

# THE FELL RUNNER 23

Summer 1984



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*The Fellrunning Specialists*

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The scene at a pre race kit check. FRA rules O.K.

Front cover photos: Andy Harmer (99), Pete Irwin (154) and Ken Taylor (152) descending Blisco 1984.

Mike Short, Bill Padgett, Ian Ferguson and Paul Tuson at Ribbleshead 3 peaks B4.

# Dare you go Streakin' up the Wrekin?

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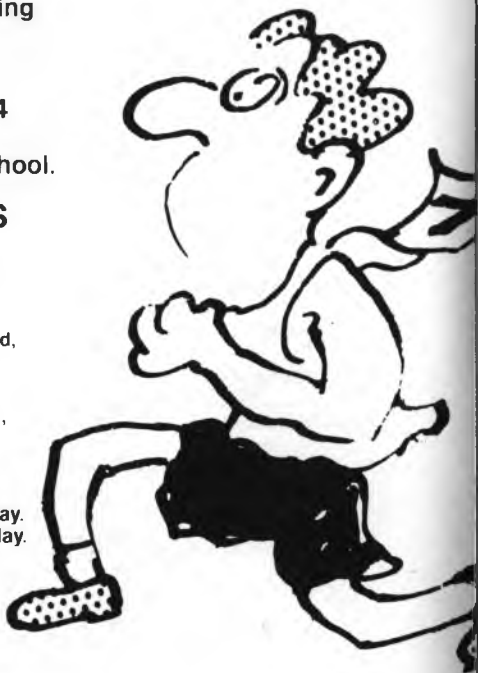
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The 1300ft. ridge backed Wrekin hill is the steep and dramatic landmark that overlooks the Shropshire plain and shelters the western side of the new town of Telford. Nearby, the historically fascinating and picturesque Ironbridge Gorge attracts visitors from all over the world.

EDITORIAL

What purpose does the Fell Runner's Association serve and how closely does it match what its members would like it to provide? Beyond the production of the calendar and magazine, the Association has recently held a symposium on race organisation, and this Autumn, it will be holding the third course on safety and navigation in the fells. The championships have expanded to include the Juniors and no less than twenty one individual awards plus team medals will be presented at the annual dinner dance this Autumn.

The committee continue to meet every few weeks and have now drawn up the provisional rules for competition which are printed in this magazine. These have been set up with the safety of the competitor as a priority and will mean that we can manage our sport within the AAA framework. The AAA have given us support through the donation of a photocopier which has made the secretary's job a lot easier. In the future there is the possibility of the AAA providing assistance through an administrative officer who could cut down the ever increasing workload which falls on the treasurer, secretary, fixtures secretary, membership secretary etc. Few committee meetings now pass by without mention of the distinction between what the FRA provides for the elite members and the also rans of the association. The committee are concerned that they represent the views of the association but at times they feel a lack of feedback from the membership. They want to know your ideas on matters such as seeding the front lines of championship races. There are three ways to make your views known. Talk to committee members, go to the AGM or write to the magazine.

Hugh Symonds

# AGM

THE ANNUAL GENERAL MEETING OF THE ASSOCIATION

will be held after

THE THIEVELEY PIKE RACE.

on Saturday 29th of Sept. at Holme in Cliviger.

Business of the meeting will include:-

- a) election of officers- particularly to replace the retiring treasurer and membership secretary.
- b) election of the committee.  
n.b. this will include the election of 3 club representatives. If a club wishes to put forward a rep. for election then notice must be sent in writing at least 2 weeks in advance to the sec.-Jon Broxap.  
( see page 93 of Jan '84 mag for details)
- c) FRA rules for competition.

See page 50 for details of the annual dinner.

See page 76 for the 1984 fixtures supplement.

**BRECON BEACONS**Category B, 20 miles, 4,500'8 October

Even with the addition of a new, sadistic hill into the course, this years Brecon Beacons race will primarily be remembered as a battle against the wind. The extra hill in this years race was Tor y Foel, a steep, conical lump which sits proudly above Talybont reservoir dam where the race starts. Many runners accepted this invitation to give themselves a good oxygen debt within the first mile of the race, the more sensible runners started moving towards the front of the field on the ridge from Tor y Foel to Yr Allt. Len Wallace was closely pursued by Philip Dixon, while Adrian Pickles, recently moved from flat Leeds to mountainous Cheltenham, was closing the gap in third place. This state of affairs continued until Pen y Fan, where Wallace blew up: South Wales' highest mountain suddenly transformed him from a front-runner to a shattered just-about-able-to-walker. Even more unfortunate was Martin Daykin, last seen sliding down Cribyn on his posterior, brandishing the remains of a running shoe in one hand, he had been in 4th position. Dixon continued down, while Pickles made a last desperate attempt to take the lead by taking a "short cut across the flat moorland west of Craig Pwllfa", which resulted in an increase in his deficit to nearly 5 minutes. Thus Dixon's unbeaten record in this race remains intact- only six more victories required for him to equal Joss Naylor's record in the Ennerdale.

Dark Peak packed three runners into the first 6, but the Welsh wizards of Mynyddwyr De Cymru still managed to keep the team prize by one point. In the ladies race [same course as the men's], two runners started but only Fiona Nixon finished.

This year also saw the first Craig Pwllfa junior race, 5 miles/1900 feet from Talybont dam to the summit of Craig Pwllfa and back. There were five runners in this race, the fastest being 13-year old Paul Simpson, who lives and trains in the steep and rugged countryside of Hertfordshire.

Anthony Kay

1. P Dixon	2.41.41	11. C Barretto	Vet	2.57.21
2. A Pickles	2.46.13	12. A Kay		2.57.38
3. L Williams	2.46.25	13. H Harris		2.59.04
4. P Hampson	2.46.59	14. M Lucas		3.01.06
5. A Lewsley	2.49.36	15. P Beedie		3.04.04
6. F Thomas	Vet 2.49.46	16. P Mannancourt		3.04.23
7. R Eagle	2.52.37	17. R Owen		3.05.51
8. J Darby	2.55.17	18. D Townsend	Vet	3.06.10
9. A Nixon	2.56.04	19. H Brown		3.07.25
10. S Hughes	2.56.50	20. I Hunter		3.07.47

Ladies

1. F Nixon [43] 3.56.06

Juniors

1. P Simpson	1.05.19	4. P Peale	1.25.47
2. J Morgan	1.05.50	5. J Kelly	1.25.47
3. J Peale	1.05.50		

Teams

1. Mynyddwyr De Cymru - 12 pts. 2. Dark Peak F.R. - 13 pts.  
 [Dixon, Williams, Darby]. [Pickles, Lewsley, Thomas].

**race results****BUTTER CRAG**Category A, 14 miles, 900'9 October

To win by a minute and just miss Brian Robinson's four year old record was quite remarkable for Kenny Stuart after such a long hard season and on a very wet and misty afternoon. Race organiser, Pete Bland, made sure everyone found the summit by blowing a whistle. There was a welcome return to racing by Bob Whitfield, a speedy race by Jack Maitland the day after winning a fast marathon and a thundering descent by Colin Valentine.

Hugh Symonds

1. K Stuart	Keswick	12.50	11. S Baker	Horwich	14.57
2. S Livesey	Ribble V	13.49	12. R Pilbeam	Keswick	15.04
3. J Maitland	Aberdeen	13.57	13. J Reade	Clayton	15.14
4. R Whitfield	U/A	14.05	14. A Hyslop	Kendal	15.18
5. C Valentine	Keswick	14.12	15. T Rotherford	Clayton	15.20
6. P Barron	Keswick	14.22	16. D Woodhead	Horwich	15.28
7. A Smith	CFR	14.25	17. P Murray	Horwich	15.36
8. N Lanagan	Keswick	14.41	18. H Symonds	Kendal	15.57
9. B Peace	Bingley	14.42	19. K Mingsins	CFR	16.00
10. G Read	Rochdale	14.49	20. S Sunter	Horwich	16.01

Veterans 0/40

1. P Murray	Horwich	15.36	3. R Monk	Kendal	17.59
2. P Duffy	Aberdeen	16.55	4. B Hillon	CFR	18.54

Veterans 0/50

1. G Brass	Clayton	17.42	1. J Riley	Clayton	22.07
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Ladies

1. V Mason	17.36	1. R Drinkall	10.03
2. P Howarth	18.13	2. S Hawkins	10.07
3. J Graham	21.31	3. K Booth	10.46

Veterans 0/60Juniors**PATTERDALE HALL ESTATE****TYNEMOUTH Y.M.C.A.**

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## THREE TOWERS

Category B. 20 miles, 2,500'

16 October

Wind behind their backs from Darwen Tower to Pilgrims Cross helped the Bishop twins and the Bolton lads all arrive at the finish inside Dave Lewis's previous record. Martin Bishop won the race after pulling away from Dave Cartridge after Pilgrims Cross, Mike Bishop overhauled Paul Campbell on the same section for third place. All four had a very interesting battle throughout the whole race and held off John Wild who had a heavy night at the FRA dinner the previous evening.

Several times winner Jeff Norman was close behind Wild for 6th place, the wind also helped the majority of the field to complete the race faster than ever before. Ann Curtis moved through from 3rd place to hold off Linda Lord and Pauline Howarth for the ladies title. A close run saw Gaffney of Blackburn hold off Weir of Horwich for the vet's trophy by 2 seconds, the team was won comfortably by Bolton.

Dave Bleakley

1. Martin Bishop	Staffs M	1.54.06	11. G Bell	Halifax	2.03.54
2. D Cartridge	Bolton	1.54.22	12. W Lindesay	Wirral	2.04.01
3. Mike Bishop	Staffs M	1.54.48	13. R Whitfield	U/A	2.04.13
4. P Campbell	Bolton	1.55.22	14. K Moss	Chorley	2.04.19
5. J Wild	CFR	1.58.02	15. A Curtis	Livingstone	2.04.30
6. J Norman	Altrincham	1.58.31	16. A Rogerson	Leicester	2.04.45
7. D Hall	Kendal	2.01.54	17. R Edwards	Leicester	2.04.45
8. C Bell	Telford	2.02.27	18. S Baker	Horwich	2.05.47
9. B Ashworth	Rossendale	2.02.45	19. S Furness	Blackburn	2.05.57
10. A Hulme	Pennine FR	2.03.33	20. I Holloway	Rochdale	2.06.31

## Ladies

1. A Curtis	Livingstone	2.36.41	4. B Hogge	Eryri	2.46.50
2. L Lord	Clayton	2.38.00	5. S Catterall	Chorley	2.50.20
3. P Howarth	Keswick	2.38.43	6. S Exon	Stretford	2.51.20

## Veterans

1. A Gaffney	Blackburn	2.10.46
2. D Weir	Horwich	2.10.48
3. P Murray	Horwich	2.16.28
4. N Matthews	Horwich	2.16.59
5. W Buckley	Rochdale	2.17.03
6. W Brooks	Horwich	2.18.17

## Teams

1. Bolton	3. Clayton
2. Leics. Cont.	4. Horwich.

IMPORTANT NOTICE  
TO  
JUNIORS.

The DOWNHAM RACE  
on August 11 is a  
Championship race,  
replacing the  
Duddon event.



Martin Bishop [861], Dave Cartridge [528], Mike Bishop [862]. at  
Cadshaw.

MELTHAM COP HILL RACECategory C, 7 miles.16 October

1. R Harbisher	Holmfirth	47.45	11. G Hall	Holmfirth	50.25
2. D Cartwright	Barnsley	48.12	12. C Kendall	Milton Keynes	50.35
3. A Marsh	Holmfirth	48.22	13. A G Lilley	Hallamshire	50.58
4. A Styan	Holmfirth	48.34	14. H Kelly	East Cheshire	51.05
5. A Swift	Longwood	48.45	15. W Wadw	Holmfirth	51.15
6. M Seddon	Holmfirth	48.59	16. K Lodge	Halifax	51.43
7. R Asquith	Holmfirth	49.15	17. R Barrett	Penistone	52.17
8. R White	Holmfirth	49.32	18. E Rennie	Longwood	52.25
9. H Smith	Spenborough	50.00	19. S Clegg	East Cheshire	52.37
10. J Emmott	Skipton	50.09	20. K Robinson	Blackburn	52.58

Teams

1. Holmfirth HAC

Young Athletes

1. D Hawksworth	Holmfirth	25.30	4. S Willis	East Cheshire	26.04
2. T Fletcher	Clayton/Moors	26.04	5. C Harding	Colne Valley	28.49
3. M Taylor	East Cheshire	26.04	6. I Campbell	Holmfirth	28.55

Teams

1. East Cheshire

KARRIMOR INTERNATIONAL MOUNTAIN MARATHON22/23 OctoberElite Class 67 km.

1. P Irwin		12.25.22	10. T Dennish		14.23.38
D Ratcliffe			R Ansell		
2. K Oettli		12.25.30	11. M Ricketts	Vet	14.31.58
D Wolf			R Maher		
3. M Hudson		12.37.09	12. B Peace		14.44.30
A Richardson			P Jebb		
4. K Taylor		12.58.32	13. I Fox		14.46.54
M Walford			R Collister		
5. R Coats	Mixed	13.09.30	14. J Richardson	Vet	15.11.33
D Rosen			M Cudahy		
6. A Addis		13.12.04	15. R Powell		15.13.23
A Belton			K Armstrong-Braun		
7. P Barron		13.41.00	16. J Maitland		15.28.53
J Broxap			J Baston		
8. A Nixon		14.05.11	17. P Taylor		15.31.36
J Darby			A Cooke		
9. D Rankin		14.17.59	18. P Halling		15.43.11
J Patterson			R Eagle		

Class A, 55 km.

1. R Bloor		11.05.23	3. A Curtis		12.05.35
J Brown			A Spenceley		
2. G Sellens		11.46.54	4. P Stott		12.32.09
M Sellens			M Foschi		

Class B, 47 km.

1. S Murdoch		10.15.20	3. A Robinson		10.34.38
T Martland			T Denton		
2. C Fielding		10.33.16	4. L Dunn	Female	10.38.13
D Ryder			W Lightfoot		

Class B, 40 km.

1. J Kewley		7.22.38	3. J Forster		8.20.36
R Fleming			M Owen		
2. A Riley		7.57.50	4. S Hardy		8.36.00
P Manson			A Smith		



9. D Wilkinson	Keswick AC	2.02.16	19. J Crummett	Bingley H & AC	2.11.12
10. G Read	Rochdale H & AC	2.02.30	20. P Walters	Mandale AC	2.11.23

Veterans

1. N Matthews	Norwich RMI	2.04.52	3. P Brooks	Lochaber AC	2.17.44
2. H Blenkinsop	Keswick AC	2.15.03			

Ladies

1. V Mason	Eskdale OBMS	2.20.38	3. B Nelson	CFR	2.45.36
2. B Hogge	Eryri Harriers	2.33.05			

Short Course

1. D Neild	Clayton-le-Moors	1.39.31	3. P Ratcliffe	Rossendale H & AC	1.50.32
2. C Smith	Unattached	1.50.00			
Vet R Nelson	CFR	1.55.42	Lady A Crabb	CFR	1.57.13

ROMBALDS MOOR FELL RACECategory B, 5 miles, 5,000'20 November

Conditions were quite the reverse of last year's, the day being cool and sunny, with firm going underfoot. Mike Short was the early leader, going up onto the moor, while Sean Livesey also was in front at one stage up there. However, Jack Maitland, who was lying 3rd on the return trek across the moor, eventually powered into the lead and came down well to win from Gerald King by 11 seconds with a time of 30.14.32 seconds inside Andy Taylor's 1980 record. Livesey finished 3rd, Short 4th and the up-and-coming McWade of Clayton 5th, all inside the old record.

Keith Summersgill of Skipton [not to be confused with the Clayton runner of the same name] won the prizes for first veteran and first local in 27th position out of a 267-strong field, while M. Foley was the first junior in 14th. Linda Lord was the fastest lady, 177th in 40.10. while Rossendale lifted the team prize.

Bill Smith



Rombalds Moor. 82 is J. Eaton in front of D. Cartridge.

[Photo/Bill Smith]

1. J Maitland	Leeds Univ	30.14	11. H Walker	Blackburn	31.55
2. G King	Longwood	30.25	12. P Irwin	Rossendale	31.57
3. S Livesey	Ribble Valley	30.30	13. R Rawlinson	Rossendale	31.58
4. M Short	Horwich	30.32	14. M Foley	Wakefield	32.03
5. P McWade	Clayton	30.42	15. B Brindle	Horwich	32.05
6. D Cartridge	Bolton	31.20	16. K Shand	Rochdale	32.12
7. I Ferguson	UNAT	31.32	17. G Read	Rochdale	32.15
8. S Parker	Rossendale	31.40	18. N Weaver	Clayton	32.18
9. J Eaton	Rossendale	31.45	19. G Devine	SKYRAC	32.30
10. A Styán	HolmeFirth	31.53	20. C Valentine	Keswick	32.32

THE FIRST WINTER HILL FELL RACE  
Sponsored by Rivington Camping

27 November

Category N, 11½ miles, 2,700'

Two hundred and three runners turned out for this first staging of the race. Mist down to the tree tops caused many runners to go astray, Mike Short led one group of leading runners into obscurity going over Noon Hill. Ray Owen was rewarded for brave front running by notching up his first win, he was followed home by a fast finishing Brent Brindle. Kevin Shand and Jon Broxap did well finishing third and fourth respectively over unfamiliar ground.

After the race competitors were able to watch themselves on a video made by Allan Harrison, anyone interested in having a video made can contact Allan on Bolton 706191.

John Nixon



1.	R Owen	Horwich	1.36.47
2.	B Brindle	Horwich	1.37.47
3.	K Shand	Rochdale	1.38.12
4.	J Broxap	Keswick	1.38.23
5.	D Kelly	Horwich	1.38.44
6.	J Nixon	Horwich	1.38.51
7.	F Loftus	Horwich	1.39.02
8.	D Hall	Kendal	1.40.58
9.	S Moore	Horwich	1.40.59
10.	P Irwin	Rossendale	1.41.01
11.	P McWade	Clayton	1.41.02
12.	K Taylor	Rossendale	1.41.20
13.	K Gaskell	Horwich	1.41.27
14.	S Furness	Blackburn	1.41.37
15.	P Standing	Bolton	1.41.42
16.	J Quine	Bolton	1.41.46
17.	P Mason	MDOC	1.42.15
18.	M Short	Horwich	1.42.42
19.	D Vickers	Horwich	1.43.24
20.	A Addis	MDOC	1.43.25

[vet]

Ray Owen on his way to victory on Rivington Moor.

[Photo/Bill Smith]

Veterans 0/40

1. D Vickers Horwich 1.43.24

Veterans 0/45

1. D Weir Horwich 1.43.48

Veterans 0/50

1. D Clutterbuck Rochdale 2.07.53

Ladies

1. P Howarth Keswick 2.02.47

2. K Mather Saddlesworth 2.05.52

3. L Lord Clayton 2.07.36

Teams

1. Horwich A. 2. Horwich B. 3. Rossendale.

Junior Race, 6 miles, 900'

1. W Brindle Horwich 42.07

2. M French U/A 42.10

3. J Dermott Wigan 43.27

*RUMOUR HAS IT THAT Dave Wilkinson of Keswick is currently out of action due to a knee injury sustained whilst getting his leg over an early morning obstacle.*

MARSDEN - EDALE TROGCategory A, 22 miles, 3,200'

4 December

The weather for the 10th Anniversary of Tanky's Trogg was absolutely idyllic and on good authority I have it that this will not be repeated until 1993! May I congratulate Malcolm Patterson and Rob Pearson on a fantastic run and Liz Dunn - First Lady. Malcolm comments: The real race begins at the Snake Inn. As I crossed the river I looked anxiously behind, sooner than I had hoped I saw Rob [Pearson] in pursuit. The next ten minutes were the hardest in my life! I tried to conserve my resources by playing a waiting game i.e. waiting for Rob to walk! As I staggered up to Seal Stones the plan seemed to be failing and the gap relentlessly closed. I missed the best line over the crossing but the Gods must have been with me and Rob missed the best line too, suddenly I knew I had won. Never had Grindsbrook looked so beckoning and I was able to find new strength for the final stage; on through the village to the finishing line.

				Tanky	
1.	M Patterson	DPFR	2.38.48	11.	A Harmer DPFR 3.06.18
2.	R Pearson	DPFR	2.41.09	12.	T Tett DPFR 3.07.07
3.	J Maitland	Aberdeen AAC	2.49.57	13.	G Berry DPFR 3.08.20
4.	A Darby	Newport HAR	2.51.35	14.	A Jones DPFR 3.09.08
5.	T Farnell	DPFR	2.53.11	15.	M Rigby Camb UFRC 3.09.29
6.	N M Matthews	Horwich Vet	3.00.06	16.	F S Thomas DPFR Vet 3.09.40
7.	D Cunningham	Cl le M	3.00.34	17.	M Stone DPFR 3.09.57
8.	G Wright	Rossendale AC	3.03.11	18.	T Barnett U/A 3.10.46
9.	P Hampson	Rucksack	3.10.46	19.	P A Blagborough Saddleworth 3.11.50
10.	M Cudahy	Vet [Sen] Rucksack	3.04.20	20.	R Toogood Hallam H 3.12.05

Ladies

1.	L Dunn	SUCC	3.14.32	3.	K Mather Saddleworth rUN 3.41.34
2.	J Savage	Tipton H	3.38.28		

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

26 December

No snow again on the summit for Santa but plenty of smarties to be collected by the athletes. Another present was a change in the course with the finish being back at Pits instead of at Waterfoot where the race starts. The early pace was set by Mike Short, complete with fancy dress, with Dave Hall and Peter McWade close behind. Mike was the first to receive his smarties from Santa as he rounded the trig point, he was quickly caught by Dave Hall and then Peter McWade as the descent started. The speed of Peter's descent took him past Dave also to lead the field, the extra distance at the end though aided that camper of all seasons Dave Hall, as he used his strength to pass a tiring Peter McWade on the road.

Mike Short held on to third from a rapidly closing Ray Owen, Oldham based Peter Duffy had a rare taste of victory in the veterans, a good climber, but slow descender, he this time held at bay his close rival and friend Joe Dean. V. Mason was an easy winner of the ladies race.

Alan Bocking

1.	D Hall	Kendal AC	25.33	11.	K Gaskell Horwich RMI 26.57
2.	P McWade	Cl le M	25.41	12.	S Moore Horwich 27.00
3.	M Short	Horwich	25.56	13.	W Suringer U/A 27.04
4.	R Owen	Horwich	26.01	14.	R Walker Blackburn 27.06
5.	A Hulme	Pennine fR	26.19	15.	A Thornton MDOC 27.12
6.	R Taylor	Stockport	27.55	16.	R Britton Thames Hare & Hounds 27.47
7.	K Taylor	Rossendale	26.32	17.	D Turnbull Stockport 27.55
8.	M Bradshaw	Rossendale	26.45	18.	C Valentine Keswick 27.59
9.	J Eaton	Rossendale	26.49	19.	D Kelly Rossendale 28.06
10.	D Woodhead	Horwich	26.53	20.	J Britton ICLAC 28.10

Veterans

1.	P Duffy	Aberdeen AC	29.16	3.	P Jepson Bury AC 30.35
2.	J Dean	Holmfirth	29.49		

Ladies

1.	V Mason	MDOC	33.44	3.	K Taylor Cl le M 38.10
2.	V Hamlett	Rossendale	37.52		

Teams at Whinberry Naze.

1. Horwich - 18pts; 2. Rossendale - 24pts; 3. Clayton-le-Moors - 67pts.

WANSFELL RACECategory A, 2½ miles, 1,200'

27 December

Watching the junior races beforehand gave one a sense of foreboding, just how far one would stay on two feet on the descent before warming ones' backside up! such was the waterlogged state of the fellside. Jack Maitland certainly had one person worried as he nearly slid between his legs as they met going in opposite directions. The race itself proved that the Cumbrians can be beaten on their own territory as they failed to break into the 'frame', a leaner looking Malcolm Patterson soon forged ahead on the ascent and maintained this to the summit. Jack Maitland was not far behind and the race appeared to be between these two, however, on the descent, Jack Maitland fell and was nearly caught by orienteer Roger Bloor.

Andrew Phillipson, runner-up in this years' veteran championship, was nearly a minute clear of the rest of his fellow veterans, Liz Dunn was similarly well clear in the Ladies as she made all her running on the ascent to pull well clear of Pauline Haworth. The junior races were not very well supported despite the effort that goes into the promotion, only ten competed in the three races.

Alan Boeking

1. M Patterson	DPFR	19.40	11. A Smith	CFR	21.10
2. J Maitland	Aberdeen	20.16	12. H Jarrett	CFR	21.25
3. R Bloor	Liverpool Univ	20.19	13. D Woodhead	Horwich	21.27
4. J Broxap	Keswick	20.26	14. A Thornton	MDOC	21.30
5. D Lee	CFR	20.37	15. A Hyslop	Ambleside	21.31
6. D Hall	Kendal	20.53	16. P Tuson	Kendal	21.37
7. M Aspinall	Rossendale	20.54	17. K Taylor	Rossendale	21.44
8. C Valentine	Keswick	20.55	18. I Robinson	Cl le M	21.51
9. C Devine	Skyrac	20.58	19. B Bullen	Leeds City	22.10
10. H Symonds	Kendal	20.59	20. G Byers	CFR	22.14

Ladies

1. E Dunn	Sheffield Univ	24.27	3. V Mason	MDOC	25.58
2. P Haworth	Keswick	25.14			

Veterans 0/40

1. A Phillipson	Gosforth	22.38	1. G Scott	Cockermouth	24.30
2. J Clemens	Black Combe	23.34	2. R Gore	Cl le M	26.09
3. A Peacock	Cl le M	23.43	3. I Sykes	Rochdale	26.21

Veterans 0/50Under 17's

1. I Dermott	Horwich	10.32	1. C Routledge	Kendal	11.00
2. C Dermott	Horwich	10.35	2. T Scott	U/A	14.37
3. B Devine	Skyrac	11.11			

Under 15'sUnder 11's

1. J Tyson	Ambleside	7.09	3. C Dealtry	U/A	9.03
2. S Wilson	Kendal	7.40			[ 5 ran ]

Teams

1. CFR - 28pts, 2. Kendal - 32pts, 3. Keswick - 40pts.

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Before your next race in the South Lakes

Bed and Breakfast and Evening meal if required.

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GUISBOROUGH WOODS HILL RACE

Category N, 5½ miles, 700'

27 December

On a very wet day underfoot, many athletes turned out to run off the excess Christmas carbohydrates. The Short Race [1 loop] was moderately well supported, with local athletes winning their age groups. These were:-

D Wilson	Mandale H & AC	U/18	13.30	N Taylor	Mandale H & AC	Girl U/14	16.52
A Moody	Middlesbrough & CH	U/16	13.46	C Carvello	Mandale H & AC	Girl U/16	17.11
D Fielder	Mandale H & AC	U/14	15.13	A Gardener	Cleveland OC	Senior Ladies	20.38

In the long race [3 loops] Steve Sutcliffe - Mandale, demonstrated that after being in the running fraternity for just one year he is now developing into an athlete to be reckoned with on the fells. In heavy mud he was able to take over one minute off the record. In the ladies race A Bedwell - University of Bristol AC surprised herself on the heavy going to win in 53.14. In all 97 of the 98 starters finished in the Long Race which says something about the athletes persistence, [or is it madnews], particularly as those home on holiday from South Africa and Malaysia felt the bite of a N.E. wind.

Dave Parry

1. S Sutcliffe	Mandale H & AC	36.23	11. S Bell	Mandale AC	Jnr.	40.06
2. J Yeats	Middlesbrough & CH	Jnr. 37.57	12. C Webb	CFR		41.07
3. H Burdett	Mandale H & AC	38.42	13. I Procter	Sunderland		41.11
4. T Franks	Gateshead H	38.50	14. G Young	Rowntrees AC		41.19
5. J Marshall	Durham City H	39.07	15. H Forrest	Gosforth H & AC		41.57
6. C Wright	Mandale H & AC	39.19	16. G Potts	Middlesbrough & CH		42.04
7. D Littlewood	Crook AC	40.00	17. R Puckrie	Whitby & Esk Val.	Vet.	42.05
8. P Harlow	Rowntrees AC	40.02	18. D Bendy	Leamington	Vet	42.15
9. D Healey	Mandale AC	40.06	19. M Garratt	Mandale		42.18
10. S Gamble	Middlesbrough & CH	40.06	20. P Longfield	Billingham Syn.		42.23

THE 3RD BOX HILL RACE

Not yet categorised, 7½ miles, 1,800'

21 January

1. C Hirst	Brit. Army OC	50.16	11. Q Harding	Camb. Univ. FRC	55.58
2. D Hall	Kendal	53.16	12. D Heeley	Kingson Poly.	56.29
3. G Summers		54.01	13. A Hind	Thames H & H	56.59
4. R Kennan	Highgate H	54.50	14. J Lea	Imp. Coll. CCC	57.29
5. P Hampson	Rucsacl Club	55.01	15. M Underdown	Invicta AC	57.47
6. A Hyslop	Ambleside AC	55.03	16. T Tett	DPFR	57.51
7. G Russell	Ambleside AC	55.13	17. S Bradnock	Camb. Univ. FRC	57.53
8. A Rosbrook	Basildon AC	55.39	18. M Harris	Herne Hill H	57.55
9. M Rigby	Camb. Univ. FRC	55.41	19. M Goodenough	Winchester AC	57.56
10. G Booth	Imp. Coll. CCC	55.45	20. F.Thomas	DPFR	57.57

LadiesVeterans

1. H Bloor	Highgate H	65.50	1. F Thomas	DPFR	57.57
2. P Shore	Occ. Orient	69.40			

Teams

1. Camb. Univ. FRC - 63pts. 2. Imp. Coll. CCC - 113pts. 3. Herne Hill H - 133pts.

## TELFORD ATHLETIC CLUB

presents

## 3rd Stretton Skyline Fell Race

Saturday 8th September at 12 noon from Church Stretton School

Record: 2hrs 30.20 Jeff Norman 1982. 20 miles 4,200' climb.

Navigational Skills.

Entries: 11 (including s.a.e.), Men and Ladies to

Ron Risbridger, 56, Lincoln Road, Wrockwardine Wood, Telford, Shropshire.  
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BENSON KNOTT FELL RACECategory C, 5 miles, 900'5 February

Kenny Stuart, most people's favourite for the 1984 championship, destroyed the rest of the field by a minute and a half. The winter had seen Kenny win the Cumbria Cross-Country Championship by a minute followed by a 78th placing in the Inter-Counties at Leicester. Leading the rest of the field home were the Rossendale duo of Dixon and Parker with eighty yard gaps between the next three, Symonds, Gough and Bradshaw before the main charge for the line started.

Etchells of Barrow had just over a hundred yards to spare over Clemens of Black Combe at the finish to be first veteran. It was no contest in the ladies as Pauline Haworth literally ran away from the rest of the field to record a two and a half minute victory.

Alan Bocking

1. K Stuart	Keswick	34.18	11. G Clucas	CFR	37.14
2. P Dixon	Rossendale	35.54	12. G Byers	CFR	37.16
3. S Parker	Rossendale	36.03	13. M Pickering	Kendal	37.22
4. H Symonds	Kendal	36.16	14. A Styan	Holmfirth	37.28
5. G Gough	Blackburn	36.29	15. P Leviston	Barrow	37.34
6. M Bradshaw	Rossendale	36.43	16. D Woodhead	Horwich RMI	37.38
7. J Broxap	Keswick	37.03	17. G Mason	Barrow	37.49
8. D Bland	Kendal	37.04	18. G Woolnough	Kendal	38.00
9. P Iuson	Kendal	37.06	19. D Framton	Keswick	38.04
10. K Robinson	Kendal	37.11	20. A Hyslop	Ambleside	38.07

VeteransLadies

1. J Etchells	Barrow	38.33	1. P Haworth	Keswick	44.31
2. J Clemens	Black Combe	38.57	2. V Mason	Manchester & DOC	47.03
3. D Spencer	Barrow	39.50	3. D Varney	Keswick	47.11



Steve Varney [196] chatting up the opposition.

Len I'Anson [42] finding it funny.

[Photo/Eileen Woodhead]

Category A, 10 miles, 2,700'

12 February

1. P Cain	Boundry Harriers	1.22.02	J Clellin		1.34.26
2. T Varley	Boundry Harriers	1.22.09	12. S Partington	Boundry Harriers	1.35.30
3. I Callister	Manx AC	1.23.00	S Brennan	Boundry Harriers	1.35.30
4. K Callister	Manx AC	1.24.18	14. G Hull	Boundry Harriers	1.43.25
5. P Brookes	Manx AC	1.26.18	15. R Hardman	Northern AC	1.54.02
6. M Joughin [Vet]	Boundry Harriers	1.27.00	16. P Simpson	Manx AC	1.55.50
7. C Halsall	Manx AC	1.30.15	17. G Hodgkinson	Boundry Harriers	1.56.11
8. D Woodhead	Horwich	1.31.18	18. K Groom	Manx AC	1.56.34
9. M Cowbourne	Boundry Harriers	1.33.45	19. B Baxter [Vet]	Manx AC	2.58.05
10. R Stevenson	Boundry Harriers	1.34.26			

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

18 February

1. K Stuart	Keswick AC	49.44	11. D McGonigle	Dundee Univ. H	54.56
2. C Donnelly	Cambuslang H	50.51	12. R Boswell	Lochaber AC	54.58
3. A Spenceley	Carnethy Hill Run.	51.45	13. D Wilkinson	Keswick AC	55.00
4. M Lindsay	Carnethy Hill Run.	52.44	14. A Philipson	Gosforth Harriers	55.07
5. C Valentine	Keswick AC	52.49	15. J Stevenson	Irvine AC	55.12
6. D Woodhead	Horwich RMI Har.	52.53	16. J Blair-Fish	Carnethy Hill Run.	55.19
7. A Curtis	Livingstone & Dis. AC	53.05	17. D Blend	Kendal AC	55.43
8. A Hyslop	Ambleside AC	53.10	18. R C Y Anderson	Cambuslang Harriers	56.18
9. R L Morris	Carnethy Hill Run.	54.06	19. R Cambell	Lochaber AC	56.22
10. G Russell	Ambleside AC	54.28	20. A Richardson	Kendal AC	56.33

VeteransLadies

1. A Philipson	Gosforth Harriers	55.07	1. P Haworth	Keswick AC	61.13
2. M Edwards	Aberdeen AC	57.07	2. A Curtis	Livingstone & Dis. AC	63.51
3. J G Jardine	Lochaber AC	58.49	3. G Wilkinson	Keswick AC	67.31

Teams

1. Carnethy Hill Runners - 16pts.    2. Keswick AC - 19pts.    3. Ambleside AC - 55pts.  
 4. Cambuslang Harriers - 58pts.    5. Kendal 'A' AC - 63pts.    6. Lochaber 'A' AC - 64pts.



Camnie watching the worms and Dennis Bland following the prints at Carnethy.  
 [Photo/Eileen Woodhead]

CHEW VALLEY SKYLINECategory A, 13 miles, 2,000'4 March

Perhaps the F.R.A. should use the moors above Greenfield instead of Langdale for their navigational course, especially if it could be arranged for the mist to descend: Some found it difficult to find Broadstone Hill trig point, others the shooting hut, later on many were unable to follow the direct route from Ashway Stone to Chew Reservoir finding themselves heading back to the start. Back to the race, Bob Ashworth and Andy Darby reached the summit of Alderman first, closely followed by Jack Maitland and Paul Cadman. From then on different lines were taken, and the lead changed hands several times in the mist, Featherbed Moss was reached first by Brent Brindle, after overtaking Paul Cadman and Jack Maitland who had reached Chew Reservoir first.

On the traverse to Alphin, Andy Styán, Steve Breckell, Pete Irwin and Mike Short all joined the fray. The decision of when to leave the ridge path and strike for the trig point would be all important and Brent and Paul both took off on a bearing which gave them a better line, along with the following Mike Short. In the pursuit Steve Breckell and Pete Irwin dropped Andy and Jack. On the descent Brent, Paul and Pete quickly dropped Mike and also left Steve struggling a bit. Paul Cadman was the one with the speed but it turned out that Brent Brindle was the one with the greater will to win especially as there had been rumours about that he had been training along stretches of the course each week.

Alan Boeking

1. B Brindle	Horwich RMI	1.48.26	11. K Shand	Rochdale	2.02.29
2. P Cadman	Wolv. & Bilston	1.48.41	12. F Loftus	Horwich RMI	2.03.06
3. S Breckell	Blackburn	1.48.59	13. R Pearson	Dark Peak Fell Runners	2.03.06
4. P Irwin	Rossendale	1.49.04	14. P Livesey	Unattached	2.03.33
5. A Styán	Holmfirth	1.49.26	15. J Baston	Chester & Ellesmere Port	2.03.36
6. M Short	Horwich RMI	1.49.27	16. A Darby	M de C	2.05.49
7. J Maitland	Leeds University	1.51.12	17. G Bell	Halifax	2.06.29
8. R Ashworth	Rossendale	1.55.55	18. A Hulme	Pennine Fell Runners	2.06.43
9. R Owen	Horwich RMI	2.01.50	19. M McDermott	Unattached	2.06.47
10. S Moore	Horwich RMI	2.02.16	20. A Hauser	Holmfirth	2.06.52

Veterans

1. P Livesey	Unattached	2.03.33
2. R Aucott	Dark Peak FR	2.08.09
3. N Matthews	Horwich RMI	2.08.31
4. B Buckley	Glossopdale	2.08.59
5. F Sykes	Saddleworth R	2.10.09
6. I Beverley	Clayton-le-Moors	2.11.17

Ladies

1. P Haworth	Keswick	2.18.24
2. H McNee	Loughborough	2.22.39
3. V Mason	Kendal	2.22.39
4. K Mather	Saddleworth Runners	2.44.26
5. V Brindle	Clayton-le-Moors	2.48.13
6. A Soper	Achille Ratti	2.48.54



Stephen Moore [188] and Sean Sunter near check point 3 at Chew.

[Photo/Eileen Woodhead]



JUNIOR RACE AT CHEW

With an entry of over 100 for each of the last three years, this has now become a major event in it's own right. The new course, described by winner Robin Bergstrand as excellent, is over a tough 3 miles [90% fell] involving 975ft of ascent and descent. The pack was led away by Sean Willis and Mark Taylor of East Cheshire, these two were soon overtaken by Bergstrand on the climb to the Foxstone. Robin extended his lead on the descent and strode away an easy winner by almost two minutes. East Cheshire regained the team trophy from Stretford who were unable to defend their title. The junior team results are calculated on total time, each team having to contain at least two boys.

Frank Sykes

Youths

1. R Bergstrand	Rochdale	24.44
2. I Dermott	Horwich RMI	26.42
3. W Brindle	Horwich RMI	26.50
4. S Willis	East Cheshire & Tameside	27.01
5. A Woods	Blackburn	27.14
6. C Dermott	Horwich RMI	27.18

Boys

1. M Taylor	East Cheshire & Tame.	27.04
2. G Hall	Holmfirth	28.19
3. P Massey	Horwich RMI	28.41
4. J Henderson	South Chadderton Sch.	29.17
5. S Thompson	Hyndburn	29.29
6. R Hall	Saddleworth School	30.21

Girls

1. J Brocklehurst	Sale	33.45
2. N Fish	Rishworth School	45.22
3. I Wilson	Saddleworth School	45.32

Inter Girls

1. S Hill	Rishworth School	43.04
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Sean Willis [605] and Mark Taylor [702] lead from the winner Robin Bergstrand [623] at the foot of the climb to Foxstone.

## 'BIRDS EYE' AXNFELL FELL RACE

## Category A. 21 miles. 7,000'

4 March

1. T Varley	Boundry Harriers	3.52.04	7. C Halsall	Manx AC	4.35.49
2. P Cain	Boundry Harriers	3.59.44	8. R Stevenson	Boundry Harriers	4.41.19
3. I Callister	Manx AC	4.09.44	9. G Hall	Boundry Harriers	4.44.19
4. K Callister	Manx AC	4.12.26	10. B Baxter [Vet]	Manx AC	4.45.00
5. P Brookes	Manx AC	4.29.40	11. M Joughin [Vet]	Boundry Harriers	6.01.42
6. J Crellin	Manx AC	4.31.39	R Hardman	Northern AC	6.01.42

## MILFORD '21'

## Category C. 21 miles. 1,000'

11 March

1. J Wild	Tipton H	1.54.54	11. G Summers	Worcester AC	2.04.55
2. P Davies-Hale	Cannock Chase AC	1.57.22	12. P Hands	Leicester Corit.	2.05.06
3. J Masterson	Leicester Corit.	1.58.10	13. P Cadman	W'ton & Bil. AC	2.05.48
4. A Holden	Tipton H	2.00.05	14. K Meardon	Thetford AC	2.06.17
5. J Norman	Altrincham & Dist AC	2.03.29	15. V Holman	Thetford AC	2.06.58
6. K Lomas	Charnwood AC	2.03.45	16. H A Chadwick	Bournemouth AC	2.07.36
7. D Holland	Cannock Chase AC	2.03.54	17. B Peacock	Cannock Chase AC	2.07.40
8. A Rogerson	Leicester Corit.	2.04.22	18. R Morgan	Bournemouth AC	2.08.17
9. S Willimott	Cannock Chase AC	2.04.35	19. R Wood	Frodsham H	2.09.44
10. R W Edward	Leicester Corit.	2.04.46	20. J M Boswell	Ilkeston RC	2.09.47

## Ladies

1. V Greenwood	Cannock Chase	2.49.33	2. S Exon	Stretford Ac	2.57.31
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F. R. A. SPONSORED  
3rd Annual Course on  
SAFETY AND NAVIGATION  
ON THE FELLS  
22/23 September 1984



(Note:- One week later than last year)

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Organiser - Peter Knott

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Wanted Competent Navigator to help with instruction.

Competitors of all levels of ability

Send S.A.E. for details.

BLACKSTONE EDGE FELL RACECategory A. 3 miles. 1,000'

24 March

The 1984 championship series got off to a controversial start on March 24th when, in poor visibility, two of the leading runners accidentally cut the course short, leaving the organiser no choice but to disqualify them, '83 champion Kenny Stuart was first to the summit of Blackstone Edge, after 1,000ft of climbing in a mile and a half through a snowstorm and with the ground slippery from a cover of fresh snow. Imagine his surprise when after a further half mile of peat boggy Pennine Way path, and on reaching the turn marshall for the descent he spotted two runners ahead. Jack Maitland and Martin Bishop, having lost contact in the mist, cut down too early and on finishing in first and second position posed organiser Kevin Shand and Geoff Reed a problem. Regretfully they had to be disqualified and Kenny declared the winner in a time only 2 seconds outside the course record despite the slow conditions.

Pauline Haworth, who missed the 1983 season with injury, slipped away from her rivals in the mist to lead the championship race for Ladies and finish nearly 2 minutes clear of international orienteer Wendy Lightfoot and 1983 British champion Angela Carson. C.F.R.A. were down in force from the N.W. Lakes to take the team race from the Lancashire teams of Rossendale and Horwich. The organisers had to cope with a record entry of over 300 competitors and bad weather conditions, not expecting snow, the course was marked with white flags for which they took some stick, the final insult coming from one competitor who asked if the course would be marked with green flags next year!

Peter Knott

1. K Stuart	Keswick	25.48	16. R Seager	LEI DC	28.05
2. M Patterson	Dark Peak FR	26.48	17. H Jarratt	Cumberland FR	28.06
3. C Valentine	Keswick	27.24	18. D Cartright	Penistone	28.09
4. M Newby	Rossendale	27.29	19. G Read	Rochdale	28.14
5. M Aspinall	Rossendale	27.32	20. A Adams	I.C.L.	28.16
6. D Hall	Kendal	27.34	21. R Owen	Horwich	28.20
7. H Symonds	Kendal	27.38	22. D Woodhead	Horwich	28.22
8. G Clucas	Cumberland FR	27.40	23. R Ashworth	Rossendale	28.25
9. D Cartridge	Bolton	27.41	24. A Phillipson	Gosforth	28.31
10. B Brindle	Horwich RMI	27.54	25. J Emmott	Skipton	28.35
11. A Smith	Cumberland FR	27.58	26. R White	Holmfirth	28.36
12. G Gough	Blackburn	28.01	27. G Byers	Cumberland FR	28.37
13. D Lee	Cumberland FR	28.02	28. M Prady	Glossopdale	28.37
14. A Styant	Holmfirth	28.03	29. I Birtwistle	Rossendale	28.37
15. A Hyslop	Ambleside	28.04	30. N Lanagan	Keswick	28.39

Veterans 0/40

1. A Phillipson	Gosforth	28.31	1. G Scott	Cockermouth	31.59
2. J Clemens	Black Combe R	29.36	2. G Spink	Bingley	32.16
3. R Aucott	Dark Peak FR	29.37	3. G Brass	Clayton-le-Moors	32.38
4. N Berry	Holmfirth	29.37	4. D Thackery	Dark Peak FR	33.23
5. N Fisher	Eryri	29.42	5. I Sykes	Rochdale	33.28
6. P Murray	Horwich	30.02	6. B Fielding	Leeds City	34.25

Veterans 0/50

1. G Scott	Cockermouth	31.59
2. G Spink	Bingley	32.16
3. G Brass	Clayton-le-Moors	32.38
4. D Thackery	Dark Peak FR	33.23
5. I Sykes	Rochdale	33.28
6. B Fielding	Leeds City	34.25

Ladies

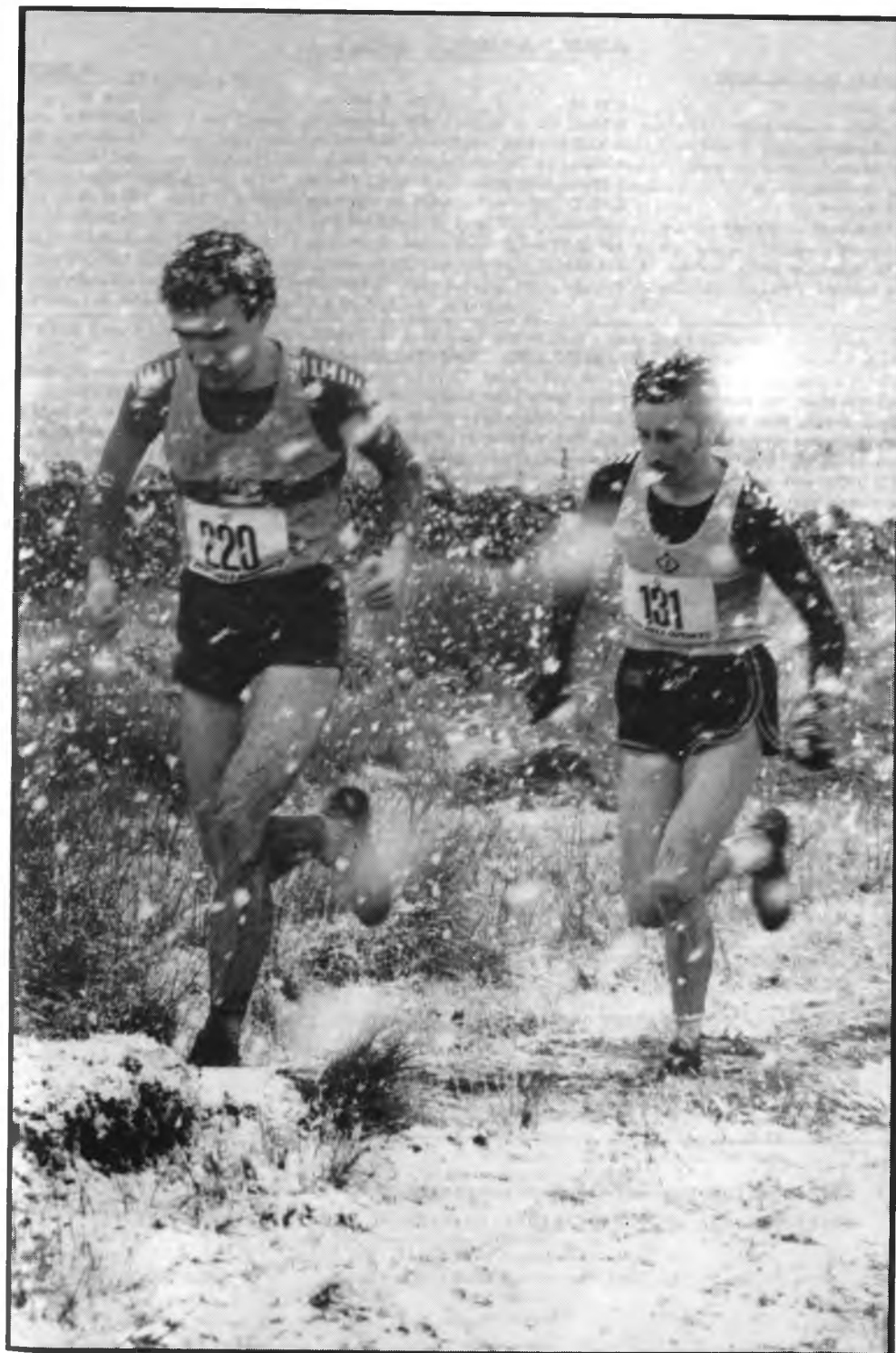
1. P Haworth	Keswick	32.02	4. L Martin	Pennine Fell Runners	34.12
2. W Lightfoot	Dark Peak FR	33.52	5. H Matthews	Bolton	34.50
3. A Carson	Dark Peak FR	33.53	6. L Lord	Clayton-le-Moors	34.51

Teams

1. CFRA - 49pts.	2. Rossendale - 61pts.	3. Horwich - 84pts.
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*RUMOUR HAS IT THAT Kenny Stuart is going to attempt the Pennine Way Relay record.*

opposite photo: Mike Bishop and Kenny Stuart at Blackstone Edge. (photo / Steve Bateson )



LLANBEDR TO BLAENAVON FELL RACECategory A, 14 miles, 4,500'24 March

1. A Darby	1.53.38	11. R Wall	2.18.06
2. L Wallace	1.53.50	12. J Darby	2.18.42
3. C Bromhall	2.00.07	13. S Skelton	2.20.35
4. P Dixon	2.05.11	14. M Jones	2.21.56
5. L Williams	2.07.45	15. A McDonald	2.22.07
6. A Andrews	2.10.39	16. J Sweeting	2.22.36
7. P Hampson	2.14.12	17. J Wilson	2.23.19
8. A Nixon	2.14.34	18. R West	2.24.07
9. K Webster	2.14.54	19. M Lucas	2.25.31
10. I Hunter	2.17.47	20. S Rochford	2.26.35

IAN ROBERTS MEMORIAL ROAD AND FELL RELAY24 March

This years race took place in extraordinary conditions, while the first leg was run in Arctic blizzards, runners on the final leg encountered no more than a pleasant breeze, although conditions underfoot made fast times impossible on either road or fell. Staffs Moorlands retained the Ian Roberts Memorial Trophy, while Bingley just beat Holmfirth over the final few hundred yards for second place.

On the individual level, the fastest fell time was retained by Andy Wilton, closely followed by Paul Campbell, Dave Slater, Phil Bowler and Mike Goodhall. On the road Colin Moore once again took the honours, with Alwyn Dewhurst, the Fowler brothers and Graham Ellis behind him.

Two teams qualified for the special prizes given to complete teams who had also competed in the Blackstone Edge [Holmfirth 'D' and Glossopdale - congratulations to these eight for running twice in appalling conditions.

First Leg

1. A Dewhurst	Holmfirth A	21.58	4. J Penrose	Bingley A	23.04
2. Nerurka	Bingley B	22.18	5. I Kay	Bolton A	23.14
3. S Fowler	Staff Moorlands AC	22.29			

Second Leg

		<u>Cum. Time</u>	<u>Time for Leg</u>
1. C Hollingworth	Holmfirth A	48.29	26.31
2. P Bowler	Staff Moorlands AC	48.33	26.04
3. S Hunt	Horwich AC	50.18	26.59
4. P Crewe	Bingley A	50.23	27.19
5. Brooks	Bingley B	50.28	28.10

Third Leg

1. P Fowler	Staff Moorlands AC	70.55	22.22
2. G Ellis	Holmfirth H A	71.09	22.38
3. C Moore	Bingley A	72.01	21.38
4. P Wayte	Bingley B	73.55	23.27
5. S Criems	Horwich AC	74.21	24.03

Final Leg

1. A Wilton	Staff Moorlands AC	94.59	24.04
2. D Slater	Bingley A	97.15	25.14
3. M Goodall	Holmfirth A	97.18	26.09
4. P Campbell	Bolton A	101.30	24.31
5. M Harrison	Horwich AC A	102.03	27.42

*The magazine has received messages of goodwill to Kevan Shand. Wishing Kevan a speedy return to running after the knee injury.*

DON MORRISON MEMORIAL EDALE SKYLINE

Category A, 22 miles, 4,500'

25 March

The previous night I was listening to Magical Mystery Tour by the Beatles, and little did I know that this would be prophetic for some. Some were annoyed that an official at Grindslow Knoll told them to carry on in the same direction away from Jagers Clough. A group of seven, though, managed to go the right way before the bulk of the field passes through the correct way, but I got the feeling that many recognised the wrong direction was being taken as we were running over rough grass back towards the path.

Reaching Win Hill in 67 minutes were Jack Maitland, Pete Irwin, Rob Pearson, Malcolm Patterson, Mike Short, Brent Brindle and Bob Ashworth, plus C. Hirst who dropped out at Mam Tor. It was nine minutes before anyone else arrived there. This group was still mostly together at Lose Hill, but by Mam Tor cracks were appearing as Jack Maitland and Mike Short forged ahead of Brent Brindle. Pete, Rob and Malcolm were together just behind whilst Bob Ashworth was now beginning to fall back a little.

As most know the going gets much tougher from this point and by Lord's Seat Jack had opened up a gap over the rest. He was joined by Malcolm Patterson by Edale Cross, clear of Mike Short, Pete Irwin, Rob Pearson and Brent Brindle who was now beginning to suffer and drop back quickly. Back at Grindslow Knoll it was Jack and Pete followed by Malcolm and Mike, and then Rob. The finish couldn't have been tighter as Jack just held off Pete's challenge, a just reward for forging the pace. Rob came through for third on the descent with Malcolm pulling away from Mike. Brent and Bob were five minutes behind, followed, of course, by that nine minute gap. Bridget Hogge led throughout the ladies race, which returns straight from Mam Tor, but J. Smith ran her close. There was not much between them at Mam Tor but Bridget again pulled away on the descent.

										Alan Bocking
1.	J Maitland	Leeds Univ.	2.54.58	11.	S Moore	Horwich RMI				3.20.25
2.	P Irwin	Rossendale	2.54.59	12.	D Robinson	Cl-le-Moors				3.21.29
3.	R Pearson	DPFR	2.56.04	13.	N Matthews	Horwich RMI				3.21.55
4.	M Patterson	DPFR	2.56.42	14.	P Lambert	Red Rose Road Run.				3.22.19
5.	M Short	Horwich RMI	2.57.33	15.	R Devy	Holmfirth				3.23.02
6.	B Brindle	Horwich RMI	3.02.26	16.	D Weir	Horwich RMI				3.23.39
7.	R Ashworth	Rossendale	3.03.45	17.	A Harmer	DPFR				3.23.53
8.	A Churchill	Cl-le-Moors	3.12.59	18.	A Belton	Cambridge				3.24.28
9.	J Blair-Fish	DPFR	3.19.55	19.	P Fettes	Lochaber				3.25.06
10.	G Duckworth	Horwich RMI	3.20.22	20.	J Baston	Chester & Elles.P.				3.25.42

Veterans

1.	N Matthews	Horwich RMI	3.21.55	4.	I Beverley	Cl-le-Moors				3.26.43
2.	D Weir	Horwich RMI	3.23.39	5.	W Buckley	Glossopdale				3.32.07
3.	P Fettes	Lochaber	3.25.06	6.	A George	Mandale				3.34.01

Ladies

1.	B Hogge	Eryri	2.39.16	4.	W Dodds	Unattached				2.55.06
2.	J Smith	Unattached	2.41.58	5.	C Fielding	DPFR				2.59.36
3.	G Goldsmith	DPFR	2.50.54	6.	K Taylor	Cl-le-Moors				3.13.37

FLEETFOOT MOUNTAIN TRIAL

Orienteering, 15 miles, 6,000' and 9 miles, 2,500'

31 March

Long Course 15 miles - 11 controls.

1.	A Richardson		3.00	6.	L Pratt					3.25
2.	A Thornton		3.04	7.	J Gibbison					3.30
3.	P Nelson		3.06	8.	K Burns	[Vet]				3.39
4.	R Blamire	[Vet]	3.21	9.	C Pooley					3.48
5.	W Bland		3.22	10.	C Bland	[Vet]				3.51

Short Course 8.9 miles - 7 controls

1.	N Walker		1.53	6.	P Garner					2.24
2.	D Archer		1.55	7.	P Cheshire					2.26
3.	R Mercer		2.10	8.	P Bourne	[Vet]				2.28
4.	D Warner		2.13	9.	B Moore					2.30
5.	J Brown		2.14	10.	B Jackson					2.31

THE ROACHES RACE

Category B, 18 miles, 4,000'

31 March

Once again we narrowly failed to top the 100 mark, but another successful event was held in fine weather, though a few icy showers in the afternoon tested some of the slower competitors. John Kershaw was a surprise winner when Jeff Norman was unfortunately mis-directed up the old course having just taken the lead. The official concerned was not aware of a last minute course change imposed on us by the warden of Gradbach Youth Hostel [of all people]. He calmly took away our marking material and refused to allow us on YHA land, I was unaware that it was their land and had given him advance notice of the race, but he could not be persuaded. This kind of thing doesn't happen in the Lakes! Jeff finished a disappointed but generous second.

I very much hope to expand the field in both Junior and Senior races in future years, this being one of the toughest B category events to offer. Many thanks to all the competitors and helpers who supported us this year-do come again.

Hugh Shercliff

1. J Kershaw	[Vet]	Macclesfield H	2.27.44	11. E Harwood		DPFR	2.40.45
2. J Norman		Altrincham AC	2.29.11	12. M Hayes	[Vet]	DPFR	2.40.50
3. P Lambert		Red Rose AC	2.33.41	13. J Robertson		City of Stoke	2.43.18
4. D Ibbetson		Glossopdale	2.35.49	14. A McDonald		Telford	2.44.26
5. M Rigby		CUFRC	2.36.46	15. C Bolshaw		E. Cheshire H	2.44.54
6. J Britton		ICL AC	2.37.01	16. A Jones		Glossopdale	2.45.29
7. P Nolan		Macclesfield H	2.38.57	17. R Toogood	[Vet]	DPFR	2.46.07
8. P Blagbrough	[Vet]	Saddleworth R	2.39.28	18. G Creswell		Matlock	2.48.30
9. A Sealby	[vet]	ICL AC	2.39.39	19. B Tatton		PMAC	2.48.53
10. W Buckley	[Vet]	Glossopdale	2.39.47	20. A Moffat		DPFR	2.50.15

Ladies

1. L Lord		Cl-le-Moors H	3.06.42	3. S Hackney		CUFRC	3.48.21
2. K Demengel		DPFR	3.46.41				

Juniors - 5 miles, 1,000'

1. S Willis		E. Cheshire H	46.50	3. S Foster		Urmston GS	49.50
2. A Bethell		Staffs.Moorlands	49.14				

Senior Teams

1. Glossopdale - 8.01.05.	2. Macclesfield H. - 8.02.29.	3. Dark Peak FR - 8.07.42.
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BLACK COMBE FELL RACE

Category A, 10 miles, 3,000'

1 April

First let me apologise for the lack of punches at the last checkpoint; the blame for this lies fairly and squarely at the feet of the Editor of this August Mag! Recorded for posterity [on video] is Hugh Symonds dismembering 50% of the punches [alright, we accept that we should have provided more than two] whether this was "tactics" is not sure.

As is becoming usual for the race Keswick took most of the honours with Kenny Stuart knocking 5 minutes 14 seconds off his own course record: the first eight all finished inside the old record.

John Clemens

Editor's Note: - I plead innocent but please show me the video and check the F.R.A. rules.

1. K Stuart	Keswick	1.08.28	16. H Jarrett	Cumberland FR	1.14.46
2. J Broxap	Keswick	1.10.49	17. A Smith	Cumberland FR	1.14.50
3. S Breckell	Blackburn	1.11.04	18. G Clucas	Cumberland FR	1.14.59
4. H Symonds	Kendal	1.11.08	19. D Bland	Kendal	1.15.02
5. M Patterson	Dark Peak FR	1.11.20	20. S Parker	Rosendale	1.15.05
6. G Gough	Blackburn	1.12.04	21. N Lanaghan	Keswick	1.15.12
7. P Irwin	Rosendale	1.12.53	22. A Styan	Holmfirth	1.15.16
8. C Valentine	Keswick	1.13.39	23. D Stuart	Keswick	1.15.17
9. K West	Border	1.14.03	24. A Hulme	Pennine FR	1.15.26
10. D Hall	Kendal	1.14.06	25. A Harmer	Dark Peak FR	1.15.26
11. D Cartridge	Bolton	1.14.10	26. K Shand	Rochdale	1.15.34
12. G Byers	Cumberland FR	1.14.27	27. R Ashworth	Rosendale	1.15.36
13. B Brindle	Horwich RMI	1.14.35	28. D Wilkinson	Keswick	1.15.45
14. P Tuson	Kendal	1.14.39	29. R Aucott	Dark Peak FR	1.15.50
15. R White	Holmfirth	1.14.41	30. D Woodhead	Horwich RMI	1.15.53

Veterans 0/40

1. R Aucott	Dark Peak FR	1.15.50	3. D Kay	Bolton	1.17.47
2. A Phillipson	Gosforth	1.17.03	4. J Clemens	Black Combe	1.19.40
			5. N Berry	Holmfirth	1.20.55
			6. P Murray	Horwich RMI	1.21.31

Veterans 0/50

1. B Harwood	Oldham & Royton	1.24.55
2. G Scott	Cockermouth	1.26.12
3. B Thackery	Dark Peak FR	1.29.05
4. W Fielding	Leeds	1.29.27
5. G Brass	Clayton-le-Moors	1.30.26
6. W Robinson	Cumberland FR	1.30.57

Ladies

1. P Howarth	Keswick	1.29.27
2. G Wilkinson	Keswick	1.31.25
3. H Matthews	Bolton	1.33.14
4. B Hogge	Eryri	1.34.03
5. K Mather	Saddleworth	1.36.38
6. V Brindle	Clayton-le-Moors	1.38.58

Teams

1. Keswick	11 pts.
2. Kendal	28 pts.
3. Cumberland	45 pts.
4. Rosendale	54 pts.



opposite photo: Ken West, Brent Brindle and Dave Cartridge ascending White Combe in The Black Combe.

(photo/ Eileen Woodhead)

KENTMERE HORSESHOECategory A, 12 miles, 3,300'8 April

1.	J Broxap	Keswick	1.27.11	12.	R White	Holmfirth	1.32.06
2.	M Short	Horwich	1.27.23	13.	D Hall	Kendal	1.32.46
3.	B Brindle	Horwich	1.28.05	14.	R Pilbeam	Keswick	1.33.01
4.	I Ferguson	Bingley	1.28.12	15.	P Chapman	Kendal	1.33.34
5.	H Jarrett	CFR	1.29.19	16.	D McGonigle	Newcastle	1.33.41
6.	P Tuson	Kendal	1.29.39	17.	S Moore	Horwich	1.33.43
7.	G Byers	CFR	1.30.27	18.	P Lambert	Red Rose	1.33.51
8.	M Rigby	Ambleside	1.30.53	19.	D Bland	Kendal	1.34.36
9.	N Lanagan	Keswick	1.31.14	20.	D Wilkinson	Keswick	1.34.54
10.	M Lindsay	Carnethy	1.31.27	21.	R Futrell	Holmfirth	1.35.05
11.	D Woodhead	Horwich	1.31.49				

Ladies

1.	D Varley	Kendal	1.54.56	3.	L Lord	Clayton	1.55.18
2.	B Hogg	Eryri	1.55.11				

Veterans 0/40

1.	D Ashton	Blackburn	1.36.42	3.	R Blamire	Stewartry	1.39.04
2.	J Clemens	Black Combe	1.37.53				

Veterans 0/50

1.	B Thackery	DPFR	1.48.19
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Juniors Kentmere Pike

1.	R Bergstrand	Rochdale	46.01	3.	I Richardson	Bolton	48.26
2.	M Wilson	Hallamshire	47.25				

WARDLE SKYLINECategory C, 7 miles, 1,000'14 April

Just over two hundred starters set off this year in bright sunshine from the village square. This time Jeff Norman had no route finding problems, as he and Ian Holloway battled it out to the finish over a hundred and fifty yards clear of third placed man Bob Ashworth. Bob, though, had the consolation of leading Rossendale to an easy team victory aided by Pete Irwin in fourth and Mark Aspinall in sixth.

Rochdale's M Poulton was a clear winner of the veterans, as was Brenda Robinson in the ladies. Brenda was a double winner being a veteran as well.

Alan Bocking

1.	J Norman	Altrincham	43.32	11.	A Fielding	Bolton	45.54
2.	I Holloway	Rochdale	43.35	12.	W Suringan	Unattached	46.16
3.	R Ashworth	Rossendale	44.01	13.	R Waterhouse	Saddleworth	46.17
4.	P Irwin	Rossendale	44.22	14.	D Ibbetson	Glossopdale	46.24
5.	P McWade	Clayton-le-Moors	44.40	15.	J Reade	Clayton-le-Moors	46.35
6.	M Aspinall	Rossendale	44.45	16.	M Poulton	Rochdale	46.40
7.	M Farmery	Frodsham	44.58	17.	P Hazeltine	Rochdale	46.40
8.	M Prady	Glossopdale	45.09	18.	M Edward	Warrington	46.56
9.	P Standring	Bolton	45.15	19.	P Garner	Rochdale	47.10
10.	H Waterhouse	Saddleworth	45.41	20.	H Smith	Spennborough	47.15

Veterans

1.	M Poulton	Rochdale	46.40	4.	K Lodge	Halifax	48.32
2.	O Selby	Bolton	47.29	5.	J Barlow	Oldham & Royton	49.15
3.	W Buckley	Glossopdale	48.04	6.	P Duffy	Aberdeen	49.31

Ladies

1.	B Robinson	[vet] Bury	55.30	4.	J Docherty	Saddleworth	59.08
2.	V Brindle	Clayton-le-Moors	56.38	5.	K McIntosh	Bury	60.52
3.	M Webster	Clayton-le-Moors	57.25	6.	K Etherden	Rossendale	63.34

opposite photo: M.Rigby of Ambleside A.C. getting to grips with the course at Kentmere.  
(photo : Eileen Woodhead)



GISBOROUGH MOORSCategory B, 12½ miles, 2,400'15 April

Another superb day, the warm weather welcomed a very strong field of runners. The going was still a little soft, particularly on the last climb to Highcliffe Nab. It was however, a decided improvement on the previous week when the writer had to 'wade' through the marsh at this point, after the first climb S. Sutcliffe [Mandale] and C Hollingworth [Holmfirth], both made separate breaks from the main field. As the race developed it became a two man race with Sutcliffe building a cushion which was sufficient to compensate for Hollingworth's late effort. At the finish Sutcliffe achieved his pre-race declaration of breaking Denis Coate's race record and Hollingworth was also just inside this.

Winner of the 0/40 veteran section was M Edwards [Aberdeen]. The 0/50 prize was won outright, as this was the third successive year for G Spink [Bingley]. In the ladies section an excellent run by Hilary Pratt [Bingley] saw her win just seconds outside the Ladies record, and some nine minutes clear of S Catford [Thirsk & Sowerby] in second place.

In the short races J. Hockridge of Mandale was the U/16 winner with his team mate M. Rose second, unfortunately four competitors in this category missed the Highcliffe Nab checkpoint having gone off course. In the U/16 female race J. Cooper [Dolugtar] eventually managed to break away from K. Storey [Holmfirth] in a close race. In the senior of the short races David Wilson [Mandale] was a clear winner from Neil Conway [C.L.O.K.]. Carol Haigh [Holmfirth] repeated last years victory in the senior ladies section but not without incident. Going off-course she found herself almost a mile out of the way and then had to run very hard to win quite easily in the end, with Sheila Wright [Mandale] second. The womens U/18 section was won by J. Duffield [Mandale].

David Parry

1. S Sutcliffe	Mandale	80.35	11. J Marshall	Durham	88.11
2. C Hollingworth	Holmfirth	81.10	12. B Grant	Harrogate	88.12
3. P Taylor	Sunderland	83.14	13. F Reddington	Spensorborough	88.42
4. J Verity	Airedale & Spenn Valley	84.24	14. D Lancaster	Rowntrees	88.53
5. H Burdett	Mandale	84.26	15. M Rigby	Camb. Univ. FRC	89.00
6. M Goodall	Holmfirth	85.06	16. S Pratt	Bingley	89.12
7. D Leaf	Rowntrees	85.42	17. P Harlowe	Rowntrees	90.05
8. S Shaw	Mandale	86.07	18. S Hale	Sheffield Univ.	90.10
9. P Buckby	Midd & Cleveland	87.29	19. G Hall	Holmfirth	90.48
10. J Williams	Mandale	88.10	20. J Danahay	Midd & Cleveland	90.54

Teams. 1. Mandale H & AC - 82 pts. 2. Middlesbrough & Cleveland H - 184 pts.  
3. Harrogate AC - 203 pts.



BLISCO DASHCategory A, 5 miles, 2,000'15 April

The race gets faster each year as the quality and depth of the field increases, and Kenny Stuart lowered the record for the second successive year. This was Kenny's third successive championship victory and, on the horizon, must be the possibility of the perfect score being achieved. The long races may well be the deciding factor of this.

In the ladies race Pauline Howarth completed a good morning for the Keswick club by gaining her own third successive victory by finishing two minutes clear of Bridget Hogge. Jack Maitland held off Sean Livesey's challenge downhill by a hundred yards to come home second. With Jon Broxap fourth and Colin Valentine fourteenth Keswick won the team prize ahead of Rossendale and Horwich.

The veterans again provided the closest tussles as D. Kay just managed to hold off Ray Aucott and Roger Blamire sneaked third in a blanket finish from Paul Murray, Norman Berry and R Jackson, Cockermouth's G Scott had nearly a minute to spare over Bill Harwood, his nearest super-vet challenger. Brendon Hill should be congratulated for having the results out so quickly. Next year's race will be on 21-4-85 with a 12:00 noon start.

Alan Bocking

1.	K Stuart	Keswick	36.28	16.	A Smith	CFR	39.53
2.	J Maitland	Leeds Univ.	37.00	17.	P Irwin	Rossendale	39.57
3.	S Livesey	Ribble Valley	37.23	18.	D Woodhead	Horwich	40.02
4.	J Broxap	Keswick	37.39	19.	A Harmer	DPFR	40.06
5.	M Patterson	DPFR	37.45	20.	K Taylor	Rossendale	40.09
6.	H Symonds	Kendal	38.13	21.	K West	Border	40.11
7.	G Gough	Blackburn	38.28	22.	R Owen	Horwich	40.16
8.	R Rawlinson	Rossendale	38.52	23.	P Tuson	Kendal	40.20
9.	I Ferguson	Bingley	39.06	24.	G Byers	CFR	40.38
10.	A Styen	Holmfirth	39.20	25.	R Pilbeam	Keswick	40.39
11.	S Parker	Rossendale	39.21	26.	A Hulme	Pennine FR	40.40
12.	G Griffiths	Eyri	39.22	27.	N Lanaghan	Keswick	40.42
13.	B Brindle	Horwich	39.31	28.	J Emmott	Skipton	40.57
14.	C Valentine	Keswick	39.40	29.	D Kay	Bolton	40.58
15.	H Aspinall	Rossendale	39.49	30.	K Mingins	CFR	40.59

Veterans 0/40

1.	D Kay	Bolton	40.58	4.	P Murray	Horwich	43.34
2.	R Aucott	DPFR	41.10	5.	N Berry	Holmfirth	43.35
3.	R Blamire	Stewartry	43.33	6.	R Jackson	Sale	43.38

Veterans 0/50

1.	G Scott	Cockermouth	46.09	3.	G Brass	Clayton-le-Moors	48.10
2.	W Harwood	Oldham	46.59				

Ladies

1.	P Howarth	Keswick	46.20	4.	G Wilkinson	Keswick	50.35
2.	B Hogge	Eyri	48.26	5.	L Lord	Clayton-le-Moors	51.28
3.	D Varney	Keswick	50.26	6.	W Lightfoot	DPFR	52.37

Teams

1.	Keswick	-	19 pts.	2.	Rossendale	-	34 pts.	3.	Horwich	-	53 pts.
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CRAIG DUNAIN HILL RACECategory C, 6 miles, 900'21 April

1.	C Donnelly	Cambuslang	34.18	11.	B Cooper	Inverness H	[Vet]	38.20
2.	N Martin	Inverness H	35.24	12.	J Martin	Inverness H		38.44
3.	R Campbell	Lochaber	35.28	13.	P Fettes	Lochaber	[Vet]	39.04
4.	C McIntyre	Coasters	36.06	14.	A Gordon	Inverness H		39.41
5.	R Boswell	Lochaber	36.14	15.	D Moy		[Vet]	39.49
6.	B Turnbull	Inverness H	36.22	16.	B Hepburn	Inverness H		40.16
7.	A McDonald	Caithness	36.28	17.	G Fraser	Inverness H	[Vet]	40.42
8.	J Bowman		37.13	18.	M MacDonald	Inverness H		40.54
9.	G McLennan	Inverness H	[Jun]	37.30	19.	G Swanson		41.02
10.	R MacDonald	Inverness H	37.48	20.	H Cameron	Forres		41.18

Ladies

1.	L Lobban	Inverness H	44.49
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RIVINGTON PIKECategory B, 3 1/4 miles, 700'21 April

This year's race was greeted with hot sunshine and firm ground conditions which attracted just over three hundred starters for this long established race dating back to 1929 when the legendary Pat Campbell had nine victories in the first ten years. Horwich, the promoting club, have only had one victory in the race when Pete Ravald managed to outstrip Mike Short in 1979. This year Mike has worked hard on his fitness which left many wondering if Horwich could again provide the winner.

The usual large crowds had again lined the course as the charge up Lever Park Avenue commenced towards the Pike. At the summit it was Steve Breckell of Blackburn who rounded the Pike first, ahead of Harry Walker and Mike Short before the masses approached. Coming down Mike opened out to pass Harry but he was not able to make any real inroads into Steve Breckell's lead. With G. Woodburn closing in in 4th Blackburn easily won the team race from Horwich and Rossendale.

A minute later the first veteran, Derek Kay approached the finish at the end of the avenue twenty seconds clear of his nearest challenger in Ron Hill. Ron was the first 0/45 and has won the race himself three times back in 1961, 1965 and 1966. Despite finishing 28th Dave Hall made an impression on the race by bringing up some friends from London. J. Pes, his clubmate from Verlea, was the first U/18 in 18th position whilst Lindsay Heron was first lady in her first fell race, after having been pushed hard by Spenborough duo of S. Smith and D. Sharp.

Alan Bocking

1. S Breckell	Blackburn	17.08	11. S Crimes	Horwich RMI	17.46
2. M Short	Horwich RMI	17.15	12. D Crooks	Glossopdale	17.48
3. H Walker	Blackburn	17.18	13. H Aspinall	Rossendale	17.58
4. G Woodburn	Blackburn	17.23	14. P Standing	Bolton	18.01
5. S Torrence	Manchester	17.26	15. M Prady	Glossopdale	18.05
6. R Owen	Horwich RMI	17.36	16. P Turner	Bolton	18.06
7. M Randall	Verlea	17.37	17. S Barlow	Horwich RMI	18.09
8. M Bradshaw	Rossendale	17.41	18. J Pes	Verlea	18.10
9. M Aspinall	Rossendale	17.42	19. G Gough	Blackburn	18.13
10. A Hulme	Pennine FR	17.43	20. G Read	Rochdale	18.15

Veterans

1. D Kay	Bolton	18.28	4. D Vickers	Horwich RMI	18.56
2. R Hill	Clayton-le-Moors	18.47	5. D Weir	Horwich RMI	19.37
3. P Dawson	Blackburn	18.56	6. W Cooper	Manchester	19.43

Ladies

1. L Heron	Haringay	21.28	4. B Robinson	Bury	22.21
2. S Smith	Spenborough	21.37	5. M Eaton	Rochdale	24.12
3. D Sharp	Spenborough	21.57	6. C Allington	Buxton	25.52

U/18

1. J Pes	Verlea	18.10	4. A Bloor	Bolton	19.20
2. D Bannister	Altrincham	18.56	5. M Crosby	Altrincham	19.22
3. T Mee	Spenborough	19.06	6. W Brindle	Horwich RMI	19.43

Teams - 1. Blackburn - 8 pts. 2. Horwich RMI - 19 pts. 3. Rossendale - 30 pts.

A GREAT TRADITIONAL FELL RACE REVIVED

Ambleside A.C.

present

THE LANGDALE HORSESHOE FELL RACE. 16 miles/4000 ft ascent

Sat. 13th October at 11am from O.D.G.

Seniors £1.50 by September 30th.

Juniors U/9 U/12 U/14 U/18 on day only

Entries to Pete McDonald, Cooperative House, Chapel Style, Ambleside.

Cheques payable to Ambleside A.C.

MANX MOUNTAIN MARATHONCategory A. 30 miles, 8,000'23 April

The weather was ideal and although no course records were broken there was some excellent racing and Peter Irwin was a popular winner, being a regular competitor in the marathon. Ian Holloway was runner-up for the second time and Andy Churchill, of Clayton-le-Moors third. Brian Rigby of Rochdale Harriers had a good win in the Standard event, increasing his lead over the two chasing Manxmen Phil Cain and John Crellin during the last few miles. Local clubs won the team prizes in both the Elite and Standard Classes, while a newcomer, Peter Brooks of Lochaber, won the Elite Veterans award. A video film of the events was shown at the presentation of Awards later that evening when competitors and officials also enjoyed an excellent buffet supper to round off yet another successful meeting.

1. P Irwin	Rossendale	4.29.23	7. Philip Brooks	Manx AC	5.19.39
2. I Holloway	Rochdale	4.33.50	8. W Buckley	Glossop	5.24.48
3. A Churchill	Clayton-le-Moors	4.37.22	9. M Cowbourne	Boundry H	5.38.40
4. Peter Brooks	Lochaber	5.00.54	10. K Callister	Manx AC	5.50.20
5. R Ansell	DPFR	5.02.23	11. D Findelhawkins	Milton Keynes AC	5.50.20
6. D Bleakley	Rossendale	5.13.12	12. I Callister	Manx AC	6.21.45

Arthur Jones

Ladies

1. S Hackney	Cambridge Univ.	6.45.09	2. A Scott	Harrogate AC	6.50.33
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MOW COP 'KILLER' MILEOne mile of uphill Tarmac25 April

1. A Buckley	Holmfirth	6.44	6. S Torrance	Manchester	7.03
2. A Darby	Newport	6.53	7. M Farmery	Frodsham	7.06
3. M Patterson	DPFR	6.55	8. W Speake	Westbury	7.07
4. R Wood	Frodsham	6.56	9. G Turner	Macclesfield	7.09
5. A Adams	ICL/Staffs Moorland	6.58	10. D Ashe	Staffs Moorlands	7.10

Ladies

1. A Smith	Pott. Marathon AC	8.27	3. W Lightfoot	DPFR	9.11
2. S Twelves	Crewe & Nantwich	8.37			

Veterans D/40

1. A Sealby	ICL	7.22	3. J Greatholder	Cannock	7.30
2. G Patton	Massey Ferguson	7.26			

Veterans O/45

1. F Pendlebury	Manchester	7.31	1. S Wild	Hallamshire	7.49
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Veterans O/50Juniors

1. J Walshaw	Pott. Marathon AC	7.20	3. K O'Toole	Crewe & Nantwich	7.34
2. M Crosby	Altrincham	7.32			

BEN RHA HILL RACECategory C. 7 1/2 miles, 815'28 April

1. W Miller	Caithness	45.56	8. A Burnett	Caithness	60.25
2. A McDonald	Caithness	49.25	9. A Smith	Caithness 1st Lady	68.54
3. R Bromley	Carnethy Hill RC	53.41	10. D Wilkes	Caithness	68.54
4. A Scollay	Caithness	54.56	11. S Brownlee	Caithness	75.15
5. C Jarvie	Caithness	57.54	12. K Stewart	Caithness 2nd Lady	78.55
6. A Springett	Caithness	58.00	13. S Mackay	Caithness 3rd Lady	81.45
7. E Smith	Vet Caithness	60.24			

1st Vet E. Smith. Team: Caithness.

opposite page: photo of Steve Breckell of Blackburn at Ribbleshead in the 84 Three Peaks Race.

(photo/ Simon Parker)



THREE PEAKSCategory A, 22 miles, 4,500'29 April

The 1984 event was run over the same course as last year and it is hoped that by now competitors will have learned to ignore the seemingly inevitable rumours of impending route changes which seem to circulate every winter. The ground conditions were conducive to fast times and although the temperature seemed to be soaring before the race start, the cool wind prevented the heat becoming oppressive.

Hugh Symonds dominated the race, being in the leading group from the start, and pulling away on the descent of Whernside to win by the large margin of 5 mins. 25 secs. The winners of the minor categories all turned in creditable performances. Ray Aucott's 11th place for the Veterans Prize at the age of 44 and Super Vet Sid Wild's time being particularly impressive. The Ladies Race winner, Bridget Hogg, finished in a time only 5 mins 26 secs slower than Sue Parkin's 1980 record, and allowing for the Sell Gill diversion, Bridget's performance is probably superior.

It is pleasing to report better support for the Junior Race, with three times as many starters as last year. The major problem for the organisers proved to be encroachment by spectators onto the private pasture just before the finish, this being a sensitive area. We can only hope that efforts to pour oil on troubled waters will be successful. This is probably an appropriate time to pay tribute to George Kirby and Alex Miller whose visits to and liaison with farmers and landowners make such an important contribution to ensure the continuation of the race.

Thanks to all competitors and helpers who played an important role providing such an enjoyable days sport in perfect weather and surroundings.

Dave Hodgson, Chairman, Three Peaks Race Association

1. H Symonds	Kendal AC	2.50.34	11. R Aucott	DPFR	3.02.48
2. S Livesey	Ribble Valley H	2.55.59	12. I J Robinson	Clayton-le-Moors H	3.03.28
3. S P Breckell	Blackburn HAC	2.56.58	13. R Ashworth	Rossendale HAC	3.04.45
4. D Woodhead	Horwich RMI	2.58.27	14. M Short	Horwich RMI	3.06.45
5. H D Walker	Blackburn	2.58.45	15. M G McDermott	Unattached	3.06.57
6. P Tuson	Kendal AC	2.58.51	16. I Farnell	DPFR	3.07.20
7. A Richardson	Kendal AC	2.59.02	17. A Curtis	Livingstone & Dist. AC	3.07.23
8. M Hoffe	Unattached	2.59.30	18. W H Padgett	Bingley Harriers	3.07.30
9. B Brindle	Horwich RMI	3.02.39	19. G Duckworth	Horwich RMI	3.07.49
10. A M Harmer	DPFR	3.02.41	20. M S Lindsay	Carnethy Hill R.	3.07.59

Veterans

1. R Aucott	DPFR	3.02.48	3. R Toogood	Hallamshire H	3.17.24
2. D Ashton	Blackburn HAC	3.09.24			

Super Veteran

1. S W Wild	Hallamshire H	3.20.53
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Ladies

1. B Hogg	Eryri	3.41.00	3. A Curtis	Livingston & Dist.	3.46.35
2. K Mather	Saddleworth	3.44.07			

Teams

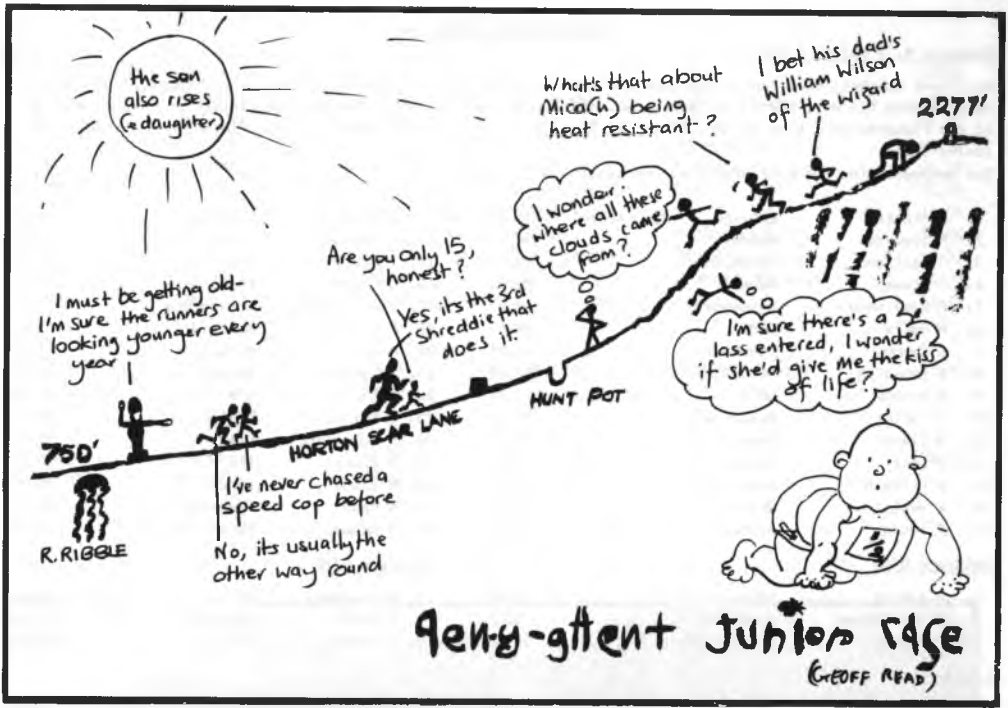
1. Kendal AC	8.48.27	2. Blackburn HAC	9.05.07	3. Horwich RMI	9.07.51
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PEN-Y-GHENT Junior Race

1. Micah Wilson	Hallamshire	47.26	6. A Whelan	Horwich	51.23
2. R Bergstrand	Rochdale	48.01	7. W Brindle	Horwich	51.34
3. S Martland	Sheffield Univ.	49.45	8. S Willis	E. Cheshire	52.17
4. G Devine	Skyrac	51.09	9. D Jones	Liverpool Univ.	52.21
5. G Hall	Clayton	51.12	10. G Watson	Skyrac	52.43

CAVE HILL RACECategory B, 2 miles, 700'2 May

1. J Hayes	Ballydrain	14.21	6. R Rutherford	Ballydrain	15.02
2. N Douglas	Newcastle	14.24	7. D Graham	Mourne	15.04
3. I Park	Ballydrain	14.29	8. B Gormley	Unattached	15.09
4. M McNulty	Tollymore	14.50	9. S Graham	Newcastle	15.22
5. J Patterson	Mourne	14.57	10. F Strickland	Ballydrain	16.04



above photo: Pen-y-Ghent junior race: left to right:Graham Watson, William Brindle, Simon Sterritt,D.Jones.

CONISTON FELL RACESCategory A, 9 miles, 4,500'

5 May

Brilliant weather, very fast conditions and new course records in both Senior and Junior races. There were 59 vets running [16 over 50yrs] 16 Ladies ran. 308 started and finished. Two men Jim Biblett of Horwich who is 62 yrs finished in a time of 1hr. 52min. 19 sec. Ken Gibson, an FRA member, 65yrs, finished in a time of 2hrs 12min. 9secs.

Our apologies for the confusion over the results on the day.

Nick Matthews

1. K Stuart	Keswick	New record	1.06.23	16. A Holme	Cheshire	73.23
2. H Symonds	Kendal		1.06.45	17. K Aspinall	Rossendale	73.32
3. J Maitland	Leeds Univ.		69.03	18. T Pilling	U/A	73.38
4. J Broxap	Keswick		69.15	19. S Parker	Rossendale	73.44
5. R Rawlinson	Rossendale		69.23	20. I Birtwhistle	Rossendale	73.50
6. M Hoffe	OBMS		69.49	21. B Brindle	Horwich	73.51
7. G Gough	Blackburn		71.01	22. M Short	Horwich	73.58
8. R Ashworth	Rossendale		71.07	23. N Lanaghan	Keswick	74.13
9. R Aucott	DPFR	Vet 0/40	71.42	24. A Smith	CFR	74.35
10. K Taylor	Rossendale		71.42	25. D Kay	Bolton	74.57
11. W Bland	Keswick		71.43	26. M McDermott	U/A	75.04
12. D Hall	Kendal		71.52	27. G Byers	CFR	75.09
13. R Pilbean	Keswick		71.56	28. D Bland	Kendal	75.37
14. K West	Border		72.32	29. G Read	Rochdale	75.42
15. P Tuson	Kendal		73.13	30. A Hauser	Holmfirth	76.01

Veterans 0/40

1. R Aucott	DPFR	71.42
2. A Phillipson	Gosforth	77.09
3. P Murray	Horwich RMI	78.00

Veterans 0/50

1. B Thackery	DPFR	84.44
2. G Scott	Cockermouth	85.18
3. G Barras	U/A	86.03

Ladies

1. P Haworth	Keswick	85.18	3. L Lord	Clayton	93.06
2. D Varney	Kendal	92.35			

Junior U/18

1. M Wilson	Hallamshire	New record	30.01
2. R Bergstrand	Rochdale		30.44
3. S Willis	E. Cheshire		33.36

Junior U/15

1. I Richardson	Bolton	33.25
2. J Taylor	Holmfirth	33.38
3. I Dermott	Horwich	34.34

Girls U/15

1. C Keller	Manchester	42.33	3. M Fletcher	Rochdale	51.07
2. H Lancaster	Coniston	46.37			

Teams 1. Keswick 29pts. 2. Rossendale 40pts.



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MOEL EILIO RIDGE RACECategory A, 8 miles, 3,000'

5 May

1. G A Griffiths	Eryri	61.47	11. S R Hughes	R.A.F. Valley	69.11
2. D Woodhead	Horwich	62.35	12. D Williams	Eryri	69.40
3. D Woodward	Wrexham	63.12	13. P Stott	Pennine FR	69.51
4. A Darby	Mynyddwyr de Cymru	65.07	14. W J Darby	Mynyddwyr de Cymru	70.19
5. H Griffiths	Eryri	66.03	15. A J Hughes	Eryri	70.35
6. L Williams	Mynyddwyr de C	66.44	16. P Jones		71.09
7. M R Jones	Eryri	67.21	17. T Boss	Tipton Harriers	72.46
8. J D Davies	Eryri	67.53	18. W Kingston	Blake Harriers	72.57
9. H Parry	Eryri	68.39	19. B Harwood	Oldham & Royston	73.02
10. R Toogood	DPFR	69.02	20. R J Williams	Eryri	73.14

Veterans

1. R Toogood	DPFR	69.02	3. B Harwood	Oldham & Royston	73.02
2. D Williams	eryri	69.40			

Ladies

1. B Hogge	Eryri	82.45	3. K de Mangel	Eryri	94.22
2. S Walsh	Eryri	89.30			



Start of the Moel Eilio. [367] Kefan Griffiths. [357] Malcolm Jones. [71] Glyn Griffiths.  
[46] Dave Woodhead.

Watch out for those Welsh snakes!

(photo/ Eileen Woodhead)

BEN LOMOND HILL RACECategory A, 9 miles, 3,070'

					<u>5 May</u>	
1.	C K Donnelly	Cambuslang H	65.27	11. I G Davidson	Edinburgh Univ.	71.23
2.	A Spenceley	Carnethy Hill	66.48	12. D Lee	CFR	72.17
3.	G Bryan Jones	Central Region	67.45	13. R L Morris	Carnethy Hill	72.37
4.	J Musgrave	Edinburgh Univ.	68.22	14. B Maher	Aberdeen AAC	72.49
5.	A Curtis	Livingston & Dist.	68.53	15. R J Urwin	Aberdeen AAC	73.32
6.	J Robertson	Cambuslang	70.07	16. R Anderson	Cambuslang H	73.35
7.	D McGonigle	Dundee Univ.	70.18	17. R Campbell	Lochaber AAC	73.39
8.	M G Burton	Carnethy Hill	70.26	18. J A Blair Fish	Carnethy Hill R	73.45
9.	R L Boswell	Lochaber AAC	70.52	19. A C Ross	Kilbarchan AAC	74.07
10.	M Edwards	Aberdeen AAC	71.19	20. D J Armitage	Aberdeen AAC	74.33

Veterans

1.	G Bryan Jones	Central Region	67.45	4. W D Ryder	Morpeth H & AC	76.28
2.	M Edwards	Aberdeen AAC	71.19	5. P H Fettes	Lochaber AAC	77.02
3.	R Blamire	Stewartry AC	76.02			

Ladies

1.	F McNeil	Lochaber AC	108.54	2. W Walker	Central Region AC	115.17
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Teams : 1. Carnethy Hill Runners 41pts. 2. Aberdeen AAC 59pts. 3. Cambuslang H 74 pts.

DARWEN MOORSCategory B, 11 miles, 1,800'

					<u>6 May</u>	
1.	S Breckell	Blackburn H	1.15.22	9. G Morson	Buxton	1.19.42
2.	R Owen	Horwich RMI	1.15.46	10. M Harrison	Horwich	1.19.52
3.	D Leaf	Rowntrees AC	1.16.11	11. N Weaver	Clayton Harriers	1.20.14
4.	A Sladen	Salford Harriers	1.16.49	12. P Gibson	Manchester Harriers	1.20.26
5.	R Ashworth	Rossendale AC	1.16.59	13. A Hesketh	Horwich	1.20.47
6.	A Selby	Bolton U Harriers	1.17.17	14. M White	Horwich	1.21.05
7.	P Irwin	Rossendale	1.18.09	15. S Barlow	Horwich	1.21.17
8.	C Nash	Bolton	1.19.22			

Veterans 0/40

1.	D Kay	Bolton	1.21.51	4. M Morrison	Blackpool	1.22.57
2.	D Ashton	Blackburn	1.22.37	5. D Vickers	Horwich	1.24.05
3.	M Selby	Bolton	1.22.47	6. D Gibson	Stretford	1.25.17

Veterans 0/50

1.	P Madden	Blackburn	1.33.42	3. E Foley	Horwich	1.39.50
2.	D Clutterbuck	Rochdale Harriers	1.35.25			

Ladies

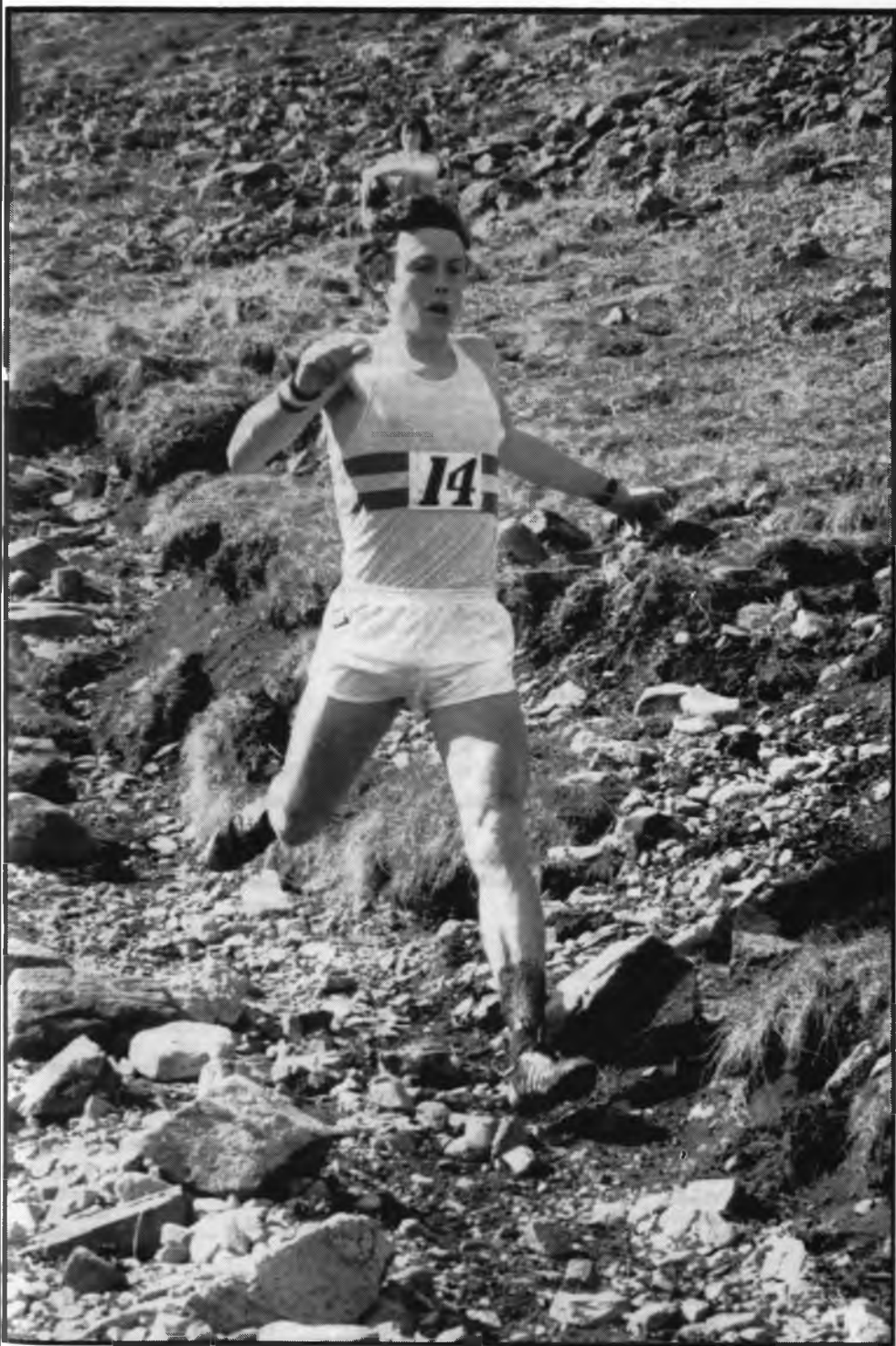
1.	C Haigh	Holmfirth	1.33.03	3. W Dodds	Clayton	1.48.04
2.	A Carson	DPFR	1.41.55			

Teams : 1. Horwich 25 pts. 2. Bolton 32 pts. 3. Blackburn 44 pts.

Vets Team 1. Horwich 117 pts.

ELLAN VANNINCategory A, 20 miles, 6,000'

					<u>6 May</u>	
1.	T Varley	Boundry H	3.28.14	5. B Baxter	Manx AC Vet	5.31.53
2.	P Cain	Boundry H	3.40.49	6. R Hardman	Manx AC	5.32.05
3.	J Crellin	Manx AC	3.51.56	7. P Simpson	Manx AC	5.55.00
4.	G Hall	Boundry H	4.06.58			



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

12 May

A change of venue this year from Honister Slate Quarry as the new owners were not as enthusiastic. Most athletes though thought the change was for the better, aided as well by excellent provision of refreshments and glorious weather which helped Kenny Stuart to a 'scorching' record in the dry conditions. The change meant Dale Head became the first check point and Whiteless Pike the last. By Dale Head there was very little breakaway movement up front, but by High Spy, ten minutes later, a group of eight, Kenny Stuart, Jon Broxap, Steve Breckell, Billy Bland, Hugh Symonds, Bob Ashworth, Mike Short and Geoff Gough had opened up a three minute gap. By better route choice Kenny's pursuers had so far stayed close to his heels. After the ridge run and drop into Littleton, Causey Pike beckoned and by the summit Kenny had opened up two minutes on Jon Broxap and Steve Breckell, with Geoff Gough and Mike Short not far behind. The gap up front widened on the ridge to Whiteless Pike to five minutes as Jon Broxap and Steve Breckell fought for second place. Billy Bland and Mike Short were now the pursuers leading the rest of the field. Kenny descended for a new record with club mate Jon Broxap dropping into Buttermere next. Ray Aucott had already opened up a minute's lead over the rest of the veterans by High Spy, a lead that was to grow to five minutes by Causey Pike over last years champion Paul Murray. By the finish the gap had opened to seven minutes. Pauline Haworth was untroubled in the ladies race being four minutes clear at High Spy, a gap that was to remain throughout the race with Bridget Hogge coming through for second as the rest of the field slowed over the latter stages. There was an increased entry in the Junior race this year with 11 starters. For the third week running Robin Bergstrand had to play second fiddle, but this time to G. Devine of Skyrac who finished a minute clear.

1. K Stuart	Keswick	1.56.23	16. A Smith	CFR	2.08.35
2. J Broxap	Keswick	2.01.29	17. R Pilbeam	Keswick	2.08.42
3. S Breckell	Blackburn	2.01.52	18. D Bland	Kendal	2.08.48
4. W Bland	Keswick	2.02.29	19. A Hulme	Pennine FR	2.08.57
5. H Symonds	Kendal	2.03.27	20. D Stuart	Keswick	2.10.21
6. R Ashworth	Rossendale	2.03.38	21. A Richardson	Kendal	2.11.06
7. M Short	Horwich	2.03.34	22. D Moore	Horwich	2.11.13
8. C Valentine	Keswick	2.05.30	23. S Parker	Rossendale	2.11.30
9. B Brindle	Horwich	2.05.34	24. D Hall	Kendal	2.12.02
10. D Woodhead	Horwich	2.05.35	25. N Lanaghan	Keswick	2.12.20
11. R Aucott	DPFR	2.06.51	26. G Gough	Blackburn	2.12.51
12. K Taylor	Rossendale	2.07.11	27. I Robinson	Clayton	2.13.06
13. R Rawlinson	Rossendale	2.07.32	28. S Furness	Blackburn	2.13.16
14. P Tuson	Kendal	2.07.37	29. A Thornton	Kendal	2.13.32
15. P Irwin	Rossendale	2.08.32	30. A Hyslop	Ambleside	2.13.48

Alan Boeking

Teams : 1. Kendal 7 pts. 2. Horwich 26 pts. 3. Rossendale 31 pts. 4. Kendal 37 pts. 5. Blackburn 57 pts.

Northern Counties Championship

1. K Stuart	Keswick	1.56.23
2. J Broxap	Keswick	2.01.29
3. S Breckell	Blackburn	2.01.52

Southern Counties Championship

1. D Hall	Kendal	2.12.02
2. J Blair-Fish	Carnethy Hill R	2.16.33
3. D Spedding	Keswick	2.21.26

Yorkshire Championship

1. D Woodhead	Horwich	2.05.35
2. R Aucott	DPFR	2.06.51
3. N Lanaghan	Keswick	2.12.20

Lancashire Championship

1. S Breckell	Blackburn	2.01.52
2. R Ashworth	Rossendale	2.03.38
3. M Short	Horwich	2.03.54

North East Counties Championship

1. A Cresswell	Keswick	2.24.50
2. D Littlewood	Crook	2.29.47
3. P Chapman	Kendal	2.30.22

Cheshire Championship

1. A Hulme	Pennine FR	2.08.57
2. P Stott	Pennine FR	2.15.19
3. J Clemens	Black Combe R	2.17.54

Cumbria Championship

1. K Stuart	Keswick	1.56.23
2. J Broxap	Keswick	2.01.29
3. W Bland	Keswick	2.02.29

Veterans 0/40

1. R Aucott	DPFR	2.06.51	4. N Berry	Holmfirth	2.18.55
2. P Murray	Horwich	2.13.59	5. T MacDonald	Bingley	2.19.53
3. J Clemens	Black Combe R	2.17.54	6. P Fettes	Lochaber	2.20.29

Veterans 0/50

1. B Thackery	DPFR	2.24.52
2. S Brass	Clayton	2.30.36
3. S Scott	Cockermouth	2.33.26
4. B Harwood	Oldham & Royton	2.40.23
5. W Fielding	Leeds City	2.40.44
6. E Mitchell	DPFR	2.48.45

Ladies

1. P Haworth	Keswick	2.35.40
2. B Hogge	Eryri	2.39.42
3. V Mason	Kendal	2.46.17
4. L Lord	Clayton	2.47.02
5. G Wilkinson	Keswick	2.52.05
6. V Brindle	Clayton	2.53.36

Juniors

1. S Devine	Skyrac	1.03.47	4. J Rutter	Clayton	1.14.47
2. R Bergstrand	Rochdale	1.04.49	5. S Willis	East Cheshire	1.14.48
3. T Barnett	Ambleside	1.08.45	6. A Schofield	Rochdale	1.16.04

BLACK MOUNTAINS FELL RACECategory A, 16 miles, 5,500'

12 May

With the race now finishing in Cwmyoy thus making the course 18 miles long with 5,500 feet of climb, times were very quick compared to last years race. Except for a cool headwind, conditions were very dry underfoot and consequently very fast. Andrew Darby led all the way and last years winner Phil Dixon was pushed into 3rd place by Les Williams. M.D.C. were obvious winners of the team prize with 6 runners in the first 10. With an influx of English runners, Welsh Championship points were scored right down to 31st position.

\* 44 Runners started, including 1 Lady. 39 runners got to the finish, 5 retired.

W J Darby

1. A Darby	MDC	2.39.46	11. D Ruddock	Bristol	to
2. L Williams	MDC	2.47.40	12. A Andrews	MDC	have
3. P Dixon	MDC	2.52.25	13. E Harwood	DPFR	run
4. A Lewsley	DPFR	at	14. C Barrocroft	Telford	out.
5. A Nixon	MDC	this	15. P Beedie	IND	
6. J Darby	MDC	point	16. D Livesey	DPFR	
7. R Eagle	MDC	the	17. R Marshall	MDC	
8. Del Davies	Eryri	clocks	18. P Evans	MDC	
9. C Fox	IND	batteries	19. M Lucas	MDC	
10. A McDonald	Telford	seem	20. K Beach	Telford	

COMMEDAGH 'TO THE TOP ONLY'Not yet categorised, 2 miles, 2,500'

13 May

The inaugural 'To The Top Only' race was held in perfect conditions, and was won by Mourne AC's Davy Graham, who led most of the way finishing 23 seconds clear of Newcastle's Noel Douglas.

1. D Graham	Mourne AC	35.02	6. G Geddis	Vet	Ballydrain	42.54
2. N Douglas	Newcastle AC	35.25	7. R Wilkinson		Unattached	45.37
3. S Graham	Newcastle AC	37.59	8. C Canavan		Newcastle AC	47.27
4. E Crory	Mourne AC	39.20	9. J McConnell		Unattached	49.10
5. B Mitchell	Mourne AC	42.13	10. D B Bailey		Unattached	50.19

Teams: 1. Mourne AC. 2. Newcastle AC.

SPELGA SKYLINECategory A, 12 miles, 4,500'

19 May

1. J Hayes	Ballydrain	2.01.27	5. S Graham	Newcastle	2.11.12
2. R Bryson	Ajax	2.01.45	6. B Ervine	Co. Antrim	2.11.55
3. J Patterson	Mourne	2.09.22	7. W A Buckley	Glossopdale	Vet 2.12.03
4. D Graham	Mourne	2.10.45	8. A Rutherford	Ballydrain	2.15.30

CLOUGHA PIKECategory B, 5 miles, 1,150'

19 May

The dry conditions helped to give us five new records this year: Bob Asquith gained the Veteran 40 record with a 38 minutes 42 seconds run and J West the Veteran 50 in 45 minutes 49 seconds; Vicky Mason is the fastest lady to run the course clocking 46.67. New records too on the junior course, Micah Wilson's 19.59 knocking 2 minutes 29 seconds off last year's best and Hilary Stock bettering her own record by over two minutes to clock 27.22. However the senior men couldn't quite improve on 1982 winner R. Keeney's time of 37.08 so his record still stands. Conditions, in fact, were so dry that the fell area was closed to the public because of fire risk and we were given special permission for the race. Special thanks, therefore, to Mr. Bennell at the County Estate Office in Preston, Mr. Herd the Head Gamekeeper on the Duke of Westminster's Estate and to the local Country-side Rangers.

				Harry Ball			
1.	H Jarrett	CFR	37.26	11.	T Eakin	C. Antrim H	40.30
2.	F Reeves	Kendal AC	37.44	12.	A Rothwell	Horwich RMI	40.48
3.	A Thornton	Kendal AC	38.16	13.	I Turner	Unattached	40.52
4.	R Asquith	Holmfirth Vet	38.42	14.	D Hughes	Clayton-le-Moors H	40.54
5.	K Mingsins	CFR	38.56	15.	H Atkinson	Bingley H	40.56
6.	D Cass	Unattached	39.31	16.	J Carter	Altrincham	40.57
7.	G Woolnough	Kendal AC	39.35	17.	F Anderson	CFR	41.05
8.	S Sterritt	Lanc. & Morec.	39.46	18.	C Davies	Unattached	41.18
9.	P Dawson	Blackburn Vet	39.45	19.	C Pooley	L & M AC	41.24
10.	J Gibbison	L & M AC	39.46	20.	D Wolfendale	Kendal AC	41.48

Ladies

1.	V Mason	Kendal	46.47	2.	V Brindle	Clayton-le-Moors	49.34
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Juniors

				<u>Age</u>			
1.	M Wilson	Hallamshire H	17 19.59	6.	I Dermott	Horwich RMI	15 22.02
2.	R Bergstrand	Rochdale H	18 20.19	7.	S Youel	Altrincham	16 22.13
3.	T Richardson	Bolton UH	15 21.14	8.	C Dermott	Horwich	15 22.23
4.	P Lavin	Bolton	16 21.30	9.	S Sutcliffe	Bingley	17 22.39
5.	M Batty	Bolton	16 21.37	10.	C Fox	Crook SAAC	17 22.51

Junior Ladies

				<u>Age</u>			
1.	H Stock	Lanc. & Morec.	15 27.22	3.	S Clays	MHS	15 33.05
2.	H Lancaster	Unattached	28.31				

GOATFELL [ISLE OF ARRAN]Category A, 8 miles, 2,866'

19 May

1.	R Ashworth	Rossendale H/AC	1.13.52	11.	R Campbell	Lochaber	1.21.09
2.	P Irwin	Rossendale H/AC	1.15.39	12.	D Booth	DPFR	1.21.37
3.	I Holloway	Rochdale H	1.16.00	13.	J Blair-Fish	Carnethy	1.22.11
4.	A Styan	Holmfirth H	1.16.29	14.	D O'Neill	Edinburgh	1.22.47
5.	D Stuart	Keswick AC	1.18.32	15.	D Lee	CFR	1.23.34
6.	A Spenceley	Carnethy	1.18.40	16.	M Johnstone	Carnethy	1.23.39
7.	D McGonigle	Dundee	1.18.51	17.	J J Bowman		1.24.18
8.	R Morris	Carnethy	1.19.26	18.	M S Lindsay	Carnethy	1.24.52
9.	J Stevenson	Irvine AC	1.19.39	19.	R Unwin	Aberdeen	1.25.17
10.	W Loudon	Irvine AC	1.20.01	20.	T McCulloch	Ayr Seaforth	1.26.03

*RUMOUR HAS THAT Rossendale are hoping to have a new short and sharp course on the 1985 championship calendar. It involves a stiff climb over a pile of empty beer cans.*

FAIRFIELD HORSESHOECategory A, 9 miles, 3,000'20 May

1. K Stuart	Keswick	1.10.51	16. S Livesey	Ribble V	1.17.40
2. H Symonds	Kendal	1.12.44	17. K West	Border	1.17.42
3. M Patterson	DPFR	1.13.48	18. K Taylor	Rosendale	1.17.52
4. J Broxap	Keswick	1.14.15	19. P Standing	Bolton	1.18.21
5. J Maitland	Leeds U	1.15.01	20. A Hulme	Pennine	1.18.34
6. M Short	Horwich	1.15.27	21. B Brindle	Horwich	1.18.51
7. R Bloor	Liverpool U	1.15.50	22. G Gough	Blackburn	1.18.58
8. R Rawlinson	Rosendale	1.15.55	23. D Bland	Kendal	1.19.10
9. R Pilbean	Keswick	1.15.59	24. M Aspinall	Rosendale	1.19.20
10. D Cartridge	Bolton	1.16.01	25. R White	Holmfirth	1.19.35
11. S Breckell	Blackburn	1.16.10	26. G Griffiths	Eryri	1.19.44
11. D Hall	Kendal	1.16.10	27. P Tuson	Kendal	1.19.46
13. R Owen	Horwich	1.16.30	28. D Kay	Bolton	1.19.49
14. C Valentine	Keswick	1.16.46	29. T Pilling	Unattached	1.19.59
15. R Aucott	DPFR	1.17.27	30. I Ferguson	Unattached	1.20.06

Veterans 0/40

1. R Aucott	DPFR	1.17.27	4. N Berry	Holmfirth	1.23.54
2. D Key	Bolton	1.19.49	5. A Philipson	Gosforth	1.24.35
3. T MacDonald	Bingley	1.23.37			

Veterans 0/45

1. J Dean	Holmfirth	1.29.25	3. H Blenkinsop	Keswick	1.31.29
2. M Simpson	Skipton	1.30.26			

Veterans 0/50

1. G Scott	Cockermouth	1.30.33	3. B Harwood	Oldham	1.31.13
2. G Brass	Clayton	1.31.08	4. B Thackeray	DPFR	1.31.26

Ladies [New course record]

1. P Haworth	Keswick	1.29.59	6. F Radford	Keswick	1.44.27
2. B Hogge	Eryri	1.37.06	7. E Stephenson	Ambleside	1.49.08
3. L Lord	Clayton	1.38.02	8. A Soper	Achille RA	1.50.12
4. G Wilkinson	Keswick	1.39.50	9. C Whittle	DPFR	1.53.06
5. K Mather	Saddleworth	1.41.41	10. G Simpson	Ullsw'r OB	1.56.24

Teams

1. Keswick AC	3.41.05	4. Bolton United H	3.54.11
2. Kendal AC	3.48.04	5. Blackburn HAC	3.57.53
3. Horwich RMI H	3.50.48	6. Keswick AC	4.00.44

# FELL RUNNING GEAR

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KINDER DOWNFALLCategory A, 10 miles, 2,150'20 May

After a year's absence the race was resurrected only to be jeopardised by the closure of the National Park. Fortunately the closure was lifted two days before the race. For future reference if the moors are closed, a good and harder route will be used but without the aesthetic quality of the original. In this eventuality we would hold the alternative on the planned date and hold the true race at a later time in the year. Proceeds this year and in the future will go to Kinder Mountain Rescue Team.

Because of the uncertainty of the turnout the prize list was necessarily short and next year will be extended. So much for the advert! For the aficionados Andy Darby led a field of 272 from the start and was a clear four hundred yards ahead at the Downfall leading strongly finishing Jeff Norman in to the finish by 1 minute 33 secs. Conditions were good and fast, though Andy failed to break his own record set in 1980, which looks like lasting for some time. Behind Andy the positions changed throughout the race with some faster starters finding the characteristic rough going and peat groups energy sapping. A high quality field produced 137 who finished in under 80 minutes. Sue Parkin was a clear winner in the ladies shaming many men in a new record of 77.57, shattering the old record by a clear 6 mins. 23 secs.

Bob Toodgood was first vet finishing 25 overall, in a field of 50 vets, special mention to K Gibson as oldest competitor [65] to finish. The junior fell race also produced a record time. Some of the juniors appear to expect a greater degree of marshalling than is reasonable or possible for a fell race and consequently the organisers are seriously considering the future of the junior race.

Neil Goldsmith

1. A Darby	MDC	64.49	11. R Wood	Frodsham	67.29
2. J Norman	Altrincham	66.22	12. M Weedall	Winsford	67.31
3. P Bowler	Staff Mor.	66.25	13. M Seddon	Holmfirth	67.53
4. A Harmer	DPFR	66.34	14. I Farnall	DPFR	67.56
5. J Eaton	Rossendale	66.49	15. J Cant	DPFR	68.01
6. G Vallance	MCR	67.11	16. M Prady	Glossop	68.12
7. P Hands	Leicester	67.14	17. A Huddleston	Buxton	68.16
8. G Morson	Buxton	67.15	18. S Longdon	Altrincham	68.20
9. P Leaf	ICL	67.17	19. G Berry	DPFR	68.24
10. J Boswell	Ilkeston	67.24	20. D Ibbotson	Glossop	68.36

Ladies

1. S Parkin	Holmfirth	77.57 [Rec]	3. A Carson	DPFR	83.41
2. J Spence	DPFR	83.14			

Teams : 1. Dark Peak 30 pts. 2. Manchester H 53 pts. 3. Buxton AC 55 pts.

CURRAGHARD FELL RACENote vet categorised, 3 miles, 800'22 May

A very closely fought race saw Mike McNulty of Tollymore AC repeat his 1983 victory. He edged out Belfast's Brian Armstrong [Craobh Rua AC] by 8 seconds with another Belfast man, Eddy Duffy third.

1. M McNulty	Tollymore AC	21.34	9. W J Brown	Mourne AC	23.51
2. B Armstrong	Craobh RUA AC	21.42	10. D Branningan	Tollymore AC	24.40
3. E Duffy	Craobh RUA AC	22.04	11. M Rodgers	Tollymore AC	24.52
4. D Graham	Mourne AC	22.33	12. D Watson	Lagan Valley	Vet 25.07
5. H Downey	Craobh RUA AC	23.14	13. E Mills	Tollymore AC	Jun. 25.07
6. P Morrison	Craobh RUA AC	23.34	14. M Dempster	Craobh RUA AC	25.16
7. P Sloane	Craobh RUA AC	23.35	15. J McConnell	Tollymore AC	26.46
8. S Graham	Newcastle AC	23.46			

1st Lady. F Barr Tollymore AC 31.46.

Team : 1. Craobh RUA AC 2. Tollymore AC.

*RUMOUR HAS IT THAT The Bens of Jura Race is called*

*'Scotch on the rocks'*





MUNCASTER "LUCK" FELL RACECategory A. 10 miles, 1,800'

26 May

Congratulations to the new holder of the 'Luck' trophy, Graham Huddleston who, in beating the 3 times previous winner Harry Jarrett, was forced to run a new record time, shattering Mike Short's long standing record by 1 min. 33 secs. Jarrett was only a stone's throw behind and also broke the previous record.

There was only one retirement from the race which was run in fine, dry conditions. Disappointingly, no women competed for the new ladies trophy or the three prizes. The Muncaster Castle gardens were in glorious bloom and again it proved a lovely family day out for those who brought wife and children to the event

Danny Hughes

1. G Huddleston	Black Combe FR	1.11.07	11. P Hall	Barrow	Vet	1.17.00
2. H Jarrett	Cumberland FR	1.11.30	12. D Barnes	Keswick AC		1.17.38
3. G A Clucas	Cumberland FR	1.12.30	13. J Clemens	Black Combe	Vet	1.18.18
4. R Hand	Border H	1.12.51	14. D Lee	Cumberland FR		1.18.58
5. D Hall	Kendal AC	1.12.57	15. M Mattinson	Copeland AC		1.19.12
6. S Byers	Cumberland FR	1.13.17	16. C Webb	Cumberland FR		1.19.23
7. P Tuson	Kendal AC	1.13.32	17. C Cootie	Black Combe FR		1.19.45
8. N Lanaghan	Keswick AC	1.14.29	18. A Rothwell	Horwich RMI		1.20.14
9. D Wilkinson	Keswick AC	1.15.22	19. J Naylor	Cumberland FR	Vet	1.20.31
10. K Mingins	Cumberland FR	1.16.03	20. M Goodwin	Cumberland FR		1.21.03

Teams

1. Cumberland FR	21 pts.	4. Black Combe FR	79 pts.
2. Keswick AC	52 pts.	5. Clayton-le-Moors	149 pts.
3. Kendal AC	72 pts.		

BENTHAM GALA '10'Category C. 10 miles, 800'

28 May

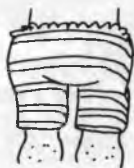
In typical cold, grey Bank Holiday weather, 110 runners threaded their way through the Caravan Park and away from Bentham Playing Fields. Eccles of Bingley was the early pacesetter but as the race progressed a group of three broke away, Dave Cartridge [Bolton], Pete McWade and Andy Buckley [Holmfirth]. As the runners strung out along the flat moorland section, Cartridge and McWade pulled away, and were still together along the road section. The Bolton runner opened up a gap on the short road climb two miles from the finish and went on to win by 35 seconds.

Dawson of Blackburn took the 0/40 award, with the ever consistent Gerry Spink [Bingley] the first 0/50.

Bolton's young prodigy Tom Richardson took the Junior award with 6th position in the Senior race.

Al Soran

1. D Cartridge	Bolton	52.58	11. D Hughes	Clayton	57.07
2. P McWade	Clayton	53.33	12. G Webster	Kendal	57.13
3. A Buckley	Holmfirth	54.06	13. J Emmott		57.23
4. D Bland	Kendal AC	54.27	14. G Woolnough	Kendal	57.35
5. D Leaf	Rowntrees AC	54.43	15. I Robinson		Jun. 57.45
6. T Richardson Jun.		56.12	16. P Dawson		Vet. 57.48
7. R Futrell	Holmfirth	56.16	17. S Kirkbride		57.54
8. A Gaffney Vet.	Blackburn	56.35	18. G Spink	Bingley H	Vet. 58.01
9. R Eccles	Bingley H	56.36	19. J Capenhurst		Vet. 58.05
10. T Wigglesworth		56.51	20. J Singleton	Preston	58.09

MAGAZINE BACKNUMBERS.

July 80, August 81, July 82, December 82, July 83 and January 84

Send 60p in stamps or a cheque payable to FRA for each backnumber wanted to the editor.

THE 'MACKINLAYS' BENS OF JURA RACECategory A, 16 miles, 7,500'

26 May

You couldn't possibly have had a better day for a race like this. No rain for weeks meant that the few bogs were dry and we had brilliant sunshine from an almost completely blue sky, a coolish breeze, and clarity that made the views out of this world. From the tops of the Paps of Jura you could see Arran [easily] and to the North the Cuillin Ridge on Skye, Ben Nevis and even the Cairngorms. Not surprisingly some runners took advantage of similar weather next day to go up again and take their time looking at the views. Out of 95 entries, 79 started, and you'd be hard put to find one person [only 3 retired] who didn't feel delight at finishing a tough course on such a perfect day.

Rumour had it before the race that Bob Ashworth was out to beat Andy Styan by tagging on behind him over the hills and scooting off down the final 3 miles of coast road. [Having won Goatfell easily the week before, with Andy only fourth, he could be forgiven for the anticipation]. After 2 miles the leading group of Styan, Ashworth, Aucott, Hoffe and Curtis was clear and stayed together till checkpoint 3, and the way that Ashworth stuck to Styan on the downhill made it look an interesting race. The 2,000' climb to the top of the first Pap [the Mountain of the Sound] saw Andy pull away and that was that - he increased his lead gradually to finish 6½ minutes ahead, breaking his own record by nearly 8 minutes. Bob Ashworth faded [some would say 'died!'] and Ray Aucott and Mike Hoffe battled it out for second place. How on earth does Ray do it at his age? [mind you, Andy Styan's 36!]. Andrew Curtis learnt his lesson from last year, tucking in behind the leaders instead of blasting off in front and was rewarded with the first Scotsman's prize in fourth place. His wife Anne was 1st lady in 37th position. The team race was won by Rossendale [Ashworth, Ratcliffe and Bleakley] by an incredible 13 seconds over Dark Peak Fell Runners, but what does a beer drinking club do with a gallon of whisky?

The event seems a fixture now, as the runners and the sponsors [MacKinlays Whiskey] have established their commitment. Every runner got a miniature bottle of Jura malt whiskey, a T-shirt and certificate. If only Jura weren't quite so far away - but then if it was nearer the mystique and the attraction of this fabulous event wouldn't perhaps be so great.

Rumour has it that Ray Aucott is taking experimental youth pills - he gets them from Joyce Smith.

Al Soran

1. A Styan	Holmfirth	3.16.54	New Record	11. J Blair-Fish	Carnethy	3.38.30
2. R Aucott	DPFR	3.23.23	" "	12. R Morris	Carnethy	3.40.05
3. M Hoffe	O B Eskdale	3.24.22		13. I Holloway	Rochdale	3.44.39
4. A Curtis	Livingstone	3.25.14		14. P Stott	PFR	3.51.50
5. B Ashworth	Rossendale	3.31.55		15. D Bleakley	Rossendale	4.02.11
6. A Philipson	Gosforth	3.32.11		16. A Bocking	PFR	4.05.25
7. R Boswell	Lochaber	3.34.05		17. J Stevenson	Irvine AC	4.06.34
8. I Hulme	PFR	3.35.07		18. I Kerr	Totley AC	4.08.23
9. D Booth	DPFR	3.37.26		19. P Fettes	Lochaber	4.09.15
10. D Ratcliffe	Rossendale	3.37.54		20. A Evans	DPFR	4.11.24

LadiesSuper Veteran

1. A Curtis	Edinburgh	4.35.19	New Record	1. J Marstrand	Lochaber	4.40.19
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Teams

1. Rossendale	2. Dark Peak Fell Runners	3. Pennine Fell Runners
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above photo : start of the Northern Counties Fell Race from Buttermere. (photo/ Eileen Woodhead)

DUDDON VALLEY FELL & MOUNTAIN RACE WEEKEND 2/3 JUNE 1984

Martin Jones and his band of Duddon Valley volunteers are to be congratulated on putting on such a good week-end's competition. It is a pity that so few runners turned out for what is one of the best routes in the fell running calendar. However, Martin and his team would like everyone to know that there will be a Duddon weekend next year, hopefully on the traditional Duddon dates.

Stuart Barnard

Saturday Long Event

1.	W Bland	Keswick	2.48.36	11.	G Webster	Kendal	3.25.52
2.	D Ratcliffe	Rossendale	3.04.16	12.	J Stowt	CFR	Vet 3.26.59
3.	M McDermott		3.06.16	13.	J Nixon	Horwich	3.27.52
4.	D Barnes	Keswick	3.11.43	14.	P Bateson		3.33.17
5.	I Birtwistle	Rossendale	3.17.13	15.	G Hudson	Kendal	3.37.02
6.	D Blearley	Rossendale	3.20.31	16.	F Reddington	Spencerborough	3.41.11
7.	I Peacock	Clayton-le-M.	Vet 3.20.34	17.	G Coverdale		3.44.04
8.	P Hartley	Rossendale	3.22.08	18.	S Barnard	BCR	3.44.31
9.	S Bradshaw	Clayton-le-M.	Vet 3.23.51	19.	R Miller	Horwich	3.45.16
10.	G Wright	Rossendale	3.24.48	20.	S Wright	Spencerborough	3.48.02

Saturday Short Course Ladies

1.	E Stephenson	Ambleside	1.58.10	3.	V Brindle	Clayton-le-M.	2.05.56
2.	A Crabb	CFR	2.01.58	4.	C McDermott		2.24.46

Sunday 0 Event

1.	D Nield	Clayton	2.20.20	3.	D Bleakley	Rossendale	3.19.58
1.	G Holden	Lancs/Morc	2.20.20	4.	P Parkin		S/Vet 3.21.31

Aggregate winner over two days - David Bleakley with a time of 6. 40. 29.



photo: Left to right: Donald Mackinlay, Managing director of Mackinlays Whisky, Andy Styen and a piper from the Argyll and Sutherland regiment.

# CHAMPIONSHIPS

## 1983 ALL THE A's CHAMPIONSHIP

Pos	Name	Pts	Pos	Name	Pts	Pos	Name	Pts
1.	H Symonds	157		M Jones	37		S Gamble	19
2.	J Reade	138		P Lambert	37		H Griffiths	19
3.	M Hudson	127		R Owen	37		R Harbisher	19
4.	P Irwin	121	54.	P Murray	36		D Jackson	19
5.	R Morris	115		A Smith	36		B Mayer	19
6.	P Barron	111		T Varley	36		D Oniel	19
7.	J Maitland	110	57.	J Patterson	35	107.	H Aspinall	18
8.	D Hall	102		I Farnell	34		P Dixon	18
9.	R Whitfield	98	58.	R Aucott	33		A Harmer	18
10.	W Bland	97		A Addams	33		J Hewett	18
11.	D Cartridge	96		K Mingins	33		G Hall	18
12.	R Ashworth	92		D McGonogle	33		P Weatherhead	18
	M Lindsay	92	63.	D Booth	32		A Whitwell	18
14.	K Taylor	87	64.	J Hayes	31	114.	G Bell	17
15.	H Jarrett	84		A Hyslop	31		C Bell	17
16.	K Stuart	83	66.	N Lannagan	30		M Coulbourne	17
17.	R Boswell	79		D Stuart	30		A Marsh	17
18.	C Valentine	78	68.	J Ritson	29		S Priestley	17
19.	K Shand	76		I Callister	29		A Watts	17
20.	G Byers	75		M Hoffe	29		C Wright	17
21.	G Read	74	71.	D Cartright	28	121.	A Amalta	16
22.	B Brindle	73		R Futrell	28		R Belton	16
23.	A Styan	70		S Parker	28		R Bravinger	16
24.	J Broxap	69	74.	L Williams	27		N Bowman	16
25.	C Donnelly	66		B Bullen	26		J Coulson	16
26.	S Breckell	65		D Bleakley	26		B Emmerson	16
	A Curtis	65	77.	M Johnstone	25		R Shaw	16
28.	D Woodhead	64		A Kay	25		I Park	16
	A Hulme	64	79.	D Davies	24		C Taylor	16
30.	A Darby	63	80.	N Matthews	23		C Webb	16
31.	D Ratcliffe	60		J Nixon	23	131.	A Andrews	15
32.	G Huddleston	59		S Baker	23		M A Bishop	15
33.	J Norman	58		I Holloway	23		D Bland	15
34.	J McGee	57		K West	23		R Bates	15
35.	J B Fish	56	85.	R Keeney	22		T Brierley	15
	S Livesey	56		D Lewis	22		R Baxter	15
37.	W Todd	52		J Marsh	22		B Miller	15
38.	G Griffiths	51		P Nelson	22		W Martin	15
39.	A Phillipson	48		A Adams	22		M Newby	15
40.	G Gough	47		K Capper	22		R Shields	15
	P Tuson	47		P Scott	22		R Sloan	15
42.	R Campbell	46		B Turnbull	22		M Iargett	15
43.	P Chapman	45		S Varney	22		G Wright	15
44.	P McWade	44		J Wild	22		N Walmsley	15
	A Richardson	44	95.	A Sunter	21		T McDonald	15
46.	M Bishop	41	96.	M Farmery	20	146.	A Addis	14
	M Short	41		J Naylor	20		R Bergstrand	14
48.	R Bloor	39		M Prady	20		J Breddin	14
49.	G Moffat	38	99.	R Bryson	19		K Gaskell	14
50.	I Robinson	37		P Eves	19		K Robinson	14

14 pts	P Read, M Shaw, S Torrance, A Turner, M McNulty,
13 pts	Z Bankowski, D Barnes, J Etchells, D Evans, J Heferon, H Parry, R Scott, A Spenceley, M Walker, R Webb.
12 pts	M Shirley, G Blain, J Clemens, M Hayes, T Hunter, D Leaf, M McGann, B Peace, D Rankin, E Roberts, M Winstanley, P Winterton.
11 pts	N Ashworth, S Beckwith, K Dobson, R Heelis, A Hauser, D Hollinrake, P Haddock, P Jones, P Jenkins, J Kidger, D Lawrence, F Loftus, I McWatt, C Pullen, C Robinson.
10 pts	H Blenkinsop, C Barrie, N Douglas, D Fairclough, P Harlowe, I Jones, S Keegan, G Lofthouse, D Learthmouth, S Moore, E Robinson, D Wilkinson.
9 pts	G Armstrong, R Blamire, P Beedie, M Cowbourne, S Furness, P Loftus, W Mitchell, T Murray, R Pilbeam, J Stevenson, D White, G Woolnough, C Wilson, G Walmsley, M Weedall.
8 pts	R Asquith, F Anderson, D Bradley, P Burke, N Braggins, T Catton, J Cumming, G Devine, J Dolan, E Harvey, J Oliver, I Reddington, R Rodgers, H Walker, P J Whewell.
7 pts	R Angell, M Brewer, P Collinson, D Emmerson, S Jones, I McKeith, K McKay, J McPherson, S Orrells, A Rothwell, P Rye, P Richards, P Standing, J Wilson, R Seager.
6 pts	S Bradshaw, J Boswell, C Beever, K Callister, G Cuthbert, T Eakin, J Gibbison, A Griffin, B Hussain, A Hughes, I Isaacs, M Lynes, I Moore, T Rutherford, E Ratcliffe, P Robinson.
5 pts	S Skelton, P Bland, W Buckley, J Baston, D Baines, S Brady, K Cooper, J Eaton, A Gaffney, W Gauld, R Girvin, M Mattinson, R Marks, C Madler, M Roberts.
4 pts	R Anderson, G Brooks, W Brown, R Britton, S Bennett, J Bredin, J Connor, P Crew, M Davies, S Elliott, M Edwards, P Howarth, W James, D Ibbotson, A Ligema, P Munday, J Podbury, G Patton, C Proudfoot, B Ward.
3 pts	J Arnold, J Adair, P Brownson, J Black, B Cooper, P Gilbert, J Granot, M Lucas, P Leaf, A Moffatt, D Madgwick, D McDowell, R Powell, G Parker, M Rice, G Young.
2 pts	G Hull, D Ashton, W Armstrong, G Berry, J Grumett, B Gauld, D Jackson, P Leat, T McCulloch, S Rochford, P Rafferty, R Rutherford, P Richards, M Taylor, D Williams, D Waterworth.
1 pt	H Atkinson, A Brierley, D Frampton, A Jones, D Lord, C Lowe, G Meikle, M Patterson, E Parker, M Rigby, R Richardson, G Swan, A Swift, S Sunter, K Williams, J Wright, R West, D Warren, F Watson.

351 scored points this year. The editor and statistician [Kevin Shand] apologise if your name is misspelt. Being a member of the FRA helps as names can be checked on the membership list.

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1984 BRITISH FELL RUNNING CHAMPIONSHIPSSCORES AFTER 7 RACES (BLACKSTONE EDGE, BLISCO, BLACK COMBE, CONISTON, FAIRFIELD, NORTHERN COUNTIES ANDENNERDALE.)Senior Men

	<u>NAME</u>	<u>CLUB</u>	<u>TOTAL</u>
1.	K Stuart	Keswick A C	224
2.	H Symonds	Kendal A C	189
3.	J Broxap	Keswick A C	167
4.	C Valentine	Keswick A C	122
5.	B Brindle	Horwich R M I	117
6.	M Patterson	Dark Peak F	109
7.	G Gough	Blackburn	106
8.	S Breckall	Blackburn	95
9.	A H Smith	Cumberland F R	95
10.	D Hall	Kendal A C	94
11.	R Rawlinson	Rossendale H	90
12.	K Taylor	Rossendale H	86
13.	R Ashworth	Rossendale H	83
14.	J Maitland	Aberdeen	83
15.	P Irwin	Rossendale H	79
16.	R Pilbeam	Keswick A C	75
17.	K West	Border	75
18.	W Bland	Keswick A C	73
19.	D Cartridge	Bolton H	63
20.	M Aspinall	Rossendale H	63

	<u>Clubs</u>	
1.	Keswick A C	73
2.	Rossendale H	61
3.	Kendal A C	54
4.	Horwich R M I	52
5.	Cumberland F R	41
6.	Dark Peak F R	26
7.	Holmfirth H	21
8.	Clayton-le-Moors	18
9.	Ambleside	16
10.	Bolton	9
11.	Pennine F R	8
12.	Blackburn H	6
13.	Eryri	3
14.	Rochdale H	2
15.	E Cheshire H	2
16.	Bingley	1

Ladies

1.	P Haworth	Keswick A C	84
2.	L Lord	Clayton-le-Moor	43
3.	B Hogge	Eryri	34
4.	G Wilkinson	Keswick A C	29
5.	K Mather	Saddleworth	26
6.	V Brindle	Clayton-le-Moor	23
7.	A Soper	Achille R	21
8.	D Varney	Kendal A C	17
9.	W Lightfoot	Dark Peak F	14
10.	H Matthews	Bolton	14

Veterans

1.	R Aucott	Dark Peak F R	125
2.	P Murray	Horwich R M I	114
3.	N Berry	Holmfirth H	110
4.	J Clemens	Black Combe	94
5.	R Jackson	Sale H	93
6.	D Kay	Bolton	88
7.	A Philipson	Gosforth H	75
8.	A Peacock	Clayton-le-Moor	64
9.	I Macdonald	Bingley	50
10.	G Scott	Cockermouth	49.

Juniors (after 5 races)

1.	M.Wilson	Hallamshire	107
2.	R.Bergstrand	Rochdale	79
3.	S.Willis	East Cheshire	62
4.	I.Dermott	Horwich	61
5.	T.Richardson	Bolton	54
5.	G.Devine	Skyrac	54
7.	C.Dermott	Horwich	51
8.	J.Taylor	Holmfirth	46
9.	P.Lavin	Bolton	44
10.	W.Brindle	Horwich	38

(teams: 1st Horwich, 2nd Bolton, 3rd Clayton &amp; Skyrac.)

WHAT'S UP ERROL?

To find out more - come to the annual dinner dance and presentation evening.

Saturday October 6 th 1984

at The Dunkenhalth Hotel near Clayton le Moors. Tickets will be available from Graham Wright and others. Price about £7.50  
Time: 7 for 7.30.

# DINNER

NAVIGATIONAL ERRORS

by Bill Smith

Take no notice of these articles you read in The Fell Runner and Compass Sport, emphasising the need for map-and-compass techniques in Fell Racing. Why go to the trouble of learning all that rubbish when there's always some other silly bugger to do it for you? All you have to do is race out who are the good navigators and just tail on to them in the race.

A mate of mine always used to look out for Ken Brooks till Ken decided to do a little extra training a few years back with the result that his racing performances suddenly began to improve immeasurably and he became mighty hard to latch on to. My mate then transferred his attentions to Ken's RMI clubmate, Stan Winstanley. Stan doesn't train all that much but he is a good stayer and a good man in the mountains, however, this didn't prevent Stan and myself from ascending the wrong ridge on the second day of the 1977 Karrimor in the Howgills, searching for a checkpoint which was actually located on the other side of the valley. We were lucky not to get timed out over that, when I mentioned this to Ken Ledward afterwards he was typically un-sympathetic and laughed his head off, saying he'd noticed someone up there on that ridge and had wondered who the silly buggers could be. To cap it all, we got disqualified for visiting the wrong penultimate control [there were two for different classes, 400 metres apart].

The mist-shrouded 1979 Mountain Trial course from Mungrisdale afforded lots of fun, the second control was situated on the col between Skiddaw and Carl Side and was straightforward enough to reach from the first one, for which competitors had a choice of either Bowscale Fell or Bannerdale Crag. The third control, however, proved to be the crux of the course: a lead mines hut in Roughton Gill among the Caldbeck Fells [Bill Teasdale's country]. There were some right weird tales to be heard about this leg afterwards, one prominent Lakeland runner [not Jos who won] apparently got carried away by the close proximity of the Bob Graham course and decided to pay a visit to the top of Great Calva, eventually losing so much time up there that he decided to retire.

Another fell very close to a checkpoint was Great Cockup, whose name very aptly described the navigational problems of some competitors, including myself, I've twice made stupid mistakes in the Ennerdale Horseshoe through following someone in mist, despite having all the necessary bearings written down on a piece of paper in my waistbag. In 1973, after reaching the Great Bourne checkpoint somewhere in the 20s, and feeling on-song for a good run, I went charging off into the mist after a group in front not caring to lose valuable time in taking a bearing. There were about four or five in the group, including Alan Heaton and Cliff Firstbrook. We soon became separated and I continued hopefully on my own, but soon realised I was off-course as I was losing too much height. Suddenly, the mist parted below me for a few seconds and I found myself looking down on Ennerdale Forest. The only thing for it was to climb back to the summit and set off afresh on a bearing, everyone had gone through when I arrived and the checkers were getting ready to depart I was just in the process of setting my compass when who should loom up out of the mist from the opposite direction [towards Floutern Tarn] looking decidedly shamefaced, but the group I'd been following. We all set off together, and I eventually worked my way through to 38th position, partly because so many others had got lost over various parts of the course.

Misty conditions in the 1973 Wasdale resulted in several route-finding errors, though I was not guilty on this occasion. Pete Walkington led a band of trusting souls onto Red Pike [Wasdale] in mistake for the Scoat Fell-High Crag ridge, but quickly righted himself. A new checkpoint had been sited on Lingmell Nose this year, the descent from Lingmell Col the

previous year having come down Brown Tongue and Lingmell Gill. Dave Halstead, Harry Walker and Jeff Norman were among those who missed it and had to be sent back up to it. They had originally come in 2nd, 3rd and 4th respectively, but finished up 5th, 3rd and 4th.

The following year, I was plunging down the scree towards the last checkpoint and found myself closing on a familiar-looking figure in front. "Bloody Hell," I thought, "it's Harry Walker I must be further up than I thought". What I didn't know then was that Harry had reached Scaffell Pike in 2nd place behind eventual winner Andy Churchill but had then, in a temporary pall of mist on an otherwise clear day, descended towards Eskdale. He finished 17th and myself 18th, Jeff Norman, who had been 3rd at the Pike, dropped down onto Mickledore ridge and came 6th. Bob Whitfield was another who reached Scaffell Pike in 2nd place, in the 1982 race, and dropped down on the Eskdale side, but he corrected his error in time to retain runner-up position.

On a few occasions, checkpoint officials have stationed themselves in the wrong place. The most memorable occurred in the 1972 KIMM from St. Mary's Loch in the Southern Uplands, Andy Churchill and I had finished 1st in the Standard Class on Day One [only two classes then] with a very narrow lead over Paul Murray and Neil Heaton. Next morning, approaching the first control in clear visibility, we were suddenly amazed to see Paul and Neil come tearing across our path from a hill over to our right, Greenside Law, 2,111 feet.

A group of figures were moving from its summit towards the checkpoint hill ahead, [2,005 foot summit: unnamed on 1" map] and as other competitors began to make for them, we realised that these were the checkers, who had stationed themselves atop the wrong hill. We eventually finished 2nd to the Bolton lads.

Mention of navigational errors by checkpoint crews calls to mind the 1982 Borrowdale in which the first control on Bessyboot was unmanned because the officials had been unable to find it in the mist. Later on in the race I once more made the mistake of following someone in mist - and on one of the most uncomplicated parts of the course, too: the contouring of Green Gable. On my own, I'd have been okay, even without needing to resort to my compass, but in the heat and excitement of the race, I just got carried away again and went tearing off after this bunch ahead. I had great faith in them because their leader was a member of the promoting club, Tony Cresswell. In and out of gullies we went, picking up bits of footpath here and there, and then losing them again. Eventually I lost them and didn't know where the hell I was, but assumed it was somewhere in the vicinity of Brandreth. I shortly met up with two of my Clayton clubmates and a Dark Peak runner and we all set off together on a



ARE YOU IN THE SAME RACE AS  
THOSE LADIES AND GENTLEMEN WHO  
PASSED HERE SOME TIME AGO?

northwest bearing which brought us down below the cloud on a steep fellside. Below us, we could make out the dim outline of a road and buildings and thought we were looking down on Honister from Grey Knotts. Then the harsh truth hit us: that was Seathwaite, and we had come over Base Brown. We all walked back to Rosthwaite along the road.

A blizzard sprang up during the early hours of Sunday morning on the 1969 Fellsman. I was in the second group to check in at the Great Whernside checkpoint, we then continued south-by-southeast along the ridge, slid down the icy slope and crossed Conistone Moor in the bleak white dawn. The snow turned to rain as we descended from Capplestone Gate over rolling pastureland to Grassington, and so across the Wharfe to the finish at Threshfield. As we crossed the Wharfe bridge, we saw the group who'd been ahead of us on Great Whernside coming along the river bank. There were twelve in that group, including several old friends, and when they set off from the checkpoint, "friendly chat took the place of serious walking," to quote Paul Livesey in the 1970 Fellsman Hike Handbook.



Half-an-hour later, they found themselves back at the checkpoint, having gone around in a circle. "Had it not been for the watchfulness of Mike," wrote Paul, "we would have probably found ourselves on the Lyke Wake Walk at dawn."

All the foregoing navigational errors were made in the excitement of races [at least, all those made by me]. However, I will conclude this "comedy of errors" with one that was caused by fatigue. Hallucinating and running seem to sometimes go together, and that was the experience of Stan Bradshaw and the late Brian Ripley on a Six Northern Counties Tops walk in 1968. This involved 145 miles in 73½ hours, with nearly four nights without sleep. Near the end of the walk, coming down Mosedale from Scafell Pike, an area with which Stan was intimately familiar, he was surprised to find houses standing there when he knew very well there were no houses at all in that vicinity.

Furthermore, he at one point made a wide detour around a tarn which was in reality a puddle. To conclude on a more serious note, it should by now have become apparent that all competitors in long-distance fell races should possess at least some navigational skill, and at worst be able to get back to the start/finish if they go off-course.

P.S. My next Super Fell Navigation Course Week-end will take place next Christmas at Pemberton, near Wigan. Interested persons should write to me as soon as possible, enclosing a cheque for £500 [deposit]. Remember you can't go wrong with the experts.



WORLD FELL RUNNING CHAMPIONSHIPS FOR SCRUBBERS - 1984

by Al Soran of  
Molefrith Harriers

The first meeting to organise this championship was initiated by the Italians and was attended only by Europeans. This was felt to be unrepresentative of the World. Invitations to a two-day meeting in Geneva in July were then sent to all major athletic nations, and surprisingly it was very well attended. However, this is where the problems began.

U.K. representative, Danny Fuse, reports, "The meeting was a shambles. Everyone was pursuing their own interests and there was hardly any give-and-take. The Russians and the Americans were squabbling all the time. There was no agreement on the difference between running and climbing [some of the suggested mountains needed full climbing gear!]. Basically the problems centred round what sort of system was to be used and what events chosen. The only agreement we got really was that each country could have three runners maximum."

As I understand it from Danny, the options considered seriously were as follows:

1. Ten events spread over the continents [except Antarctica]  
Highest points scoring individual and team wins.  
This was rejected as being too expensive to operate and too time-consuming for any athlete in a full-time job.
2. One event, changed each year.  
Rejected because no-one could agree on which event to choose.
3. Five events spread over the continents.  
Races agreed on were:

i] Mt. Kosciusko [Australia]	7,316 ft.
ii] Ben Nevis x 2 [Great Britain]	8,800 ft.
iii] Pikes Peak [U.S.A.]	14,110 ft.
iv] Kilimanjaro [Tanzania, Africa]	19,430 ft.
v] Mt. Kommunisma [U.S.S.R.]	24,591 ft.

Whilst still expensive to operate, this third option was provisionally agreed in July. Unfortunately, the Korean airline disaster led to the Americans refusing to accept Mt. Kommunisma, and a hastily arranged meeting in London in early September led to the decision to abandon the five-continent idea.

So, what are we left with? Something that will please all British fell runners, I'm sure. Our principals of letting anyone enjoy racing and not just pandering to the elite few have been a keystone in the 1984 World Championship discussions. The August meeting agreed on a new format.

- a] Three nominated races each year, to be run within a ten-day period.
- b] Anyone can enter.
- c] First 100 places to score points - 105 for winner, 99 for 2nd, and so on. Most points over three races wins. Vets, etc., to be sorted out later.
- d] Whilst the races are in Europe, individuals from any country, including U.S.A. and U.S.S.R., may run.
- e] This system to run for three years, until a review to try again to make it a genuine 'world' event.
- f] Championship to be sponsored by an Italian firm.

The 1984 events are as follows:

1. Mt. Rosa [Italy] 15,203 ft.
2. Maladeta [Spain] 11,168 ft.
3. Ben Nevis x 2 [Scotland] 8,800 ft.

Rosa was put up jointly by Italy and Switzerland, though it will be run from the Italian side.

Maladeta was put up jointly by France and Spain.

Ben Nevis was put up jointly by Scotland and England [the Welsh stuck out for Snowdon].

For those who worry about doing Nevis twice, wait till you see Mt. Rosa!

The following stipulations apply to all three races.

- i] Routes must be clearly flagged all the way.
- ii] Safety requirements will be strictly adhered to. [These are being formulated by U.K. working party and based on F.R.A. guidelines].
- iii] Entry fees to be less than £5 or equivalent.
- iv] Free campsites and/or cheap accomodation to be provided for runners.
- v] Luxury coaches to be organised on 'cost only' basis for those not using own transport between events.
- vi] Special gold inlay certificates for all who complete three races.
- vii] Prizes to be decided by local organisers and Italian sponsors.
- viii] No ceiling on numbers.

My reaction to this is that we have ended up with something that any F.R.A. member can run providing he can afford a holiday abroad [much better than splashing out loads of money on an elite few to travel to U.S.A., Australia, etc.] At least we have Ben Nevis for those who can't afford foreign travel.

Tentative dates are:	Maladeta	25th, August 1984.
	Mt. Rosa	29th, August 1984.
	Ben Nevis x 2	1st, September 1984.



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A DAY IN THE HILLS WITH COLIN DONNELLY.

by Roger Boswell

Just a few weeks before the Ben, Colin asked me if I'd like to do a bit of Munro and Corbett bashing in the hills around Glen Duror, near Glencoe. He assured me it wouldn't do my Ben Nevis training programme any harm, so I foolishly agreed.

Our troubles started on Friday night; the only path in to the bothy was submerged beneath several feet of freshly cut forestry brushings. What with heavy sacks on, and only a feeble torch to combat the perfect blackness [there was no moon], it took ages to force a way through and locate the bothy. This put us behind schedule, so Saturday's adventures started at 1230 - back into a tangle of broken trees. Progress was slow, we took 1½ hours to cover 1½ miles to the first hill; Fraochaidh, 879 m, Corbett. We then laboriously forced a way through another forest to reach Glen Creran. Colin got away from me on the long slog up the Glen, as I absent mindedly started wandering off course towards Glen Etive. My compass put me right, and I should've seen Colin coming down the next hill as I went up. But no such luck - I never saw Colin again. I just pushed on at my own pace, I covered the next 4 hills [Beinn Maol Chaluim 847 m, Corbett, Stob an Fhurain 968 m, Top, Sgor na h-Ulaidh 994 m, Munro, Meall Ligheache 772 m, Corbett] at times of 1830, 1950, 2005, and 2105; by which time it was pretty dark. I spent 15 minutes on the last hill mending my glasses, eating my last Mars bar, pondering imponderables, and peering into the gloom trying to pick out the forestry boundary which would get me back to the bothy.

I couldn't see a damn thing, not even my compass, so I just tried to bluff my way through using dead reckoning and a keen instinct for self survival. I was soon embroiled in another forest. The only signs of civilisation were distant car headlights on the Glencoe road. I rationally conceded my chances of finding the bothy were now zero, so I altered course for Glencoe. The next crisis occurred at about 2300, when a patch of ferns where the gradient became ominously steep. A cliff? I couldn't see a thing. I tried to make a bed out of armfuls of bracken, cutting a finger in the process, and bivvy out for the night. I don't know which was worst, the cold or the ticks, bugs, fleas and spiders in all the bracken. At about 0100 I became aware that I could see down into the Glen. The moon had risen! I was on steep, but easily negotiated crags in Allt na Muidhe. I picked my way down to reach Glencoe at 0230. Here I informed the Fort William police that should they get a call in the morning from a certain Mr. Donnelly reporting a certain Mr. Boswell was missing in the hills, then would they please ignore it - I was now back OK. I plodded on to Ballachulish, where I found an unguarded, unlocked boathouse. I crashed out in a rubber dinghy, and felt surprisingly good when I woke up at 0500. So good that I decided to do Sunday's planned traverse of Beinn a' Bheithir on my way back to the bothy. Four hours later I was back at the bothy, where Colin was just finishing a massive breakfast and poring over a map.

The details may be different, but the essential nature of my various expeditions with Colin are invariably as described here. Munro bashing is good for you, and enjoyable in retrospect.

NOTE A Munro is a Scottish mountain of over 3,000' [915 M] as defined in 'Munro's Tables' book. A Top is any summit over 3,000', regardless of the amount of re-ascent - many Tops are subsidiary peaks of Munros. A Corbett is any Scottish mountain between 2,500' [762m] and 3,000', with at least 500' re-ascent on all side.

TREATMENT OF THE REFLEX ZONES OF THE FEET

by Ken Ledward

From time to time we will all suffer aches and pains, and will try a wide variety of treatments, sometimes from tips printed in this magazine. I've suffered the 'stiff back' syndrome for some considerable time, especially after a very long run - and as you know I'm often out longer than Joss - this stiffness peculiarly is felt less after long days rock-climbing or skiing: I've put it down to poor posture generally and particularly to being too rigid on steep descents; I've also worried that the heavy sacs hip-loaded contribute, but don't really know. Things came to a head recently, after seven weeks leading ski-tour groups abroad I mixed it with the kamakazees on Cairngorm and bounced about a little, then a few weeks later on a training run I twisted awkwardly in falling on boulder scree, the pain was severe. The doctor sent me to a physiotherapist, and she said "take of your shoes and socks" I thought a chiropody treatment thrown in was a good deal, and so complied. My humour at this early request to strip my feet has changed to a high regard for a method of treatment which, for me has worked to such an extent that, not only is the more recent injury well on the mend, but I am for the first time in many years able to do fluid trunk flexing and high step-ups without feeling any muscular restriction. Now it's 25 years since I entered my first Mountain Trial, and along with my other outdoor interests I have given the body a fair bit of hammering; some would say I've had my share of good fortune considering the tumbles I've taken, but I do intend to follow in the footsteps prepared by Stanley Bradshaw - not that I'll ever fit them - to enjoy my runs and the company of kindred spirits, and whenever possible to put a little something back in. I believe my recent experience with 'foot tickling' comes into this latter category, it may not work for everyone but the hassle it will save you if it does makes the attempt very worth while.

Well, what is it? Reflex Zone Therapy of the Feet is a manual discipline which over the course of many years has developed from a folk-knowledge into a precisely defined form of treatment. This treatment takes place on the feet, but it is not a 'foot massage' in the narrowly defined sense of the word, and the stimulus which it gives to the local blood supply during treatment is accompanied by an improvement in the functioning of the organs and structures which relate to the areas treated. Precisely located so-called reflex zones, having a connection with all the organs and structures of the body can be found on the feet. In their miniaturised form on this small 'telescreen' the reflex zones can inform the therapist if the immediate condition of the person being treated. The therapist works without using any implement or apparatus, without drugs, and without using any external source of electrical current; using only the hands in a skilful, specially elaborate grip sequence. In this way the energy balance between the different systems of the body is brought back to a state of all-round balance, helping the patient through this actual experience of work on their feet to recognise their infirmity or disorder and the healing process. Everyone has reflex zones on their feet, but they are only painful when there is strain, weakness, damage or disease in the organ structure to which that reflex zone corresponds. Treatment of the painful reflex zone provokes a healing response throughout the body. Whether a disorder first appears in the organ or structure of the body, or the reflex zone of the feet depends on the personal 'disease' background of the patient, and is not of great practical consequence to this method of treatment. It may happen that a reflex zone is painful, even when a person is not aware of any pain in the organ or structure which belongs to that reflex zone.

Because the systems of the body are independent, and work together in dynamic harmony, the body tries for as long as possible to compensate for disorder in any one system: When the symptom of pain appears therefore, it does not usually signify the beginning of an illness, but rather shows that the body can no longer contain the situation.

Pain in the reflex zones of the feet [and similarly in other 'warning sites' of the body], shows by having already progressed to this stage, that the person is no longer fully healthy. This observation and the conclusions which can be drawn from it offers also a means of preventing illness from developing further or becoming consolidated.

Footnote - no pun intended: Further information available from: The British School, Reflex Zone Therapy of the Feet, 25, Brooks Mews, London W1Y 1LF.

Enclose stamp foolscap envelope. Ken Ledward was treated by Mrs Megan Hadkins, Keswick.

Any fellrunners keen to sample nordic/cross-country skiing holidays in Jan/Feb/Mar should contact Ken who, using existing expertise of Waymark, may be able to arrange suitable trips to Scandinavia and/or Europe. Pre holiday skiing/training in Lakes, Scotland, or Dales.



# MORE AMAZING



# FEETS

Mike Cudahay's Pennine Way Record.

At 11.00 in the morning on Thursday 31st of May, Mike Cudahay of the Rucksack club left Edale for his eighth attempt at Brian Harney's five year old record of 3 days and forty two minutes for the 271 mile route to Kirk Yetholm. At last the conditions were acceptable and Mike's feet did not give too much trouble. He completed the course by nine in the morning on Sunday the 3rd of June, having only stopped for two short sleep rests of seven minutes and one and a half hours.

\*\*\*\*\* The record is now \*\*\* 2 days, 54 minutes and 30 seconds. \*\*\*\*\*

---

Horwich attempted the long standing Pennine Way relay record on the weekend of 16th-17th of June. Hindered by poor visibility they completed in 31 hours and 12 minutes, just one hour and 26 minutes short of the record.

PENNINE WAY RELAY RECORD ATTEMPT - BINGLEY HARRIERS

by Peter Jebb

At 6.00a.m. on Saturday 26th May, 1984, an attempt at the 270 mile Pennine Way Relay was commenced by Bingley Harriers. The attempt followed guidelines set initially by Clayton le Moors Harriers and which has been followed by several clubs since. The record has been held by Holmfirth Harriers since 1978 at 29hrs.46mins. and Bingley's schedule was based on that time with the intention of beating it. We chose to run in the uphill direction from Edale to Kirk Yetholme with the intention of running with the prevailing wind. Briefly our progress was as follows: Surprisingly one minute was gained on the first 8½ mile leg over Kinder Scout, but this gain disappeared almost immediately and the remainder of the way to Horton, we ran between 5 and 10 minutes behind schedule. It was on the first leg out of Horton to Old Ing where international Jimmy Ashworth in a 'lung bursting' effort over 3½ miles put us back onto schedule for the first time. This injected the whole team with enthusiasm rarely seen and near the half way stage at Middleton we had 9 minutes in hand. The euphoria however was short lived. Ensuing darkness and depreciating weather conditions resulted in a deficit of one and three quarter hours by the time we reached Alston about 4.00am. A vote from those present was then taken as to whether we should abandon the attempt or merely carry on just to complete the relay. The decision was unanimous to continue. A phase of hard running in improved weather conditions and daylight then followed during which time our deficit was reduced by 30 minutes over the Hadrian Wall section. Occasionally we wondered whether it was just possible to recoup the lost time in the final section over the Cheviot but the weather soon put paid to any such hopes with strong Northerly winds, driving rain and nil visibility. The lads battled hard in appalling conditions over these last isolated hills to finish 2hrs 49mins outside the record. To anyone contemplating the attempt, I would say it is just possible to improve on Holmfirth's time given perfect planning, weather conditions, and a hell of a lot of effort! We will be back in 1985!

BOB GRAHAM NEWS.

On December the 21st of 1983, Clive Wilson of Kendal A.C. came very near to a successful completion of the Round on the shortest day. He had already run it in 19hrs and 19 mins on one of the longest days of the same year. Despite running for 14 hours in darkness he kept close to his 24 hour schedule for most of the route before losing time on Kirkfell and falling on Gable. He finally retired at Honister after twenty two hours.

Angela Carson and Bridget Hogge, both of Eryri, completed the round with fifteen minutes to spare in mid June of this year. The same weekend, Elaine Stephenson of Ambleside A.C. completed the round in 23 hours and 33 minutes.

THE CUILLIN RIDGE RECORD

by Andy Hyslop

The late Eric Beard's record stood at 4.09, timed from Gars bheinn to Sg nan Gillean. Details of Eric's route are not available except for the following: 1. T.D. gap was roped up. 2. Inaccessible Pinnacle was passed by. 3. Eric failed to meet up with his sole supporter. 4. The Tooth was climbed. Sources: Dennis Beard, Dennis Grey, Fred Rogerson, Will Thompson [mounts in guide in Skye at time of Eric's Run]. Considering the vague nature of Eric's route it has never been my intention to make comparisons with my own run, although there will undoubtedly be some. Rather to set up a new record over a defined route in a defined style, so that others may now aspire to known challenge on the ridge. The principle of my route has been to visit every 'Munro Summit' on or adjoining the main ridge as described on page 142 'Scrambles in Skye' by J Wilson Parker, plus some other principal peaks. Any route may be taken between the obligatory summits. The style has been to negotiate the 4 main climbing sections un-roped which also means reverse climbing the abseils. Therefore anyone attempting this record must not only be a good runner but a competent rock climber and mountaineer as well - a principal that is probably much in line with Eric's thoughts on the matter. Lets hope it doesn't take another 17yrs for someone else to have a go.

Route Details of The Cuillan Ridge Run. Mon. 7th May.

Start Gars bheinn	12.30. pm.	[support: P Inman]
Sg nan Eag		
Sg Dubh Mor		
* T.D. Cap		
Sg Alasdair		
Sg Thearlaich		
* Kings Chimney		
Sg Mhic Coinnich		
* Inaccessible Pinnacle [up east ridge, down west ridge]	2.08 pm.	[support: Ray Hall]
Sg Banachdich		
Sg Ghreadaidh		
Sg Mhadaidh		
Bidein Druim nan Ramh		
Braich na Frithe		
* Ba steir tooth by Naismiths route.		[support: A Thompson]
Am Basteir		
Sg nan Gillean	4.34.19 pm.	[checked: A Thompson]

---

Total time: 4hrs 4mins 19secs.

---

\* Denotes climbing sections [all soloed]

The Future

Running/climbing is here to stay, although the logistics and safety aspect of an organised event is for the moment impractical. The future lies in time trials similar to that of the Cuillan Ridge, the possibilities of which are numerous. Whatever routes are attempted, the participant must be well prepared, precise about times and routes, and if possible have witnesses - tedious perhaps but essential if the sport is to progress in the right direction. N.B.I should be more than willing to supply info to anyone considering the Cuillan Ridge Run or any similar challenge.

opposite photo: Andy Hyslop approaching The Tooth on The Skye Ridge.

(photo/ Alan Thomson)



# 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.

Prices :	short-sleeved - small	£3.95	
	medium	£3.95	(When ordering by
	large	£3.95	post please add
	long-sleeved - small	£5.95	45p for p.&p.)
	medium	£5.95	
	large	£6.50	



34A Kirkland, Kendal, Cumbria.  
Tel. 0539 31012 or 0539 81688 (after 6 p.m.)





# letters

Dear Hugh,

The nearest I am getting to running these days is, unfortunately, armchair reading of "The Fell Runner"! I have over the past three years, slowly and reluctantly ground to a halt due to osteoarthritis of the hip caused by osteomyelitis [diseased bone] when I was 14yrs old and it looks as if a replacement hip will be necessary.

Having heard conflicting views about ones ability to run after a new hip, I would like to hear from any readers who have had this operation and have managed to start running again. Being an optimist I hope I am only having an enforced rest!!

If anybody has had a successful hip replacement I would be obliged if they could write to me with the following details:-

- a] How old are they?
- b] When did they have the op?
- c] How much running did they do before and what can they do now?
- d] What caused the need for the replacement?

Any other relevant information would be welcome so that I can go armed with facts to convince the Specialist that one doesn't have to put ones shoes in the bin and take up embroidery.

Many thanks in anticipation,

Best wishes,

Joan Glass  
Llwyn Celyn,  
Llanberis,  
Caernarfon,  
Gwynedd LL55 4SR.

Dear Sir,

Your readers will, I think, be well aware of the Three Peaks Race, recently held for the 31st time.

Your readers may, however, not be aware that the association which organises the race is relatively small and we are finding our resources coming under pressure. We are fortunate in having a co-operative and generous sponsor and as a result we are financially sound. We do, however, suffer from a desperate shortage of manpower.

At the same time, we are not content to rest on our laurels; we are conscious of the need to develop further our service to competitors, for whom the race is organised. We need some input from competitors as to what improvements they require.

Both these problems can, to a large extent, be resolved by interested individuals joining our association, which costs an annual subscription of £1 only. Membership brings with it the right to attend meetings and express views and opinions which would be valuable to us and it would help us to explain why we do some of the things we do.

A membership subscription paid now includes membership for the balance of the current year [to September] and the whole of the 84/85 season. Persons wishing to become members need only send me a note of their name, address, telephone number and a cheque payable to the "Three Peaks Race Association".

Yours faithfully,

D.A. Croft Hon. Secretary of the Three  
Peaks Race Association.

24, Brookfield Crescent,  
Hampsthwaite,  
Harrogate,  
North Yorkshire. HG3 2EE.

Dear Hugh,

The wearing of fluorescent striped shorts by lady fell runners seems to be on the increase. I think it is about time the F.R.A. recognised the serious health hazard this involves and did something about it.

A runner subjected to oscillating or gyrating motion of this type of material for any length of time can easily experience hallucinations, dizziness and general debilitation. Frequent observations may even cause blindness for all I know.

In a recent race I was just behind a notable exponent of this apparel and I might have suffered a severe migraine attack if I had not gone weak at the knees and been unable to keep up.

Perhaps race organisers should issue lady runners wearing shorts of this type with a health warning notice to be affixed in the appropriate place. You may of course say that the remedy lies in my own hands; but then I may misunderstand what you have in mind.

Yours sincerely,

Will McLewin.

### STABILO

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# committee news

There have been 7 Committee Meetings since those reported in the last issue of the Fellrunner, ranging in length from 2½ to 8 hours. Minutes of any meeting are available on request from the General Secretary. A brief outline of the main business is given below:

1. 12th Nov. Broughton Mills J Gibbison outlined the format he had drawn up for a 1984 Junior Championship. Committee split over action to take regarding hill running in Scotland - reapproach SAAA or no action? Latter agreed - Fixture Secretary reported that 180 races will appear on 1984 Calendar.
2. 27th Nov. Horwich Decided to renew contact with SAAA to avert split in hill running in Scotland. Treasurer concerned about bank charges, tax, liability and un-announced expenditure by Committee members. asked to report on solutions to these problems eg: change bank, place money in Building Society. Junior Championship 'on' for 1984 after total acceptance by race organisers approached. AGM procedure and arrangements discussed with view to improving these and keeping memberships better informed.
3. 18th Dec. Morecambe Lengthy discussions on the date and cost of Jan. 1984 Fellrunner - late due to winter holidays:- send out renewal slips, then magazine and calendar upon receipt of subscription. Chairman had circulated Committee with draft rules for competition. Aim to simplify situation and produce rules specific and appropriate to fell running not increase number of rules. Agreed to co-opt Scottish FRA member elected by Scottish FRA members to present FRA views to SAAA. Letter from Chairman to convene meeting in October in London to discuss World Cup not reached. Italian FRA,GAAL, got no further than Italian AAA, F.I.D.A.L. asked to seek new contacts. Secretary asked to follow up enquiry at AGM regarding 50p levy on unattached runners at Wrexham race with AAA and race organiser - no race to be levied.
4. 5th Feb. Kendal Magazine sub-committee reported of 3 options seen for magazine - increase in size to 100 plus, increase in number of issues or to utilise other magazines. With regard to experience of N. Vets decided to try to produce 3 magazines for 1985 with copy dates of Jan 1st, April 1st and Oct 1st. AAA accepted FRA rules for Competitions of following AAA rules for competition but must include AAA Rule 14 regarding First Claim Status, rather than simplified version required. Chairman agreed to represent FRA at Carnethy meeting convened to discuss Hill Running in Scotland hoping to meet SAAA and SHRA representatives. Committee agree to Secretary's request for a typewriter. Need for Secretarial assistance discussed, leading possibly to a full-time Administration Officer. Report on Chew Valley venue for Relay Championships made by F Sykes, given to committee. Suitable apart from parking arrangements. Committee decided to postpone until 1985.
5. 4th March. Meltham Treasurer reported on Association tax position and on his advice, Committee asked him to place £6,500 in Building Society Account. Committee agreed to his request to use this years renewal procedure in 1985. Membership Secretary reported that Association had 2,234 members on 22nd Feb. 28% increase on 1983. Chairman reported on meetings he had had with SAAA and Shra at Carnethy. Hoped that SHRA became branch of FRA and act as management committee in Scotland. P Knott and J Blair-Fish, elected representative of FRA members in Scotland, asked to draw up branch constitution for SHRA. Secretary asked to contact Womens AAA asking for discussions on governing body status. Press Officer asked to publicise Championship Races in the National Press. N Matthews produced notice board to be used to promote the Association at races and to keep membership better informed.
6. 1st April. Whicham Rules for Competitions accepted by AAA, Committee decided to issue in next Fellrunner prior to acceptance/rejection at AGM. Secretary reported that photocopy received from AAA, value £1,700 is working well. Donated under AAA scheme to provide clubs with track and administrative equipment, advertised in A.W. Committee reviewed the constitution produced by P Knott and J Blair-Fish, accepted and decided to send to SAAA and SHRA for comment. Committee approves £40 Secretary earmarked for Welsh Regional Committee for letter heads and leaflets to promote 1984 Welsh Regional Championships. Chairman received an invitation from FIDAL to attend meeting in Rome on April 5th, to discuss World Mountain Running Cup. Committee agreed. Finance to come from grant, not membership subscriptions. Full and lively discussion[!] on future of the sport and possible sponsorships for the Championships held. Committee decided to pursue cautious expansion rather than actively promote growth and to seek limited but sympathetic sponsorship. Chairman briefly reported on Race Organisers Symposium successfully held at Sedbergh on March 31st. Secretary reported on AAA General Committee meeting attended on London on March 31st.
7. 12th May. Buttermere A Styan briefly told of his talks with potential sponsors. Next Fellrunner to cost £1,239 plus postage with copy due by Fairfield. Treasurer reported £1,400 in Current Account, £6,500 in Investment Account, £1,500 of which Life membership subscriptions and from which two magazines must be financed. Chairman circulated paper on Turner Report Committee in favour of UKAAA in principle but not findings of Turner Report as contains no role for FRA as governing body for fell running in U.K. p Knott

agreed to attend AAA E.G.M. on June 9th, to represent FRA views on Turner Report. Chairman agreed to write to Mike Turner indicating FRA's views. Secretary reported on SAAA initial reaction to SHRA Branch Constitution and J Blair-Fish on SHRA reaction. Committee noted these and Secretary agreed to write to both Associations clarifying Committee view that SHRA should act as a FRA branch and management committee for FRA, to which SAAA would grant governing body status.

Chairman reported on visit to Rome to discuss World Cup. Italians preferred to stage it in 1984 on July 1st or September 10th in Val d'Aosta under format and rules agreed at Naire meeting and with FRA English team funded by AAA and Sports Council. Chairman asked to finalise date as July 1st leads to selection problems and clashes with Glossop championship race. Committee agree to invite Mike Farrell, AAA General Secretary to Fairfield Race. Hope to give him a better picture of what the sport entails and take him up a hill.

#### WORLD CUP 1984

Since the Italian committee met in April, invitations have been sent to several countries for the inaugural World event for mountain running.

It now seems likely that the first World cup will be at Val d'Aosta in Italy on September 15th.

Each country can field four teams of four for the men's long, men's short, ladies and junior races.

The English team for this event will be selected by the FRA committee. Consideration of all fell races will be taken into account but championship races will take priority in the selection process.

#### 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
<u>COMMITTEE MEMBERS</u>	John Gibbison, Norman Mathews, Andy Styan, Pauline Haworth and Tony Hulme.

HERE ARE THE COMMITTEE'S F.R.A. RULES FOR COMPETITION. THESE HAVE BEEN APPROVED BY THE A.A.A. AND WILL BE SUBMITTED TO F.R.A. MEMBERS FOR APPROVAL AT THE AUTUMN A.G.M.

THE FELL RUNNERS ASSOCIATION RULES FOR COMPETITION.

Introduction.

These rules have been drawn up for the conduct of the Sport of Fell Running. They apply to competitors, organisers and clubs who wish to compete under the jurisdiction of the F.R.A./A.A.A. When a fell race is held in compliance with these rules, advertised as such, and registered, the race will be recognised by the F.R.A. as being an "official F.R.A. fell race".

This recognition involves publication of the race details in the F.R.A. calendar. It ensures, on payment of an appropriate fee, that the event is covered by the F.R.A. group insurance. The race, if Category A., qualifies for consideration for inclusion in the British Fell Running Championship.

These rules also ensure that any runners partaking in "official F.R.A. fell races" have their amateur status, under A.A.A. laws, fully protected.

Definition 1.

An "official F.R.A. fell race" is one held under F.R.A. Rules for Competition.

Definition 2.

A fell race is one run on fell, hill or mountain terrain and shall be categorised as follows:

Category A.

- a) must average 250' climb/mile or more.
- b) must not have more than 20% of the race distance on road.
- c) must be at least 1 mile in length.

Category B.

- a) must average at least 125' climb/mile.
- b) must not have more than 30% of the race distance on road.

Category C.

Any race on fell terrain which does not meet the above requirements, but which is not designated a road or cross country race.

Definition 3.

- a) Long Category A. race is one whose record time is 1 hr. 45 mins. or more.
- b) Medium Category A. race is one whose record time is 40 minutes or over, but less than 1 hr. 45 mins.
- c) Short Category A. race is one whose record time is less than 40 mins.

Definition 4.

A "club" as referred to in these rules refers to a club which is affiliated to the A.A.A.'s or one of its constituent bodies. The F.R.A. is a constituent body of the A.A.A.'s and so "club" also refers to those clubs affiliated to the F.R.A. only.

Rule 1.

All "official F.R.A. fell races" must be registered with the F.R.A. This registration shall be effected by supplying the Fixtures Secretary with relevant details of the race on the standard form provided, and its subsequent appearance in the F.R.A. Calendar of Events, or supplement thereto. A nominal charge will be made to offset calendar publication expenses.

Rule 2.

Official F.R.A. fell races must be advertised and decided under the laws of the A.A.A. and rules of the F.R.A. Such advertisement may be abbreviated to "under F.R.A. rules".

Rule 3.

All competitors in "official F.R.A. fell races" must be amateurs as defined by the laws of the A.A.A.

Rule 4.

All "official F.R.A. fell races" must be organised to comply with the safety requirements contained in Appendix 1.

Rule 5.

All competitors must obey any additional rules drawn up by the race organisers for each fell race.

Rule 6.

No runner may take part in any fell race without having entered the race in accordance with the race rules and procedures.

Rule 7.

All competitors MUST ensure that if they retire from a fell race for any reason, the fact is reported immediately to the race officials. Race organisers MUST report infringements of this rule to the F.R.A. secretary.

Rule 8.

Runners may count in team fell races for their first claim club only. This club may be different from their first claim road, cross country or track club.

Rule 9.

A.A.A. Rules 14 & 15 on club membership and first claim status will apply to all members of clubs affiliated to A.A.A.

Members of clubs affiliated to the F.R.A. but not the A.A.A. Must observe the 9 month rule on eligibility to compete for that club in team competitions. The 9 month rule states that a nine month waiting period from the time of his resignation in writing will apply before that runner may compete as a team member for another club. Exemption from this rule may be claimed from the F.R.A. committee, each case being dealt with on it's merits.

Rule 10.

Race organisers must stipulate age limits for their events, but the following lower limiting ages will apply to all events.

Cat. A. long	-	no person under 18 on the day of the race.
Cat. A. medium	-	" " 16 " "
Cat. A. short	-	" " 15 " "
Cat. B. long	-	" " 16 " "
Cat. B. medium	-	" " 15 " "
Cat. B. short	-	" " 14 " "

Rule 11.

The following A.A.A. rules apply to fell running [numbers as per 1983 A.A.A. Handbook]:

Rule 1. - all sections. Rules 4, 6, 14, 15, 41, 42, 43, 44, 45, 46, 47, 48, 51, 75.

These rules are printed in Appendix 2.

Rule 12.

Upon notification in writing of the breaking of any F.R.A. rule at an "official F.R.A. fell race", by competitors or organisers, the F.R.A. executive committee are empowered to take whatever corrective action is deemed necessary. There is a right of appeal to the A.A.A. general committee.

The following time scales shall be adhered to in any such process:

- Notification shall be in writing to the F.R.A. secretary within fourteen days of completion of the event in question.
- The F.R.A. executive shall investigate and conclude its findings and make a decision within 7 weeks of the event in question.
- Notification of the F.R.A.'s decision will be given to concerned parties within 8 weeks of the event in question.

And, in any event, the process would be expedited as rapidly as possible.

F.R.A. RULESA NOTE FROM THE CHAIRMAN

Fell running, the "freedom sport", is ill suited to many of the rules drawn up for the control of conventional athletics events. At the same time, most fell races are held under "AAA rules" for reasons mainly related to the amateur status of most participants. These rules, having evolved over many years, are largely unsuitable for our sport and so the FRA committee have drawn up a simple set of rules to be applied to fell races. These have been agreed with the AAA and provided approval is gained at our next AGM, will become the rules of the sport.

FELL RACE ORGANISERS SYMPOSIUM

On 31st March, about 20 race organisers met at Sedbergh School to discuss the organisation of a fell race, from initial concept it's the final posting of results. There were representatives from Saddleworth, Otley, Conistone, Burnsall, 3 Peaks, Chevy Chase and Glossop. Their combined experience led to some interesting discussion on the many aspects of organisation.

Some of the gimmicks used by CFRA, from aluminium boards and bread bag tallies to computers, were demonstrated by John Peel and Tommy Orr. A full report of the topics discussed, and methods recommended, will be published in the Autumn.

Danny Hughes

# REGIONAL NEWS

## Scottish Hill Runners Association - SHRA

[formerly Scottish Running Championship Committee]

The SHRA was formally established at an Open Meeting held after the Carnethy Hill Race, 18/2/84. It has a constitution, office bearers, a committee and a membership [see below]. The constitution, among other things, pledges the SHRA to foster Scottish hill running, to organise a Scottish championship [see below] and seek delegated control for Scottish hill running from the Scottish Amateur Athletic Association, the present governing body. The SHRA was not established to compete with or replace the FRA in Scotland; on the contrary, the SHRA committee would very much like to see the SHRA become a part of the FRA.

So why was it established?

The principal reason is to enable the SHRA to affiliate to the SAAA. The SAAA suggested the SHRA do this, as then they would talk to the SHRA as a Scottish constituted body and be more sympathetic to the SHRA's championship and aspirations. The SHRA's application for affiliation has been accepted.

The SAAA's attitude has changed, however; this change coinciding with the election of a new SAAA general secretary - John Fairgrieve. The SAAA would now like to see a united front from the FRA and SHRA; formally they said they would only negotiate with a 'Scottish constituted body'. The SHRA committee is keen to fall in with the SAAA's wishes and negotiate alongside the FRA as one body with one united policy. The SHRA are also keen to establish formal links with, or become a subsidiary part of, the FRA; so long as the SAAA approves. To this end, John Blair-Fish and Peter Knott are revising the SHRA constitution, and their revised constitution will be put before the next SHRA AGM [see below] for consideration.

### SHRA Committee

The following were elected at the Open Meeting of 18/2/84 :- Chairman - Mel Edwards [Aberdeen]; Secretary - Robin Morris [Carnethy Hill Runners], 33, Morningside Road, Edinburgh, EH10 4DR; Treasurer - Tony Stapely [Fife] Committee - Dick Wall, Roger Boswell and Colin Donnelly [who resigned in March after joining the RAF]; co-opted onto the committee - the Scottish FRA representative - John Blair-Fish and Colin Shields.

### Membership of the SHRA

Open to amateurs only. Subscription is 50p for non FRA members; all Scottish FRA members are automatically members of the SHRA.

### SHRA Championship 1984

The SAAA has not allowed the SHRA to use the term 'Scottish Championship'. Therefore the '84 Championship is called 'the SHRA Championship' and is closed to members of the SHRA only.

The rules were confirmed at the 18/2/84 Open Meeting and are as printed in the FRA Calendar, with the following differences :- In addition to the senior men's championship, there is a Veteran's Championship [scoring 11,9,8,7 etc] and a Women's Championship [scoring 6,4,3,2,1]. Also the scoring of the Men's has been changed from 12,10,8,7,6 etc to 21,19,18,17, etc.

The SHRA Championship has come in for praise and criticism, eg. Jack Maitland, who is quite capable of winning the FRA's Championship or the SHRA Championship, regrets the fact that he will not be able to win both as there are so many clashes of dates of championship races. This is unavoidable unless one of the championships becomes drastically abbreviated, which is why the SHRA would like to see a Super - UK championship of a small number of races spread over the UK, including Ireland, and separate Regional Championships in England, Scotland, Wales and Ireland.

Next SHRA AGM

Will be after the Moffat Chase , Moffat, on 7/10/84. The Committee has decided to bring the date of the AGM forward so as to finalise championship rules etc well before the year starts. The AGM will elect a new committee, a new Scottish rep. to sit on the FRA committee, and fix the rules of the '85 championship.  
PLEASE ATTEND THIS MEETING.

N.B. The SHRA as at 5/5/84 has over 30 members who are not members of FRA - names and addresses on request.

## Current leaders in the Scottish Championships. ( after 7 races )

1.	Spenceley	Carnethy	110
2.	Curtis	Livingston	94
3.	Morris	Carnethy	90
4.	Lindsay	Carnethy	65
4.	McGonigle	Dundee	65
6.	Blair Fish	Carnethy	64
7.	Boswell	Lochaber	61
8.	Stevens	Irvine	60

Veterans:	1.	Fettes	Lochaber	50
	2.	Edwards	Aberdeen	42
	3	Gauld (super vet)	WSHRA	33

Ladies:	1.	Curtis	Livingston	24
	2.	McNeil	Lochaber	6

photo below: D.Cartwright (148) and others climbing Blisco. (photo / Eileen Woodhead)





WELSH MOUNTAIN RUN

By Peter Itravis

(Nant Peris - Y Garn - Foel goch - Elidir Fawr - Nant Peris Clogwyn Station - Snowdon - Rhyd Ddu.)

I turn my back upon the metalled road,  
and run a stony path between a slated fence,  
past cottages now occupied by urban folk,  
where once had lived the lonely shepherd,  
the rugged quarryman, the hardened miner.

The rising path, the shortened stride,  
and lungs demanding so much more,  
At last I top the bwlch,  
and for just one brief moment stop,  
return my gaze to valley floor.  
Nant Peris, diminutive, silent and undisturbed.

I leave the Llyn y Cwn and by eroded pathway,  
add to the pounded earth and make,  
for Y Garn's summit, provoking cone of rock.  
Beyond, the gently rising Foel-goch,  
and speed the distance unhindered by steep ascent  
until I stand on Yr Esgair's craggy roof.

Some spirit, effervescent in its mood,  
frees my stiffened limbs and sweeps me  
down the near precipitous side,  
and with Mercurial feet I cross the Bwlch y Brecan  
and soar to Elidir Fawr's castellated summit.  
No time to 'stand and stare',  
the spirit holds me fast, and down  
the cwm by Afon Dudodyn,  
I leap the rounded tussock,  
until once more I nudge the ancient dwellings.

Along the familiar pass again I run  
and raise my eyes to Cwmglas back.  
Across the sturdy wooden bridge,  
past cottage with no sign of life.  
I know the cwm will test me to the limit.  
Above my head, but yet invisible,  
I hear the laboured power of grinding engine.  
The devotees of mountain views  
in their comfort have no sympathy  
for the madness from which I suffer.

Clogwyn station; the shining metal rails recede  
into a swirling cloud. I bow my head,  
just an attitude of awful weariness.  
Human voices galvanise my fracturing mind,  
With determination, like death's grimness,  
I am enveloped in the moving shroud.

On Snowdon's summit I seek for downward path  
down the twisting track, leaping, laughing  
and burst into a light and warmth that is as  
beautiful as a lover's fond embrace.  
I have encountered more than mere excitement,  
more than any fiery challenge,  
I have tasted freedom, the emancipation  
of the human spirit, that elusive quality,  
unless we seek to open  
that which, for each one of us,  
satisfies our deepest longings.

\*\*\*\*\*

# "Competition Results"



---

Winner:- Andrea Sexton of Buxton: [Andrea claims it is really Alan's joke]. Danny Hughes says "What's with the bare chest Kevan?" Kevan Shand: "Women find me irresistible like this Danny!"  
Ian Robinson: so do I!!!

---

Runner up:- Will McLewin of Romiley: DH It's a bit cloudy. KS Your'e lucky to get any! There was nothing in the race rules about having to provide a sample for a urine test.

---

## Best of the Rest

D.H. : Here Kev, have a sip of my lager and lime.

K.S. : How many times have I told you no alcohol before a race O.K!

I.R. : Here's that scotch and soda you asked for Kevan.

[Phil Watson]

---

K.S. : My races have the longest prize lists.

D.H. : Maybe, but the second lady was not too impressed with getting your vest.

[Will McLewin]

---

K.S. : There was nothing in the race rules about random sex tests!

D.H. : Nothing personal Kev.

[Will McLewin]

---

D.H. : AAA laws Kev, there's not enough urine in here for the labs to analyse.

K.S. : Urine! I've just poured that over my head!

I.R. : Hey Kev, seen my urine sample?

[Roger Boswell]

---



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# competition



Sean Livesey at the Tour of Pendle. (Photo by Eileen Woodhead.)  
 Entries to the Editor by Thieveley Pike (September 29th)

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

Address .....  
 .....  
 .....

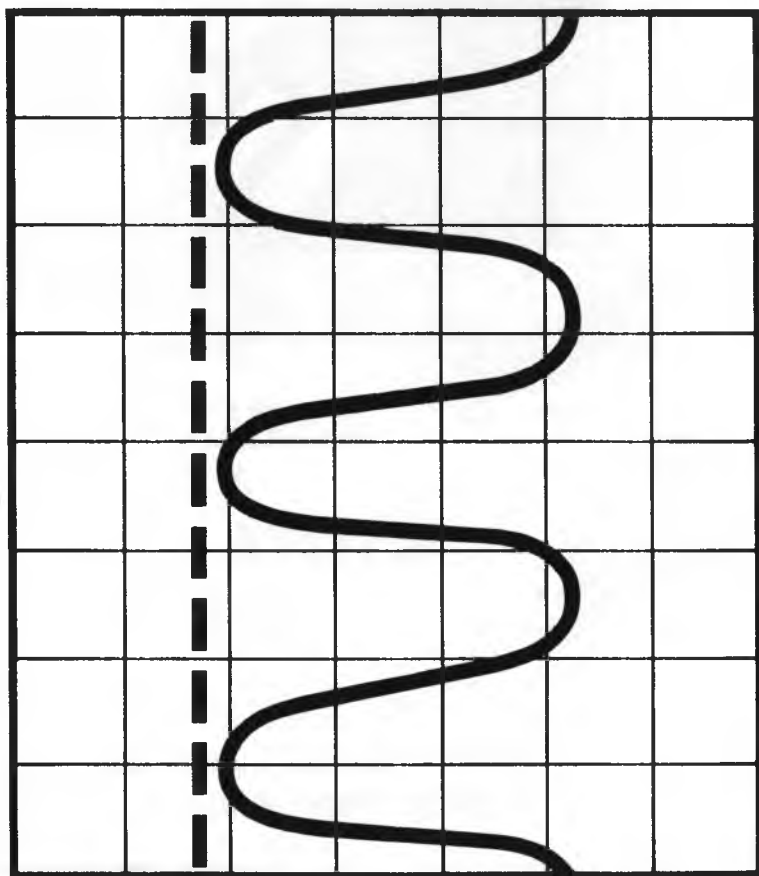
Sean Livesey says .....  
 .....  
 .....  
 .....

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

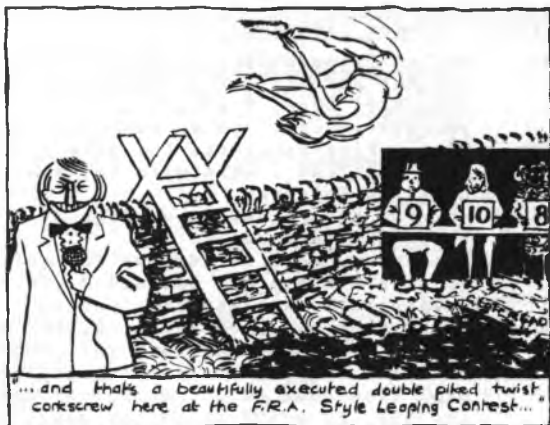
2nd Prize - T-Shirt

# GOING STRAIGHT CAUSES PROBLEMS

Taking the shortest route up or downhill can cause unsightly erosion. Using zig-zag paths will prevent this. Please use them going up and coming down.



*RUMOUR HAS IT THAT this is now official FRA policy and that runners going straight up and down will be disqualified*



### MEMBERSHIP APPLICATION FORM

(New Members)

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

Surname Mr/Mrs/Ms ..... Christian name(s) .....  
House name/no. .... Street .....  
District ..... Town .....  
County ..... Post code .....  
Date of birth ..... Club .....  
Phone (Code)..... (No).....

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Date .....

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.

## FRA FIXTURES CALENDAR. Summer 1984 supplement.

- |    |                |  |
|----|----------------|--|
| 1. | August 2 nd.   | Metlex Diamond Jubilee Rydal Round<br>see the advertisement on page 26.  |
| 2. | August 25th    | <u>LLyn Elsi Race</u> , 6 miles,<br>Bettwys-y-Coed, 75p on day. AAA laws.  |
| 3. | September 15th | <u>Eccles Pike Race</u> . Note the date change<br>from the 22nd, otherwise the same.   |
| 4. | October 13th   | <u>Langdale Horeshoe</u> .<br>see the advertisement on page 31.  |
| 5. | October 14th   | <u>Three Towers Race</u> .<br>Note the change of address for entries<br>to: D. Bleakley, 49, Redwood drive,<br>Rawtenstall, Rossendale, Lancs.   |
| 6. | November 4th   | <u>Fford-y-Bryniau</u> , 9½ miles, 2,200 ft.<br>Mynydd Rudry car park map ref: 183865.<br>10:30am. entries: M. Prandergast, 161,<br>Heol Llanishen Fachi, Rhiwbina, Cardiff.<br>CF4 6RF. £2 or £2.50 on the day.               |
| 7. | December 27th  | <u>Wansfell Race</u> , 2½ miles, 1200 feet, from<br>The Salutation, Ambleside. Seniors and<br>ladies at 12:00 entries £1 on the day.<br>At 10:30 U11 and U13 boys and girls. 50p.<br>At 11:00 U15 and U17 boys and girls. 50p. |

**THANKS**

to Diane Leonard for typing this magazine,

to Norman Berry who is retiring from his post as membership sec.  
(Norman has done a tremendous job in computerising the membership)

to John Reade who has done a great job as treasurer. (now retiring)

to John Peel and CFRA for the computerisation of the championships.

to everyone who has helped in the production of this magazine  
particularly senders of photos, results, reports, articles,  
cartoons etc.

The editor is always on the lookout for magazine material.

Please send contributions for the winter magazine to the editor:

Hugh Symonds

Delf Top,

Busk Lane,

Sedbergh,

Cumbria.

LA10 5HF

telephone: 0587 20965.

by the copy date of: September 29th.

ADVERTISING RATES FOR THE WINTER ISSUE.

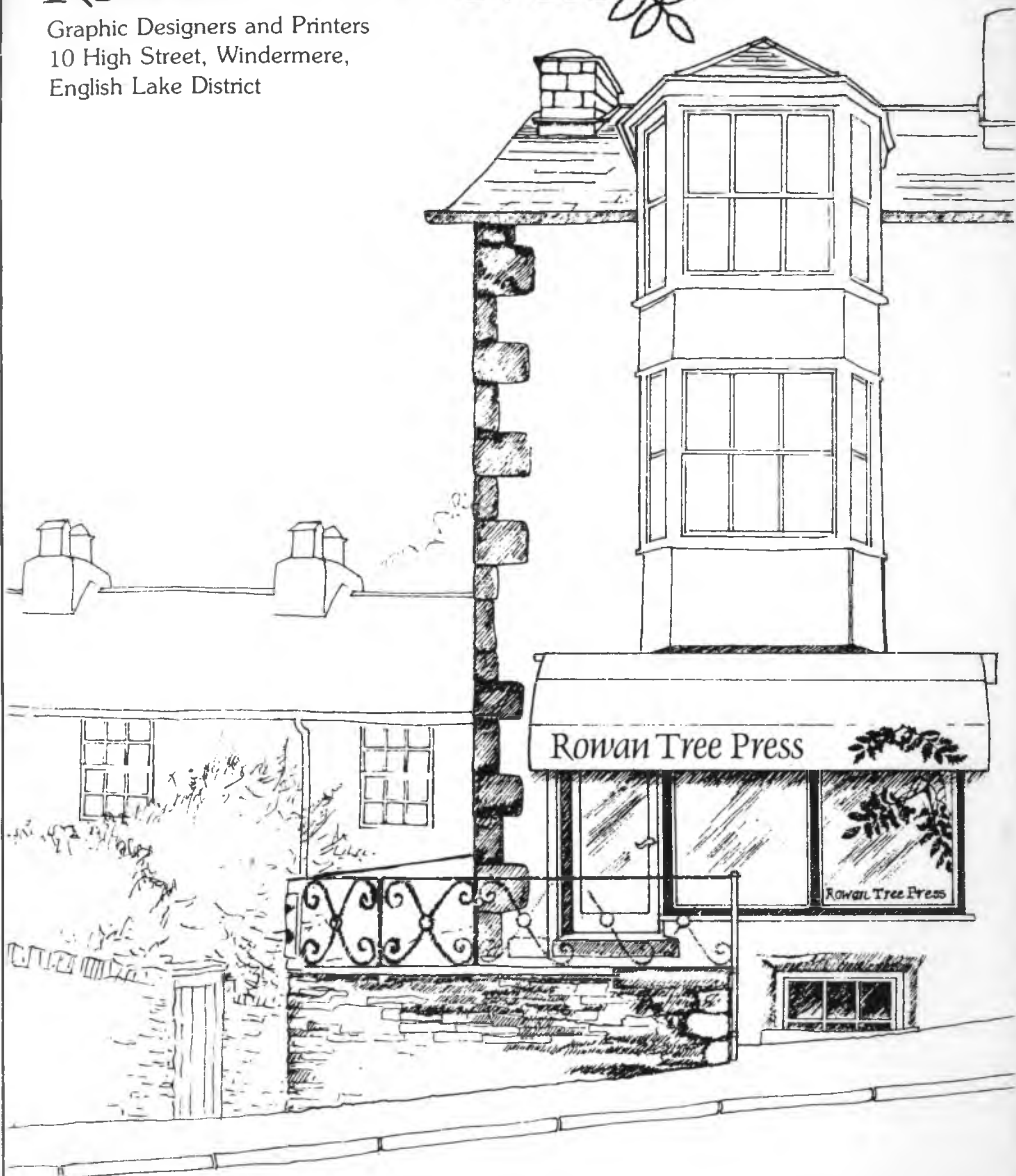
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Half page: £14.00

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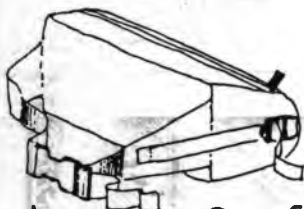
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