altrincham won the first ever team shield and J Holland of Sale set a new course record in winning the Ladies' race. The evergreen Harry Kelly of East Cheshire won the Vets' prize, finishing 20th overall.

One of the highlights of this year's race was the participation of R Walton of the Sett Valley Trailers, a 61 year-old runner who has just returned to the sport after a 46 year lay-off. His previous race was in 1937 when he won the Eccles Pike Fell Race in a record time.

Alan Evans

1. J Norman	Altrincham	19.50	6. A Farnell	DPFR	20.47
2. G King	Longwood	19.56	7. J Kershaw	Macclesfield	20.53
3. M Prady	Glossop Dale	20.09	8. P Davies	Altrincham	21.04
4. S Torrance	Manchester	20.42	9. P Light	Buxton	21.10
5. A Hulme	Pennine	20.45	10. B Hussain	Stockport	21.22

138 ranLadies

1. J Holland	Sale	23.12 (Rec)	1. H Kelly	E Cheshire	22.15
2. J Spence	Sheffield	26.47	2. N Taylor	Buxton	23.59
3. D Thompson	Stretford	27.01	3. D Quince	Buxton	24.46

13 ran21 ranTeams

1. Altrincham AC - 28 pts; 2. Stockport AC - 39 pts; 3. Longwood AC 50 pts; 4. Buxton AC - 51 pts.

THIEVELEY PIKE

Category A, 4½ miles, 900'

24 September

The last of the 1983 season British Championships and the men's title depending on the outcome was to ensure a keen interest in this year's Thieveley. John Reade has taken over as organiser and he and his helpers did an excellent job with increased prizes and a prompt result service for a reasonable entry fee. What more could a competitor want?

The weather remained fine though overcast and misty on top. The going was remarkably dry underfoot with the exception of the notorious area round the railway bridge. The going doubtless contributed to the amazing new record performance put up by Kenny Stuart greatly helped by John Wild's pressure in a last attempt to retain his Championship title. The first seven at the summit finished in those positions, all inside the 24.42 course record time, with Kenny carving no less than 1.45 from the record. Most people expected either Stuart or Wild to win but no-one could be certain which and most would have been happy with either outcome. It is nice to see a new title holder on the one hand but Wild's performance this year has earned him the greatest respect, coming from behind after a later start due to injury and a win this day would have given him the Championship hat-trick.

Fine performances by youngsters Livesey, Maitland and Cartridge bode well for the future as does a turn out of 10 ladies in what has been a bit of a thin season in this respect. Though both beaten on the day, Angela Carson and Paul Murray (vet) did enough to clinch their British Championship bids. Peter Carmichael (super vet) and Keswick AC were confirmed as the other British Champions.

Peter Knott

THIEVELEY PIKE

1. K Stuart	Keswick	22.57	16. G Read	Rochdale	25.43
2. J Wild	RAF Cos	23.17	17. G Moffat	Kendal	25.45
3. S Livesey	Ribble	23.46	18. R Owen	Horwich	25.57
4. J Maitland	Aberdeen	23.52	19. A Harmer	DPFR	26.02
5. D Cartridge	Bolton	23.54	20. J Reade	Clayton	26.06
6. H Symonds	Kendal	24.05	21. D Cartwright	Holmfirth	26.09
7. M Patterson	DPFR	24.11	22. B Brindle	Horwich	26.13
8. D Hall	Kendal	25.00	23. R Asquith	Vet Holmfirth	26.15
9. G Gough	Blackburn	25.00	24. S Baker	Horwich	26.18
10. M Flint	RAF Cos	25.03	25. S Moore	Horwich	26.26
11. C Valentine	Keswick	25.14	26. G Edwards	Bingley	26.32
12. P McWade	Clayton	25.19	27. A Styan	Holmfirth	26.40
13. K Shand	Rochdale	25.25	28. J Eaton	Rossendale	26.43
14. P Irwin	Rossendale	25.31	29. J Emmott	Skipton	26.45
15. R Rawlinson	Rossendale	25.42	30. A Thornton	MDOC	26.46

Ladies

1. W Lightfoot	DPFR	30.57
2. A Carson	Eryri	31.30
3. L Lord	Clayton	32.32

Veterans

1. R Asquith	Holmfirth	26.15
2. P Murray	Horwich	26.53
3. N Mathews	Horwich	27.44
4. M Edwards	Aberdeen	27.53

TOUR OF PENDLE

Category A, 18 miles, 4,700'

1 October

This year's race was marred by the fact that John Reade had to make a late amendment to the course due to complaints from the farmer over the number of people training over his pasture land. The area around Staincomb was an addition to last year's course adding climb and distance and fell runners should appreciate that many races only exist due to the generosity of land-owners. The sad part is that the section in question would have been flagged.

The race itself was a close tussle between Dave Cartridge and Shaun Livesey as they pulled away over the second half of the race from a group including Pete Irwin, Bob Ashworth, Hugh Symonds and P McWade. It was only over the run in from the top of Pendle that Dave pulled away to finish a minute ahead of Shaun as both went under last year's winning time of 2.22.07 set by Kenny Stuart. It was over the same section that Pete Irwin managed to secure third place ahead of Bob Ashworth, Hugh Symonds and P McWade.

Veteran Fell Runner of the year, Paul Murray, was never headed once the race settled down and finished two minutes clear of Don Weir. The Ladies' race was closely contested by Linda Lord, Pauline Haworth and Bridget Hogge. Pauline held the advantage over the early stages from Lindal and Bridget and, as the stiffer climbs were encountered, gradually pulled away. The descending of the mist then gave Linda her chance with better knowledge of the course as she closed a four minute gap by the top of Pendle, pulling clear on the descent. Konrad Manning, an U/19, won the Half Tour after trailing C Jackson and R Hargreaves for most of the race.

Alan Bocking

1. D Cartridge	Bolton Utd	2.15.11	12. S Furness	Blackburn	2.27.50
2. S Livesey	Ribble	2.16.08	13. J Reade	Clayton	2.32.16
3. P Irwin	Rossendale	2.22.54	14. P Lambert	Red Rose	2.32.16
4. R Ashworth	Rossendale	2.23.16	15. C Bell	Halifax	2.32.17
5. H Symonds	Kendal	2.23.34	16. J Eaton	Rossendale	2.33.42
6. P McWade	Clayton	2.23.55	17. P Haworth	Keswick	2.33.44
7. D Hall	Kendal	2.26.17	18. K Shand	Rochdale	2.33.52
8. B Brindle	Horwich	2.26.35	19. A Harmer	DPFR	2.34.17
9. G Read	Rochdale	2.26.42	20. P Murray	Horwich	2.34.25
10. K Taylor	Rossendale	2.27.11	21. R Birtwistle	Rossendale	2.35.51
11. A Hulme	Pennine	2.27.26	22. A Styan	Holmfirth	2.36.08

*Ed's Note: Russell Birtwistle also likes to see his name in print and Andy Styan always does!*

*RUMOUR HAS IT that a fell runner is moving into the Old Dungeon Chyll.*

Ladies

1. L Lord	Clayton	3.06.50
2. P Haworth	Keswick	3.07.29
3. B Hogge	Eryri	3.09.44

Veterans

1. P Murray	Horwich	2.34.25
2. D Weir	Horwich	2.36.45
3. N Mathews	Horwich	2.38.13

Half Tour of Pendle

1. K Manning	Clayton	1.09.54	4. R Hargreaves	Clayton	1.11.04
2. C Jackson	Preston	1.10.01	5. T Chew	U/A	1.11.14
3. S Brady	Clayton	1.10.35	6. R Randell	Invicta	1.11.17

Ladies

1. V Brindle	Clayton	1.33.40
2. V Pownall	Red Rose	1.38.02
3. K Taylor	Clayton	1.42.55

Veterans

1. D Townsend	Invicta	1.17.18
2. J Betney	Clayton	1.17.31
3. G Rawlinson	Clayton	1.17.42

BUTTERMERE HORSESHOE

Not yet categorised, 24 miles, 9,000'

1 October

The Buttermere Horseshoe has long been a local test with ramblers, mountain rescue team members and fell runners all attempting their own variation of the route. After years of talking about it we've finally turned the idea into a proper fell race. The only real justification for yet another long, hard race must be a strong and natural course. Buttermere provides this, rivalling even Ennerdale for the quality of its horseshoe and surpassing all of them in superb ridge running. This view was amply vindicated by the number of people who turned up and who commented on how good the course was even in foul weather. A new course of this length inevitably provokes much discussion on the optimum routes and it was interesting to see how the three leaders, all local experts, went different ways at crucial points. Who'd have thought that Billy and Stuart Bland would have such diverse opinions as to the best way over Crag Hill and later over Haystacks? The course is fixed for next year but we hope to have an earlier date to increase our chances of good weather.

1. W Bland	Keswick	4.26.26	7. M Goodwin	CFR	5.13.11
2. S Bland	keswick	4.35.41	8. M Rigby	CUFRC	5.28.15
3. M Hudson	Keswick	4.35.43	9. J Crummett	Bingley	5.43.41
4. A Richardson	Kendal	4.45.33	10. L I'Anson	Bolton	5.44.27
5. M Hoffe	Eskdale	4.50.09	10. R Ansell	DPFR	5.44.27
6. S Moore	Horwich	4.58.09			

Veteran

1. K Hargreaves		7.36.59	1. P Parkins	Keswick	6.03.52
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Lady

1. V Mason	Eskdale	6.22.19
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OLD DUNGEON GHYLLGREAT LANGDALEAMBLESIDE

New Prop. Neil &amp; Jane Walmsley (Kendal AC)

Discount for FRA members

Free drink for last female and male runners  
in Blisco Dash

Tel: Langdale 272

\* \* \* \*

## RUNNING THE HIMALAYAS

by Adrian Crane

Fourteen miles down, two to go. I was thinking to myself 'why do we do this?' My legs ached, the rain came down and the cold wind cut through my wet singlet.

"Richard, remind me to take a long shirt next time", I shouted.

"Don't worry, you'll make it without one today", he replied with a smile on his face. He could afford to smile, it was me that was finding the going difficult.

We had completed 10½ road miles, run up the steep rocky face of Barf and after 4 more miles over the tussocky grass and woodland had regained the road. This was not Nepal or North West India, this was the English Lake District. Training was going ahead in earnest for the mad plan hatched a day before in a warm room in Oxford. My body was nudging the wall and already I had a fixation on the cup of tea two miles ahead in my own warm kitchen in Cockermouth. Richard set out on his last push for the line. I searched for an excuse to stop; none could be found and I was forced on toward home. Staggering into the house I was greeted by a hot cup of black tea and Richard's grin.

"Not bad, you know. This Himalayan thing could be on."

I was gasping for breath and could not reply. Finally I managed to blurt,

"I'm glad you're serious now, I have been for days". It seems I had persuaded my elder and faster big brother to 'Run the Himalayas'.



Richard and I had always been outdoorsmen and often sportsmen. Earlier days had seen rugby and football from school, followed by fell walking and winter mountaineering spiced with travel to anywhere that could be cheaply reached. That meant cycling to Europe and hitch hiking further. It was only when the pressure and hours of work constrained our adventurous activities that we turned to running. At first the only good thing to be said about the sport was that you could work up a sweat quickly and you could start form your front doorstep. Two years of keeping fit on foot led us to believe in some of the other qualities of running - the chance to think, to work off daily pressures and the ability to



to get places on foot in half the time. To do a long fell walk in the morning or a very long one in a day suddenly gave us a whole new set of possibilities.

So when it came to deciding on our great ambition of a 'real expedition', running was in with a big chance out of our list of sports. We spun the globe, combined the geographical result with our possible activities and came up with 'Skiing the South Atlantic'. Even we were prepared to turn that down. It was a long night of brainstorming. 'Cycling the Seychelles' - too modest. 'Swimming the Yangtse River' - never was too keen on swimming. 'Hang gliding the Sahara' - not enough hills to jump off. So we settled for 'Running the Himalayas'. It wasn't obviously impossible, just unlikely, and anyway we liked mountains. And when I found Richard in the front hall with a cup of tea and his grin we both knew we had an expedition to organise.

Luckily you cannot carry much if you are running. We chose a set of thermal underwear (British Home Stores), Goretex weather suit, Karrimor duvet and New Balance shoes. The lightest sleeping bag and camera with lots of film completed our equipment. It was with only this and a set of off-the-peg Kathmandu cotton tunics that we set off from Darjeeling on march 18th, 1983.

The intention of the run was to get as quickly as possible on foot from one end of the Himalayas to the other. The mountains of central Asia are not easily defined and we were to follow a route from Darjeeling in the South-East of the Great Himalayas to Srinagar and finally Rawalpindi in the North-West. Three countries lay across our route - India, Nepal, India again and finally Pakistan. The most certain justification for our route was to be that we would cross from East to West all the fourteen 8,000 metre peaks of the world. That is the fourteen highest of the world.

After two days we were just looking for a good excuse to stop! I was silently praying that my newly acquired stomach bug would be obvious enough to enable me to feign collapse and be rushed home to cries of, "Well tried, old chap". Richard was making awkward looking foot placements on the edge of loose boulders hoping for a spectacular but not too painful broken ankle. We soon found that while hitting the wall on a long run is tough, it is a lot tougher when you have nowhere to sleep and nothing to eat at the end of the day. We were travelling light and living off the country, well, living off the people. Just like the geography books say, in a subsistence economy there are no shops! We had to hope that at the end of the day we would come across a house or village and that food would be offered.

On the fourteenth day we had been descending from 15,000 feet following a narrow river gorge where the path, such as it was, zigzagged 1,000 feet up and then 1,000 feet down as it sought the only route. This was the only way out of the higher valley in our direction and we passed solitary porters labouring on a four day journey up the valley. At least when we were moving fast we could get out of some of the worst areas relatively quickly. We burst out of the gorge at dusk into a wide valley at 7,000 feet where a village was sited, its farming inhabitants gleaning a living from the terraced fields stretching up the hillsides. Although the language barrier prevented us asking for steak and chips, the local people could hardly mistake our ragged selves for anything other than hungry travellers. We were taken in by a young man to his family house, a single room with a central wood fire, smoke all around and a sack of rice in the corner. Their rice and green vegetable curry was gladly scoffed that night. After we had recovered from the direct efforts of the day we would tend our feet which blistered mightily, write our diaries and perhaps engage in a sign language conversation with the enthusiastic though bemused hosts. Little children were always the easiest to talk to and would certainly be great ambassadors. Bed was a lightweight

sleeping bag on the clay floor of the house. After we lost weight our aching joints would be further pounded at night as we tossed and turned and our now bony bodies bashed the floor.

But that was a good night, we had food, shelter and warmth. Later in the trip we found problems getting even the basic needs of life. Food was nowhere to be found when we bivouaced on high passes and we relied on the body's natural ability to continue strongly for at least 36 hours without food. We lost about a stone during the trip but strangely enough put some weight back on toward the end as we overcame various illnesses and felt stronger. Shelter varied from the local houses to the best hotel in Kathmandu and back again to the shepherds' tents or stone walls that we relied upon in the higher areas. We generally moved fast enough to cross high passes in a single day but did have to bivouac in places. Even if we found shelter it did not mean warmth as the local people, especially in the Tibetan areas, seem to have a different idea of comfort and duvet jackets were de rigueur anywhere above 4,000 feet, all the time that is!

In traversing the Himalayas we covered vastly varied terrain from 1,000 feet on the 'terrai' or plain where we had to go to cross the Nepalese border to 19,000 feet at Everest base camp. Temperatures touched 110 degrees in the shade at highest and 15 degrees of frost were recorded one night and that was within six inches of my head! Yes, we did have a thermometer built into the digital watch that was so useful for date as much as for time. We covered 2,029 miles in 101 days and ascended 295,000 feet. Altitude did not appear to be a problem. This may have been because we had a good acclimatisation period, having been in and about the mountains for 20 days in all before reaching 13,000 feet, the level at which altitude might become a serious factor. Later in the trip we spent a long time at altitudes above 15,000 feet without even noticing any effect. This doesn't mean we were not slower, just that we did not feel too bad. Certainly all good training.

On our return both Richard and I felt that we should catch up on lost time. Unfortunately, food was our first target and with a lack of training, our running form was hit. The beneficial endurance effects of such a trip as running the Himalayas did make their mark though. A month after our finish at Rawalpindi, Richard began serious training efforts and even I took a brisk walk around the park each day to keep in trim! Six weeks after finishing we undertook the 'Toughest Race in the World', the Quadrathlon, starting in Brighton and involving a two-mile swim, 32 mile racewalk, 100 mile cycle and full marathon run. Our sprint start was far from fast and after two hours both of us were well down the field of 87 starters. After six hours people were wilting all around and when Richard finished in 16½ hours he had won. I came in a respectable 15th. We are still trying to decide why we came so good on the day but currently put it down to the idea that sprint events (up to 2½ hours) and endurance events (2½ to 101 days) require fairly different qualities and very few people train for the ultra marathon style events. Also we had just returned from the ultimate in altitude training.

Whatever the reasons it was a good finish to a great six months. We are now firmly in training to regain some kind of sprint speed for a few hilly marathons or 3-hour fell races.

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Adrian and Richard Crane ran the Himalayas to raise money for the charity Intermediate Technology, Covent Garden, London. WC2E 8HN

A book describing the run will be published in 1984.

## A DAY TRIP AROUND THE LAKES - JOSS NAYLOR STYLE

by Alex Smith

Saturday 25th June saw another successful record attempt by legendary fell-runner Joss Naylor. The target this time was Alan Heaton's year-old "Lakes, Meres and Waters" record - a circuit of all 27 lakes and similar in the Lake District - standing at 26½ hours for the 106 mile round.

At 5 am Joss set off from the shores of Loweswater, alone, into the cold grey mist of a midsummer dawn. The next two lakes, Crummock Water and Buttermere were collected within 40 minutes, after which came the first climb of the day - over Scarth Gap and into Ennerdale. He was met at the lakeside by fellow Cumberland Fell Runner, John Wild, who accompanied him on the only navigational error of the day - a brief excursion into Blengdale in thick mist. This lost them only an estimated 5 minutes, however, and they arrived at Wastwater a comfortable 32 minutes ahead of schedule.

John continued with Joss as far as Devoke Water, where he retired and went off to win the Blake Fell Race! No accounts of the delights of Blake Fell were to deter Joss, however, who continued on his way with a fresh pacer, Richard Eastman, and an even fresher one - his dog Juno - to Goats Water. This is the most difficult section for routefinding but by this time the early morning mist had lifted to give a fine sunny morning and no difficulties were encountered.

The temperature rose as the sun climbed into the sky and the early afternoon section between Esthwaite Water and Windermere was run in suffocating heat. Joss is used to the heat, however (you have to be if you live in Wasdale!), his most formidable record, the 72 peaks, being set during another heat wave in 1976.

There then followed a long section, remote from the road, taking in Skeggeswater, Kentmere Reservoir (thrown in just in case - Joss doesn't do things by halves), Smallwater, Bleawater, Haweswater and Hayeswater before finally returning to the road at Brotherswater. It was during this section that Joss was at his maximum ahead of schedule (1 hour 27 minutes at Kentmere).

It was at Brotherswater that I met Joss, 80 miles down the road, almost exactly an hour ahead of schedule and as bright as a button. After a brief stop we set off down the road towards Ullswater, Joss shirtless in the warm evening, enquiring about the results of the Blake Fell Race and making light of his day's exertions.

At Ullswater one of the support crew produced a copy of the Times which featured a photograph and an article about "the flying shepherd". "They must be pretty short of news", was Joss's curt verdict. If I'd taken the trouble to read the article at that time I would have seen that 'Joss rates this run as only medium hard' which might have made a good conversational gambit later in the day.

From Ullswater we ran the last fell section - through Glenridding, over Sticks Pass and down to Thirlmere where we were greeted by the worst midgets of the summer. I sheltered in a support car but Joss braved the outside world which may explain why it was such a short break.

From there the route lay along the road and over fields to Derwentwater. Despite it being virtually the longest day, the sky clouded over at sunset and darkness set in quickly. John Peel (of whom more later) and a group of apprentices from British Nuclear Fuels Ltd had sorted out the shortest route to the lake which involved a scramble across fields, along darkened footpaths and through a small forest in the gathering gloom before finally arriving at the lake shore in near darkness. Here Joss

stopped for the famous Naylor shake - to get his legs "loosed off" and a brief towel down. My legs feeling shaky enough already, I just stopped for some of Mary's fruit cake which I can certainly recommend to any other aspiring Lakes, Meres and Waters runners.

Just on the outside of Keswick Joss turned to me and said, "Well, that's the hundred up today". The last tricky section was the approach to Bassenthwaite Lake where a local farmer let us stumble blindly through his field to the lake shore, willingly joining into the spirit of the occasion by providing a large torch and a good deal of cheerful banter. There was now just one lake left - Overwater, which is approached by a long, winding, undulating but steadily rising road. Joss told me later that there are 1,700 feet of climbing from Bassenthwaite to Overwater but on that evening he described it more colourfully. He was now a good deal less chatty than he had been for the first 100 miles but he muttered that he had been thinking about this hill ever since setting out at 5 in the morning. It had proved too much for Alan Heaton who had been reduced to walking at this stage but Joss had an air of grim determination about him and his crisply efficient style never faltered. There was by now a large number of runners joining in, followed by several cars all moving slowly up the hill in the darkness, headed by Joss running in silence.

At the point of closest approach to the lake a large crowd had gathered. A line of torches organised by the omnipresent John Peel stretched across the fields down to the lake. Willing hands provided a torch for Joss who hopped over the fence with remarkable ease; leaving me caught up in the barbed wire. Having freed myself and stumbled across the field in the darkness I caught up with him just in time to get tangled up in the next fence. This time I didn't catch him until he arrived at the lakeside - the time 0014:25 - just 17 hours 14 minutes and 25 seconds after setting out from Loweswater. After 106 miles and 18,000 feet Joss was within 7 minutes of his scheduled time - that's planning!

Having arrived, Joss sat on an upturned boat and proceeded to give a short speech, thanking the large number of people who helped in the effort; this was absolutely typical of the appreciative attitude he had shown throughout the run.

Afterwards it just remained to return to the cars on the road, treating the fences with a healthy respect this time, for Joss to repeat his thanks and for me to eat some more of Mary's fruit cake.

No account of an event of this nature would be complete without acknowledging the help of a large number of supporters. John Peel has already been mentioned. Tommy Orr drove a support car and met Joss at every road crossing throughout the run - and if you think its a long way to run, you should try driving it! Dave Elliot was instrumental in the planning and organising of the run and many others, too numerous to mention, provided invaluable support on the day.

Stage No	Stage Name	ETA	Actual Time	Stage No	Stage Name	ETA	Actual Time
1	Loweswater	0500	0500	15	Windermere	1520	1355
2	Crummock	0515	0512	16	Skeggeswater	1710	1603
3	Buttermere	0542	0537	17	Kentmere	1810	1653
4	Ennerdale	0700	0631	18	Smalwater	1848	1729
5	Wastwater	0830	0758	19	Bleawater	1858	1738
6	Devoke Water	0940	0911	20	Haweswater	1920	1756
7	Goatswater	1130	1045	21	Hayeswater	2010	1906
8	Low Water	1150	1111	22	Brotherswater	2030	1929
9	Leverswater	1220	1120	23	Ullswater	2055	2003
10	Coniston	1230	1143	24	Thirlmere	2215	2135
11	Esthwaite	1320	1221	25	Derwentwater	2300	2230
12	Elterwater	1420	1310	26	Bassenthwaite	2335	2316
13	Grasmere	1440	1325	27	Overwater	0020	0014.25
14	Rydal Water	1455	1336				

## DENNIS BERESFORD'S DALES WAY RECORD

by Stuart James

Ultra long distance running. What motivates apparently sane, normal fell-runners to come under the spell of this, the most masochistic variation of our already painful sport? Having assisted on a few such memorable outings and been witness to human suffering on a grand scale, I am at a loss to provide a lucid explanation for this errant behaviour. But it does happen and to the most sensible of people. For example, on a wet and misty August day in 1978 Dennis Beresford, a much respected Clayton runner not old enough to rank as 'Vet' by several years yet old enough to know better, ran the 3 Peaks course THREE TIMES. In one day. Consecutively. How do you explain that? Following this awesome feat, sanity prevailed for some years until suddenly in May of this year the man calmly announced that he was intending to celebrate his triple-peaks fifth anniversary by attempting the Dales Way record ...

The Dales Way is a beautiful route some 80 miles in length from Ilkley to Bowness, much of it along the river valleys of Wharfedale and Dentdale but with a spicing of upland fells for good measure. The end-to-end record stood at 15 hours 50 minutes (Mike Nicholson of Kendal, 1976) and it became the Beresford obsession of 1983 to surpass this very creditable time. His idea germinated whilst pacing fellow Clayton runner, Dave Southern, who in May ran the route for charity with Dennis covering some 50 miles alongside his compatriot. Being a Dalesman by birth (the route passes within sight of his birthplace at Yockenthwaite near Buckden) the thought of a record attempt through his own back garden was too much and training immediately started in earnest with an August deadline in mind continuing even through the family holiday in Wales.

During his prodigious build up two and three runs per day were the norm up to 130 miles a week at the peak, tailing off gently towards the end of July. On the 30th of that month the chosen pacers and their wives gathered at the Beresford domain to finalise details for the great day, Saturday 6th August. His pacing team were an interesting hotch-potch of humanity varying from the quiet and thoughtful to the non-stop comedians, a collective attribute being that we got on famously with our leader and with each other. Ace road runners Roger Brewster and Big Dave Hargreaves were complemented by fell men, Tom Robertshaw, Terry Catton, myself and of course Dave Southern (little Dave) repaying the favour of three months previously. 'Emergency man' was Big Dave's brother Bob, a seasoned marathoner, to come in at the halfway stage and incidentally who wrote a telling article on how not to do the 3 Peaks in July's Fell Runner - those who have not read it do so immediately. Tom Robertshaw is Dennis's oldest running ally and was elected Team Manager; his unflappable good humour and attention to detail were to prove vital on the day. And of course equally important were Janet, Andrea and Joyce, the Mrs Beresford, Brewster and Hargreaves respectively who had the unenviable task of providing transport, food, liquid and sticking plasters for us all.

Dennis, being a methodical man, had planned his day of pain with the meticulous care of a true masochist and each of us pacers was allotted several sections of the route according to our likes and capabilities, all marked down on the Master Plan to be carried in the lead car. Two men were to accompany the would be record breaker for the entire distance (excepting for a section of road), one to open the many gates, the other to close them, leaving Dennis to maintain his pace unhindered. Liquid was to be carried, enabling frequent small drinks to be taken, hopefully avoiding dehydration should the day be hot. The Master Plan was at last completed and filled in to the smallest detail.

## THE EXECUTION

August 6th, 1983. 5.30 am. Five track-suited figures momentarily disturb the slumber of Barnoldswick as the lead pacing car heads out of this great metropolis over deserted roads to a Dales Way signpost on the banks of the Wharfe at Ilkley. Dawn, cool and grey promises good conditions for the coming marathon, eliciting favourable comment from the participant though Dennis himself is unusually silent, perhaps as befits a man about to endure his own personal Armageddon. He slept very little last night.

As with many epic sagas, its start is inauspicious, the 6 am pips catching us unawares and filling the photographer's viewfinder with retreating feet Dennis, with Terry and Little Dave head rapidly for Bowness, 80 miles into the future. Their first section to Grassington being the longest of the day - 18 miles - leaves Tom and I in the car with a feeling of anticlimax and nothing to do but meander along the silent Wharfedale roads intercepting the trio where possible and noting down their progress on the Master Plan, a pace that can only be described as 'swift', i.e. Burnsall, 14 miles - 35 minutes up. It is during this early spell that Dennis admits to his companions that a private ambition is to beat 14 hours, or 90 minutes better than the actual schedule which is in itself some 20 minutes inside Mike Nicholson's record.

Grassington, 18 miles. The Plan said 8.55 am, the watch 8.18. First snack and change of pacers. A short rest in the folding chair, drink, honey buttie, mop down and quick massage (the mop down being unnecessary as he isn't sweating yet) then away over the tops to Kettlewell with Tom and I pacing as Terry and Little Dave thankfully take over Tom's car. The next six miles are to become my favourite slice of this long memorable day and one of nature's rewards for the umpteen times in any one year when it rains/snows, is dark/cold/both, the feet/knees/head ache and I hate the world in general and running in particular ... but not today. The sun has just come out on the sparkling limestone countryside, a lovely summer's morning with conditions so fast after the dry spell that Tom likens them to a recetrack. Both he and Dennis are at ease in their natural habitat and I as a Lancastrian fell strangely honoured to be part of this hare-brained escapade full of Yorkshiremen. Tom opens the gates and I close them as Dennis maintains his effortless pace until too soon for one of us at any rate we drop down into Kettlewell to be greeted by the main support party, fresh from their lie-in. The would-be record breaker, still in superb form, passes through at speed receiving his mop-down on the move as Roger and Big Dave take over pacing whilst the rest of us enjoy a welcome brew provided by the girls who appear to have brought enough sustenance to supply the whole 3 Peaks entry

Oughtershaw next, 35 miles, Dennis's first real food. After our gentle drive through the Wharfedale scenery the girls warm stew in a pressure cooker to the amusement of a passing farmer, only to be greeted with the cry of "Cold stew" from a perspiring Big Dave sprinting in with the message. Showing great presence of mind, Tom floats the hot dish in a large tub of sponging water he has thoughtfully provided. Nine minutes rest for Dennis during which he is treated to a full boxers' corner job, but unfortunately the stew does not appeal and he eats little, with disastrous consequences later in the day. In hindsight, rice pudding would have done the trick ... Terry and I take over pacing and with the vital supply of water jogging in an ancient shoulder pack set off over the uplands for Cam Fell - real moorland country with superb views of Ingleborough, Wharfedale and Ribbleshead Viaduct. Our leader is still in great fettle after nearly 40 miles and gaining time all the way. By Holme Hill, the halfway stage, he reckons that we are about 7 miles in front and spares a thought for good friend and mentor Alan Heaton who has at that moment set off on an attempt at the Pennine Way record. Everything is relative ...

It couldn't last of course as Dennis himself knew full well. Fifty miles of continuous fast running with almost no food intake implies disaster for even the strongest. Between Lea Yeat and Dent the inevitable occurs, his first 'bad patch'. This common euphemism bears no relationship to the actual suffering endured as we all know and Dennis is no exception; the pace slows to a walk as, sapped of strength and sweating profusely, he fights to keep moving until the patch passes, convinced that his training will bring him through. We supporters meanwhile are sat in the sunshine outside Dent consuming butties and orange juice unaware of the drama nearby until a worried Tom appears to tell the tale and prompt the girls into tea-making. Roger soon arrives with Dennis following, miraculously running again but his strained face is eloquent enough without words. The August day is now at its hottest and Rash, the next meal stop is a weary four miles distant. Encouragement and magic sponges bring some revival and our suffering mate is off along the banks of the Dee without waiting for his pacers who have to run hard to catch up.



The strained expression says it all - Dennis Beresford runs through the first bad patch - Dent, August 6th.

Rash, 54 miles. Our anxious wait in this sylvan place is brought to an abrupt end by paceman Terry heading towards us shouting, "He's OK - wants the works - foot job, clean vest, rice pud, the lot!" Much relieved the girls perform miracles with the tin opener and Dennis arrives looking and sounding his old self - 2.00 pm exactly, 1 hour 53 minutes up. Willing hands sponge, change, powder and feed our rejuvenated runner, wise-cracking Little Dave commenting that the pit stop would shame Nicky Lauda! Seven minutes and away again, Roger pacing with Bob who has just made a timely arrival, the three figures disappearing steadily up the grassy climb towards Millthrop.

And so the afternoon proceeds, each stop with its quota of tiny incidents to remember - the aged farmer seated on a bench watching our perfect mop-on-the-move without batting an eyelid; the interested youth who looks mystified and asks "What is the Dales Way?" and the ancient steam waggon chuffing over Lincoln's Inn Bridge. All the while Dennis is gaining steadily on his self-imposed schedule until abruptly another bad patch manifests itself beyond Beckfoot near the M6 crossing. His

continual liquid intake in the hot sun coupled with a lack of food seem to be the main causes and so after a brief discussion Little Dave runs on ahead to Grayrigg Foot to ask the girls for a final meal there instead of at Burneside five miles further along, leaving myself in charge of the anguished patient, perspiration pouring from him and walking for much of the time. Glancing sideways I ask myself once more why do people inflict such punishment upon themselves? In Dennis's case the enigmatic answer would be "I want the record". So be it. All bad things end however as do the good and at last the folding chairs sanctuary is reached. Willing hands again do the necessary and as shouts of "More jam!" rise above the hubbub I relax with a pot of tea and soggy tomato sandwiches, my stint over for the day. Tom's by-now expert massaging technique plus the rice and jam work wonders upon the body in the chair and within 8 minutes he is, phoenix-like, back on his newly powdered feet and off with Big and Little Dave, their cheerful banter drifting back down the road, leaving the uncomplaining girls to clear away the debris once more.

The rest is, as they say, history. A tiny piece maybe but history nonetheless. A6 crossing, Burneside, Staveley - with each brief stop a glint in the Beresford eye grew stronger and with it the conviction that barring the cruellest accident we were to be party to a mighty record smashing. So it was to be in spite of the overworked thighs stiffening with each mile. Myself and the girls, the Bowness Pier Welcoming Committee, were treated to an unforgettable sight after a vigil amongst uncaring ice-creamy holiday makers, dressed for a stroll in the evening sunshine. Our eyes aching from staring at the road bend from around which the apparition was due, perceived at last a seeming horde of dishevelled runners, heedless of traffic or amazed tourists, racing towards us shouting noisy exhortations, their leader sprinting to the lake's edge and plunging his hands into the water then raising them on high, exultant! A moment to savour indeed. The Master Plan said 9.30 pm, the watches 7.56. Elapsed time 13 hours and 46 minutes. Two hours and 4 minutes off the record.

Excited handshakes all round, followed by champagne from paper cups and photos of the whole team taken by a good natured stranger who asks "Where's Ilkley?" After a change of clothes our fearsome thirsts are slaked in the Royal Oak darts room, the day's events being re-lived time and again, growing in stature with each pint, the hero of the hour soaking up mild beer as if he hadn't had a drink for weeks. The final stroke of luck to end our great experience came in the unlikely form of a chip-shop lady in Settle; though closed she took pity upon our famished faces pressed to the window and sold us large bags of scraps at half price which we wolfed with relish - never have they tasted so good.

Our new Dales Way World Champion (temporarily perhaps - as he modestly said, records are made to be broken) recovered from his punishing day out in a remarkable short time; indeed, two weeks later he ran off the last of his stiffness by way of the Bolton Marathon and 'tis whispered in the tap rooms of Barnoldswick that a longer and even more painful event is planned. In spite of my misgivings, I hope that a solitary Lancastrian is invited once again to share the camaraderie of an otherwise all Yorkshire/Clayton pacing team. Let's face it - we enjoyed it more than he did!



## RE-INAUGURATION OF THE BENS OF JURA FELL RACE

by George Broderick

The original idea for a race on the Paps of Jura first occurred to me during a visit I made there in September 1971. And as I walked over the hills on a route that later became the course of yesterday and today, I saw the possibilities for a classic hill race being held on terrain that was pathless and trackless and with the steep scree slopes of the three paps it would provide a considerable challenge to any fell runner of merit. During the following months I formulated the course and drew up, in correspondence with Jim Smith, the framework of a race which initially was to be called the Bens of Jura Marathon after the Manx Mountain Marathon (for which I am still responsible). This was changed shortly after to its present title as it was thought that marathon perhaps did not capture the haunting spirit of the terrain. The term 'fell race' on the other hand was unknown in Jura but where, as elsewhere in Scotland, the term 'hill race' was - it is my view now that the race title should be adjusted accordingly - and it took some time for the locals to become accustomed to it. It was also asked why I used the term 'bens' and not 'paps' in the title. The term Bens of Jura I took from its Gallic form Beanntan Dhiura.

The plan was that this event would be unofficial with runners filling in their own times, etc; there would be no marshals, no prizes or certificates and no entry fee. The idea behind this was, in view of the wildness of the country, to promote a dummy run to assess the feasibility of a proper promotion. The original date set for this exercise was Tuesday 30th May, 1972, ironically the same time almost as the re-inauguration. However, in view of the proximity of other major races at this time it was decided to postpone the event till Saturday 24th June then till Saturday 28th October. In the meantime I had decided to go ahead with setting it up on a proper basis with radio, marshals, etc. This latter dated proved attractive to potential runners and 31 competitors entered before it was again postponed, this time due to unforeseen circumstances entering the affairs of the radio support unit. In spite of this John Marstrand, Jim Smith and Ted Norrish still went up to reconnoitre the course and it is to them that we owe the initial reports of the course. The new date for the race was set for Saturday 14th July, 1973 when 32 competitors entered and not far short of that number started. The rest is history.

The Jura Race in itself ran successfully for three years but each successive year unfortunately attracted a smaller and smaller field. Finally as only five entries had been received by the closing date for the 1976 race I decided to cancel the event and postpone its promotion indefinitely. For the 1975 race only 13 runners took part and in view of the considerable radio and medical cover provided (20 radio personnel from Edinburgh VI TAVR and 40 medical staff from RAMC (V) Glasgow, which included a full field hospital stationed in the grounds in front of the Jura Hotel) to have promoted the race with this sort of back-up and only five runners was just out of the question. It was a great disappointment to us all especially the people of Jura that "the most ambitious fell race ever promoted", to quote Mike Davies, had to fall. In the years afterwards at successive Manx Mountain Marathon races I would be hustled into a corner by certain runners who will remain nameless (JBF and Mike Short among them) and harassed and interrogated as to when I was going to get the Jura Race off the ground again. I said I couldn't see it happening in the near future, though I had a sneaking suspicion that the ghost of the Jura Race could not be laid for long.

About a couple of years ago rumours of the race's possible revival began to circulate. These were translated into action when on 10th March, 1982 I received a letter from Donald Booth saying that he was keen to revive the race and I agreed to offer him all the help he required re contacting



Donald Mackinlay about to fire for the start of the 1983 Bens of Jura Race



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MAY  
1984

landowners, obtaining local support, etc. By 2nd August it looked quite certain that the race would be re-inaugurated and Saturday 28th May, 1983 was chosen as a provisional date. According to Ann Yellowlees, MacKinlay's became involved as sponsors as a result of a letter from Donald Booth to John Bulman the Jura Distillery manager who saw in the race an unusual opportunity to publicise Jura Whisky. In view of the considerable press coverage the race received MacKinlay's felt that their bets had been well placed in backing it. Unusual perhaps for race sponsors, MacKinlay's took quite a big hand in the organisation of the race and an agreement was reached between them and Donald Booth on the division of labour. Donald was to look after the entries and the contents of the entry form and race details, checkpoint manning, radio and mountain rescue cover refreshments, etc. while MacKinlay's undertook, as race underwriters, to promote the race in line with their own marketing objectives and provided some of the prizes which included a liberal distribution of Jura Whisky to winning competitors and all finishers and to local organisers of the Ceilidh. MacKinlay's as sponsors also paid for all photography and print work, including designing the race motif and the certificates. In this last regard the sponsors may not have had their finger quite on the pulse of the local community as one might have hoped. In view of the fact that Gallic is still spoken by many people on the island its omission from the certificates (where it had been present before) was the subject of some comment. Perhaps for 1984?

The re-inauguration of the Jura Race was a great success and the razzamataz that heralded its revival may suggest that the future of the race is assured. The recession in the Whisky industry has resulted, as I understand, in the closure of two of the eight distilleries in Islay, where it was rumoured that the Jura Distillery may fall victim also. I put this point to MacKinlay's, asking also whether any closure would affect their commitment to the race. They said that at present there was no question of the Jura Distillery closing and that already they were busy taking the race into consideration for their 1984 brand plans. But in view of the present economic climate quite naturally one would not expect them to commit themselves to the race for more than one year at a time. In the final analysis, however, the closure or not of the distillery and the presence or absence of a sponsor is in reality not essential to the promotion of the race. What is vital on the other hand is the presence of runners. This year the race was well attended but its location and the necessary expenses in time and money of getting and staying there are going to be, as they once were, deciding factors in its success once the novelty of its revival has worn off. The Jura Race is the sort of event that requires a devoted band of followers (especially from Scotland), a hard core of dedicated supporters that will ensure its promotion from year to year. It is a great race, a great event and a memorable experience. The welcome is very generous and heart-warming and the 'crack' is 'ninety' once you're there. It is an event that is well worth supporting. It is up to you the runners.

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#### THE SCOTTISH ISLANDS PEAKS RACE

by Roger Blamire

The Scottish Islands Peaks Race starts from Iroon on the Ayrshire Coast and goes across to Brodick Bay on Arran with the first land leg being Goat Fell. The race then turns south round the Mull of Kintyre and up north to Craighouse on Jura where the running section goes over the three Paps of Jura. From there, depending on tides, the race can go inshore up the Sound of Jura or west through the Sound of Islay; both routes converging in the Firth of Lorn. Mull is the last of the three islands and its highest peak, Ben More, is the target, the start and finish being at Salen. The course is completed by a final sailing leg to Oban.

The idea is the creation of Lloyd Griffiths, an ex-Three Peaks Race competitor and the formula is similar. The sailing course travels on all points of the compass except east and therefore can cancel out (although not in the inaugural event) hull shape advantages in different types of boats. All the runners departure points have deep water at all states of the tide so any luck element, or once again fortunate hull shape, in getting over sand bars as at Ravensglass does not exist. So the frustrations are those that are encountered largely through personal judgement rather than by poor luck and this gives the event an edge. This year, being the first event, only eight boats took part each carrying five to a team. The rules, which are thankfully kept to a minimum, are those ensuring safety and fairness. Two runners from each boat must together complete all mountain sections and carry sufficient gear to bivouac should the need arise. A strict check was made of sailors', runners' and boats' equipment on the Friday evening before the Saturday morning start and a further one was made of runners' gear by race marshals at each landing.

Competition was keen although the field was small and awards were presented to the winners of each leg. 'White Lightning', skippered by Martin Wilson, was the overall winner by 2 hours 36 minutes from 'Fankle'; these two boats getting through the Firth of Lorn and up to Salen before the wind dropped on the rest of the field, leaving them 10 hours behind. However, only 2 hours 16 minutes covered the by now remaining three boats, the others having retired or having for some reason or another had to infringe some basic rule, such as using the boat's motor. 'Mostaza' did just this but then rejoined the race non-competitively to complete the course. 'Windmarks' runners didn't complete the paps section and motored the last leg. One boat, 'Ryala', retired at Jura. It is difficult to report accurately on the race as all the crews have not yet got together. However, I have spoken to Norman Mathews (who only took part after finding a reliable sea-sickness tablet). He, with Peter Brooks, had the fastest times on the mountain sections.

At the briefing, the land routes were specified by Peter Brooks and all seemed very straightforward. The Goat Fell route which initially included an unnecessary road section will have no prize for the fastest time because almost all competitors couldn't fail to ignore a big sign to Goat Fell pointing up a track near the landing place. The shore marshalls (not at the briefing) seemed to indicate that that was the way. There were no marshalls on the mountain tops and fairness was left to the honesty of the competitors. John Campbell and myself from 'White Lightning', set panic into the team of marshalls from the 'official' Goat Fell Race as they neared the summit. They must have thought we were the early leaders - but by an hour! Norman and Peter, after making a slower crossing from Troon in 'Trilemma' joined the Goat Fell Race, gained at least 20 places, "fairly bombing it we were" - and this loaded with sleeping bags, food, spare clothes, torches, etc! The run over the Paps of Jura was rough. Bens of Jura competitors will be familiar with their unique ghostly quality; the sharp crack of whitish boulder scree as you cross it and the cool mists of their summits. I started this run, this time with Martin Wilson the crew's all rounder, at 5 am, just a wee jog before breakfast

Ben More on Mull was our only night leg. Everyone was beginning to feel knackered by this time and John had been feeling sea-sick and was a bit unsteady. We left the pier which was also a bit unsteady for this 22 mile run at 8.45 pm. There is a big road section here but the run in is pleasant as the road is narrow and weaves between crofts and past mature woodland. The sun was shining and the sky brilliantly clear. Past Ben More House on Loch Ba and up Glen Clachaig, John confessed to feeling awful so it was out with the Mars Bars and Staminade. The daylight suddenly faded; no gentle sunset here. Then a terrific moon lit our way. At the top of the old stalkers' route over to Loch Scridain marked by a big cairn John at last found his land legs which was as well because the most difficult part was just before us. We turned north to the saddle between A'Choich and Ben More, with its crags towering black above us. The OS 1:25000 map indicated crags and cliffs to the north of the belach so the plan was to get there, turn west and scramble along a ridge to the top. The belach was a flat slab of rock and beyond a black empty void. We did turn to follow the ridge but by then I had become unsure of what lay ahead. With the ground becoming increasingly steep I began to feel uneasy. The direct route to the top from there looked impossible in the moonlight so we managed to contour round to the south but over what was very steep ground. The moon by now had moved round and we were under the shadow of the top so by now didn't know what was above or below. Eventually we found the bottom of a steep 'V' gully which we clambered up and, with the general easing of the ground and the air blue with our jittery 'conversation', suddenly we were at the trig point on the top. The Marshalls had been up the tourist route from the other side and had left pieces of rope, one for each team, as proof of being there. Fankles' runners were the only others to do this section at night and with them leaving Salen an hour behind us they were unlikely to have any help from the moon. With this handicap they took over 2½ hours longer than we did. There was no stopping on the easy descent and run back except to pick up one or the other after a fall in the dark. We had estimated 5 hours for the run and took 8 minutes longer than that. At the boat there was a huge meal waiting and, there being no wind, we had the peace to eat and eat while the boat was being towed along at 1 knot back down the Sound of Mull by Alan Lees and Peter Trenchard, rowing in turns in the dingy, towards Oban.

A light breeze took over at dawn and we ghosted into Oban harbour with the spinnaker set. We had won by over 2 hours 45 minutes from Fankle, taking 2 days, 1 hour and 34 minutes. Martin nipped off to buy something fizzy to drink in celebration, having been too modest to pre-empt the result. The cork described a large

arc, landing beside an elderly couple enjoying breakfast in the cockpit of their yacht. They looked up and on seeing a large herring gull drift off over the harbour exclaimed - "That bird must have been constipated, that looks just like a champagne cork".

I hope I've given some idea of the race but realise that this is largely from the runners' side. The sailors' job was just as tough, if not tougher. Sailing a boat hard, even towing when the wind failed, requires both physical and mental stamina. Continuously trimming the sails and making sail changes when tired and cold makes the utmost demands. I know it was pretty rough off the Mull of Kintyre because even though I was snugly wrapped up in my sleeping bag I had to be tied to my bunk. Good navigation, especially tricky on this part of the West Coast, is necessary because a small mistake can cost hours. The physical effort was shown by the blisters on the sailors' hands by continuously handling wet ropes. Peter Trenchard couldn't lift his kit bag and ruck sack in his bare hands on the walk to the station after the race because of raw hands but two hours before was ignoring this discomfort to keep the boat going.



The 1983 winning team. Left to right: Martin Wilson, John Campbell, Peter Trenchard, Roger Blamire and Alan Lees. (Photo/Peter Trenchard)

#### SCOTTISH ISLANDS PEAKS RACE 1984

An unusual opportunity to run up Ben More, Mull; the Paps of Jura and Goat Fell on Arran will occur over the long weekend 18/19/20 May 1984. Free transport (a yacht) will be provided between islands and if there is no wind there will be plenty of chances to improve basic rowing techniques. Pairs of fell runners will not only have a fascinating tour of the West Coast of Scotland but will also be able to compete for the 'Kings of the Bens' trophy and individual awards for each Island Peak. If you know someone who has a yacht, if you have one yourself or if you would like to be placed on a competing yacht, write or phone for more details.

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## THE BRECON BEACONS TRAVERSE

By Derek Fisher

Living in South Wales, Andrew Lewsley and myself wondered about the possibility of establishing an endurance event in the style of the Bob Graham Round. In South Wales all the mountains over 2,000 feet lie in the Brecon Beacons National Park. This consists of an area of roughly 600 square miles starting about twenty miles north west of Swansea in the west and finishing near Abergavenny in the east. The terrain varies from rolling wild and deserted regions in the west, the popular Brecon Beacons escarpments in the middle and the friendly ridges of the Black Mountains in the east. The plan of the Black Mountains resembles a gigantic hand whose thumb and long knuckled fingers all point to the south east. The rest of the mountains consist of a twenty-five mile long serrated scarp facing north and overlooking the Brecon Basin.

We consulted Bridge's "The Mountains of England and Wales", the standard work in this field. Although the OS maps showed there were many tops and peaks in the area that appeared to be over 2,000 feet, according to Bridge there were 31 of these that could be classed as summits. The area split naturally into five sections - the Carmarthen Fan (5 summits), the Fforest Fawr (6), the Brecon Beacons (8) and the Black Mountains (12). The fifth section was a nasty, unwelcome nine miles of road linking the Brecon Beacons and the Black Mountains.

We wondered whether it would be possible to visit these thirty-one 2,000 foot-plus summits withing 24 hours. As far as we knew, no one had ever done it.

At 8.45 am on Saturday July 16th 1983 we left the mountain road (A4069) that runs between Brynammon and Llangadog at Pen Rhiw-Wen (732184) to tackle the first of the thirty-one summits which included Bannau Brycheiniog (2,632 feet). In due course we arrived at the A4067 at 870190 about half an hour ahead of schedule to enjoy a ten minute break. The five summits in the Carmarthen Fan had taken just over 2½ hours.

The temperature was in the eighties but there had been plenty of streams in the first section so water presented no problems. The second section, the Fforest Fawr, was broken up into two parts to allow a brief refreshment stop on the Heol Senni to Ystradfallte road (924187). On this and subsequent sections there was very little running water so it had to be carried to avoid dehydration. Without experiencing any heat exhaustion or other problems we arrived at the Storey Arms (983203) on the Merthyr to Brecon road (A470) after descending Fan Fawr (2,409 feet), the highest moutain in the Fforest Fawr. We scheduled a longer stop of about 20 minutes here in order to "stoke up" with solid food.

The next section is the most popular with tourists in the Brecon Beacons National Park. It contains Pen-y-Fan, the highest mountain in South Wales (2,906 feet) and two other lofty peaks, Corn Du and Cribin, the three most people would think of as the 'Brecon Beacons'. We enjoyed a short stop for refreshments on the Roman Road at 032205 and then arrived at Abercynafon (081176) near the Talybont Reservoir, having completed the first three sections in nine hours, one and a half hours up on schedule.

The next section consisted of one peak and a one and a half hour road section. We lost about twenty minutes in the first hour because I started to suffer lack of energy, probably due to heat exhaustion. The night section began at Cwm-gu (200209) from where the twelve remaining peaks of the Black Mountains were to be tackled. By this time the weather signs were ominous. We could hear thunder in the background and the weather forecast was stormy. We had just switched on our torches and were approaching Waun Fach (2,660 feet), the highest of the Black Mountains, when the storm which we could see and hear approaching, hit us. First of all there was a vortex of wind followed by flashes of lightning which seemed to strike in the middle of us and finally a hail storm with hail stones which seemed to be the size of oranges beating down upon our heads. Although the worst of the storm was over by the time we reached the Grwyne Fawr Reservoir road at 248291 where we had a substantial break of twenty minutes, the night section proved to be rather slower than we had anticipated. Dawn broke as we were leaving a short stay refreshment point at Gospel Pass (235353) and we were able to cover the remaining eight or nine miles and three peaks in good time.

We arrived in the grounds of Llansantalydd Abbey (289278) at 5.43 am on Sunday 17th July so in 21 hours 43 minutes we had visited thirty-one summits with a total ascent of 15,000 feet and distance of 88 miles.

We hope that our modest achievement is only the beginning and will shortly be followed by new record attempts and variations on this Brecon Beacons sub-24 hour traverse. It would be remarkable if the interest generated in this South Wales challenge were to be as great as that of the Bob Graham Round. Newport Rotary Club has donated a Challenge Shield to be held by the current record holder of the Brecon Beacons Traverse and special certificates will be issued to those who complete the traverse in under 24 hours.

Reference can be made to Ordnance Survey Outdoor Leisure maps - Brecon Beacons - West  
- Brecon Beacons - Central  
- Brecon Beacons - East

Further details can be obtained from D.G. Fisher, 8 Highcroft Road, Newport, Gwent. (Enclose SAE please)  
Tel: 0633 211316

Grid Ref.	Height (feet)	Time		Grid Ref.	Height (feet)	Time
Start	732184	-	0800	Waen-rydd	061208	2504 1621
Garreg-lwyd	740179	2022	0810	Allt Lwyd	079189	2143 1642
Gareg-Las	777202	2076	0847	Road	081176	a1700 d1720
Bannau Sir Gaer	811218	2460	0925	Cefn yr Ystrad	087136	2000+ 1844
Bannau Brycheiniog	825217	2632	0941	Road	200209	a2030 d2046
Fan Hir	830210	2400+	0949	Pen Carrig-calch	217223	2302 2127
Road	853203		1009	Pen Allt-mawr	206243	2360 2152
Road	870190	a1034 d1044		Mynydd Llysiau	207278	2173 2232
Fan Gihirych	880191	2381	1109	Waun Fach	215299	2660 2302
Fan Nedd	913184	2176	1142	Pen y Gader-Fawr	229287	2624 2329
Road	924187	a1153 d1203		Pen-twyn-mawr	242266	2154 2358
Fan Llia	937195	2071	1225	Road	248291	a0059 d0120
Fan Frynych	957227	2047	1307	Chwarel y Fan	257294	2228 0146
Rhos Dringarth	960216	2060	1318	Rhos Dirion	211334	2338 0302
Fan Fawr	969193	2409	1348	The Tumpa	225349	2263 0329
Road (Storey Arms)	983203	a1400 d1420		Road (Gospel Pass)	235353	a0343 d0355
Y Gyrn	988217	2010	1437	Pen y Beacon	244366	2219 0419
Duwynt	005206	2704	1503	Black Mountain	255350	2306 0430
Corn Du	007213	2863	1509	Pen y Garn Fawr	281307	2003 0517
Pen y Fan	012215	2906	1517	Road (Llanthony Abbey)	289278	0543
Cribin	023213	2608	1530			

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### THE BOB GRAHAM 24 HOUR CLUB

From the end of April to the end of August 1983, of the 108 contenders departing from the Moot Hall, Keswick, 38 completed the Bob Graham Round of 42 summits within the 24 hours to become members of the Club.

Notification of successful attempts of June 1982 was not received until January 1983, hence they head the list of members for 1983. Had I not been at the Moot Hall on 20th June 1983 when three members of the Dark Peak Club finished, this year's roll of membership would also be incomplete, to date (7th October 1983) I have not received ratification forms. Successful rounds by Mrs Barbara Wilson and Mrs Linda Lord bring the total of lady members to seven.

On the 2nd July an overseas party of four - Dr J Kendall and K Laverick of Canada, Otto Apenzeller of New Mexico and Reinhard Ackerman of Switzerland departed the Moot Hall at 1 am to make a clockwise attempt. One of the worst night sections of the year, rain, hail and gales with low temperatures resulted in two retiring at Threlkeld and the third at Dunmail. Reinhard at 59 years of age completed the round in a time of 22 hours 35 minutes.

Starting one hour earlier on the 2nd July, Tom Sykes achieved a round of 50 including all BG summits to celebrate his 50th birthday (time 23 hours 39 minutes). Ian Charlton of Borrowdale with his dog in attendance all the way completed the round in 17 hours 48 minutes on the 27th June - the first canine to successfully complete the round, 3 year old Saluki Knighttellington Sphinx, Kitty for short. Pete Parkin of Longthwaite YH completed a round of 50 including all the 42 BG summits in a time of 23 hours 31 minutes to celebrate his 50th birthday. Four members have now achieved a round of 50 including all BG's during their 50th year, the other two members being Eddy Hill and Donald Talbot.

The Achievement of the Year Award ending 30.4.83 to a Club member goes to Wendy Dodds for her traverse of 47 Welsh mountains (Paddy Buckley Route). Wendy will receive her award at the AGM of the LDMTA at the Kings Head, Thirlspot on 11th November, 1983.

The next reunion (bi-annual) of the BG Club is to be held at the Shap Wells Hotel on 13th October 1984. Members and friends please make of note of this date.

Information and Ratification forms for membership enclose SAE please to F Rogerson, Tethers End, Lindeth, Windermere. LA23 3NH

Date	Time	Name	Club	No.	Date	Time	Name	Club	No.
12.06.82	22.46	S Barrett	Forth Valley	245	26/26.06	22.35	L Lord lady	Clayton	265
12.06.82	22.46	P Blashill	Forth Valley	246	26/27.06	21.42	D Barnes	Keswick	266
<u>1983</u>					26/27.06	21.42	D Wilkinson	Keswick	267
30/1.4/5	22.11	B Nelson lady CFR		247	27.06	17.49	I Charlton	Keswick	268
21/22.05	23.34	P Maddocks		248	27/28.06	22.30	M Fettes	CUFRC	269
21/22.05	23.34	A Osbaldestin	Notts	249	27/28.06	22.30	M Rigby	CUFRC	270
21/22.05	23.34	D Wright	Bangor Uni	250	02.07	22.35	R Ackerman	Switzerland	271
27/28.05	23.08	K Kendall	Lancs/More	251	07/08.07	21.02	P Davies	Keswick	272
28/29.05	22.36	K Makinson	Clayton	252	09/10.07	23.07	J Strickland	Kendal	273
04/05.06	22.57	J Dean	Holmfirth	253	09/19.07	23.44	S Howe	Ullswater	274
04/05.06	22.57	R Devy	Holmfirth	254	16.07	20.43	A Varley	Boundary	275
18.06	19.52	S Moore	Horwich	255	16.07	22.28	R Griffiths	Holmfirth	276
18.06	18.52	J Nixon	Horwich	256	16.07	22.28	I McMillan	E Pennine	277
19/20.06		J Abbott	DPFR	257	16.07	23.09	E Dealtry	Kendal	278
19/20.06		G Harrison	DPFR	258	16.07	22.33	P Han	Kendal	279
19/20.06		R Hully	DPFR	259	16.07	22.33	O Smith	Kendal	280
25/26.06	19.19	A Hyslop	Kendal	260	23/24.07	23.12	D Adamson	W Yorks	281
25/26.06	19.19	C Wilson	Kendal	261	22/23.07	23.13	J Britton	Thames H&H	282
25/26.06	20.55	T Moore	Clayton	262	22/23.07	23.13	R Britton	Thames H&H	283
25/26.06	23.15	G Somers	U/A	263	14.08	22.41	R Stephenson	Keswick	284
25/26.06	23.27	A Barbier	Achille	264					





# MORE AMAZING



# FEETS

Two men from West Yorkshire recently became the first to a coast to coast run over Scotland's 4,000 foot mountains. Robin Price of Clayton le Moors Harriers and Ian Leighton of Holmfirth Harriers started at Inverie in Knoydart and reached Ben Nevis by way of the Mam Meadail and Glen Dessary to Fort William. Their route took them on over the Lochaber traverse to reach Dalwhinnie by way of Loch Ossian and the Bealach Dubh. Their route to the Cairngorms took them into Glen Tromie and the Fashie taking in Meall Dubhaig and Carn Ban Mor on the way. They finished their trip in Montrose after crossing Carn an-t-Sagairt Mor, Lochnagar and Mount Keen.

They took 4½ days to complete the crossing covering 240 miles and just over 30,000 feet of climbing. They divided the run into sections covering between 50 and 60 miles in each section. As well as the 4,000 ers they took in another 10 Munros and 15 tops. They travelled without support and with the minimum gear - less than 10lb each. They picked up food where they could but their staple diet on the move was complan and glucose: 4oz complan and 2oz glucose gave enough energy for 4 hours running.

## GLASGOW TO FORT WILLIAM RELAY - 90 MILES OVER THE HILLS - 9.7.83

Dumbarton's original ground rules, viz, 8 runners, 32 stages, each runner runs 4 stages, some stages are 'doubled up' as there is no road access inbetween all the stages. Much of the route follows the West Highland way.

Lochaber's ladies were the only bunch to attempt the run this year. They covered the distance in exactly 16 hours, setting off from George's Square, Glasgow at 0500 and arriving at Cameron Square, Fort William (or, more precisely, the Volley - Volunteer Arms) at 2100.

This was a considerable achievement as this was their first attempt; many runners didn't know the way and thick mist which persisted till 0900 didn't help. Later on, heat exhaustion was the problem as the temperatures hit the 90's.

Gay Anderson's knee put her out of the action before she'd run all her stages but she'd already made her contribution by organising the run, a logistical nightmare made all the harder as the team was drawn from such a wide area. The team was:

Gay Anderson (Dnich), Celia Rothero (Dunoon), Cynthia Grindley (Glencoe), Fiona Wild (Thurso), Flora McNeil (Cuil Bay), Isobel Mitchell (Dunro), Morag McLeod (Bishopbriggs) and two youngsters who together equal one adult, Francis MacPherson (Fort William) and Rosemary MacLaughlan (Kilchoan).

THE SLALOM LAGER MOUNTAIN TRIATHLON

Or three easy ways to exhaustion

by Pete Nelson

"You're mad! All the fell runners will get exposure and drown in the lake; all the cyclists will get lost in the mist on the fells and fall over a crag; and if there's anyone left, they'll all fall off their bikes coming down Honister amongst the tourist traffic! Besides, who'll enter anyway? Fell running is a bit different to road running - not many cyclists and swimmers will fancy that. How many people have experience of long-distance swims in cold lakes?"

That was my reaction when Barry Johnson first explained his idea for a Mountain Triathlon. The idea was sound - rather than use the usual indoor swimming pools and tarmac roads for the swimming and running parts, make the most of what our superb local area has to offer. Barry and his co-organiser, Grant Edmondson, certainly achieved that. This is what their fertile imaginations came up with:

- 1. RUN down to Loweswater Lake 1 mile
- 2. SWIM across lake at its widest point 3/4 mile and back again
- 3. RUN back to start area at Loweswater 1 mile Village Hall to collect bikes
- 4. CYCLE via Whinlatter Pass to Borrowdale 19 miles and down to Seathwaite
- 5. RUN to the top of England's highest 12 miles mountain, Scafell Pike, via Sty Head and returning by Esk Hause
- 6. CYCLE over Honister Pass and back to 17 miles starting point

My initial response was wrong, of course. There were lots of people with the combination of skills and enterprise needed to make the event attractive to them. The entry limit of 50 was exceeded and some entries had to be turned away.

Forty-one people actually started. The relative strengths of the field were soon shown when the first three out of the water were all girls - including the eventual ladies' winner, Wendy Dodds.

The first cycling leg, through to Seathwaite, was quite exhilarating, mostly on fast, flattish, but twisty roads, with one pass in the way - a fairly easy climb and superb descent. The main problem seemed to be getting past tourists' cars, who wanted to go slower than the bikes. The transition from cycling to running was the hardest change all day. It was a long struggle up to Sty Head. It was on this bit that the eventual winner, Frank Loftus, really showed his strength. After a respectable but not outstanding swim he demonstrated his skill on the bike, passing most of those ahead of him. It wasn't until Sty Head, however, that he caught his strongest rival, Richard Eastman, and went into the lead. The mountains looked superb, with people all over the place as each found his own route up the craggy face of Scafell Pike. The clear weather meant that local knowledge and navigational skills were only of minimal advantage. Next year, with luck, we'll get a bit of mist ...

1983 SLALOM LAGER MOUNTAIN TRIATHLON

Loweswater 30th July, 1983

1st	F Loftus	3.58.08 (Rec)	1st Lady	W Dodds	5.00.29 (Rec)
2nd	R Eastman	4.08.06	2nd Lady	G Simpson	5.22.56
3rd	M Hoffe	4.09.38	3rd Lady	N Lavery	5.27.51
1st Vet 0/40	R Clives	4.36.11	1st Vet 0/50	P Buckley	5.11.09
2nd Vet 0/40	B Johnson	4.37.43	2nd Vet 0/50	W Fielding	5.17.04
1st Team Cumberland Fell Runners -					
	R Eastman	)			
	P Mackrill	)	12.58.55		
	P Nelson	)			

# REGIONAL NEWS

## SCOTTISH NEWS

The Scottish Championship was conceived by Robin Morris as a response to the changed structure of the FRA British Championships with few qualifying races in Scotland. Robin, secretary of the Edinburgh Athletic Club and an active and successful hill runner within Scotland over the last five years, has been largely responsible for organising and promoting this year's unofficial Scottish Hill Running Championship which he has also won.

Throughout the history of the Scottish Championship it has never been clear whether it was set up as a break-away movement from the FRA or an FRA regional championship. In response to general feelings expressed by some Scottish members about the remoteness of the FRA committee, a meeting was called after the Carnethy Hill Race in February at which a subcommittee was elected to organise a regional FRA championship. This subcommittee was to be headed by Robin Morris who was asked to rejoin the FRA after resigning from it previously as a result of this dissatisfaction with it. Scottish members were against setting up an independent organisation within Scotland.

Between February and May Robin proceeded to set up the championship in a somewhat autocratic manner with some help from Dick Wall and myself. The subcommittee did not meet formally and Robin did not rejoin the FRA. While the championship as it evolved seemed to be generally accepted by FRA members there were several points in its organisation with which I was not happy. The championship was closed to Scottish runners, the race selection had not been fully discussed, there was a lack of information provided to race organisers and the SAAA, the role of the sponsor was not clearly defined and the calendar printed by the sponsor did not acknowledge the existence of the FRA and use of information in the FRA calendar. Some of the information on other races was inaccurate, being obtained by word of mouth and this led to a clash of dates between the Two Breweries Race and the Moffat Race. The latter race, the second of two long races in a weekend, only obtained eleven participants as a result.

After attempting to convene a formal meeting of the subcommittee in June without success I recommended to the FRA that, as the championship had not been democratically set up and all possible points of contention investigated, it should not be adopted as an FRA championship. The recommendation was accepted and the FRA members and the SAAA were informed. The committee later in July gave approval to Ken Jones, the Snowdon Race organiser, to set up a Welsh Championship subcommittee.

The SAAA have a firmer hold on Hill Running in Scotland than any other national athletic body anywhere in the world to my knowledge. Failure to inform them of the purpose of the championship was thus the major shortcoming in setting it up. The SAAA issue permits for all amateur athletic events in Scotland including hill races, entries have to be on official forms and the SAAA run an official Open Championship based on one race on a rotational basis. They have been none too happy with the emergence of an unofficial championship and decided to clamp down on races advertised in the calendar produced by Robin Morris which did not have permits. A note was sent to all clubs warning them that the Two Breweries Race was being run without permit and that runners participating would be endangering their amateur status. Subsequently, Robin Morris, with an Edinburgh AC hat, obtained a permit for the race on behalf of the organisers. Despite the FRA disassociation from the Championships, it still appears from informal contacts with officials that the SAAA lay some of the blame for the shortcomings with the FRA. There has been no response to the FRA secretary's request for open discussions and the position of the SAAA on delegation of responsibility for hill running appears to be as in February 1982 when they said they would only delegate to a Scottish body.

Robin Morris rejoined the FRA in September, has had meetings of a steering committee based on the original subcommittee and has been actively campaigning since July for the FRA to adopt the championship and to negotiate with the SAAA. A meeting of Scottish members is proposed after the 1984 Carnethy Hill Race to formally elect a Scottish subcommittee and to discuss the format of the 1984 championships. There is obviously a limit to what the FRA Committee can do for Scottish members and there is a need for them to let the SAAA and the FRA know how they want hill running to be administered within Scotland. (Some negotiating with the SAAA can be done through official club representatives.) The FRA Committee reflects FRA membership and outlook and most of the Committee come from Lancashire. There are no elected Scottish or Welsh representatives following the October AGM though it is intended to co-opt some. There may well be a case for Scottish and Welsh subcommittees to do more than run their championships as the amount of business the FRA Committee performs is considerable and they are remote from Scotland and Wales. Northern Ireland already has its own organisation and the Isle of Man its own championship. Perhaps a different set-up needs to be thought out or emerge to take account of different fell and hill running areas within mainland Britain.

John Blair Fish

LETTER TO THE EDITOR FROM ROBIN MORRIS

Dear Sir,

Scottish Hill Running Championship 1983

With reference to the FRA Committee letter of 18th July sent to all Scottish members of the FRA and which mentioned my name exclusively as setting up the above, for the record here are some of the facts certainly not mentioned in the letter which many active hill runners in Scotland (from the list of members I have of approximately 120 over 50% have not competed for several years at least), if they don't know already, would I am sure be interested to know.

The FRA convened an 'informal meeting on fell running in Scotland' after the 1983 Carnethy Hill Race. The agenda included 'open discussion not confined to FRA members' - I was a lapsed member for the same reason as another member of the above championship committee, Colin Donnelly. Present at the meeting, in the chair, was the then acting secretary, Peter Knott, and at least two other FRA Committee members including John Blair Fish who was nominated for the above committee but subsequently resigned without notice at the same FRA Committee meeting in June which decided to send out the letter of 18th July. At the meeting I presented the first ever comprehensive fixture list of Scottish hill races of approximately 37 races - the FRA calendar had 13 on it at the time - and details of a championship which was approved after discussion and amendments by the meeting. A committee was nominated with several volunteers willing to help and which has remained intact except for the above to this date and offer themselves for re-election next year.

SAAA representatives were invited to the meeting but to my knowledge did not turn up or even reply to the invitation. That attitude is typical of the treatment the FRA receive and until that situation is resolved progress with them will be slow. It is therefore up to Scottish members of the FRA (and I am now a member again) through their affiliated Scottish clubs to lobby for support for hill running by their elected representatives on the SAAA. From my contacts - I am secretary of Edinburgh AC - the president and immediate past president of the SAAA are very much aware of the Scottish Hill Running Championship but have done nothing to help or hinder it in any way to date.

Yours faithfully,

Robin L Morris.

*Editor's Note: The letter to Scottish members explained that Robin Morris' Championship was independent of the FRA and SAAA and asked for opinions on how members wanted a championship to be run. FRA secretary, Jon Broxap, received no replies and as far as we know neither did the SAAA. The next chance to air ideas will be after Carnethy 1984.*

FROM THE SCOTTISH HILL RUNNING CHAMPIONSHIP COMMITTEE 1983

RESULTS OF THE '83 CHAMPIONSHIP

14 'A' Category races all counting with points from 25 downwards:

1st Robin Morris	Edinburgh AC	229 points	11 races completed
2nd Mike Lindsay	Carnethy HR	216 points	12 races
3rd Roger Boswell	Lochaber AC	202 points	11 races
4th Andy Curtis	Livingstone AC	157 points	7 races
5th John Blair Fish	Carnethy HR	154 points	9 races
6th Ronnie Campbell	Lochaber AC	135 points	8 races
7th= Colin Donnelly	Cambuslang H	95 points	4 races
7th= Jack Maitland	Aberdeen AAC	95 points	4 races

The presentation of the '83 Championship by Graham Tiso will take place after the Carnethy Hill Race, 18th February, 1984. After this presentation the First Annual General Meeting of the Committee will take place. All Scottish FRA members and hill runners are invited to attend and express their views.

Please attend this meeting

The purpose of this meeting is:-

1. to elect a new committee (the present committee offer themselves for re-election)
2. to confirm the rules of the '84 Scottish Championships (sponsored by Graham Tiso)
3. Any other business.

Further to 2, Robin Morris, present convenor and principal organiser of the '83 Championship, would welcome any suggestions for the '84 Championship.

The committee suggestion is:-

17 races from the Scottish Fixture list (39 races approx) which are all 'A' category plus 2 'B' category from which the 10 best scores count - at least 2 races must be from each of short, medium and long distance races. First 10 score with points from 12 downwards (12, 10, 8, 7, 6, etc.)

Short - 5 races - Green Mantle, Eildon Hills, Meall an t suidhe, Creag Dubh, Largo Law (B)

Medium - 9 races - Carnethy, Ben Lomond, Goatfell, Dollar, Lomonds of Fife, Cairngorm (B), Half Ben Nevis, Criffell, Ben Nevis.

Long - 3 races - Bens of Jura, Two Breweries, Moffat

Further to 1, the new committee will hopefully get the backing of the FRA by complying with all FRA Committee decisions and by conducting its own committee meetings in a formal minuted manner. The committee will not only run the '84 Championship but also seek to gain recognition as the authoritative voice for Scottish Hill Running and gain similar 'self governing status' within the SAAA as presently pertains for hill races in England and Wales.

The Scottish committee would like Scottish interests to be formally represented on the FRA executive committee by the inclusion of a Scottish Representative office holder on that committee. This representative would be elected by Scottish FRA members at the Scottish AGM and then be automatically entitled to a place on the FRA committee without being formally elected at the FRA's AGM. The reason for this is that very few Scottish members attend the FRA's AGM and so any committee elected is not at present representative of Scottish interests. We would similarly advocate places for Welsh and Irish representatives, should FRA members in Wales and Ireland wish it. This would require a change in the FRA's present constitution.

We also advocate changing the structure of the FRA Championship in the long term. We would like the present UK Championship to be replaced by a small number of races (say 4) spread over the whole of the British Isles and supplemented by individual regional championships in England, Scotland, Wales and Ireland. In this way, all runners in the UK (and Eire), even those of modest income, would have the opportunity of competing in and maybe even winning, the British Championship and their own regional championship.

We are soliciting support for both these suggestions from the present FRA Committee and all FRA members wherever they live.

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#### NORTHERN IRELAND FELL RUNNING CHAMPIONSHIP

The 1983 Northern Ireland Fell Running Championship was decided over 12 events - 4 long, 4 medium and 4 short - with an athlete's best three in each category counting. This was the fourth such championship and the winner of the three previous 'grand prix' Jim Hayes of Ballydrain Harriers was to the fore again in the early rounds. It was his club mate, Ian Parke, who provided the biggest threat to a repeat performance and in fact it was only that Ian missed out on the required number of races that put him out of the competition in the end.

Another runner who performed well towards the close of the season was Newcastle's Dermot McGonigle who, having spent two months on the continental circuit, came home to produce many fine runs. Dermot, however, does not appear on this championship table as only runners who registered at the beginning of the season can pick up points. Jim Patterson on the other hand came in with a flurry of outstanding results at the end of the year and just failed to take second place. In the end it was the all round consistency of Jim Hayes and 2nd placed Mike McNulty of Tollymore AC that headed the overall list in October.

1. Jim Hayes	173½ points	6. Ian Parke	136 points
2. Mike McNulty	163 points	7. William Brown	179 points
3. Jim Patterson	161½ points	8. Noel Douglas	107 points
4. Davy Graham	146 points	9. Eddie Crory	106 points
5. Stanley Graham	144 points	10. Jim Finnegan	98½ points

1st Veteran - William McNeilly (Newcastle)

1st Lady - Pauline McNulty (Belfast Olympic)

The Championship was split into three sections - short, medium and long. The Individual section winners were as follows: Short - Mike McNulty; Medium - Jim Hayes and Jim Patterson; Long - Ian Parke.

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THE MOURNE MOUNTAIN MARATHON (2 MAN 2 DAY)

24th and 25th September 1983

For the first time in the history of the event the weather was fine. The elite class attracted 11 teams, with 9 teams completing the first day and 6 completing the whole event. Twenty-two teams started in the standard event and 17 teams finished.

The elite class covers approximately 40 kilometres a day while the standard class covers around 25 kilometres a day. Top English long distance specialists Derek Ratcliffe and Dave Bleakley once again destroyed the opposition to win the elite with another class performance a full 30 minutes clear of ace Scottish pair Colin Donnelly and Roger Boswell. Ratcliffe of Rossendale admitted afterwards that the course was the toughest yet and that includes the Karrimor.

Northern Irish pair Denis Rankin and Jim Patterson, past winners, performed magnificently to finish third. Dermot McGonigle and Deon McNeilly were 4th with Davy Graham and Stanley Graham (not related) 5th. The winning time was 15 hours 20 minutes.

\* \* \* \* \*

IRISH NEWS

There is now an annual challenge race between the N.I. Fell Runners Association and the southern based Irish Hill Runners Association, which alternates between north and south each season. A six to score, 7-miler of some 2000 feet, it was held this year on the Wicklow Hills on the 18th September and resulted in a 28 to 63 point victory for NIFRA who had their first four runners (Hayes, Patterson, Parke, McGonigle) finish in that order ahead of the field.

A few cross channel runners travel to Irish events, e.g. Martin Hudson for the Annalong Horseshoe and Colin Donnelly for the Slieve Donard and more are always welcome. Races which compare with those on the mainland would be Spegla Skyline, Annalong Horseshoe, Slieve Donard (for which Mike Short still holds the record).

It is proposed in 1984 to hold an all Ireland Championship which will probably be contested over five or six races both north and south of the border.

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# troll

## MARATHON EQUIPMENT

THE NEW LIGHTWEIGHT CONCEPT,  
FOR THE FELL-RUNNER, WALKER,  
BACK-BACKER OR CROSS-COUNTRY  
SKIER.

Troll Marathon Equipment which is also ideal for the walker and climber has been designed, developed and tested by Troll over a period of two years, in conjunction with experienced fell-runners such as Jack Maitland and John Baston, the winning pair in the Karrimor International Mountain Marathon Dartmoor 1982, Elite Class. It has also been chosen for "Running the Himalayas," 1983 by Richard and Adrian Crane, and by participants in the 1983 Saunders Marathon and Three Peaks Yacht Race. Whether running, walking, climbing or cross-country skiing, if you want to keep yourself in the lead with the lightest and toughest sack and suit on the market (the suit packs in one of the waist pouches when not in use), please send for further details and prices of Troll Marathon equipment, and the address of your nearest stockist.



TROLL MARATHON KIT,  
COMPRISING - SACK, SUIT,  
TWO POUCHES AND BELT

TOTAL WEIGHT : 520 gms.

ITALIAN INTERNATIONAL MOUNTAIN CHAMPIONSHIPS, SAN GIOVANNI, VERONA

Scottish, English and Welsh teams of four runners together with team managers were given full invitations to this official international 'mountain' championship. However, while the 9 mile course with 1,700 feet of ascent was varied over cart tracks and roads with one steep hill at the beginning, there were no mountains involved. The race had a much faster start over the first two kilometres which were on the road than any British Fell Race.

A strong Italian team took first five places and thus easily won the team prize. Joh Wild in 6th place was the first British finisher, followed by Kenny Stuart and Dick Evans from Wales in the teens. With Jon Broxap as the third English counter in the twenties and Shaun Livesey in the thirties, England easily obtained the second team prize. Wales were 5th team and Scotland (Spenceley 42nd, Lindsay 51st, Curtis and Blair Fish) were 6th.

The Scottish team could have been stonger if travelling arrangements had been known more than four days in advance and selection had not been solely on the basis of the Ben Lomond Race, the 'official' Scottish championship. With a wealth of talent within the English section of the FRA and disappointments among those not selected it would have been difficult for the FRA Committee to produce the best horses for this particular course.

The Italians had everything well sponsored and organised apart from the cock which crowed all night across the square from the village inn where most of the teams stayed.

Discussions at the event initiated by the FRA were very favourable to a possible World Championship but this cannot be pursued further because the IAAF are not interested in an official mountain championship. Only Italy and England have official bodies within the Amateur Athletic set-up governing and organising mountain and fell races. The CIME mountain races in Europe are classed by the IAAF as fun runs mainly because everyone starts at the same time regardless of age or sex. (This would not occur to competitors in the Sierre-Zinal race passing Mava at 8,000 feet after two hours of hard running and climbing.) Thus mountain or hill running is a long way from being a major official amateur sport.

John Blair Fish

England just before the start.



On September 28th 1983 Bob Roberts had telephoned the secretary of his club, Eryri Harriers, to arrange a lift to the Tavern Trail race that coming weekend. Bob was looking forward to the run because, after showing poor form during the summer, he was at last beginning to feel fit again. An hour later he got up from his armchair to go to bed and collapsed on the floor, groaning and sweating. His wife Anne rang for the doctor who came within ten minutes but Bob was already dead. The post-mortem showed evidence of four previous heart attacks and the cause of death was given as chronic coronary thrombosis. He was 51 years old.

None of his family or friends was aware of these previous attacks and if Bob knew, or even suspected, then he kept the knowledge to himself. He was never one to fuss or make excuses or complain. He endured, believing that such endurance was apart and parcel of being a runner. Three weeks previously in the Moel Eilio race he had been physically sick. Bob and I often ran together, usually at the back of the field, and I looked out for him at the finish. He was in a sorry state and said he had never felt so exhausted. I learned afterwards - not from Bob - that he had run a half-marathon the day before. A week later he was racing again in two events. Another week later, another race. In between he was training twice a day desperately trying to make up for what had been lost during the summer. In the hot weather of July he had been so ill that he couldn't run, couldn't cycle. He had admitted to a feeling of tightness in his chest which his doctor had put down to dehydration. During this period his wife remembers him on several occasions slumped in his chair, exhausted, white faced, almost speechless.

To understand this unremitting drive, you have to know something of Bob's character. With others he was gentle, modest and unassuming; with himself he was harsh and uncompromising. Running seemed to give him that feeling of pride and dignity, that sense of achievement which gives purpose to life. Over the last few years this need had become more and more vital to him. For Bob was on the dole. There was nothing unusual about this in his home village of Llanllyfni in West Gwynedd; over 80% of the men there are out of work. Bob hated to be idle; he would tackle any job going and work hard at it. But the chances were few and the prospects were hopeless. They say that business executives, subject to the pressures of their demanding jobs, are susceptible to heart stress. Perhaps they are; and perhaps the worries of providing for a wife and children when there is no work are also a cause of stress to the heart.

Bob was a good friend. I first met him in 1962. I was a keen rock-climber then and on my frequent visits to Craig Cwm Silyn I would meet this small Welshman with short ginger hair running up the track to the lakes with his dog. Bob was mainly a footballer then, a coach to his local club. Years later, in that first London Marathon, we were running together during the last few painful miles. I was suffering from cramp but Bob found time to give me a quick professional massage.

The best memories are of the mountains and of the days we spent in training for the Welsh 24-hour Round. The long run over the hills, lasting from 8 to 12 hours was a new venture for Bob and he delighted in it. He seemed tireless. When the Round was first completed by Wendy Dodds Bob stayed with her for over 14 hours eventually being forced to drop out because of chronic gut trouble. Typically he was full of apologies. Nothing was too much trouble for him.

Bob was buried on October 4th at Llanllyfni in the windswept cemetery that lies at the foot of the western slopes of Garnedd Goch. The whole village, it seemed, had come to the Ebenezer chapel to pay their last respects. Every seat was taken and dozens were standing in the entrance. Psalm 23 was said in English but the rest of the memorial service was in Welsh for this was the everyday language in Bob's home.

by Paddy Buckley

# Letters

Dear Editor,

Increasingly these days I seem to trip over articles on fellracing whenever I open a magazine. They are in Sunday colour supplements, climbing mags, backpacking mags, in-flight executive comics, Damart catalogues (which I read for the smashing ladies' underwear photographs), even in running magazines.

So what's wrong with that? I hear the expansionists asking. The thing that's wrong with it is that I failed to get an entry in the Marsden-Edale race. When a black market springs up to sell a coveted opportunity to assemble on a lorry park in Marsden at 8.00 am on a December morning in order to spend four hours with chin into a blizzard, heading for Edale, we should begin to ask questions.

Should we continue to produce flowing prose eulogising about the Great Outdoors? If fell racing continues to grow in popularity it could die. The hills have a very finite capacity for being trampled on, particularly by hundreds of runners line astern.



Fell racing cannot accommodate the sort of growth that road racing has enjoyed(?). We'll antagonise the landowners and other hill users. We'll remove the very informality and casualness which are the great attractions of the sport.

Mountaineering in general is suffering from the same threat. Ever since Chris Brasher wrote about the Last Great Wilderness I've never crossed the causeway without meeting another half dozen passing in the opposite direction. Ever since Ken Wilson started turning out his Hard Classic Rock Collectors series Gimmer Crack has been widening faster than a fast fracture. And now, I can't join the privileged group on that lorry park in the mists of Marsden.

Let's stop writing about it. Let's leave people to find it by a self regulating process of accidental discovery. Let the news spread by word of mouth. And please let Tanky Stokes save me a place in the 1984 Marsden - Edale.

William K. Burns

*Take note Press Officer - This is a problem which the committee are aware of.*

Dear Editor,

May I through your columns appeal to fell race organisers to take note that CUFRC is not a misprint for CFRA; it stands for Cambridge University Fell Running Club. Several times I have noticed in results lists in your magazine that CUFRC runners have been accused of being members of Cumberland Fell Runners. I thought that this might be the result of a tired editor typing away at 2 am but now I know that you and your immediate predecessor are innocent.

One sunny Saturday last August, I turned up at a race registration, told the organiser my name and club and suggested that he should use the abbreviation CUFRC in the rather limited space on his registration sheet. Ten days later, the results arrived through my letterbox and (yes, you've guessed it) there was my name with "Cumberland FR" written next to it. I hope I don't start getting letters from Danny Hughes demanding that I pay my subscription!

A former member of the club, a native of the USA, once described CUFRC as an "inherently anomalous concept"; indeed, to someone living in a beautiful stone-built village, surrounded by undulating pastures, overlooked by Britain's most raced-upon fell, and with nothing but the occasional outbreak of witchcraft to disturb the rural tranquility, the mere concept of Cambridge may be too horrible to contemplate. However, CUFRC does exist and continues to do so, even though many of the loonies who started it off have now left Cambridge.

Yours sincerely,

Anthony Kay.

Dear Editor,

After reading Tony Richardson's letter in the last mag I decided to comment on the idea of a junior championship.

It is a good idea but I have entered both junior and senior races for some three years - mostly senior - because either there wasn't a junior race or because the race was a farce. No disrespect to the organisers but the races were generally rubbish. The "real" junior fell races are at Chew Valley, Kentmere, Three Peaks, Coniston, N Counties and the Duddon. Instead of the usual cross-country race, these are real tests of a fell runner's fitness.

If any race organisers want to attract more juniors because there is a lack of them then talk to Ken Ledward about the junior race at Duddon weekend - its the best. If you make the races more attractive you'll get more competitors.

Andrew Brown,  
Rossendale Harriers.

*Good news for juniors - see the next page.*

## THE BRITISH JUNIOR FELL RUNNING CHAMPIONSHIPS

The title of "British Junior Fell Running Champion" for 1984 will be decided as follows:

Open to all Juniors aged 15, 16 or 17 years old on 1st March 1984. (Entry to Championship Races will be based on age on this date, not on day of entry).

A runner's best 8 positions to count out of the 12 chosen races listed below, scoring points 22 for 1st, 19 for 2nd, 18 for 3rd and so on down to 1 point for 20th position.

The Champion will be the Junior with the highest number of points from 8 of these Junior races:

Kentmere	Wasdale
Penyghent (run with the 3 Peaks)	Latrigg (day after Borrowdale)
Coniston	Sedbergh
Duddon	Pendleton
Clougha	Thieveley Pike
Saddleworth	Butter Crag

Note: this is a provisional list pending confirmation in the FRA calendar 1984.

There will also probably be a Team Championship based on these races. The Champion's Trophy and other awards will be presented at the end of the season.

It is hoped to encourage as many Juniors (including U15's) as possible to have a go at any Junior Fell Races. All races, including those above, are of course open to any Juniors within the age limits for that particular race, boys and girls at the discretion of the organisers. It is also hoped that clubs, schools, parents and senior runners will help juniors get to races. There is much interest in Junior races but always a transport problem.

This is very much a trial year and any enquiries or comments would be welcome to: John Gibbison, 48 Fulwood Drive, Bare, Morecambe. LA4 6QZ (Tel 0524 417694). Final details will appear in the FRA calendar 1984 and detailed copies of rules, particularly of the Team Championship will be available in the New Year.

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### COMMITTEE OFFICERS

<u>Chairman</u>	Danny Hughes, Hallsteads, Gosforth, Cumbria. Tel. 0940 5366
<u>General Secretary</u>	Jon Broxap, 25 Meadowcroft Cottages, Bowness-on-Windermere, Cumbria. Tel. 09662 4567
<u>Treasurer</u>	John Reade, 3 Wood Terrace, Simonstone, Burnley, Lancs.
<u>Membership Secretary</u>	Norman Berry, 165 Penistone Road, Kirkburton, Huddersfield. Tel. 0484 602922
<u>Fixtures Secretary</u>	Dave Moulding, 53 Downham Road, Chatburn, Clitheroe, Lancs. Tel. 0200 41112
<u>Statistician</u>	Kevan Shand, 13 Chichester Close, Smithy Bridge, Littleborough, Lancs. Tel. 0706 70080
<u>Magazine Editor</u>	Hugh Symonds, Delf Top, Busk Lane, Sedbergh, Cumbria. Tel. 0587 20965
<u>Press Officer</u>	Peter Knott, 17 Westbourne Ave, Wrea Green, Kirkham, Preston, Lancs. Tel. 0772 683889

### COMMITTEE MEMBERS

Pete Bland, John Gibbison, Norman Mathews, Andy Styant, Pauline Haworth and Tony Hulme.

# committee news

There have been four Committee meetings since the last Fell Runner. The main business of each is outlined below:

18 June at Buckden (Buckden Pike) - discussion on letter connected with 1983 Welsh 1000 results. Committee contacted race organiser to ask him to reconsider decision not to hold race again.

Sub-committee on FRA-AAA negotiations reported. Suggested Junior championship, race organisers' symposium, permits for fell races and rules for competition.

Committee noted with concern unofficial Scottish Championships and lack of liaison between SAAA and Scottish fell runners/FRA.

16/17 July at Seascale (Kinniside) - Treasurer reported £2,500 in Investment Account and £1,300 in Current Account. Outlined increase in magazine costs from August 91 £920 to July 83 £1,660. Committee thought increase in cost parallel to increase in quality and that as one of few tangible benefits of membership costs should be absorbed.

Financial year changed from July to July to September to suit AGM date.

Chairman produced letter to circulate to Scottish members outlining FRA position regarding SAAA and Scottish Championship.

It was decided that there was a need for a Press Officer.

Safety and Navigation course set for 16-18 September at Elterwater.

Chairman outlined Italian race trip and idea of a World Championship.

21 August at Sedbergh (Sedbergh Hills) - CFRA agreed to host race organisers' symposium.

Membership now 1,928.

British Fell Racing Championship for 1984 decided. Races chosen. Agreed to hold a club relay championship on Spring Bank Holiday.

First draft of Rules for Competition produced.

Annual dinner and presentation arranged by Graham Wright for October 16th at Clayton le Moors. Complimentary tickets given to principal title winners and cut glass tankards commissioned for awards.

24 September at Simonside (Thievelay Pike) - further discussion on the race organisers' symposium, life membership, junior championships and world championships.

Details prepared for the AGM and all officers agreed to stand for re-election. Latrigg was pulled out of the 1984 Championship and replaced by Blisco.

The membership secretary reported 1,950 members were paid up including 86 ladies but that only 9 clubs had affiliated. Further discussion on the Rules for Competition and the Scottish and Welsh Championships.

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Full copies of the minutes of all Committee meetings are available from the general secretary (large SAE please).

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.

## FRA Area Codes

- 01 Cumbria
- 02 Yorkshire (North, South, West), Humberside
- 03 Lancashire
- 04 Cheshire, Isle of Man, Manchester, Merseyside, Tameside
- 05 Cleveland, Durham, Northumberland, Teeside, Tyne & Wear, Tyneside
- 06 Derbyshire, Leicestershire, Lincolnshire, Midlands, Nottinghamshire, Northamptonshire, Staffordshire, Warwickshire
- 07 Cornwall, Devon, Gloucestershire, Hertfordshire, Salop (Shropshire), Somerset
- 08 Bedfordshire, Berkshire, Buckinghamshire, Cambridge, Essex, Hertfordshire, Oxfordshire, Suffolk
- 09 Hampshire, Kent, London, Middlesex, Surrey, Sussex, Wiltshire
- 10 Scotland
- 11 Wales
- 12 Foreign

## FRA CONSTITUTIONAL RULES

### 1. TITLE AND OBJECT

The Association shall be called "The Fell Runners Association". The objects shall be:

- (a) to encourage and promote Fell Running and allied mountain races.
- (b) to provide services to competitors, clubs and race organisers.
- (c) to establish uniform regulations for the conduct of competitors, clubs and race organisers.
- (d) to carry out the laws of the Amateur Athletic Association, in so far as they concern fell running.

### 2. MEMBERSHIP

Membership fees for the following year shall be determined at each Annual General Meeting or at an Extraordinary General Meeting and shall be due on January 1st.

New members joining after October 1st shall only be required to pay the fee for the following year.

Types of membership are defined thus:

- (a) Individuals who are amateurs as defined by AAA laws and rules.
- (b) Clubs affiliated to the Amateur Athletic Association, British Mountaineering Council or British Orienteering Federation and any amateurs as defined by AAA laws and rules.
- (c) Honorary members elected by the AGM in recognition of their services to the sport.

### 3. MANAGEMENT

The management of the Association shall be vested in an Executive Committee consisting of:-

- (a) the Officers as follows:- A Chairman, Treasurer, Secretary, Fixtures Secretary, Membership Secretary, Magazine Editor, Statistician and a Publicity Officer, all of whom shall be elected at the Annual General Meeting. The Chairman shall not serve as such for more than three consecutive years. To these Officers, a President may be added. At least three of the seven officers must have competed in three Category A fell races in the two years prior to their election.

- (b) three members elected at the Annual General Meeting from the clubs affiliated to the Association. All must have competed in three category A fell races in the two years prior to their election.

- (c) three members elected at the Annual General Meeting from the individual members of the Association. All must have competed in three category A fell races in the two years prior to their election.

Every elected member of the Executive Committee shall have one vote on all resolutions. In the event of a tie, the Chairman shall have a second or casting vote. All members of the Executive Committee must be members of clubs affiliated to the Amateur Athletic Association. Members of the Association may attend Executive Committee meetings as observers.

### 4. POWER OF THE EXECUTIVE COMMITTEE

The Executive Committee shall have power to:-

- (a) draw up Rules, Bye-laws and Regulations for Fell Running; such Rules, Bye-laws and Regulations to be subject to confirmation at a General meeting and in all cases shall not contravene the laws of the Amateur Athletic Association.
- (b) call an Annual General Meeting within eleven months of the end of the Association's financial year and to arrange for the calling of Extraordinary General Meetings as provided by Rule 6.
- (c) control finance and arrange for the publication of an Annual Financial Statement, duly audited, and in time to be presented to members at the Annual General Meeting
- (d) inquire into, consider and deal with matters referred to them for investigation. An appeal against a decision of the Executive Committee may be made to the General Committee of the AAA.
- (e) form sub-committees from its members to deal with any particular aspect of Fell Running.
- (f) appoint additional specialist officers from outside the Executive Committee and to co-opt up to four extra members. These specialist officers and members, not having been elected at the Annual General Meeting, shall not have a vote.
- (g) decide on any matter pertaining to the objects of the Association.

### 5. VOTING

All members of the Association who have paid the appropriate membership fee and who are present at the General Meeting have the right to one vote each, with the exception of the clubs who have two votes each. Honorary members present at a General Meeting also have the right to one vote each.

Postal votes may be used at the discretion of the Executive Committee. Such postal votes shall only be recognised if an official voting form is received at least four clear days before the General Meeting by the Returning Officer of the Association who shall be appointed by the Executive Committee.

6. FINANCE

- (a) The financial year of the Association shall be the calendar year. The accounts of the Association shall be balanced at 31st December each year and submitted after independent audit to the Annual General Meeting of the following year.
- (b) All cheques written against the Association funds shall be signed by the Treasurer and one Officer as defined in Rule 3.(a).

7. GENERAL MEETINGS

The Annual General Meeting of the Association shall be held on a date before November 30th each year. If possible the time and place of the Meeting shall be convenient to a major fixture on the FRA calendar. Notification of the AGM including any agenda items of special business shall be published in the appropriate issue of the magazine The Fell Runner.

The business to be transacted at the AGM shall be:-

- (a) the consideration of the Chairman's Report for the previous year.
- (b) the consideration of the Secretary's Report for the previous year.
- (c) the consideration and adoption of the Accounts for the previous year and the report of the Auditor, if any, thereon.
- (d) the election of Officers.
- (e) the election of members of the Executive Committee.
- (f) the appointment of an Auditor.
- (g) such other business as may be specified in the notice convening the Meeting or received by the Secretary in accordance with the terms of the notice.
- (h) any proposed amendment to the rules or constitution of the Association as proposed in accordance with Rule 9.

No business may be transacted and no resolution proposed or passed at any General Meeting except such as is specified in these Rules or in accordance with the notice convening the Meeting. But this rule shall not be operated to prevent the moving of any amendment which the Chairman may, at his discretion, deem to be reasonable and proper and within the scope of the question raised by any resolution duly proposed in accordance with these Rules, nor prevent the discussion at the discretion of the Chairman of any other matter of which he has received adequate prior notice.

8. EXTRAORDINARY GENERAL MEETING

The Executive Committee may, whenever it thinks fit, and shall upon a requisition made in writing by not less than 5% of members of the Association, convene an Extraordinary General Meeting. Such a requisition shall express the objects for which the Meeting is proposed to be called and shall be sent to the Secretary of the Association. The business of an Extraordinary General Meeting shall be confined to the consideration of any proposed resolutions set out in the requisition. It shall be held within two months of a valid requisition. Not less than one calendar month's notice of an Extraordinary General Meeting shall be given to members.

9. NOTICES

- (a) The notice of General Meetings shall be sent to members not less than one month before the Meeting.
- (b) Any proposed amendment to the Rules or Constitution of the Association shall be proposed to the Secretary in writing at least one month before the said Meeting.

10. QUORUM

The Quorum of members at any General Meeting shall be twenty. If within thirty minutes from the time appointed for the Meeting a quorum is not present, the Meeting, if convened by the requisition of members, shall be dissolved. If convened otherwise, it shall adjourn to a day to be named by the Meeting. In the case of an adjourned Annual General Meeting, any number of members shall constitute a quorum.

11. ADJOURNMENT OF MEETING

Any meeting may be adjourned to such other time and place as the Members present shall resolve.

12. DISSOLUTION

The Association shall be dissolved if at any General Meeting a Resolution for the dissolution of the Association is passed by a majority of three quarters of such members as shall be present and vote thereon.

12. Contd.

If, upon dissolution of the Association, there remains after the satisfaction of its debts and liabilities any property whatsoever, the same shall not be given or distributed among the members but shall be given or transferred to some charity, company, institution, society or association having objects similar to the objects of the Association to be determined by the members at the General Meeting at which the Resolution for the dissolution of the Association is passed.

\* \* \* \* \*

#### OUR NEW STATUS - WHAT DOES IT MEAN?

by Peter Knott

It has taken a long time to achieve the Law of Affiliation to the AAA (November 1982) and the subsequent acceptance of our Constitution by the AAA (March 1983) approved by our members in June 1983. Now that we have it, what does it mean in practice?

Firstly it should be clearly understood that this affiliation gives delegated authority for the management of our sport only England and Wales and only for men. In Scotland we have no authority at all. In England and Wales we must now carry the major responsibility for the sport, its development, public image, safety, etc. and this must be done within the framework of the AAA laws. We do not expect to have to abide by all the rules for competition which have been formulated for the track, road or cross-country where these are inappropriate and we do expect to introduce a minimum of appropriate rules to cover fell running, safety standards in particular.

Our constitution makes it clear that it is not necessary to belong to the AAA's affiliated club to be an individual member of the FRA, nor is it necessary to be a member of the FRA to compete in fell races. (The majority of regular competitors are both however.)

The management of the FRA is confined to AAA club members. The Executive Committee may co-opt from outside the AAA's club membership, which is an important consideration in seeking specialist advice on subjects like land access, safety and other mountain or countryside matters generally outside the scope of athletic clubs.

We expect to operate in close co-operation with the AAA and the Northern Counties AAA in particular. We have one voting representative on the General Committee of the AAA and one on the Northern Counties sub-committee on fell running.

The Association's major activities will continue to be those that have been our focus in the past, i.e. membership services, the magazine and the calendar and running the British Championship. We do expect to become increasingly involved on the International scene.

The most important aspect of all this is that fell running should be controlled by fell runners and to this end it is vital that you, the members, continue to take an active interest in the administration of the sport. The Committee are your servants not your masters. Only you can ensure that this is the way it continues.

\* \* \* \* \*

#### CLUB MEMBERSHIP - WHY AND HOW?

by Peter Knott

The FRA has club and individual membership, club and individual representation on the Committee and club (team) and individual British Championships. In seeking affiliation to the Amateur Athletic Association of England and Wales, the General Committee of the AAA questioned our individual membership structure as the AAA is based on club affiliation. Their argument was that club membership is more democratic and that in the interest of continuity the club should have more representation. In order to make progress a compromise constitution was agreed making provision for both.

It is not obligatory for a club or individual to join the FRA in order to compete in an FRA official fell race. It is, however, necessary for a club to be affiliated (now £6 per year) if the club wishes to compete in the newly introduced team championship and/or the club wishes to nominate a representative to stand for election onto the FRA Committee and/or to exercise a club vote at General Meetings. Note that the affiliation is not limited to clubs affiliated to the AAA. Forms for affiliation can be obtained from the membership secretary, Norman Berry. Affiliated clubs may compete in the British Team Championship and may nominate one representative to stand for election onto the FRA Committee.

The FRA Committee comprises 8 officers, 3 members elected from the individual members of the FRA and 3 from the affiliated clubs. All 6 Committee members "must have competed in 3 category A fell races in the two years prior to their election". The reason for this is that we believe that the sport should be run by those actively involved.

#### Summarising

1. A club affiliates to the FRA.
2. The club may nominate (in writing to the secretary J Broxap) a representative to attend the AGM of the FRA. The representative has 2 club votes on all business.
3. Club representative for the Committee must be nominated by the club, again in writing to the secretary. Three club representatives will be elected onto the Committee by both club and individual votes.
4. The 3 elected representatives serve on the Committee for a year and are intended to represent the interests of all the member clubs of the FRA and not just their own.

Those who attended this year's AGM will note that this procedure was not strictly adhered to because we had not hitherto made it clear how the system should work. Three club representatives were elected, however, and these are the people to notify your club views of the fell running scene when your club is in membership:

Pauline Haworth	Keswick AC
Norman Mathews	Horwich AC
Tony Hulme	Pennine Fell Runners

\* \* \* \* \*

#### BURNING BUSH REVISITED

OR

#### THE 2ND ANNUAL FRA SAFETY AND NAVIGATION COURSE

by Peter Knott

The only objective not achieved in this 2nd annual course was the solution to the "burning bush issue" (see p.43 The Fell Runner December 82). Wainwright says its a holly bush by the way.

After the success of the first course last year Ken Ledward agreed to do it again and was equally satisfied with the outcome. There will almost certainly be a course next year and I have already provisionally booked the Chapel Stile Hill and the Youth Hostel. Elterwater and Chapel Stile is an excellent venue for the course and a most enjoyable time was had by all. The facilities of the Elterwater YH, Baysbrown Camp site and the Britannia Inn made up the accommodation and social side.

Ably assisted by Martin Hudson, Ken did a most professional job of organising the navigation exercise and motivating all and sundry. After a "down to earth", no nonsense talk on safety by Danny Hughes, the rest of Day 1 was devoted to navigation exercises in small groups on Loughrigg, using the 1:15,000 Mick McGill long-0 map, and on Silverhowe with the 1:40,000 Harvey Langdale map, with a group jogging over to Little Langdale and back at lunch time to watch the finish of the new 3 Shires race, which incidentally included some examples of navigational error at the finish. After dinner and a post mortem the Britannia Inn was the most popular spot for the hours of darkness. Day 1 helpers included Danny Hughes, Peter McDonald, Martin Hudson and John Gibbison, the last two after completing the 3 Shires race.

Sunday morning was devoted to talks from Ken Ledward (equipment), Joss Naylor (mountain craft), Martin Hudson (competition) and Peter Knott (the FRA). The afternoon saw the examination - all participants were subject to a 9 check-point long-0 time trial on Silverhowe. Martin Hudson went round in 1 hour 25 minutes to set the standard. Six of the students completed the course between 2 and 3 hours with a further four missing one control each.

Judging by the comments received everyone was well pleased with the course and promised to spread the word amongst their club colleagues for next year.

The facilities could handle greater numbers but would also require more instructors. Instructors need to be fit and competent navigators. Students need only to be fit. In future I would hope to see more of the regular competitors at this course in both student and instructor roles. After all there are not many of us who could claim to be totally without need of navigation practice and operating as an instructor really focuses the mind on the task.

Look out for details of the 1984 course in the next issue of The Fell Runner.





# "Competition Results"



Winner:- Alan Yates of Sheffield: Mike Short Grunt!  
John Wild I don't know, Mike. What are we going to do when  
Kenny Stuart gets serious and Shaun Livesey grows up?

---

Runner up:- David Bradley of Sheffield: MS John, there's a fly in my  
orange.

JW I wish there was one in my tracksuit trousers.

---

## Best of the Rest

JW: These \*\*\*\*\* fell running toupés are a bugger to keep on, Mike.

MS: Here try some of this 'shoe goo', it works wonders for mine.

(Dave Cartridge)

---

MS: I've just puked something disgusting in my drink!

JW: So it was you who bit my ear off on Scafell Pike.

(John Hayes)

---

MS: It smells like sheepdip to me, I wonder if Joss doctored our drinks.

JW: Well pour some over my head then, it may kill this blasted flea.

(Phil Fleming)

---

MS: Which club are you running for today?

JW: Do you think that \*\*\*\* \* on Scafell Pike was as \*\*\*\*\* as mine?

(Breat Brindle)

---

JW: You mean the hairier it gets the better I'll run?

MS: Yes, and I hear there's a special cream you can use to make it grow  
faster.

(Al Soran)

## LAKELAND FELL RACE

Nut-brown faces, wrinkled brows like lakeland crags,  
Sinewous legs, that leap like laughter over bouldered fells,  
Leathered lungs, with incomputable capacity to reach the ultimate,  
Ferocious will, to drive beyond the extremities of pain,  
Pounding feet, ominous drumming rhythm to signal the attack,  
Clustered pack, that strives to disintegrate before the awesome fells,  
Classic break, as local fellsman surges to the van,  
Grinding path, invisible to the alien eye,  
Rasping breath, discordant music of mountain symphony,  
Glistening sweat, that stings the eyes like a thousand bees,  
Orange flag, a fluttering signpost to guide the twisting line,  
Knowing faces, spectators confident in their enlightened predictions,  
Laughing children, oblivious to an adult world of unimportance,  
Pensive glances, an increase to distance preludes hope of glory,  
Summit cairn, race officials, ruddy-faced, nod silent approval,  
Blessed descent, emancipated leap into glorious acceleration,  
Thunderous roar, the crowd surge forward as though to swallow him,  
Green meadow, kindly cushion for feet so deftly used,  
Fluttering tape, he's back; of course they knew he'd win,  
Sweet victory, a woman's tenderness to greet her lover home.

by Peter Travis



## T-SHIRTS

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

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

Pete Bland is selling them for the FRA at most fell races or write to him for yours, stating size, style and colour.

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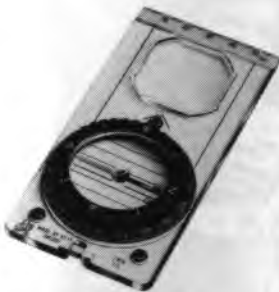


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# competition



From the left: Danny Hughes, Kevan Shand and Ian Robinson.  
Whats the story? Entries to the editor by April 7th.

NAME ..... FRA No. ....

ADDRESS .....  
.....

Danny Huges says: .....  
.....

Kevan Shand says: .....  
.....

Ian Robinson says: .....  
.....

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

2nd Prize - T-shirt

# COMPASS SPORT

## MAGAZINE

By covering fell running in "CompassSport" we aim to complement rather than compete with "The Fell Runner".

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Kirkburton,  
Huddersfield HDB OPH. Please mark your envelope 'FRA'

Surname Mr/Mrs/Ms .....Christian name(s) .....  
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Cheques should be made payable to 'The Fell Runners' Association'.

Please note when contacting members of the Committee: quote FRA number

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.

For Life Membership ( £50 ) - Apply to the Membership secretary.

Thank you to everyone who has sent articles, results, photos and cartoons and to anyone else who has helped in the production of this magazine. I look forward to receiving material for the next one by the copy date of April 7 th.

Please send to The editor. Hugh Symonds,

Delf Top,  
Busk Lane,                    (tel. 0587 20965)  
Sedbergh,  
Cumbria.  
LA10 5HF



**footnote**

IF THERE'S ANYTHING IN THIS MAG THAT YCU DON'T UNDERSTAND THEN ASK BRENT BRINDLE.

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WE'RE NOT JUST NEW ..... WE'RE DIFFERENT!!

At one time fell runners and rock climbers didn't have much to do with each other, even though both activities concentrated on the mountainous areas and consequently require a similar devotion to ascent and a rugged environment.

Today attitudes are changing. More and more climbers are becoming involved in fell running, while some runners, having initially penetrated the mountain world are inspired to continue their exploration onto the crags and winter slopes.

Not surprisingly both activities are directly complimentary, climbing developing greater agility and confidence on rocky course, while running develops aerobic capacity to pump out on a hard rock route or move fast through potential danger areas.

With this in mind our shop is developing as a highly specialised centre for fell running, rock climbing and orienteering. We can offer first hand advice on all the equipment we sell and keep you informed on the climbing and running scene in the area. We have even started to design and test our own range of equipment under the 'Rock & Run' label.

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