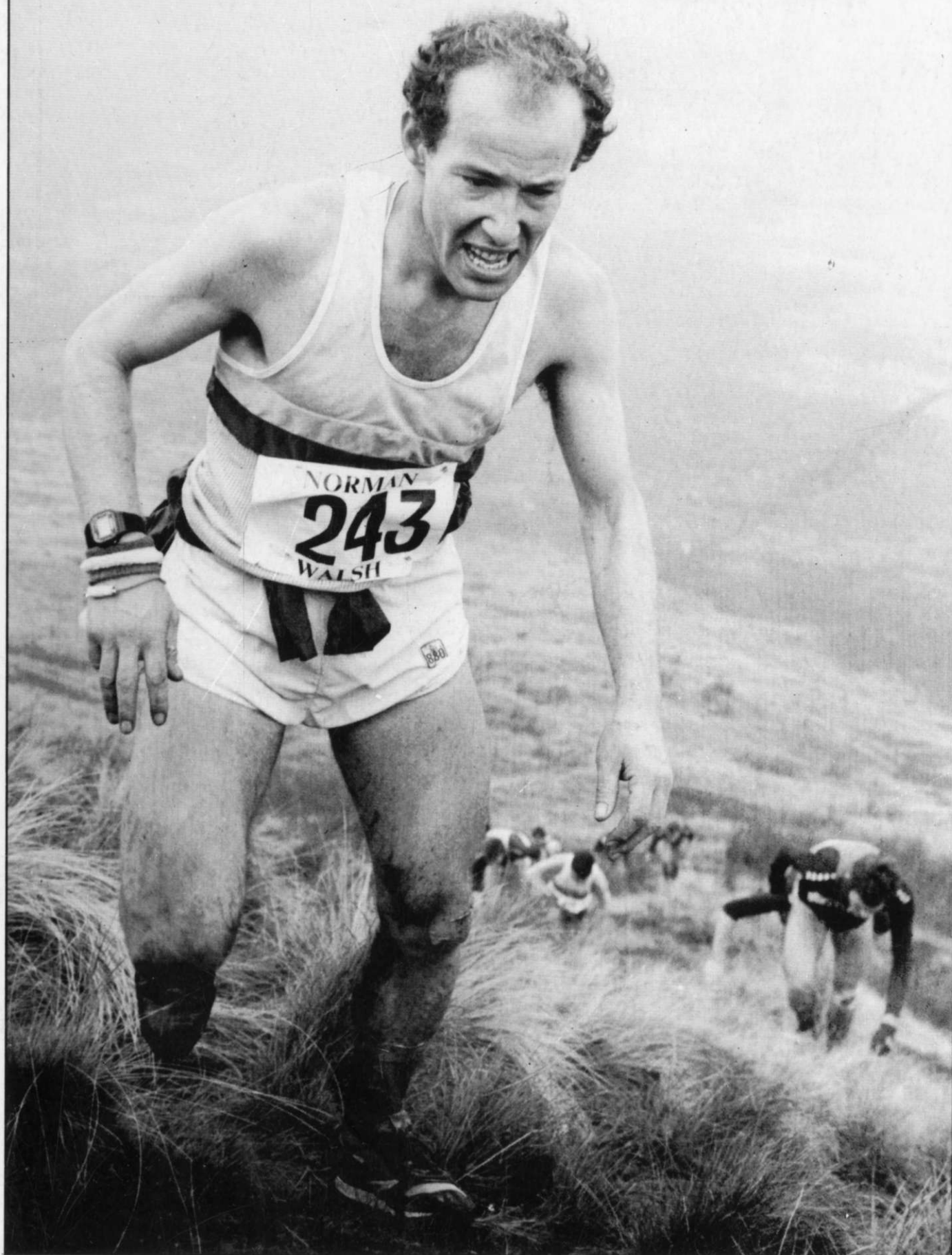


# THE FELL RUNNER May 1988

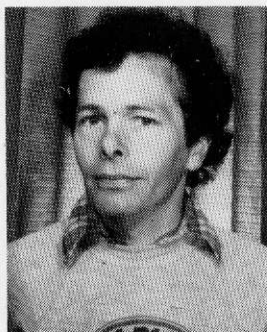


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Front Cover: Dave Rosen climbs Winter Hill. Winter Hill Race - W.S. Bateson.

## EDITORIAL

This is my first issue as editor of the Fell Runner and given the remit of the FRA AGM to produce three issues of the Fell Runner I hope to expand the range of articles especially in the area of international ventures and events on the celtic fringes. I have asked David Weatherhead to act as a co-ordinator and editor of results and we hope to include a full list from all races in the calendar with special emphasis on Championship events. Selwyn Wright will ensure that decisions minuted from Committee meetings will be reported in the Fell Runner and Martin Stone will continue to raise advertising revenue for the Fell Runner.

Following the last issue and letters from Dr. Shepherd and Ian Leighton there has been some discussion on Fell Running, politics and editorial freedom. The Committee has backed me up in my role to exercise editorial discession. I shall, however, say that I do not feel that political discussion should stop when we put our walshes on. We live in a time of considerable change in accepted political viewpoints and values and these may affect many of our jobs and our freedom to run over the hills.

Other issues may stem from these changes. Are politicians encouraging us to take out private medical insurance for, say, replacement legs instead of going on our second fell running holiday. The above instance of the underlying principle of course misquotes a noted speech. In the age of never getting 'something for nothing' is the race organiser's time or entertainment allowance an accountable expense to include in entry fees? I have heard some suggestions concerning high entry fees which I hope are unfounded.

So dear readers do not expect totally apolitical fell runners writing in and editing the Fell Runner.

## First Claims FRA Rule No.8

Since writing this editorial it appears that there is now considerable discussion on FRA rule 8 and whether this rule which allows a fell runner to run first claim for different clubs on the fells to that in other branches of athletics applies to all the U.K. My personal view is that anyone organising a 'fell' race as apposed to a 'hill', 'mountain', or 'moorland' or 'myrydd' race should be able to specify that FRA rules apply.

## Letters and Articles for Next Issue, deadline August 15th

John Blair Fish, Five The Screes, 28 Houdenhall Crescent,  
Edinburgh EH16 6UR. (031-664 8425)

## Results and Race Reports to:

David Weatherhead, 47 Clarendon Road, Eldwick,  
Bingley BD16 3DL (0276 567589)

## Advertising Copy to:

Martin Stone, 12 Moorlands, 103 Garstang Road, Preston,  
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# LETTERS

## More Welsh Mutterings

Dear Sir,

Last years travesty that was the Welsh 1000 metres has certainly generated a lot of comment both in print and 'at the bar'. As a relative newcomer to the sport (heinous crime No.1) and one of the 'arrogant' Carneddau traversers (heinous crime No.2) I've even been known to take my dog on some races! AAAGH. I am concerned that at the end of the day this classic route can be saved. What should happen is a calm appraisal of the factors which led up to the controversial dual race.

Without doubt 2 very important observations can be made. First fellrunners are by nature highly motivated to compete in their chosen sport, and the amount of mental and physical preparation for a race like this is considerable. This leads to a very high level of commitment to complete the challenge that a particular race may offer.

Second, the weather in that part of the world is entirely unpredictable. More controversially it could be observed that the runners on this course follow on from 2 weeks of jack-booted manoeuvres by our boys in green, but as we are a smaller group, cop for all the flak from the damage that occurs.

With these points in mind, I feel that three things should happen if the race is to be saved.

1. Divorce ourselves entirely from the Army/walking competition.
2. Change the route to descend Pen-yr-Ole Wen to avoid the by now permanently inflamed farmers in the Ogwen valley. Claims that this descent is dangerous don't really stand up when you consider the descent off Cnicht which is taken at a much faster pace. This would also allow a much more enjoyable run via Devils Kitchen and Clogwyn.
3. Arrange a definite and enjoyable short foul weather alternative. No one wants to drive 200 miles anticipating a classic mountain run\* to be offered an alternative on ROADS! (well I didn't). It would be much better to shepherd everyone back on the bus with the prospect of at least a short fell (sorry mountain) run to ease the anticlimax.

Some may say it's all very easy in retrospect, but I dearly want to see this race saved and it's vital that we learn from our mistakes. I offer these ideas in the belief that you can't change the weather or Fellrunners!

Yours fraternally  
DR. SIMON BLEASE

P.S. For what it's worth, I preferred the small format. However, I don't mind increased subs to keep regular publication.

## Pseudo Politicians in Walshes

Dear John,

I have just received my copy of 'The Fell Runner' and note that you are now the editor.

Congratulations and thank you for taking on what would appear to be a rather onerous task.

Although I do not agree with all he says, I do find it disturbing that the Committee tried to stop the publication of Dr. Shepherds letter. What does concern me more however is seeing phrases in a fell running magazine such as 'Nato War Preparation' (Ian Leighton) and 'South African Commercial Interests' (Dr. Shepherd). We read that sort of jargon day in day out in the newspapers, what on earth has it got to do with fell running?

I am tired of crusading pseudo politicians who think they command the moral high ground bringing Nuclear Power, Nato, alcohol, cigarettes, and South Africa into every conceivable activity. If they want to fulfil their role image, let them do it elsewhere.

We fell runners are not concerned what they think about B.N.F.L. and South Africa or Nato, but would be very interested in their views on the Committee, and International Fell Running Championships.

Best of luck John, I think you are going to need it!

Best Wishes  
PETER BARLOW  
CLAYTON-LE-MOORS

Dear John,

I am delighted that Peter Hartley's photo of me struggling to the top of Corra Bheinn (the last mountain check point in the Bens of Jura race) featured in the Fell Runner Summer edition has provoked a response from a Barrie Walmsley, admirer in the most recent edition. By the way, who is Barrie Walmsley?

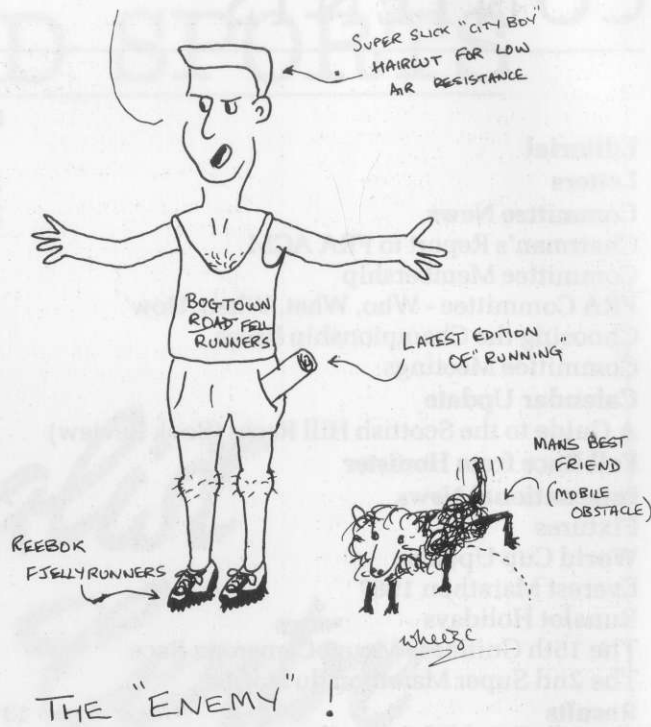
Obviously he has never visited Jura for the race, for if he had he would be aware of the satirical elegance of the whole field, which is only marred by the ragged, but immaculately clean, Dark Peak vest of its organiser.

In breaks from training for this years race I propose to organise a raffle to raise funds for a new vest and to offer the old one as first prize. He will then enjoy the 'suave sophisticated' image of the rest of the field. All contributions either in cash or kind to me before late May.

Yours (in)sincerely  
EDWARD WATSON

P.S. My club mates in Heaton Harriers are positively amazed by the implied compliment to my dress sense - they regard me as one of the most eccentric and scruffy runners in the club.

"WHAT DO YOU MEAN "WHERE'S MY P.B.'S"?  
THEY'RE WRITTEN IN MY RUNNING LOG OF COURSE!"



## Predictions for 1992

Dear John,

Great letter in Winter '87' edition from John Riley about a standard race entry form! It's always nice to see your own suggestions given support even if it is 6 years later - see letters to Editor, December '81' edition. John Riley might have an excuse, perhaps he was not involved then - but there's no excuse for the editor! Does this mean that in 1992 team members in whatever variety of nonsense is masquerading as World Cup Races will be chosen at random from FRA Membership?

Yours sincerely  
WILL MCLEWIN

**Editor:** Some ideas on Fell Running such as those proposed by Will and myself are rejected and then re-suggested and accepted by others later. Maybe this is because both Will and I are at the forefront of research in Universities!

Dear Editor,

The enclosed headline from a newspaper called the 'Rossendale Free Press' was followed by an account of the participation of a ladies team from a local athletic club in the Benson Knott race.

Some details of the men's performances were given.

Is such publicity in the best

## A Statistical Puzzle

Dear John,

Kinder Downfall approaching again reminds me that after the race last year, when I went over to ask what my time was at the results board I was asked what my number was. 197, I replied, and was told 'How amazing - that's the position you finished in'. This did not mean that I have the unabridged version of the Karma Sutra but that I was 197th in the race. It led me to the following question that may fill an idle moment or two. Assuming that runners entering a race arrive to register in a random order, how many on average finish in the same position as the number they receive?

Yours sincerely  
WILL MCLEWIN

**P.S:** You can have the solution for the next edition if you wish.

**Editor:** Solutions in layman's terms to be preferred.

interests of our great sport? I feel we should be told.

Yours  
DEREK CLUTTERBUCK  
Rochdale Harriers (no relation)

**P.S.** If the enclosed has already been sent to you as promotional material by the club concerned, please ignore this letter.

## VALLEY RUNNERS BREAK NEW GROUND

# Lady athletes fall in with the feelers!

## Leaking Dates To The Running Press

Dear John,

Despite the Summer '87 Fell Running update on fixtures Running Magazine published the old date (January 26th) for this Winter's Roaches Race without consulting me, leading to over 50 enquiries from road runners in the South East about the race, believing it to be a Half Marathon. Even the Daily Telegraph advertised it on Saturday. Can the FRA adopt a sterner tone about circulation of the calendar! On the one hand it wastes organiser's time, but more seriously (I believe) encourages non-FRA entry to events on a very large scale. Fell running seems to be drifting into the position of the next God of fun running after marathons etc.

Yours sincerely  
HUGH SHERIFF

**Editor:** Similar points were raised at the FRA Committee Meeting on 9th January, but my suggestion that members leaking the FRA calendar to magazines found on the top shelf of newsagents should be disciplined, was not taken up. Maybe in 1992...

### Northern Ireland Fell Runners Association Committee 1988

CHAIRMAN	D. Rankin
SECRETARY	J. Hayes
TREASURER	D. Watson
PUBLICITY	B. Ervine
COMMITTEE	W. McKay J. Patterson J. Sloan

A Northern Ireland Fixture List containing some fixtures not in the FRA List is available from Jim Hayes.

**Enquiries:** J. Hayes,  
14. Longlands Drive,  
Comber,  
Newtownards,  
Co. Down  
BT 23 5AL

**Telephone:** Comber (0247) 872802

### SHRA COMMITTEE 1988

Chairperson:	Ann Curtis
Secretary:	Alan Farmingham
Treasurer:	Andy Spenceley
Members:	Robin Morris Dermot McGonigle Peter Brooks Janet Darby

Scottish Rep to F.R.A.: Mark Rigby

**STOP PRESS:** Due to a fixture clash Skiddaw now replaces Downham as a World Cup Selection Race.

The FRA AGM will be at Chapel Stile Village Hall Langdale on 8th October and the FRA Dinner at the Pack Horse Hotel, Bradshawgate, Bolton, Lancashire on 5th November.

## COMMITTEE NEWS

### Chairman's Report to the A.G.M. 10th October 1987

Ladies and Gentlemen,

**Our constitution requires that at the A.G.M. there should be reports by the chairman and by the secretary. To avoid duplication, Jon will speak more factually about some of the major topics which your committee has been dealing with during the past twelve months while for my part, as chairman, it might be appropriate for me to say something about how I view the general conduct of our affairs. This is particularly appropriate in view of comment made in the editorial of the last Fellrunner, which was follows:**

'On the committee front, most of their time appears to be principally taken up with the organisation of the 1988 World Cup - an event which will effect very few of us directly although all of our support is required if the event is to be a success. Hopefully, your committee does realise that this shouldn't be at the expense of other worthwhile projects although finding sufficient time to devote to these other pressing issues may prove elusive.'

In my view this comment is totally out of perspective and calls for a reply.

As I can see it, the committee fulfills two main functions. The first is that of providing basic and all-important services to members, including provision of calendar, magazines, membership, administration, organisation of the championship and statistics: all of which requires much dedicated effort.

New style Fellrunner and Calendar reflect great credit on those members who undertake these for us.

And the annual Safety and Navigation course is another regular feature which I'm sure is appreciated by those who attend.

The second function is to deal with other, not-so-routine matters, which are raised either

from members or from outside bodies. As chairman of the committee, I can say that we will be pleased to consider any matters which members wish. All the members of the committee are active fellrunners, who hopefully have their 'ears to the ground' but perhaps this cannot and should not be relied upon to bring out 'the other pressing issues' to which are referred to. Where an issue is made known to the committee, I believe it is pursued hard. An example of this is the matter of Open Fell-running. Another idea which has come to the committee and received full support is the new Long Distance Award Scheme. And of course there is the World Cup event which similarly receives thorough attention - and in this case a committee was set up so as not to occupy unwarranted time in full committee.

For several years now, the present editor of the Fellrunner has exhorted his fellow committee members to give more attention to the 'grass roots issues', yet rarely has any specific matter been put forward which needed tackling.

Another aspect of which the committee is always conscious and often arises in our discussions is the desire to preserve the

traditions and spirit of fell-running. From this stems the policy of keeping a low profile, avoiding interference where possible. During the past year we have in fact had occasion to point out to some magazines the dangers of general encouragement of anyone to have a go at fellrunning - purely from the point of view of peoples safety.

I hope that what I have said gives you some insight into how I view the work of the committee. I hope you find it re-assuring, but it is for you to judge.

Briefly you may be interested to have figures which indicate the present state of fellrunning: you can see for yourselves the increase in the number of races - there were in fact about 250 in the calendar this year compared with 190 last year and next year it will probably approach 300.

Membership has continued to rise from 2372 last year to 2634 this year. There are 34 affiliated clubs and 84 life members.

Finally I think you would wish to join me in paying tribute to all race organisers. Often one is reticent to thank them publicly at presentation ceremonies though I often would like to do so, but I should like to take this opportunity to do so.

### FELL RUNNERS ASSOCIATION OFFICERS AND COMMITTEE MEMBERS 1987-88

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VICE CHAIRMAN .....	Les Williams
SECRETARY .....	Arthur Clarke
TREASURER .....	Johnathan Gibbon
STATISTICIAN .....	Angela Carson

## CHOOSING THE CHAMPIONSHIP RACES

By the time the next issue of 'The Fell Runner' comes out, the Championship events for 1989 will have been chosen. The Welsh championship races are chosen by the FRA Welsh Sub-committee, the Scottish ones by the S.H.R.A., but the British and English championship races are chosen by the main F.R.A. committee. Almost every year there are murmurings about certain aspects of the choice, though less so now than in years gone by, I believe.

The purpose of this article is to explain just how the British and English events are chosen, so that interested members can understand the thought that goes into the process and the methods we use on the committee. Some people won't believe it, but we really don't use a pin!

During the summer (usually July or August), one committee meeting is given over almost entirely to choosing the championship events. We focus mainly on the British Championship, and the Welsh and Scots representatives come with their own list of options for the long, medium and short events. Before describing how we actually choose races, it is worth listing the criteria we use in making the choice, which are as follows:-

1. Must be a definite 'classic A' in terms of height climbed and terrain covered.
2. Events must have a good geographical spread, e.g., not **too** many Lakeland or Highland races.
3. Events should be well spaced out over the season.
4. Must be a weekend race.
5. Must fall within late March and early October period. (The agreed championship season).
6. Race organisation must be satisfactory (facilities, safety, no restricted entry, results available, same course each year!)
7. Must be under FRA Laws
8. Must have been in calendar at least one year, and have been staged successfully before committee chooses.
9. Must have ladies race included.
10. No major bottle necks, particularly near start.
11. Must be accessible (i.e. no point in choosing a race with car parking for 50 if 400 people are expected!)
12. Mainland only (i.e. no Goatfell or Bens of Jura).
13. Not too expensive to enter.
14. A mix of Saturday and Sunday races, if possible.

You might realise already that to satisfy all these requirements is nearly impossible, and some races chosen in the past have shown this (for instance doubts about 'Classic A's' bottle necks and race organisation to mention the obvious ones, not forgetting the expense of Ben Nevis!)

So, with these criteria in mind, we approach the actual choices in a fairly methodical way. We use a big wallchart with all the weekends between March and October marked out horizontally, and columns for long, medium and short races marked out vertically. We use removable stickers to write on suggested races and start sticking them on the wallchart, beginning with those we all agree on, and then fitting other possibilities around these until we begin to have some shape appearing. Obviously we look to spread out the long, medium and short events and not cluster them together. The whole process involves much peeling off of stickers and replacing them with others, until we can all look at the picture and feel happy with it. Usually, there is only minor disagreements on the last details - last year the one disagreement was settled with a vote.

The English events are chosen either during or after this process, by the same methods.

The process doesn't end there, however, as the FRA secretary has to write to the organisers and ask if it's o.k., for their race to be nominated, to check our predicted date is accurate, and in some cases suggest that the event needs an improvement in organisation (usually with help from a local club).

Having been on the committee quite a few years now, I'm convinced the procedure is a lot more organised, efficient and thoughtful than it ever has been, but if anyone has any suggestions for improvement or even wants to watch us do it, please feel free.

ANDY STYAN

*P.S. I haven't mentioned the English Junior and Intermediate events, but their choice is co-ordinated this year by Konrad Manning, who is more in touch with the juniors than the old-timers on committee!*

## THE F.R.A. COMMITTEE Who, What, When, How, etc,

Having been on the F.R.A. Committee for years it surprises me every now and then to hear someone talking about the committee as if they are some remote body, out of touch with everyday running, heads in the clouds, meeting who knows where or when to rabbit on together.

That's how I've always seen the AAA's but not the F.R.A. - don't people realise the truth?

To try and give a neutral view and put the record straight, I interviewed myself and the results are as follows:-

**Q. Are you sure you're going to be honest?**

A. Definitely. Well mostly, anyway. Well, partly at least.

**Q. Who's on the Committee?**

A. The current names are listed separately, but they are all ordinary people, not bureaucrats or power-mad folk. Everyone on the committee **must** be an active fell-runner and do at least 2 category 'A' fell-races per year or resign.

**Q. Are they 'old-fogies'?**

A. Several of us are over 40, but young in spirit!

**Q. When and where are Committee Meetings held?**

A. About every 6-8 weeks, with slightly fewer in Winter. They are almost always after races, sometimes before, and they are held in a variety of places - youth hostels, committee member's houses, community centres, side-rooms in pubs and, in summer, weather permitting, in the open air at the race venue.

**Q. How are they run?**

A. Very much as an informal team effort. Whilst the styles of the chairmen have varied over the years, it's always been possible to put your viewpoint and have it heard, and generally to get good agreement. We do have a formal agenda, but a very relaxed yet business-like way of working through it.

**Q. Is it fun or boring?**

A. Neither, we do have a laugh at times, but mostly I'd describe it as 'interesting', particularly if you care about fell running. We often finish up with a nosh-up provided by one of the committee living local to the venue. (50% of it consumed by the present editor!)

**Q. Is it all World-Cup discussion at the moment?**

A. No! obviously that is a big item this year, but a World Cup Sub-committee does most of the work separately. At least it's leading to something concrete, unlike the vast amount of time spent a couple of years back on Scottish AAA's/FRA 'integration' which led to nothing - very frustrating!

**Q. What does get discussed?**

A. It sounds boring just to give headings, but a typical meeting was last year after the Sailbeck race at Buttermere Youth Hostel. We did the usual formal stuff at the beginning and then discussed the World Cup, International Fixtures and Selectors, potential problems with the National Trust, race entry numbers and limits, the fixtures calendar, suggestions for The Fell Runner, and other small items. We started at 4.00 p.m., and finished at 7.00 p.m., which meant that most people wouldn't get home until after 10.00 p.m. (later for Arthur Clarke!).

**Q. How much 'hot-air' is spoken?**

A. Very little, unless I do it and don't realise! Most of what's said is worthwhile and any specific topics that can be dealt with by a small group or sub-committee are done separately.

**Q. Do the Committee have a 'party line' to members?**

A. Only on things we have discussed and agreed on, and that's not really a 'party line' - more individuals saying what they believe. We have disagreements and have had strong ones over the years, so anyone who talks to us will see we're just ordinary members with a common interest. Any member who is interested can attend meetings as an observer, and quite a few have done in the past.

**Q. Anything else?**

A. No. Now do you want the real truth?

# Committee Meetings

There have been 3 committee meetings since the AGM.

**Skipton 15.11.87** - Konrad Manning was co-opted to the Committee to take charge of junior matters. Following from the AGM, there was discussion of several items.

1. Eligibility for the English Championship. There has been some confusion over who can enter. The Committee decided, 'that first claim members of an English club or other members personally registered with the Statistician who are English by birth or have a 12 month residence qualification are eligible.

2. Safety and Navigation Course. It is hoped that a course will take place with FRA support in 1988. The Treasurer reported that a £1,000 donation had been received from Bill Smith following his book 'Stud Marks on the Summits', moving into profit. Thanks again Bill, for this very generous donation. A progress report on the organisation of the World Cup was given. See elsewhere in this magazine. A selection sub-committee was set up for the World Cup and other International Races. The selectors are Kevan Shand, Tony Hulme and Andy Styan together with Team Manager Dave Hodgson. (For selection policy see S.W.'s letter in last magazine).

**Kendal 10.1.88** - It was agreed that the price of the FRA T-Shirt will go up to £4.95 and will hopefully be more widely available in future. A letter from K. Jones questioning the role of Danny Hughes as secretary of the International Committee for Mountain Running was read. It was confirmed that Danny is a non-voting member of the committee who was elected as an individual and pays his own way to meetings. It is accepted that the English, Welsh and Scots Team Managers are our voting members of ICMR.

The Committee decided **not** to object to the printing of a letter in the *Fellrunner* opposing BNFL sponsorship of the World Cup.

SELWYN WRIGHT

## SCOTTISH MOUNTAIN TRAIL Orienteering/Fell Running Type Event 15 & 25 Miles Saturday 4th June 1988

Have you ever regretted that the Karrimore doesn't go too far north? Wondered why the best mountains in Britain don't have a 'big' navigational event. Well now you can stop wondering!

The Scottish Mountain Trail will be an annual event always taking place in the Scottish Highlands. We are trying to capture the idea of a 'day out' in the Scottish Mountains. This means that it will be run (using OS 1:50,000 maps which you mark and supply) over a mixture of whatever terrain is available and may well include dangerous and remote courses. Initially the event is being run as a one day, teams-of-two, 'o' type event. The courses are planned to be 25 and 15 miles long (or more if Bobby gets evil!!). Entry will be in advance with details of the venue being posted to competitors before the event. This year's event is taking place within easy reach of the lowlands only a modest distance from both Edinburgh and Glasgow. The area is stuffed full of munroes and plenty of steep climbs with cracking good scenery. We will provide changing accommodation and hopefully camping and other facilities. The race is not being run for profit but to cover our costs in the first year we must charge £3 per entrant. Any excess funds will be used to help organise next year's event. To register for an entry form and full details please send SAE to:

Ms Jan Shields  
Maymore  
Drymen Road  
Balloch  
Alexandria  
Dumbartonshire G83 8HS

Dick Wall  
Broughton Knowe  
Broughton  
Biggar  
Lanarkshire  
ML12

The FRA has no specific Disciplinary policy. A sub-committee was set up to make recommendations. A World Cup progress report was made by Danny Hughes. There has been objection to our longer course by Germany and Austria on the grounds that it does not finish uphill. We have been asked to change the course. The Secretary was asked to write, giving a polite refusal!

**Mytholmroyd 13.3.88** - The main item on the agenda was The *Fellrunner*. Various views were expressed. Some members wanted more control over the Editorial policy. J.B.F. asked for direction on a couple of points, e.g., 'What depths of results should be printed? Guidelines were made, i.e., greater depth for championship races. Confidence was expressed in J.B.F. and no curbs are to be put on his editorial freedom. It was agreed however that he is answerable to the committee in just the same way as any other member.

The Treasurer reported an increase in subs paid (partly due to the increased membership fee). A further increase in membership numbers seems likely.

It was noted that a German representative will be looking at the Coledale long course route in April. We hope he will then change his mind!

A further meeting has been set up with the National Trust in the Lake District to further our joint work on erosion control/sensitive land use.

Each of these 3 meetings lasted in excess of 3 hours and suggestions that the World Cup has taken up the vast majority of the Committee time are ill-founded.

After 6 months in the role of Secretary, I can now more clearly appreciate the full extent of the work done previously by Jon Broxap. There can be no doubt that the Association owes him a great debt and as his successor I would like to take this opportunity of wishing both Jon and Kath the very best of luck in Australia.

# CALENDAR UPDATE

**DATE CHANGE: The Clougha Pike Race** - will now take place on May 21, and not May 14, as previously stated.

**AS Thur April 14 Hen Mountain Race** - 1.75m 850' from, Mourne Mts, Rocky River car park, Hilltown. 7.30 p.m. Obvious route, £1.50 ind teams free, on day only. Details: B. McBurney. Tel: 03967 24150 over 18.

**AS Thur April 21 Moughanmore** - 3m/1500' from Dears Meadow, Nr Spelga Dam, Mourne Mts, 7.30 p.m. Obvious route, £1.50 on day only teams free. Details: B. McBurney or T. O'Dowd. Tel: 03967 24150 over 18.

**AS Thur April 28 Curragherd** - 3m 900' from, Tollmore forest car park, Mourne Mts 7.30 p.m. Marked course. £1.50 ind teams free on day only. Details: M. Morgan, or T. O'Dowd. Tel: 03967 22755 over 18.

**AS Thur May 12 Bignian To The Top Only** - 2m/2000' from, Carreck Little car park, Annalong, Mourne Mts. 7.30 p.m. Obvious route, £1.50 on day only teams free. Details: M. Morgan or B. McBurney. Tel: 03967 22755 over 18.

**N Thur May 26 Knockchree** - 3m/750 from, Ballymageogh Road, Kilkeel, Mourne Mts. 7.30 p.m. Marked course. £1.50 ind teams free on day only. Details: B. McBurney or T. O'Dowd. Tel: 03967 24150 over 18.

**AS Thur Jun 9 Rocky Mountain** - 1.5m/800' from, Leitrim Lodge car park, Rostrevor Road, Hilltown, Mourne Mts. 7.30 p.m. Obvious route. £1.50 ind teams free. Details: B. McBurney or M. Morgan. Tel: 03967 24150 over 18.

**N Thur Jun 23 Crossone** - 2.5m/1700' from, Bloody Bridge car park, Newcastle, Mourne Mts. 7.30 p.m. Obvious route, £1.50 ind teams free, on day only. Details: M. Morgan or T. O'Dowd. Tel: 03967 22755 over 18.

**N Thur Jun 30 Drinahilly** - 2.75m/700 from, Y.M.C.A., Greenhill, Newcastle, Mourne Mts. Marked course, £1.50 ind, teams free on day only. Details: B. McBurney, T. O'Dowd or M. Morgan. Tel: 03967 24150 or 22755 over 18.

**Sat/Sun 2nd/3rd Jul Saunders Lakeland Mountain Marathon** - From the Lake District. £8.00 ind, navigational skills. Details: Robert Saunders (Chigwell) Ltd, Five Oaks Lane, Chigwell, Essex IG7 4QP. Tel: 01500 2447. Limit 1000.

**N Sun 18 Sept Bredon Hill Fell Race** - 6m/712' from, Elmley Castle Recreation ground (off A435 between Cheltenham and Evesham) 11.00 a.m. Marked course. £1.00 ind teams free to M. England, 2 Linden Close, Davies Road, Evesham, Worcs, WR11 6U2. Tel: 0386 40747, or on day, over 16.

**AL Sun Oct 9 Pentlands Skyline Hill Race** - 16m/6200' from, Hillend Ski Centre, Edinburgh, 11.00 a.m. navigational skills. £2.00 ind team free. To Ann Curtis, 3 Ramsay Place, Penicuik, Midlothian. Tel: 0968 72752, or on day.

**O Karrimor International Mountain Marathon** - Sat 22nd October (and 23rd) 2 day, teams of 2, overnight camp, navigational skills, six classes, E, A, B, C1, C2, and score. S.A.E. for Entry Form to: Mrs. J. Longbottom, Karrimor International Ltd., Avenue Parade, Accrington, Lancashire. Limited Entry, Entries vetted.

## AMENDMENT

**AL Black Mountains Race** - Sat, September 24th. All details the same as described in fixtures magazine, except **New Circular Course**. Details and Entry Form from: John Darby, Garmwen Farm, Trevellon, Pontypool, Gwent NP4 87R.

**Note:** No entries on day please. Also at least 14 prizes.

## RAS CEFN DŪ A DINAS Sunday July 17th

4m/1150 feet. From Llanberis Football Ground, route marked, £1.00 on day. Details from Nigel Fisher, 1 Caeau Gleision, Rhiwlas, Nr. Bangor LL57 4EW. (0248 352604) Age 15.

I shall be sending details on to Tony Hulme with £5.00.

## Langdale Horseshoe Fell Race Entries

£2 by 24th September (limit 400)  
No Late Entries

To: N. Walker  
6 Mill Row  
Elterwater  
Ambleside  
Cumbria  
LA22 9HR

All other details as per calendar.

**Note:** The *Fixtures Secretary* retires in October, anyone interested in this position, please contact:

**Selwyn Wright, or Tony Hulme, 140 Altrincham Road, Wilmslow, Cheshire SK9 5NQ. Tel: 0625 529834.**

## 1st SCHIEHALLION DASH

1st April 1989, 11.30 a.m., Braes of Foss Car Park. Six miles, 2500ft. Early entry advised, entry limit 500. Souvenir bookend made of genuine Schiehallion crystal to all finishers. Entry fee £12.00, £11.00 F.R.A. members, and SHRA members to Sir Austin Maestro, 'Luinne Bheinn', Grove Street, Edinburgh.

# BOOK REVIEW

## *A Guide to the Hill Races of Scotland* by Gifford R. D. Kerr

At last somebody has taken the lead given by the Fell Runner (see page 75, Jan '86; page 73, Summer '86; page 10, Spring '87) and come up with a comprehensive race guide, admittedly only covering the Scottish scene; but nevertheless a worthy start.

This A4 guide extends to 27 pages and gives details of 57 separate races in alphabetical order, many of which are not on the FRA calendar. It follows

basically the same format as that set down in the Fell Runners 'race guides' and as all the information is stored on a computer disk it can easily be corrected, updated and any alterations be incorporated in subsequent copies.

Congratulations Gifford, on your effort, who is now going to follow your lead and produce some for England, Wales, Ireland and the Isle of Man? Copies may be obtained at a cost of £1.00 in loose leaf form or £1.50 for the bound version from Gifford Kerr, 8d, St. James Place, Kingham, Fife, Scotland.

JOHN READE

### Run in the Himalayas

## TENGBOCHE 1/2 MARATHON

A 14 day trek in Nepal culminating in a half marathon in the Everest region between Lobuche and Tengboche monastery.

Good trails; max. altitude 4930m and a chance to climb Kala Pattar. To raise funds for the

Tengboche Trust community fund.

**15 October - 5 November 1988**

**£1240 (plus insurance)**

Includes international flight, 5 days in Kathmandu (half board) and all camping arrangements.

Send 20p stamp for details to:

**BUFO VENTURES LTD**

**3 Elim Grove, Bowness-on-Windermere**

**Cumbria LA23 2JN**

**Tel: (09662) 5445 (24 hrs)**

## FELL RACE FROM HONISTER

By Bill Smith

Many recent converts to fell racing will have run the Sail Beck Horseshoe from Buttermere, but may be unaware that this event, a fine course in its own right, actually replaced a longer and more arduous race from the top of Honister Pass. Both have served as the Northern Counties Athletic Association's fell running championship event, with the Horseshoe course being introduced in 1985 to serve as both the NCAA's championship event and, on this one occasion only, as one of three Lakeland events being promoted as the Reebok International Mountain Challenge. It was felt that the Honister course would be too severe for Continental runners, particularly in regard to navigating in bad weather, and besides, the Cumberland Fell Runner's Association, who have organised both races, with Danny Hughes as race secretary, wanted to introduce a medium event into their calendar as they considered it was top-heavy with long ones.

The first NCAA championship race was actually held in conjunction with the Skiddaw race in 1978, following an approach from the NCAA secretary, Charles Rice, in recognition of the fact that increasingly more club athletes were taking to fell running. The late Ian Roberts of Holmfirth Harriers, who was to be tragically killed by lightning in the Dolomites the following year, won this inaugural championship title.

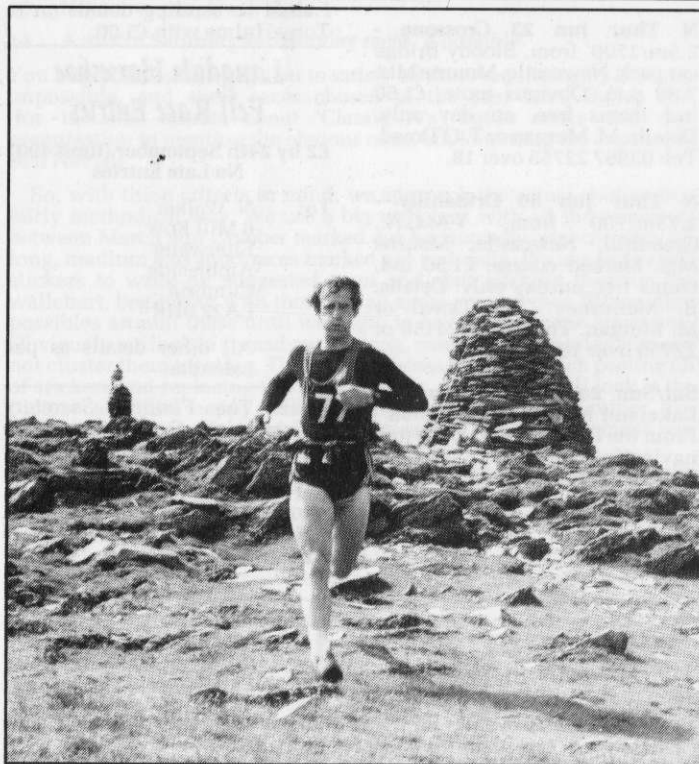
The FRA committee did not welcome such an event, however, as they already had their own season-long championship. The CFRA then proposed to the NCAA the idea of organising a special race for their championship and this was agreed upon. The course started and finished at Honister Hause, with checkpoints on High Spy, Causey Pike, Wanlope and Dale Head, with the recommended route from Maiden Moor to Newlands descending between Bull Crag and Trapp Knotts. While this was followed by the runners, the recommended line off Wanlope was ignored and, to quote Danny Hughes, they 'descended some very dangerous scree: boulders were whistling past people's ears and some hair-raising stories were recounted of very narrow escapes'.

In 1980, the course was lengthened by moving the checkpoint

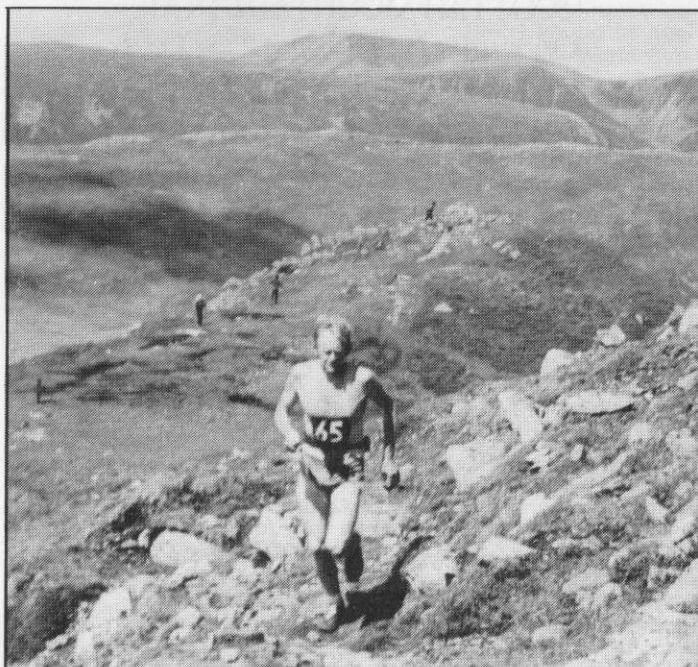
from Wanlope to Whiteless Pike, bringing the total mileage to 14 miles, with 5,000 feet of ascent, and the last race in 1984 was run from Buttermere village, with Dale Head being ascended first and the final descent coming off Whiteless Pike, as in the Sail Beck Horseshoe. The weather was, curiously enough, always fine and clear for these six races.

Mike Short won the 1979 race from Billy Bland, though Billy then scored a consecutive hat-trick of victories but had to take second place to Kenny Stuart the following year, and was fourth to Kenny in 1984. The Junior race over High Spy to Little Town in Newlands and back, 8 miles with 2,000 feet of climbing, saw Bob Wayne of Bingley Harriers triumph on the first three occasions, with successive victories going to Gary Byers of CFR, Robin Bergstrand of Rochdale, and Gary Devine, then of Skyrac. While there is no NCAA title for women, the NCAA being for men only, women were allowed to compete with the men over the course, with Wendy Dodds being the first back in 1983 and Pauline Haworth in 1984.

The accompanying photographs were all taken in the 1982 race. It is hoped they will revive memories for older members and create interest for new ones.



John Gibson leaving High Spy - Bill Smith



Billy Bland approaches Dale Head - Bill Smith



# INTERNATIONAL NEWS/RACES

In addition to the C.I.M.E. Calendar below I also have a copy of the French, Calendrier National des Courses des Montagnes 116 races by region and date. I will forward a copy to anyone interested but it is not easy for runners unfamiliar with French Geography to extract races.

Those interested in ultra distance challenges should note that the record for the 100 mile running version of the Tour de Mont Blanc is now 16 hours 40 minutes. This was set by Lucien Pellouchouel on 3rd October 1987. The previous record holder, Jacques Berlie of 1896 Vouvry, Switzerland, may be able to provide details of the route. Previous record was 17.08.

## Calendrier officiel de la CIME 1988

Date	Dénomination	Pays	Cat.	Dist. en km	Déniv. max.	Coordinateur
6.3	Manteigas-Penhadas Douradas	POR	grise	12	800	Mario Machado, apartado 94, 2795 Linda A. Velha
3.4	Mont Faron	F	grise	14,7	480	J. Mayer, Route de la Seyne, 83190 Ollioules, 94 06 91 91
10.4	Montée des 3 Communes	F	grise	10,5	760	J.L. Sivas, 5 r. Doyen Gosse, 38700 La Tronche, 76 42 13 79
17.4	Balcon de Belledonne	F	rouge	65	1400	P.A. Dufaud, 110 galerie de l'Arlequin, 38100 Grenoble, 76 22 10 37
30.4	Cesky Krumlov	CSR	brune	10,8	542	Z. Privatsky, ZA Nadrazim 204, 38101 Cesky Krumlov
1.5	Châtillon	F	brune	10,8	700	Rousset-Sports, 26150 Die
12.5	Montée du Grand-Ballon	F	brune	16,8	1000	J.M. Bellicini, 55 a r. Gallièni, 68760 Willers-s-Thur, 89 82 38 32
14.5	Zürcher Oberlandes	CH	brune	14,25	850	B. Willimann, Stock 1154, 8344 Bâretswil
15.5	Gaisberglauf	A	super	8,98	629	F. Grunwald, Reimsstr. 7, 5020 Salzburg, 066/25 37 03
15.5	Die - Col Rousset	F	rouge	21,3	1000	J. Petrone, 9 r. des Remparts, 26150 Die, 75 22 08 16
21.5	Vallorbe - Dt de Vaulion	CH	brune	10,5	850	J.-M. Charlet, Anc. Poste 24, 1337 Vallorbe
23.5	La Foulée Verte	F	grise	14,7	850	Office du Tourisme, 38970 Corps
28.5	Cressier - Chaumont	CH	grise	13	750	S. Fournier, St-Martin 6, 2088 Cressier, 038/47 15 19
5.6	Gedenklauf Seelisberg	CH	super	9,5	1115	T. Tramonti, 6377 Seelisberg, 043/31 32 56
12.6	Cross de la Roche	CH	brune	12,2	678	C.B. Goy, 1261 St-George, 022/68 13 58
12.6	Crête des Voirons	F	brune	14	1000	M. Briffod, Lossy, 74380 Cranves-Sales, 50 39 36 13
19.6	St-Gervais - Val Montjoie	F	rouge	18,4	965	M. Laurent, 1701 av. de Miage, 74170 St-Gervais, 50 93 44 89
19.6	Blumenstein	CH	grise	8	792	H. Hausler, 3638 Blumenstein, 033/56 24 97
26.6	Arette - St-Martin	F	rouge	23,3	1250	M. Ipas, 64570 Pierre-St-Martin, 59 66 54 70
26.6	Montreux - Rochers de Naye	CH	rouge	19,7	1700	F. Brühlart, Riant-Mont 10, 1804 Corsier, 021/52 60 01
26.6	Six-Blanc	CH	brune	7,2	1200	J.-F. Murisier, 1937 Orsières, 026/4 10 48
2.7	Crêtes du Pays Basque	F	super	28	750	G. Etxart, 64250 Espelette, 59 29 95 24
3.7	Cross du Mont-Blanc	F	rouge	23,3	1360	C. Roussel, 63 rte des Praz, 74400 Chamonix, 50 55 88 59
3.7	Randonnée des Douaniers	F	rouge	20,8	300	J.-Y. Salliou, 10 r. de la Croix-Blanche, 22590 Pordic, 96 79 00 73
3.7	Danisberglauf	CH	grise	13	860	Verkehrsverein Lenzerheide, Sportsekretariat, 7078 Lenzerheide, 081/34 15 89
10.7	Luz - Arbiden - Luz	F	rouge	27	1100	J. Lopez, r. du Doumet, 65120 Luz-St-Sauveur, 62 92 81 60
10.7	Grimpée du Môle	F	super	12	800	S. Stedile, le Vieux Pont, 74130 Marignier, 50 34 53 38
10.7	Torrenthornlauf	CH	brune	7	1220	A. Mathieu, Haus Sabine, 3941 Albinen, 027/63 27 06
16.7	Arles-sur-Tech	F	rouge	50	1320	J. Faure, Alzine Rodone, 66150 Arles-s-Tech, 68 39 08 23
17.7	Brides - Courchevel	F	rouge	18,5	1100	Office du Tourisme, 73120 Courchevel, 79 08 00 29
17.7	Chaumont - Chasseral	CH	rouge	32	1150	J.-P. Humbert, 2067 Chaumont, 038/33 44 86
17.7	Vogorno - Bardüghee	CH	brune	7,9	1143	A. Marra, via Mulini, 6596 Gordola, 093/67 11 09
24.7	Frutigen - Adelboden	CH	rouge	19	950	Vehrbüro, 3715 Adelboden, 033/73 22 52
30.7	Cime de la Bonette	F	rouge	27	1722	P. Jaud, 2 bd Raimbaldi B, 06000 Nice, 93 85 53 67
31.7	Crêtes de Megève	F	rouge	22	765	Club des Sports, r. de la Poste, 74120 Megève, 50 21 31 50
31.7	Sierre - Montana	CH	grise	17	1030	M.-A. Berclaz, Rilke 4, 3960 Sierre, 027/55 47 69
6.8	St-Martin-La Planchette	F	grise	11	800	R. Bois, Les Lisots, 73140 St-Martin-la-Porte, 79 56 65 71
7.8	Barèges - Pic du Midi retour	F	rouge	27	1600	J. Lopez, r. de Doumet, 65120 Luz-St-Sauveur, 62 92 68 19
7.8	Grand Prix des Isards	F	brune	12,9	710	P. Honthaas, 64190 Aydius, 59 34 75 69
14.8	Sierre - Zinal	CH	hors cl.	31	2000	J.-C. Pont, Chantevent 28, 3960 Sierre, 027/65 13 70
15.8	Cross du Grand Massif	F	rouge	20,3	1029	C. Sauvage, club des Sports, 74300 Flaine, 50 90 80 74
21.8	Neirivue - Moléson	CH	rouge	20	1265	C. Pythoud, Russalet 9, 1630 Bulle, 029/2 91 60
21.8	Kitzbühlerhornlauf	A	grise	12,9	1234	F. Puckl, Kaiserweg 111, 6353 Going, 05358.2590
28.8	Crêtes Vosgiennes	F	rouge	32	1000	L. Marlier, 8 r. de Zimmerbach, 68000 Colmar, 89 79 51 87
28.8	Trophée des Martiniaux	CH	brune	10	1370	M. Borloz, Lavey-Village, 025/65 14 63
28.8	Matterhornlauf	CH	brune	12	977	P. Fuchs, Haus Mistral, 3920 Zermatt, 028/67 20 63
4.9	Ovronnaz - Rambert	CH	brune	8,4	1360	B. Bessard, 1912 Ovronnaz, 027/86 17 84
11.9	Balcon du Mont-Blanc	F	grise	11,647	780	M. Duby, école de la Jonction, 74190 Passy, 50 78 23 40
18.9	Fellhornberglauf	D	grise	8,2	870	G. Soellinger, Lindenstr. 7, 8980 Oberstdorf, 083/22 51 30
18.9	St-Julien - Le Salève	F	rouge	18,5	900	G. Reix, 3 allée de l'Aunage, Collonges-sous-Salève, 74160 Saint-Julien-en-Genevois
24.9	St-Imier - Mt-Soleil	CH	grise	10	500	SFG St-Imier, 2610 Saint-Imier
25.9	Fully - Sorniot	CH	brune	7,7	1600	A.M. Bender, Ch. Pré Fleuri, 1926 Fully, 026/5 38 80
2.10	Liberec	CSR	grise	8,4	567	O. Cepelka, Gagarinova 754, 46007 Liberec 7
2.10	La Marnerote	F	brune	10,28	1000	A. Depoisier, r. de Borny, 74460 Marnaz, 50 98 61 14
9.10	Crêt de la Neuve	CH	super	15	830	P. Humbert, 1261 Marchissy, 022/68 14 34
9.10	Peyrinissime	F	rouge	21	450	N. Chambaud, 26380 Peyrins, 75 02 70 92
16.10	Aldapa	F	rouge	20	500	P. Ainciart, Elizabeth, 64240 Hasparren, 59 29 57 51
30.10	Astberglauf	A	grise	7,7	568	F. Puckl, Kaiserweg 111, 6353 Going, 05358.2590

# WORLD CUP 1988, KESWICK

## 15th/16th October

A lot of the groundwork in preparing for the World Cup has now been done. Fund raising has been successful and we are confident of covering all costs. Reebok and The Sports Council are the major sponsors. Most of the remainder is being raised through our own efforts.

The programme will go on sale in June and will be sent to all entrants in the open race. Details of the open race will be found elsewhere in this magazine.

The whole weekend event has been planned not only for the benefit of the international competitors, but as a grand finale to the fell running season for you all.

The weather is a worrying factor, but we could be lucky. The same weekend last year was glorious with bright sunshine and exceptional clarity. The views of Coledale valley from Lattrigg were splendid.

There are three races on the Saturday - Juniors (1.30 p.m.); Ladies (12.30 p.m.); and Senior Men (3.30 p.m.); all over short courses on Lattrigg, where the winning times will be about 30 minutes. These races are confined to the national teams, but we hope many fell runners will turn out to provide local support to our lads and lasses.

On Sunday, an open race (10.00 a.m.) over the longer championship course, will give you the opportunity to become further involved. Run the race then watch the first veterans world cup event over the same course and finally the senior mens national teams.

We are delighted to have Peter Hartley as the official photographer for the event and Don Booth as announcer. Keswick

A.C. will stage the short races and C.F.R.A. the long races, with assistance from other clubs and individuals.

An event opening ceremony will take place on Friday evening and the prize ceremony on Sunday afternoon. A fell runners 'knees-up' will take place somewhere in Keswick on Saturday evening.

Behind the scenes, sporting politics is ever a problem. A particularly trying one is the argument about the nature of a mountain running world cup course. Pressure has been exerted by the Alpine countries - Austria, Switzerland and Germany - to finish the long course on top of a mountain, as is almost invariably the practice in their countries. The F.R.A., have asserted that courses involving both up and down hill running should be used - at least when the event takes place in a country where this is the normal practice. The rules are flexible enough to allow both sides to have their way, though obviously not at the same time!! At the time of writing, there is still doubt as to whether these countries (which form the backbone of the international scene) will attend or not.

However, that is the only cloud on the horizon, although no doubt there will be many other headaches before the event is over. Please help to make it easier by your continued support, offers of help and your presence during the weekend. **DANNY HUGHES**

### STOP PRESS...

On Saturday 7th May the courses we inspected by Representatives of the International Committee. After some minor adjustments the courses were accepted on behalf of all the countries. We were assured that previous objectors would now be sending teams to the event.

# EVEREST MARATHON 1987

## by Diana Penny, Bufo Ventures

**At the beginning of November 1987 a large group of people from 5 different countries flew to Kathmandu, capital of Nepal, to take part in a pioneer high altitude marathon in the foothills of Mount Everest. Many people had predicted severe casualties from altitude sickness; no-one knew how rapidly this potentially fatal illness would develop with a high level of exertion at high altitude. Quite apart from the exaggerated risks of exhaustion, dehydration and physical injury in a high altitude race in mountainous terrain.**

It took 9 days to trek to Namche Bazaar, capital of the Sherpa region, with some of the runners taking the opportunity to train at gradually increasing altitude on the rough trails. At Namche the group was joined by a team of 6 men from the British Forces in Hong Kong (including three British Gurkhas), 3 New Zealand physiologists who would be doing a biomechanical study of muscle strain in downhill running, and the 3 men who had taken over 2 weeks to measure the course. Following the worst snow storms in over 50 years, the race course had to be modified: the upper section was still covered with snow and ice and a 6 mile loop had been prepared along a side valley above Namche. This permitted a very convenient cut-off point at 20 miles just above Namche Bazaar where the race would finish.

From Namche it took another 6 days to reach Gorak Shep along the course of the race, enabling the runners to study the course. A slow ascent was essential to assist acclimatisation and the team of 9 doctors kept everyone under careful observation. The doctors and physiologists had recommended that the runners should take Diamox, a drug that assists in acclimatisation, from Namche onwards. A few refused on ethical grounds but later changed their minds with the onset of altitude symptoms. Gorak Shep lies beneath a small summit called Kala Pattar from where the best view of Everest can be seen. Quite apart from taking part in the world's highest marathon, three other records were claimed. Gus Campbell played the bagpipes and Steve Brittain did a back flip on the summit of Kala Pattar, while the New Zealanders won the world's highest tiddlywink match.

Apart from minor illness, everyone was fit enough to start the race but elaborate precautions had been taken to cope with illness and accident during the race itself. There was a medical/refreshment post every three miles along the course manned by a doctor and equipped with a stretcher, oxygen and medical kit. Emergency arrangements had been made to call out a helicopter if needed. Now it was up to the runners. There were no records to beat and, although there was a great deal of friendly rivalry, there was also a remarkable camaraderie between the runners which would ensure that they would help each other if anyone got into difficulties.

Stewart Dutfield takes up the story.

## MY RACE

'At 5 am my sleeping bag is dusted with frost. Lying inside with my running shoes, Vaseline and strapping tape, I know there will be no more sleep tonight. Off come the night-time thermal clothes and on go the running vest, with number already pinned, more thermals, clean socks and the shoes. It's still warm in the sleeping bag and will be very cold outside.

Another check of running gear in the dark, then a dash to the toilet tent. The cooks and sherpanis make room for me in the cooking tent, curious as I perform the rituals of strapping ankles, taping shoelaces and securing the spectacles. A sherpa enters the tent with teeth chattering: I lend him my down jacket and put on Goretex jacket and trousers.

Tea and porridge arrive. The coarse white sugar adds texture to the porridge, but I just gulp it down. There is less than one hour before the start. It is not usual to eat so close to the start of a race, but this is no ordinary race.

I return to my tent and pack the kit bag. Compressing the sleeping bag into its stuff sack is always agony with cold hands. Mike Tipler, with bare hands at least as cold as mine, grapples with my kit bag to close it; he has done the same favour to other runners this morning.

Almost two hours have passed without time to think about the race itself. I resume my stool in the corner of the cooking tent. Any chance of a cup of coffee? Ang Nuri, our sirdar, offers me his. Of course, I decline: perhaps it is his first refreshment of the morning. 'Take it,' he says, 'Why not?'. I can only accept; certainly I cannot answer his question.

'Three minutes to go,' Jan Turner is shouting from the start where runners form a queue to embark on the highest marathon race ever run. Somehow, someone knows that the temperature is 10 deg. Fahrenheit. A roll call, a photograph or two, and were away, trying not to start too fast, wondering how far it will be before the first yak train blocks the trail.

The first half of the course was uphill and nobody ran much. As some of us expected, the early leaders were Nepali. We hoped to catch them later in the race though, with runners such as Gobinda Rai, this didn't seem very likely. I had decided to take my starting pace from John Wootton, as he had from me. Taking turns to lead the way, and warn the other of slick ice on the trail, we arrived at Lobuche in 7th and 8th place, strong and without shortage of breath. The icy conditions were not preventing us from enjoying the run.

John got away from me on the rocky descent - his speciality - into Dughla and didn't seem to stop there for long. I was helped off with my Goretex trousers, drank two cups of warm tea and was directed along the trail down to the river. The sun was now in our faces, making it unexpectedly difficult to follow the trail.

## BOOK REVIEW

### THE EVEREST MARATHON

Editors: Diana Penny Sherpani and Robert Howard

Published: Bufo Ventures Ltd (1988)

This glossy magazine-style book is an extremely detailed account of how an initial idea bore fruition. Great pains are taken to explain how elaborate precautions were taken and obviously a great deal of thought was largely responsible for the success of this event. Indeed, 'The Everest Marathon', could well be used as a guide-line for educating trekkers and preventing high altitude sickness. The detailed map and descriptions of the trekking route from the road end at Jin to Namche Bazaar and Gorak Shep could be used as a brief guide offering a clear breakdown to the 'Kleenex Trail'.

The scene for the marathon is set with sections on Nepal, the Gurkas, the Sherpas and potted histories of the trusts for which money was raised. The book includes a comprehensive resume of items, both medical, historical and religious which would be relevant to the would-be trekker. The accounts by runners provide an interesting read in an otherwise dry book and many of the problems Alison and I encountered are highlighted. It is nice to see these things did not only happen to us!

The technical problems of the race include difficulties in creating the required 26.2 mile course which resulted in a somewhat artificial dogleg within sight of the finishing post. We were both surprised at the route which would be taken - narrow tracks with some rather severe drops. It appears that confrontations with yaks under these circumstances did cause some problems. The high level of medical attention is a tribute to the care of the organisers and is, I believe, a necessity. But, a doctor every three miles, must surely detract somewhat from the race. This level of organisation could well have proved a trial for fell runners who believe in a laid back approach to running. The expression 'using Sherpas and oxygen' could now well find a place in running terminology; obviously not exclusive to mountaineers.

**Does Everest need a marathon? If it is a gimmick it will fade as most do. Demand, however, will be the indicator of the appeal of the event and appeal it undeniably has. What more could a fell runner wish for than the biggest mountains in the world and running?**

HELENE DIAMANTIDES

The two flat miles along the valley bottom to Pheriche were a temptation to run too fast but, though taking care, I passed Karma Sherpa and caught Kevin McGuire. Four of us, one of the Gurkhas, John, Kevin and myself, were almost together at Pangboche, as the lower altitude and better trail allowed us to begin to stretch out.

This run past walled fields and well-wishing locals was utterly delightful until, after 12 miles, Kevin and I took a wrong trail, leaving by the Imja Khola a quarter of a mile upstream from the bridge. Kevin shot off towards the river while I contoured along to the bridge, hoping to make up lost ground on John on the climb to Tengboche. John, Dawa Tshering and myself arrived at Tengboche within a few seconds of each other. Again, John hardly stopped; again, I drank and removed clothing.

On the steep and slippery descent to the river, at 3250m above sea level the lowest point in the race, I passed Dawa Tshering who was having knee problems. I also pondered that I was the only person to have seen Kevin, off route, heading for the rapids of the Imja Khola two miles back. This thought preoccupied me as I pushed hard up the climb to Sarnassa, passing John, who had gained a lot of time on the descent, only to be held up by yaks on the bridge.

I was in second place, four minutes behind the leader, at Sarnassa, where I paused to inform the checkpoint staff of where I had last seen Kevin. Four minutes might not seem much to a stationary spectator, but it's a lot to a runner who's already moving as fast as he dare.

It was on the 18th mile of the course, in the heat and sunshine, that I realised how easily I might blow up. I was becoming dehydrated despite my best efforts and would have to be careful to survive the last 8 miles, let alone make a race of it. And I was still cursing myself for not having told the Tengboche checkpoint staff about Kevin.

I almost blew it at Namche, responding to cries of, '3 to 4 minutes', 'You can see him from here', with a burst of speed and a broad grin, neither of which I could sustain for long. Every step closer to Thamo was two steps closer to Phabendra Magar, the leader, until we would meet on the trail.

I approached the turn-round point with rising spirits as I could see no-one coming towards me. Eventually Phabendra set off, but his gait had no spring in it. I guessed that he was dehydrated and scented the kill. I asked for water as I approached the checkpoint; the staff tried to hand me an orange ribbon. I swore at them and demanded water. They told me to run around the rock a few yards up the trail. Returning, I was a little more appreciative of their efforts, accepted a ribbon to surrender at the finish, took some water and set off.

It had seemed an age but I was less than half a minute behind Phabendra, who was walking up the hill carrying a bottle of water. A big effort took me past him at a fast pace that I hoped would discourage any retaliation, though by the finish I had only gained another 34 seconds on him.

Shouts or grunts of encouragement were exchanged with runners coming up the trail. I was able to glean from Peter Hedley-Smith, then still in fourth place behind John, that Kevin had been seen back on the course. I finished the race concentrating intently on my footing, knowing how easily I could still slip and lose the race.

The reception at the finish was overwhelming, local women decorating me with white scarves while I, tired, smiling, had no idea how to respond appropriately. Diana Penny seemed a little surprised, or perhaps suffocated, when I hugged her and thanked her for putting on the race. After an hour spent animatedly chatting to anyone who would listen, I picked up my rucksack and walked quietly up the hill to marshal the course and cheer on the runners.

I hadn't noticed much of the mountains in the past few hours and wanted to pay them my respects as the afternoon passed by.'

**STEWART DUTFIELD**  
New Jersey, USA

Forty-five people started the race and only three had to drop out at the 20 mile mark. The only injuries were minor ones due to tumbles. Stewart Dutfield from Scotland came in first in 4.53.10, closely followed by Gurkha Phabendra Magar in 4.53.44. RAF officer Peter Hedley-Smith came third in 5.00.08 and British Canadian Maggie Oliver was the first lady home in 17th place in 6.52.12. The first Everest Marathon had been completed safely and with great enjoyment, despite all the dire predictions.

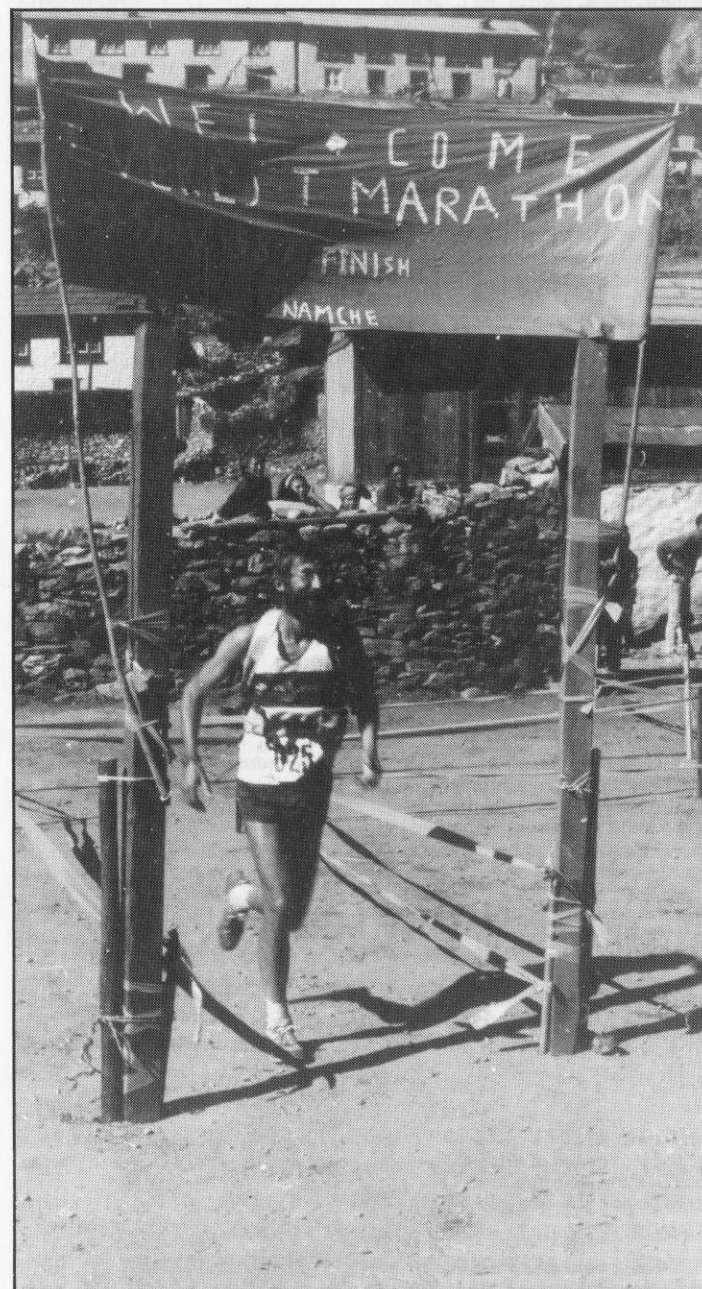
One of the reasons for running the race was to raise money for several Nepalese charities: the Himalayan Rescue Association, the Tengboche Trust, the British-Nepal Medical Trust, Nepal School Projects and the Nepal Cancer Relief Society. To date the runners have raised about £7,350 by individual sponsorship. By making the Everest Marathon a regular event, it is hoped to provide these charities with a regular source of income.

The event was organised by Bufo Ventures Ltd, 3 Elim Grove, Bowness-on-Windermere, Cumbria LA23 2JN. Tel: (09662) 5445. The next Everest Marathon is planned for 4th November - 2nd December 1989 and full details will be available from Bufo Ventures by December 1988. For 1988, a half marathon is being organised between Lobuche and Tengboche monastery. This is incorporated in a three week trekking holiday 15th October - 5th November 1988, for an inclusive price of £1240. Details from Bufo Ventures.

The book 'The Everest Marathon', is now being sold by Bufo Ventures for £3.00, including postage. It has 60 pages, 26 black and white photos, a map and a race profile.



Start of Everest Marathon beside the Khumbu Glacier - Bob Howard



Globetrotting Scottish FRA Member Stewart Dubfield winning Everest Marathon - Bob Howard

# RUNNALOT HOLIDAYS

## Hélène Diamantides

How would you like to go to the Himalayas on a Running Holiday? Fancy a trot in Tibet? Test your suitability first with the easy to follow questionnaire.

- Do your feet resemble:**
  - a model's?
  - a chiropodist's nightmare?
  - a bad case of steam-rolleritis?
- Do you wash:**
  - every day?
  - every month?
  - every year?
- Can you eat:**
  - food?
  - spam?
  - a pair of year old trainers?
- Fashion is as important to you as:**
  - living?
  - fell running?
  - a chocolate tea pot
- When ill do you:**
  - hibernate?
  - crawl around making others feel as bad as you do?
  - go for a long run - the pain is wonderful?
- Do you sleep:**
  - on a £200 bed only?
  - anywhere flat?
  - occasionally on your feet?
- Is your patience with obnoxious officials:**
  - non-existent?
  - limited?
  - endless?
- Is your Acting/Mime/Charades performance akin to:**
  - Ronald Regan?
  - Michael Caine?
  - Sir Alec Guinness?
- Can you speak Tibetan like:**
  - an Englishman?
  - a Foreigner?
  - a Tibetan?
- Can you amuse semi-hysterical locals?**
  - for 1-2 seconds?
  - yes?
  - for 4-6 hours?
- How do you react to being stared at for hours on end?**
  - 'what's with you Jimmy?'
  - stare back?
  - pretend you are in a zoo and carry on?
- What is your attitude to other religions;**
  - they all have to ??? this world?
  - three years ago I was a Mormon, but now I'm a Buddhist?
  - I love lighting candles and lamps - after all they are so pretty?
- Hygiene is:**
  - essential?
  - useful?
  - Hi-what?
- Pain is;**
  - to be avoided at all cost?
  - I'm a Fell Runner aren't I?
  - to be sought - it's good for the soul?
- Does your head indicate;**
  - brain size comparable to Einsteins?
  - average fell runner proportioned brain?
  - marks of frontal labotomy?

## How Did You Do?

Mostly A's: don't go.  
Mostly B's: go but be prepared to adapt.  
Mostly C's: are you sure you have not been there before?

Seriously though, if Tibet is opened again for Trekking, it can be a most rewarding experience. It is difficult to find routes in that it is poorly and inaccurately mapped so the best way of discovering off-the-road paths is to ask people who have been walking in the area. Pilgrim trails and interesting routes are passed on by word of mouth amongst trekkers along with sketch maps and descriptions of the routes. This leaves plenty of scope for exploration in an incredibly beautiful, albeit Horsu, country.

Food can be a real problem and we strongly advise that anyone thinking of trekking in Tibet considers taking some form of high energy lightweight trekking supplies. This was very nearly our downfall. Our original reason for visiting Tibet was to acclimatise to altitude and to train for the long distances we would have to cover. We decided to walk from Kathmandu to Ihasa (a total of 949km) and we calculated that we could manage 31km per day (approximately 23 miles) and so take 30 days for the route. After 13 days of walking we had covered 504km and were suffering badly from the effects of Giardia. Our mega walk ended with us hitching to Shigatse (the next major town) where we spent one day in bed and another two eating before we attempted to set off again. This time food poisoning put an end to it only 20km further on. We gave in and hitched the remaining distance to Ihasa.

The experience did however provide the best background we could have had. Our legs strengthened as did our stomachs and we became accustomed to functioning and even running at 12,000 feet. This altitude training was further enhanced by a trip to Rongbuk and Everest Base Camp (Northern Side) to visit the American Northern face team whom we had come to know well whilst dodging the landslides on the walk. With them we carried loads up to 20,000 feet and were fed well for the first time in 6 weeks.

Trekking in Nepal is a great deal easier with supplies and facilities more akin to what westerners expect. For those who have never visited the Himalayas, the mountains are even more spectacular than can be imagined. Rather like the Alps on a grand scale, a pass can take 5-8 hours to reach and because the track is so rough, the same length of time is often taken to descend. The huge range of flora and fauna cannot fail to impress as the variety of habitats includes jungle scrubland, alpine meadows, and barren glaciers - all easily accessible.

It is easy to see why the Everest Base Camp to Kathmandu record will not stand for very long. Aside from its appeal and history as a news run from expeditions summiting Everest, the fantastic setting makes it a unique experience. Alison and I both enjoyed the route and the satisfaction of completing successfully a challenge we'd set our sights on for the previous 18 months made it the most memorable experience of our lives. Originally the record had been set by the Crane brothers (in 1984) who proved the route could be completed in the five days as was rumoured to be done by Jay Longacre. Then in 1986 a team of Sherpas ran for 'Sport Aid' and brought the record down to 4 days 8 hours. We believed that our running experience (the Sherpas had had none) put us in a good position to reduce the record further. On 7th October we left the rubbish dump of Everest Base Camp and set off running down the trail which had taken us 20 days to reccy. Three days 10 hours and 8 minutes later we arrived in Kathmandu and had the pleasure of breaking the men's record. This momentous occasion has been duly recorded at the Rundoodle pub in Kathmandu - look for our footprint if you go!

The most memorable moments include sitting on the landlord's bed whilst he spent ten minutes fitting his hearing aid (end of day!) and eating fresh apple pie on our way down a pass on the second day. But topping the charts by a long way is a question from a reporter after the run... 'did you use oxygen?'

The most lifting summary of our feelings whilst walking in the Himalayas is by Stephen, author of 'Guide to Trekking in Nepal', (incidentally a very useful book). 'Nepal is there to change you, not for you to change it. Lose yourself in its essence. Make your footprints with care and awareness of the precarious balance around you. Take souvenirs in your mind and spirit, not in your pockets. Nepal is not only a place on the map, but an experience, a way of life from which we can all learn'.

If you do want to learn, leave all the trekkers to their routes and make the effort to get to know the locals and their ways. The reward is well worth the effort.

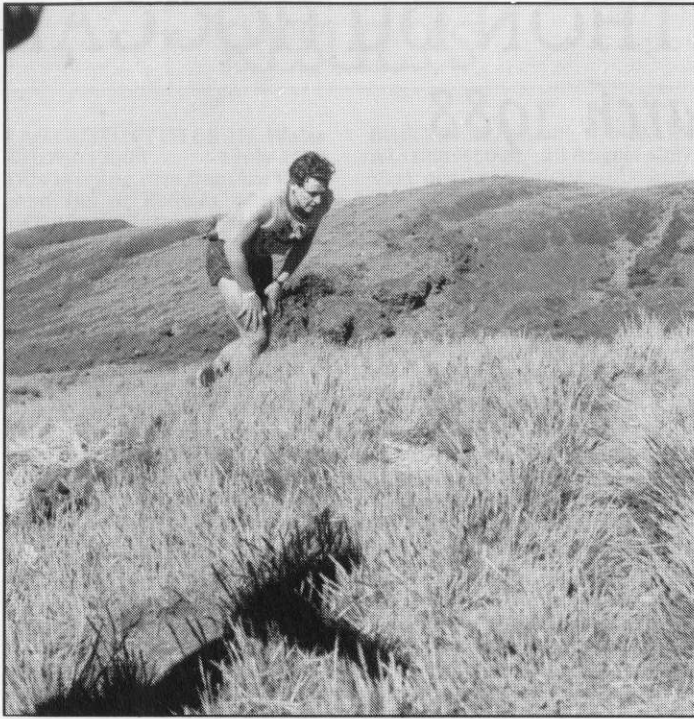
## Summary of Record Run

	Miles	Feet of Ascent	Feet of Descent
Day 1: EBC - Jubing	44	5,000	18,000
Day 2: Jubing - Sliivalaya	23	12,000	11,000
Day 3: Sliivalaya - Mure	46	11,000	9,000
Day 4: Mure -K & M	67	4,000	8,000
	<b>180</b>	<b>32,000</b>	<b>46,000</b>

**P.S:** If there is anyone who would like to part with their money, the record attempt was done to raise funds for International Technology, a charity concerned with development in the 3rd World. We are aiming to raise £10,000. Our total so far is £6,000. Please send any donations to: Intermediate Technology/Great Himalayan Run, 9 King Street, London WC2E 8HW.

# THE 15th GUINNESS MOUNT CAMEROON RACE

24th January 1988



Jack Maitland near the top of Mount Cameroon.



Brent Brindle plus bagpipes after Mount Cameroon - Helen Diamantides.

It is very difficult to relate this race to anything in the U.K. Thirty-one kilometres total distance for the ascent and descent combined and 3180m ascended to an altitude of 4095m. That is safely within the Fell Runners Association definition of 'A' category. Requiring 250ft/mile at 19¼ miles and 10,433 feet of climb it has 542ft/mile. Although there is a path of sorts throughout there is only one-fifth of the distance on road and nearly half would qualify as rough fell.

The race got underway in Buea sports ground just one hour after dawn and it was already comfortably warm. With 350 starters (selected from 2,000 applicants) and the majority carrying wooden staves and a degree of over enthusiasm the start was understandably hectic.

By the road end at Prison Farm the crowd which lined the route several deep was able to cheer on the local favourite, Timothy Lekunze who was defending champion and record holder. He was closely followed by a composite white man called Mike Short but actually consisting of Jack Maitland, Chris Wardlaw (Australia) and the real Mike Short.

At Hut I (7.8k & 18.75m) the field was still obscured by the tropical rain forest but emerging onto the lava fields it was marathon runner Chris Wardlaw who led the now strung out field. However, he was soon overtaken by Jack Maitland, making up for a three minute delay in the forest removing his ankle strapping.

By Hut II, Maitland was one minute inside the existing ascent record and well clear of his pursuers. At Hut III (13.6k & 3740m) Maitland was still going strong, now nearly seven minutes ahead of record pace. The summit was reached in a new record time of 2.25.20, breaking Mike Short's existing record of 2.34.27 set in 1985.

The summit interview - shown live on Cameroon T.V. consisted of the following exchange. 'Who are you and what country are you from?'. 'Jack Maitland from Scotland, where's the (expletive deleted) water?'. Mike Short himself was second at the summit, just over fifteen minutes in arrears. He had passed Lekunze on the final climb from Hut III. Chris Wardlaw also dropped one place here to Thomas Tata. Brent Brindle was sixth just ahead of Reginald Esuka.

The ladies race was led by Hélène Diamantides of Great Britain in 3 hours 36 minutes 11 seconds, well ahead of both the opposition and the record pace.

On the descent, Maitland preserved his lead comfortably through Hut III (2.34) & Hut II (2.51) where second place was Lukunze, sixteen minutes adrift. Michael Thompson of Perth who had sponsored Jack Maitland, Hélène Diamantides and Martin

Stone to attend the event, was able to witness Maitland's lead at Hut II as he passed on his way up en route to a successful completion from a non-running background.

All the excitement was reserved for Hut I where Maitland was obviously in big trouble with blisters, exhaustion, dehydration, hypoglaecemia etc. He was just on record pace but his lead had shrunk to one minute over Lekunze. Lekunze soon took the lead but was not in a good way himself and when Reginald Esuka swept past it was obvious he was going to win. Lekunze dropped out at Prison Farm with severe blistering and Maitland hobbled painfully to the finish in fourth place. The crowd were totally confused by now but were making an incredible noise supporting whoever it was anyway.

Brent Brindle who suffered from blisters but held on well for sixth place which might well have been fifth apart from a controversial short-cut near the finish by David Elive Namme. The organisers have promised to clarify the position for next year but as the rules stand the route was legal.

Esuka had smashed Lekunze's existing descent record of 1.09.24 with 1.02.15. Being a local from Buea he could have expected this to have been a popular victory but the local press afterwards concentrated their attentions on exactly what kind of witchcraft it was that had prevented Lekunze from repeating his victories of 1986 and 1987.

Hélène Diamantides duly won the women's race in 60th position overall, re-writing the record books with her time of 5.09.41, the previous record having been 5.44.57. She was slightly tired at the finish however, where stretcher space was at a premium in the medical tent.

Ron Hill safely completed the race to clock up his 48th country. He now only has to find two more exotic locations to race in (which he hasn't already visited) before his 50th birthday.

The British prize winners were able to make good use of their prizes, including numerous crates of export grade Guinness, thanks to the flexibility and helpfulness of the organisers, particularly John Devonport of Guinness U.K. who is partial to the odd bottle of export stout himself.

## Results

		Ascent	Descent			
1	ESUKA Reginald Wose	3.51.47	(2.49.32)	(1.02.15)	6	BRINDLE Brent 4.05.33 (2.48.12) (1.17.21)
2	BNANGE Molea Andreas	4.00.13	(2.50.49)	(1.09.24)	12	SHORT Mike 4.24.06 (2.40.22) (1.43.44)
3	TATA Thomas	4.03.17	(2.42.57)	(1.20.20)	46	WARDLAW Chris 4.32.40 (2.43.31) (1.49.09)
4	MAITLAND Jack	4.04.33	(2.25.20)	(1.39.13)	42	COOPER Stephen 4.55.05 (3.10.01) (1.45.04)
5	ELIVE Namme David	4.04.46	(2.58.01)	(1.06.45)	60	DIAMANTIDES Hélène 5.09.41 (3.36.11) (4.33.30)
					112	McMANERS Peter
					154	HILL Ron
					289	THOMPSON Michael

# THE 2nd SUPER MARATHON DU HOGGAR

## 1st - 4th March 1988

I arrived in Tamassrasset, Southern Algeria with very little real idea of what exactly this race would entail. I had secured an invitation from the organiser Gilbert Mirschy of Toutrekking, Geneva only just in time to book my flight. I knew the race involved covering 5 stages totalling 100 miles over 4 days, and I also knew the Hoggar mountains rose to over 3000m but that was about the extent of my knowledge.

On the arrival of our group of 50 runners plus assorted media, tourists and organisers, we were met by a fleet of Toyota Land Cruisers complete with triereg drivers who whisked us off into the desert as dusk fell. Five vehicles promptly got separated from the others and we were soon lost. After asking the way at a 'village' and driving down an oued we appeared to be even more lost. However, further directions were sought and we soon met a couple of camels sent out from our camp to look for us.

Sleeping out under the stars was our accommodation. The morning soon became very hot and the rest day was spent cautiously exploring the immediate area - full of fantastic rocks and a nearby village where the ground was slightly damp thereby supporting a herd of goats and several families.

The next day saw the prologue. A quick dash through the streets of Tamassrasset would be good for the sponsors but almost irrelevant to the final results even allowing for the time bonuses awarded to the first three. I scraped third place as Daniel Oppliger of Switzerland won easily from the local favourite Mohamed Boudifa. I had run a bit harder than I had meant to but soon recovered with a restaurant meal and the only shower I was to get in Algeria.

The serious business got underway on the first day proper with a 45km stage starting at 0730 hours. I felt a bit rough at the start as the Hungarian ultra-distance specialist Ernő Kis-Kiraly set a fast pace. After the first feeding station at 8k, I settled down however and although I struggled a bit in the soft sand I gradually pulled back all the less favoured runners.

It seemed a long way from the last feeding point but I caught Boudifa who was walking and moved into fourth place. Mike Short and Daniel Oppliger also passed Kis-Kiraly on this section with Oppliger winning in a slower time than last year due to increased heat.

We finished on a flat expanse of sand with absolutely nothing there - not even any shade. I was relieved when I discovered our camp was 2k away by some rocks. My feet had really suffered with black toe-nails and blisters evident round my toes but at least I had an alternative pair of shoes. Massage was available after each stage and medical help was also on hand with a doctor and even a dietician.

The second day looked the toughest on paper with two stages. The 23k in the morning took us into the mountains and after a farcical start staged for the TV cameras, Boudifa used his local knowledge to win the stage. I came through strongly to pass Kis-Kiraly on the last descent for fourth place. Oppliger preserved his overall lead by finishing 2nd once again just in front of Mike Short. After sitting around in the sun for a few hours we set off in the heat of the day to race 16k including the ascent to the Col de L'Assetuern at over 9,000ft. I really suffered on the climb and only got going on the 3k of descent to the camp. Oppiiger won the stage despite a strong challenge from Kis-Kiraly.

The fourth day saw us setting off downhill. Kis-Kiraly set the pace with Boudifa following. Short and Oppliger reeled them in on the 36k stage however, with Oppliger again getting the better of Short to win. Boudifa blew up totally again and I passed him walking as I yet again finished strongly after being unable to go with the pace in the early stages. The weather had been distinctly cooler with some cloud although it still got hot when the sun was out.

Going into the last day I led Boudifa for fourth place by only 11 seconds. Daniel was easily in the lead but Mike and Erno were quite close for 2nd and 3rd places. Overnight the totally unexpected happened - it rained. In one day we had 35mm of rain - the normal average for the whole of March is 0.8mm. The whole 'road' flooded and in many places the water was knee deep and rising rapidly. I really went for it and Boudifa, Oppliger and I led the field until with about 5km of the 32km stage left Boudifa attempted to short-cut a hair-pin bend. He slipped in the newly formed mud and I kicked in a decent attack. As Daniel and I rounded the next bend a journalist shouted at us that there was five hundred metres to finish. In a desperate sprint he just got the better of me. Mike Short suffered and lost second place to Kis-Kiraly overall.

The race had been shortened due to a flooded oued which was rapidly becoming uncrossable and we subsequently had a lorry and a land cruiser submerged when caught in the flood water. Fortunately none of our party were injured, but several people locally were drowned and we had several people and a quantity of possessions stranded overnight, some gear being ruined by the water and mud.

Catherine Desforges of France easily won the women's race finishing 16th overall.

The organisation coped admirably with all the difficulties of organising a race like this in a remote and sometimes inhospitable region of the world.

JACK MAITLAND

## Results of 2nd Super Marathon du Hoggar

Name	Prologue (4k)	1er étape (45k)	2e étape (23k)	3e étape (16k)	4e étape (36k)	5e étape (27k)	General final
Daniel Oppliger CH	1 12.46.(-1)	1 3.11.40	2 1.37.28	1 1.00.42	1 2.17.01	1 1.49.10	1 10.07.44
Erno Kis-Kiraly HUN	4 13.11.(-0.15)	3 3.14.48	5 1.40.46	2 1.01.45	3 2.20.19	3 1.52.25	2 10.22.55
Mike Short GB	11 13.39	2 3.12.19	3 1.37.54	4 1.04.13	2 2.17.50	1.59.30	3 10.25.23
Jack Maitland GB	3 12.51.(-0.30)	4 3.19.00	4 1.40.23	5 1.05.23	4 2.24.58	2 1.49.12	4 10.31.13
Mohamed Boudifa ALG	2 12.49.(-0.45)	5 3.24.56	1 1.34.52	3 1.02.37	5 2.27.40	3 1.51.06	5 10.33.18
Laid Hezdima ALG							6 11.06.24
Christophe Meraer CH							7 11.23.15
Lothar Suplisano CH							8 11.39.15
Thierry Seguin FRA							9 12.06.37
Jean-Luc Denis FRA							10 12.13.47
Anton Abgottapon CH							11 12.16.09
Renè Meier CH							12 12.20.20
André Sowdon FRA							13 12.50.40
Brahin Bendaard ALG							14 13.21.15
Bernard Ogier CH							15 13.25.37
1st Lady							
Catherine Desgorges FRA	27 15.54	16 4.10.08	22 2.11.42	16 1.21.16	18 3.06.40	2.27.47	16 13.33.23
Previous Records		Oppliger	Oppliger & Short	Combined 3&4 Short 3.22.19			Short
		3.08.07	1.39.35	(1988 Oppliger) 3.17.43			10.40.43

# RESULTS

## RAS GUTO NYTH BRAN Wales BM/7m/1300ft 4 July 1987

This evening race from the Bridgend Inn at Bedwas is run in memory of a legendary 18th century Welsh runner, who if myth is to be believed would have given Kenny Stuart, Jack Maitland and even Said Aouita a run for the money. But if re-incarnated would he be re-instated?

Graham Patten, an Orienteer of some repute was able to break away from Keith Page on the run in, Dawn Kenwright from Lampeter's Sam Helen Club, took the ladies prize, and St. Vincent's answer to Guto Errol Alexis, was, as is customary 1st over 50.

Despite having to deal with 80 entries on the day, race organiser Les Williams was 1st over 40.

Jonathon Gibbon

1: G. Patten, U/A 42.44  
2: K. Page, Les Croupiers 42.57  
3: A. Furlong, Sam Helen 43.27  
4: S. Rochford, Dark Peak 43.54  
**Veteran o/40:** 1: L. Williams, MDC, 44.47; 2: B. Thomas, MDC, 47.33. **Vet.o/50:** 1: E. Alexis, Les Croupiers, 55.57. **Ladies:** 1: D. Kenwright, Sam Helen, 51.19; 2: A. Bedwith, MDC, 56.40; 3: C. McCarthy, Bath, 60.07.

## LLANGORSE LOOP Wales AM/5½m/1850ft 8 August 1987

Run over Mynydd Troed and Mynydd Llangorse which lie between the Brecon Beacons and the Black Mountains this race provides some fast ridge running and two steep climbs.

Hefin Griffiths was a clear winner from Steve Hughes who had been able to break away from Glyn Griffiths in the last quarter of the race. Les Williams was first veteran, and by winning the ladies race, Sue Ashton emerged as a challenger for the Welsh Championship. Jonathon Gibbon

1: H. Griffiths Eryri  
2: S. Hughes Eryri  
3: G. Griffiths Eryri  
**Vet.o/40:** 1: L. Williams, MDC; 2: D. Davies, Eryri. **Vet.o/50:** 1: P. Duffy, Aberdeen. **Ladies:** 1: S. Ashton, MDC; 2: J. Beedie, U/A.

## KIELDER FELL RACE England BL/17m/3000ft 8 August 1987

Those bold enough to venture into territory where only wild goats had gone before, were rewarded by a sparkling Kielder day. Lack of height climbed during the race was more than compensated for by roughness of terrain.

First round to plunge into the communal bath and sample the good fare provided by our hosts the Border Park Rugby Club was Andrew Lowden. Secon was Ian White hotly pursued by a trio of veterans headed by Simon Hicks.

1: A. Lowden, U/A 2.44.15  
2: I. White, Morp. 2.54.15  
3: S. Hicks, Blyad. 2.55.05  
4: R. Gray, Tyne O, 2.59.08; 5: M. Sanderson, U/A, 3.00.47; 6: R. Scott, Morp, 3.04.16; 7: K. McKay, Clay, 3.04.45; 8: R. Monk, Kend, 3.04.50; 9: H. Forrest, Tyne H, 3.05.25; 10: E. Watson, Heat, 3.10.31. **Vet.o/40:** 1: S. Hicks, Blyad, 2.55.05; 2: R. Gray, Tyne O, 2.59.08; 3: M. Sanderson, U/A, 3.00.47. **Vet.o/50:** 1: F. Marr, Wall, 3.37.30; 2: R. Peel, U/A, 4.15.41. **Ladies:** 1: B. Jones, U/A, 4.15.08; 2: V. Grevett, Tyne H, 4.39.00; 3: J. Hardie, Tyne H, 4.39.00.

## BRECON BEACONS Wales AL/19m/4500ft 29 August 1987

Very good conditions and a high quality entry resulted in exceptionally fast times over this (usually boggy) course which has four checkpoints over 2500ft.

All four ladies were well inside Anne Franklyn's previous record of 3hrs 56min. Angela Carson led the quartet home with a time of 3hrs 6mins - an improvement of 50mins! Steve Hughes, who seems to relish long races, won the men's race in a new record time of 2hrs 30mins, an dthe first six runners were all inside the previous best of 2hrs 41mins.

Jonathon Gibbon

1: S. Hughes, Eryri 2.30.45  
2: M. Jones, Eryri 2.34.25  
3: H. Griffiths, Eryri 2.36.17  
**Vet.o/40:** 1: D Williams, Eryri, 2.36.27; 2: J.Nixon, Horwich, 2.39.02; **Vet.o/50:** 1: A. Smith, MDC, 3.13.38; **Ladies:** 1: A. Carson, Eryri, 3.05.42; 2: S. Quirk, Kend, 3.11.38; 3: S. Ashton, 3.22.03.

## MELTHAM COP England BM/7m/900ft 18 October 1987

Cumbrian Graham Huddleston made the journey to Meltham, along with 120 runners for the race promoted by Holmfirth. He took the initiative on the second lap, but was chased hard by locals John Taylor and Bob Harbisher with only 11 seconds between the trio at the finish.

Advertised as a hill/fell race, it is more akin to a cross country taking in two fast circuits of paths, road, tracks and fields around Crosland Edge, Cop Hill and Helme Village.

Locals won the veteran's with Geoff Hall, Ladies with International Carol Haigh, and Junior with William Styan, son of the famous Andy Styan, former British Fell Running Champion.

Seymour Hills

1: G. Huddleston, Kend, 44.57  
2: J. Taylor, Holm. 45.02  
3: R. Harbisher, Holm. 45.08  
4: G. Hall, Holm, 46.00; 5: A. Ulrick, Hull, 46.18; 6: H. Waterhouse, Sadd, 46.50; 7: D. Kelly, Ross, 47.01; 8: G. Hall, Holm, 47.10; 9: D. Woodhead, Horw, 47.15; 10: R. Bangham, Holm, 47.17; **Vet.o/40:** 1: G. Hall, Holm, 47.10; 2: R. Futrell, Holm, 47.51; **Vet.o/50:** 1: P Dobb, Long, 59.31; **Team:** Holmfirth. **Ladies:** 1: C. Haigh, Holm, 52.24; 2: J. Lockhead, (1.Vet), Holm, 57.22; 3: R. Pockance, 58.27;

## ECCLES PIKE England BS/3m/750ft 30 October 1987

Beshir Hussain said before the race that he had developed a liking for fell races, and after his runaway, sorry about the pun, victory, this must have grown. His time though, could not compare with the fantastic record set by John Wild in his heyday of 18.15 (1980). Second went to Andy Trigg after a battle with the up-and-coming John Taylor, and not being too far behind, Ricky Wilde - his speed belying his veteran status.

Always keeping promises (!) a mention to Stewart Keech in 14th place as he has always wanted his name in print.

The team race went to Holmfirth who had Martin Seddon and Roger Bradley to back-up John Taylor and take the prizes back across the Pennines.

There was a joint victory in the ladies between S. Reason and J. Newton from the rival Stockport clubs but well outside the time of

23.14 set by Julie Holland in 1983, before shee was tragically injured in a hit and run accident. Happily she is now almost back to her best.

As always the local community support the youngsters races, especially the U/13's with Stephen Bull winning the Boys by a minute and Jennifer Jackson the Girls by a similar margin. The U/16's went back across the Pennines in the hands of Simon Brophy.

Alan Bocking

1: B. Hussain, Stock S. 20.08  
2: A. Trigg, Gloss. 20.42  
3: J. Taylor, Holm. 20.46  
4: R. Wilde, Manch, 20.51; 5: R. Jackson, Manch P, 21.17; 6: M. Seddon, Holm, 22.00; 7: R. Bradley, Holm, 22.17; 8: D. Nicholls, Stock S, 22.27; 10: P. Martin, Stock H, 22.55; **Vets:** 1: R. Wilde, Manch, 20.51; 2: B. Jackson, Sale, 23.00; 3: M. Moore, Sal, 23.04; **Boy's U/16:** 1: S. Brophy, Holm, 14.05; 2: T Longdon, U/A, 14.26; 3: J.Fitzsimmonds, Stock H, 15.06; **Girls U/16:** 1: C. Moore, Stock H, 18.12.

## BLACK LANE ENDS England CS/5m/1000ft 1 November 1987

A dull, misty morning soon gave way to blue skies and sunshine for this three lap race from the Hare & Hounds on Skipton Old Road, near Colne. Lap courses are usually tedious, but this one certainly is not, with its tussocky descent and, muddy drawn-out climb on each one. Gary Devine and Dave Cartridge set the pace on the first lap, with Devine's slight lead being demolished on the final steepish ascent. Next time round, Cartridge held a clear lead which he never relinquished, though his time of 29.57 missed his own 1986 record by 35 seconds. Devine was caught on the last lap by Andrew Peace, and though both were credited with the same time of 30.38, it was the Bingley lad who was awarded runner-up spot.

Peter McWade was the first O/40 home in 8th position, Keith Lodge the first O/45 in 44th, R. Barker the first O/50 in 91st, and Clayton had the fastest team. Carol Haigh put up her usual exemplary performance to score a decisive victory over Vanesa Brindle in the ladies race, finishing 59th and 84th respectfully out of 208 finishers.

Bill Smith

1: D. Cartridge, Bolt. 29.57  
2: A. Peace, Bing. 30.38  
3: G. Devine, P&B 30.38  
4: J. Taylor, Holm, 30.58; 5: T. Rutherford, Clay, 30.59; 6: S. Livesey, Ross, 31.00; **Vet.o/40:** 1: P. McWade, Clay, 31.31; 2: R. Hargreaves, Clay, 32.42; 3: D. Cartwright, Pen, 33.33; **Vet.o/50:** R. Barker, RR, 39.17; **Ladies:** 1: C. Haigh, Holm, 36.51; 2: V Brindle, Clay, 38.46.

## FFORDD Y BRYNIAU Wales BM/9m/2000ft 1 November 1987

Local knowledge is an important asset in this race run over the line of hills just to the north of the Welsh capital. Not quite the 'Urban Orienteering' of the Edinburgh Hills, but some similarity.

Despite warm Autumnal sunshine, the going was heavy, and that condition peculiar to South Wales, equine erosion, was much in evidence. Times were therefore on the slow side, and Glyn Griffiths' winning time was 32 seconds off the record.

Jonathon Gibbon

1: G. Griffiths, Les Croup. 53.24  
2: J. Hooper, Cardiff 54.04  
3: C. Gildersleeve, Les C. 56.29  
**Vets.o/40:** 1: L. Williams, MDC, 59.49; 2: B. Thomas, MDC, 61.05; **Vet.o/50:** F. Hooper, CHSOB, 70.00; **Ladies:** 1: S. Ashton, MDC, 77.00; 2: A. Wright, DP, 79.07; 3: V. Singleton, LC, 81.00.

## DUNNERDALE England

### AS/5m/1800ft 7 November 1987

It was a clear, overcast day for this tough little race organised by Black Combe Runners from the Blacksmith's Arms at Broughton Mills. The route takes in The Knott (objective of fell runners at the Walna Scar Shepherds Meet when it is held at this village every three years), its un-named (at least on 1 and 2.5 in. maps) northern neighbour at 1183ft, Stickle Pike and Great Stickle.

Rod Pilbeam had a cracking run in which he reduced Kenny Stuart's 1984 record by nine seconds to 37.55 - and it certainly takes a good 'un to break one of Kenny's records! Holmfirth's up-and-coming John Taylor held second place at the foot of the descent from Great Stickle, with the concluding cross-country and uphill road sections yet to come, but it was along this stretch that Colin Valentine took off from a small chasing bunch to pass John and claim runner-up spot, 97 seconds behind the briskly paced Pilbeam.

Martin Hudson of Ulverston's Hoad Hill Runners took the O/40's prize in 18th position, three ahead of his closest rival, John Nixon of Horwich, while Harry Blenkinsop was the first O/50 home in 51st position out of 142 finishers. Keswick were easily the fastest team, with Cumberland Fell Runners second.

The ladies' record went too, with Sue Parkin slicing 15 seconds from the 49.08 mark set by Pauline Haworth (Stuart) on the same occasion as Kenny's. Sue finished in 60th position, with runner-up Gillian Wilkinson in 69th and 3rd placed Jean Ramsden in 73rd.

Bill Smith

1: R. Pilbeam, Kes. 37.55  
2: C. Valentine, Kes. 39.32  
3: J. Taylor, Holm. 39.37  
4: N. Lanaghan, Kes, 39.55; 5: G. Hall, Holm, 40.00; 6: P. Harlowe, Kes, 40.01; 7: D. Lee, CFR, 40.09; 8: P. James, Dur.U., 40.11; 9: G. Clucas, CFR, 41.08; 10: S. Elliott, Notts, 41.16; **Ladies:** 1: S. Parkin, Ken, 48.53; 2: G. Wilkinson, Ken, 49.54; 3: J. Ramsden, LOC, 50.33.

## SHEPHERDS SKYLINE England BS/6m/1150ft 7 November 1987

1: P. McWade, Clay. 42.10  
2: A. Styan, Holm. 42.32  
3: T. Rutherford, Clay. 42.35  
4: R. Jackson, Horw, 42.49; 5: G. Webb, Cald.V, 43.00; 6: I. Clarkson, Roch, 43.21; 7: D. Kelly, Ross, 43.37; 8: I. Holmes, Bing, 43.50; 9: M. Rice, Tod, 43.59; 10: D. Thompson, RR, 44.26; **Teams:** 1: Clayton; 2: Calder V; 3: Rochdale; **Vets.o/40:** 1: P. McWade, Clay, 42.10; 2: I. Clarkson, Roch, 43.21; 3: J. West, Clay, 44.55; **Vets.o/50:** 1: R. Barker, RR, 50.06; 2: G. Brass, Clay, 53.00; 3: D. Brown, Clay, 53.47; **Ladies:** 1: S. Ratcliffe, Sadd, 52.18; 2: S. Taylor, F&D, 53.57; 3: C. Cook, U/A, 55.26; 4: S. Watson, VS, 56.25; **Juniors:** 1: A. Bowden, Cald, 15.08; 2: B. Ayre, Bing, 16.03; 3: C. Miles, Tod, 16.31; 4: C. Coughlin, Cald, 16.46; 5: D. Beels, Roch, 16.56.

## RUMOUR HAS IT

Dave Cartridge races one lap at Black Lane Ends, then does two laps of honour.

Entries were taken on the day at the FRA Dinner Dance in Bolton.

First prize at the next Winter Hill Race will be a hot shower. Second prize, will be a cold shower with Brent Brindle.

Keith Robinson is the indoor Fell Racing Champion.

**ROMBALDS MOOR** England  
**BS/5m/800ft** 15 November 1987  
 Successfully defending his trophy 21 year old Gary Devine used his knowledge of the course to the best. Andrew Peace had a good lead by the summit but wasn't sure of the route, and at one point waited for Sean Livesey, but to no avail.

The youths race was fought out by another two Pudsey runner with Colin Walker winning by 2 seconds over Danny Smith.

Seymour Hills

1: G. Devine, P&B 32.44  
 2: S. Livesey, Ross. 32.50  
 3: A. Peace, Bing, 32.54  
 4: G. Schofield, B'burn, 33.04; 5: S. Hawkins, Bing, 33.16; **Vets.o/40**: 1: P. McWade, Clay, 33.35; 2: D Cartwright, Pen, 34.58; 3: J. West, Clay, 35.07; **Vet.o/50**: D. Hodgson, F&D, 38.43; **Ladies**: 1: C. Haigh, Holm, 39.38; 2: C. Scott, Man.Uni, 40.29; 3: R Pickavance, 41.48.

**ROACHES RACE** England  
**BL/14m/3600ft** 22 Nov. 1987

The change of date to November produced an increase in the field to 153, and was clearly the right choice. The weather was wild and wet most of the weekend, leading to a fairly epic crossing of the River Dane. John Taylor registered as a junior, but being the only one he slipped into the senior field. His cheek clearly knows no bounds, as he proceeded to win, breaking the record despite heavy going underfoot - a fine run.

Tony Farnell was the principal beneficiary at the prize giving, with an individual, veteran, and team prize. The real heroes of the day were, however, the local Raynet team, who manned the check-points cheerfully in very unpleasant conditions.

Hugh R. Shercliff

1: J. Taylor, Holm, 1.49.01  
 2: M. Rigby, West, 1.51.53  
 3: M. McDermott, Kend, 1.55.41  
 4: T. Longman, Huncote, 1.56.48; 5: R. Lee, Maccles, 1.56.54; 6: A. Trigg, Gloss, 1.57.03; 7: T. Farnell, DPF, 1.57.16; 8: P. Ratcliffe, Ross, 1.57.46; 9: I. Kevan, RAF, 1.58.06; 10: A. Hauser, Holm, 1.58.26; **Vets**: 1: T. Farnell, DPF, 1.57.16; 2: A. Hulme, Penn, 2.02.32; 3: D. Tait, RR, 2.08.39; 4: P. Nolan, Macc, 2.09.46; 5: P. Blagbrough, Sadd, 2.11.40; **Ladies**: 1: A. Whatmore, DPF, 2.18.12; 2: H. Diamantides, DPF, 2.22.01; 3: A. Capp, Telf, 2.29.34.

**WINTER HILL** England  
**AM/11m/2, 700ft** 29th Nov, 1987

Clear, sunny weather prevailed on this occasion in contrast to the thick mist of 1986, when many competitors strayed off-course. There are eight checkpoints to be visited in numerical order on the Winter Hill massif above Horwich, involving some good climbs and descents, and tussocky and boggy terrain aplenty. Up front, the race was fought out by local lad Ray Owen, the 1983 winner, and Gary Devine, who was 3rd last year, with Graham Schofield, 8th last year, in close attendance, and Colin Valentine heading the pursuit. There wasn't much between the leaders till the final stages when, coming off Rivington Moor, Devine dropped Owen with a sudden surge forward on the last mild, downhill section to achieve an 8-second victory in 1.26.25, missing Dave Cartridge's 1985 record by nearly 3 minutes. Owen finished 2nd for the fourth year running, the previous three to Cartridge. Meanwhile, Schofield hung on to 3rd place, beating Valentine by 67 seconds, though coming in almost 2 minutes adrift of Owen.

Pete McWade, the first veteran, came in 5th, over four minutes ahead of the o/40 runner-up, Derek Kay (15th), who in turn was chased home by the 3rd o/40, John Nixon (16th), the race organiser. Tony Peacock celebrated his birthday by lifting the o/45's award (55th), while George Barras was the fastest o/50 (91st). Horwich RMI, the host club, won the team prize from Clayton-le-Moors Harriers, with Horwich 'B' 3rd. The first two ladies were both veterans (o/35), and Ann Harris set a new record of 1.52.13 (previous mark of 1.52.21 set by Angela Carson in 1984) in 144th position out of 320 finishers, with Vanessa Brindle runner-up in 151st (1.52.45), one place and 13 seconds ahead of 3rd lady Ruth Pickavance, an unattached newcomer.

The junior Winter Hill race (u/18's) which followed the senior course onto Rivington Moor, then cut straight across to the TV station, returning by the senior descent route, was won by R. Smith of Chorley, with a time of 43.25, one second ahead of his clubmate, P. McAndrew, who is presumably the son of former Pike Race champion, Ron McAndrew (?). Norman Matthew's 13-year-old lad (also called Norman?) triumphed in the junior Pike Race (u/15's) with a time of 15.27, beating the previous record by 69 seconds, and there were in fact prizes awarded to the various age categories in this race, 48 finishing altogether, as compared with 15 in the u/18's. The event's main sponsor is now Norman Walsh Shoes of Bolton. Bill Smith

1: G. Devine, P&B 1.26.25  
 2: R. Owen, Horw. 1.26.33  
 3: G. Schofield, B'burn, 1.28.22  
 4: C. Valentine, Kesw, 1.29.29;  
 5: P. McWade, V40 Clay, 1.29.46;  
 6: D. Lee, Cumb, 1.29.59; 7: R. Jackson, Horw, 1.30.32; 8: W. Brindle, Horw, 1.30.53; 9: B. Brindle, Horw, 1.31.06; 10: T. Kesketh, Horw, 1.31.14; **Vets**: 1: P. McWade, V40, Clay, 1.29.46; 2: D. Kay, V40, Bolt, 1.33.51; 3: J. Nixon, Horw, 1.34.03; **Ladies**: 1: A. Harris, L35, Stock, 1.52.13; 2: V. Brindle, L35, Clay, 1.52.45; 3: R. Pickavance, L, (423) 1.52.58; **Teams**: 1: Horw RMI Harriers, 36pts.

**TANKY'S TROG** England  
**5 December 1987**

On the day the weather was quite kind to all the runners, with an overcast sky but no visibility problems, although I did hear of someone who took the wrong direction from Blagden and finished up in the middle of Kinder! They have yet to find the short crossing. The coolish wind was happily coming from the North East so did not cause much of a problem.

The new ticket system seemed to work better than the disc system, although there have been some criticisms of it. However, unless there is some constructive suggestions I think it will be tried again.

Brian G. Stokes

1: A. Trigg, Gloss, 2.38.01  
 2: M. Rigby, Amble, 2.39.52  
 3: T. Tett, DPF, 2.40.54  
 4: M. Patterson, DPF, 2.47.42; 5: W. Brindle, Horw, 2.47.55; 6: B. Brindle, Horw, 2.48.05; 7: R. Berzins, DPF, 2.48.34; 8: R. Bangham, Holm, 2.49.13; 9: R. Toogood, DPF, 2.49.42; 10: A. Farnell, DPF, 2.49.55; **Vets.o/40**: 1: R. Toogood, DPF, 2.49.42; 2: A. Farnell, DPF, 2.49.55; 3: J. Nixon, Horw, 2.52.22; **Vets.o/50**: 1: P. Duffy, Aber, 3.24.13; 2: C. Henson, DPF, 3.35.20; 3: F. Galbraith, DPF, 3.49.32; **Ladies**: 1: K. DeMangel, DPF, 3.15.25; 2: S. Ratcliffe, Sadd, 3.18.05; 3: A. Harris, Stock, 3.23.19.

**BOULSWORTH HILL** England  
**CM/8m/1200ft** 12 Dec. 1987  
 Organiser Duncan Thompson had the whole field of runners crawling on hands and knees at the rear of the Herders Arms with a very steep uphill finish. On a very cold day Ray Owen and Colin Valentine ran away from the rest on this testing course on tracks, road and very rough moorland with Lad Law the summit on Boulsworth Hill.

Eileen Burnip and Silvia Watson battled all the way with only 2 seconds to split them at the end for third ladies place and first veteran.

1: R. Owen, Horw. 53.59  
 2: C. Valentine, Kes. 54.22  
 3: T. Rutherford, Clay, 57.14  
 4: J. Holt, Clay, 57.51; 5: M. Keys, Ross, 58.51; **Vet.o/40**: K. Carr, Clay, 63.18; **Vet.o/45**: K. Lodge, Hall, 63.59; **Vet.o/50**: R. Barker, RR, 65.35; **Teams**: 1: Clayton, 14pts; 2: Horwich, 18pts; **Ladies**: 1: C. Haigh, Holm, 65.37; 2: R. Pickavance, U/A, 68.31; 3: E. Burnip, Clay, 76.12.

**CARRAGHYN A.S.** Isle of Man  
**AS/2½m/1100ft** 2 January 1988

1: A. Gage, Western (rec) 17.51  
 2: S. Hull, Boundary 17.52  
 3: S. Brennan, Boundary 18.01  
 4: T. Rowley, West, 18.08; 5: J. Crellin, Manx, 18.47; **Vets**: 1: J. Tasker, Manx, 21.10; 2: D. Corris, Manx, 21.35; 3: R. Callister, West, 22.34; **Junior**: D. Knowles, West, 21.40.

**WHINBERRY NAZE** England  
**BS/4½m/750ft** 26 Dec. 1987  
 1: G. Wadsworth, Ross. 25.30  
 2: R. Owen, Horw. 26.10  
 3: G. Schofield, B'burn 26.15  
 4: J. Taylor, Holm, 26.18; 5: R. Jackson, Horw, 26.31; 6: A. Moffat, DPF, 26.56; 7: K. Taylor, Ross, 27.28; 8: I. Christian, Ross, 27.45; 9: D. Kay, Bolt, 27.49; 10: H. Aspinall, Ross; **Vets.o/40**: 1: K. Taylor, Ross, 27.28; 2: D. Kay, Bolt, 27.49; 3: J. Nixon, Horw, 29.10; **Vets.o/50**: 1: J. Jackson, Roch, 32.25; 2: P. Duffy, Aberd, 32.40; **Ladies**: 1: C. Haigh, Holm, 31.29; 2: R. Pickavance, U/A, 34.36; 3: S. Ratcliffe, Sadd, 35.49; **Juniors**: 1: J. Taylor, Holm, 26.18; 2: A. Preedy, Burn, 29.18; 3: M King, 34.36.

## MORE RUMOURS

Rumour has it that - 2 South Wales Fell (mountain) runners would rather drive 750 miles in a single day for a measly 1.7 mile race than face the Blorenge again!

That Will McLewin and the Carnethy Think Tank are being asked to draw up a policy document on Fell Running in the 1990's.



Graham Wright descending Rivington Pike at end of Winter Hill Race - W.S. Bateman.



**CALDERDALE WAY RELAY Eng**  
**50m/6000ft**      **13 December**

The Calderdale Way Relay over 50 miles in the Halifax area, brought success for Bingley Harriers after being runners-up to Rossendale for the last three years.

Bingley's 12 man team also smashed the course record 5.38.13 which Rossendale put up last December, as they got down to 5.35.38. It took time for Bingley's squad to hit the front, but once they did they stayed there.

Rossendale pipped them for first place on stage one through Bob Ashworth and Sean Livesey with Rochdale taking to the front on stage two.

Teenagers Martin Peace and Steve Green graped the nettle taking Bingley from third, 81 seconds down, to first place, 47 seconds ahead, and setting a record on stage three.

Bingley's lead was extended on stage four to 4 minutes; and Bob Whitfield, England's fell racing champion, combined with Martin Speight to widen the gap to 8 minutes on stage five.

England Junior International Steve Brooks and Bingley Road Captain Gavin Terry had a comfortable run to the finish.

Bingley really meant business in this event judging by the calibre of the team fielded.

Clayton's veterans got off to a flying start on stage one and although their lead was gradually reduced as the event progressed they hung on to win their category in 6.19.13.

Clayton's ladies also had an early lead which they maintained to the finish and created a new record of 7.29.51.

- 1: Bingley A                    5.35.38
- 2: Clayton A                5.45.08
- 3: Rochdale A                5.46.49
- 4: Pudsey & Bramley A, 5.47.29; 5: Rossendale A, 5.52.32; 6: Calder Vale A, 6.07.40; 7: Valley Striders, 6.11.45; 8: Horwich A, 6.12.02; 9: Halifax A, 6.12.23; 10: Rossendale B, 6.12.43; 11: Skyrac A, 6.15.08; 12: ASVAC A, 6.16.28; 13: Clayton Vets, 6.19.13; 14: SELOC, 6.19.28; 15: Holmfirth A, 6.19.50; 16: Bingley Vets, 6.20.31; 17: Pudsey & Bramley B, 6.21.27; 18: Clayton B, 6.21.27; 19: Kendal A, 6.25.21; 20: Bingley C, 6.28.17; **Ladies:** 1: Clayton, 7.29.51; 2: Bingley, 8.29.13; 3: Halifax, 8.50.00.



Ken Taylor and Ray Rawlinson cross canal to the finish of Calderdale Way Relay - W.S. Bateman.

**BLUE PIG**                    **England**  
**N/8m/2600ft**                **3 January 1988**

A new race around the Hebden Bridge gorge, though, despite the amount of climbing there is no real fell! Due to this it will only probably get a 'C' category, but it is well worth the journey. A novel feature was that the course was marked with scores of 'Blue Pigs' though these were sometimes hard to see when belting down a hillside.

A total of 182 started, charging towards the stile to get out of the meadow back round to the pub and on up the first climb to Hep-tonstall. Gary Webb was the early leader although Gary Devine and Bob Ashworth were the ones to force the pace and make the break but some time was lost when they missed a marker. Luckily no-one was close enough to take advantage. It was the younger legs of Gary that prevailed with Andy Styan bringing up third, now leading the veterans ranks.

The first twelve achieved the Elite time of 65 minutes, in mild, muddy conditions.

Carol Haigh was untroubled in winning the ladies, 51st overall. Mark Rice was a clear winner of the junior race where all the first few were isolated.

For scalp hunters Ron Hill finished 96th, but oh that outfit!

Alan Bocking

- 1: G. Devine, P&B                    61.54
- 2: R. Ashworth, Ross.                62.08
- 3: A. Styan, Holm.                    62.39
- 4: G. Webb, Calder, 62.42; 5: A. Schofield, Roch, 62.48; **Vets:** 1: A. Styan, Holm, 62.39; 2: D. Kay, Bolt, 63.06; 3: K. Taylor, Ross, 63.13; 4: P. McWade, Clay, 63.19; 5: D. Lawson, Bing, 67.46; **Ladies:** 1: C. Haigh, Holm, 72.44; 2: S. Haines, York Uni, 77.10; 3: R. Pickavance, U/A, 78.58; 4: V. Brindle, Clay, 81.33; 5: C. Cook, Clay, 83.45; **Juniors:** 1: M. Rice, Tod, 20.10; 2: R. Lawrence, Bing, 20.52; 3: W. Styan, Holm, 21.59; 4: S. Brophy, Holm, 22.29; 5: A. Bowden, Calder, 22.48.

**TRIG POINT RACE**      **England**  
**CM/15m/1300ft**      **9 January 1988**

With thirty Mercia members taking part in this Fourth Annual Trig Point Race, this was going to be an exciting event. There were 85 starters and from the start Malcolm Patterson and Tim Tett pushed hard and were clear of the chasing field. Dave Peel and Richard Day took up the challenge with John Wooton wondering what the weather was going to do.

By Moors Gorse Malcolm and Tim were well ahead, but it was not until the return that Malcolm made his bid on the climb back from Moor Gorse. The first two places were secure so it was left to Dave and Richard as to who would pull clear for third, Dave took a different route from Breerton Spurs and managed to take 150m from Richard which he never closed.

There was a real battle for fifth place between John and Richard Hyman with Richard coming out on top after one of his best races and also finished first veteran.

The team prize naturally went to Mercia with fine packing after the leaders had come home.

The Ladies' race was equally exciting with Jane Smith of Dark Peak pulling away from Hilary Johnson, and Rose Gillick chasing after both of them.

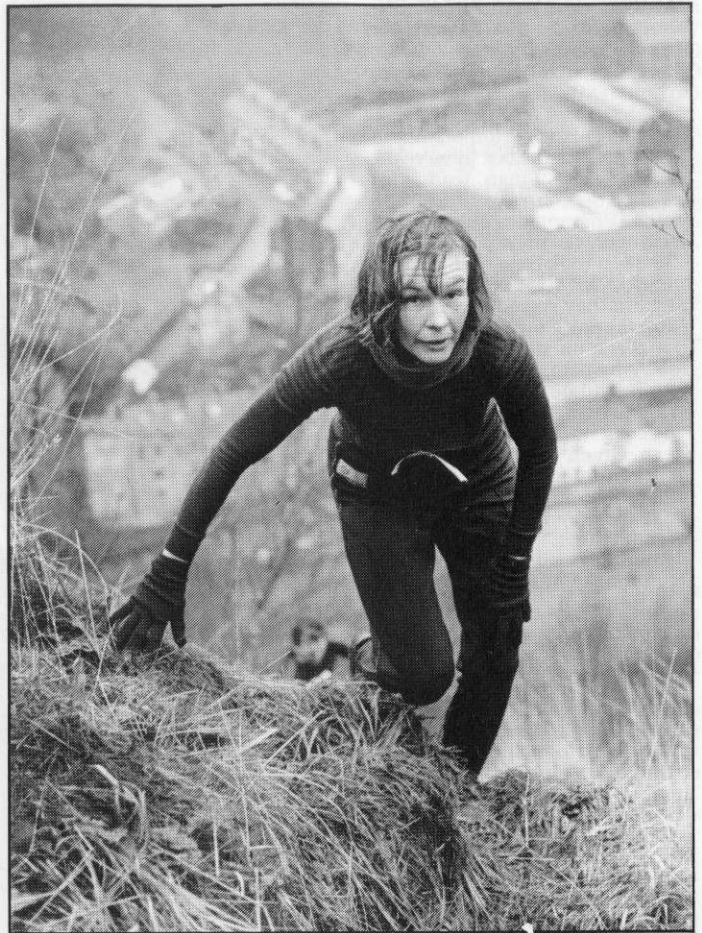
Due to good weather records tumbled and Malcolm took 2 minutes off his previous record. After the race there was food and prize giving at Brocton Village Hall to complete a good day.

Richard Day

- 1: M. Patterson, DPFR                1.31.03
- 2: T. Tett, DPFR                    1.32.48
- 3: D. Peel, Walton                    1.41.38
- 4: R. Day, Mercia, 1.43.38; 5: R Hyman, Merc, 1.44.58; 6: J. Wooton, Merc, 1.45.21; 7: M. Anglim, Wrek, 1.45.26; 8: P. Chilton, Nun, 1.45.58; 9: P. Axon, Stone, 1.46.06; 10: P. Cleary, Merc, 1.48.34; **Vets:** 1: R. Hyman, Merc, 1.44.58; 2: M. Anglim, Wrek, 1.45.26; 3: P. Axon, Stone, 1.46.06; 4: B. Carey, Merc, 1.48.34; 5: L. Badger, Stone, 1.48.45; **Ladies:** 1: J. Smith, DPFR, 2.00.09; 2: H. Johnson, Merc, 2.03.28; 3: R. Gillick, Stone, 2.08.34.



Bob Ashworth on final descent of Blue Pig Fell Race - Peter Hartley.



Sylvia Watson climbing out of the valley of Blue Pig Fell Race - Peter Hartley.

**CREG-NY-BAA Isle of Man**  
**AM/10m/2700ft 21 Feb. 1988**

After his disappointments in the Isle of Man x-country championships, Allan Gage returned to form to win this 10 mile fell race in record breaking time. Conditions were ideal, a light breeze with a slight covering of mist on the summit of Snaefell, it was therefore certain fast times were on the cards. Allan came home just under two minutes ahead of club-mate Tony Rowley, with former Island fell champion Tony Varley overhauling visiting athlete, Bolton's John Quine only in the final mile of the race.

Phil Cain

- 1: A. Gage, WAC (rec) 74.54  
2: T. Rowley, WAC 76.42  
3: T. Varley, BM 78.53  
4: J. Quine, Bolton, 80.49; 5: S. Hull, BH, 82.25; **Vets:** 1: J. Tasker, MAC, 91.06; 2: G Hull, BH, 94.56; 3: J Wright, MAC, 106.20.

**DAVE CANNON COACHING**  
**WEEK-END, ISLE OF MAN**  
**February 6-7 1988**

Dave Cannon, the former British Fell Champion and marathon title holder came to the Isle of Man in early February, for an athletics coaching week-end. Everyone who attended both days was impressed by the Cumbrian athlete, who regrettably has had to give up running, due to a viral problem. Dave has turned his vast experience of running to good effect though, his most notable 'Pupil' being Kenny Stuart.

Dave thoroughly enjoyed his first visit to the island, and it is hoped to bring him over again later in the year.

Phil Cain, Week-end Organiser

**TIGERS T HIGGER TOR Eng**  
**BM/8m/1300ft 21 Feb. 1988**

On a bright, clear and still Sunday morning the 107 starters were all keen to try the new course extended this year onto Standage, but still the lap of two rugby pitches to start and finish. The beginning of the race over private land was flagged to the first check point, after this the route was optional.

By the first check point Andy Trigg had just hedged into the lead, he chose the more scenic route and took several runners with him. The local shirts of Dark Peak and Totley AC taking the rest of the field the more direct route, but in spite of this he still arrived at the summit of Standage Edge first with Andy Moffat hard on his heels. The route back down to the stone bridge again split the field with several runners choosing the faster descent down the green drive only to find it was slower.

Back on to burbage Edge no one was going to catch Andy Trigg, the eventual winner in 62.15 with Andy Moffat second and Brian Hilton third, who also took the first veterans prize.

Don Longley

- 1: A. Trigg, Gloss, 1.02.15  
2: A. Moffat, DPFR 1.03.27  
3: B. Hilton, Leeds 1.05.53  
4: J. Cant, DPFR, 1.06.15; 5: W. Wyatt, Gloss, 1.06.31; 6: M. Prady, Gloss, 1.06.32; 7: G. Cresswell, Penn, 1.06.33; 8: P. Marland, Gloss, 1.06.37; 9: G. Berry, DPFR, 1.06.53; 10: A. Ratcliffe, Sadd, 1.07.02; **Vets:** 1: B Hilton, Leeds, 1.05.53; 2: G. Berry, DPFR, 1.06.53; 3: K. Lodge, Hali, 1.09.10; 4: D. Longley, Tot, 1.09.25; 5: R. Barker, RR, 1.11.23; 6: J. Armistead, DPFR, 1.12.02; **Ladies:** 1: S. Ratcliffe, Sadd, 1.13.22; 2: J. Loch-head, Holm, 1.14.13; 3: A. Whatmore, Tot, 1.14.23; 4: J. Johnson, Darley, 1.19.49; **Juniors:** 1: R. Lawrence, Bing, 30.47; 2: S. Trickett, Malt, 33.02.

# ANDERSONS MOURNE MOUNTAIN MARATHON



PARTICIPANTS MUST COMPLETE  
IN TEAMS OF TWO

**ANDERSONS CLASS**  
**APPROX. 40 MILES TOTAL**  
**"B" CLASS**  
**APPROX. 32 MILES TOTAL**  
**"C" CLASS**  
**APPROX. 24 MILES TOTAL**  
TEAM ENTRY FEE £12.00

**SAT. 17th**  
**SUN. 18th**  
**SEPTEMBER**

**TWO DAY NAVIGATION/ENDURANCE EVENT**

FOR FURTHER INFORMATION AND ENTRY FORMS WRITE TO: - REGGIE McNEILL  
36 WOODFORD HEIGHTS, ARMAUGH BT60 2DY  
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**CARNETHY Scotland**  
**AM/6m/2500ft 20 February 1988**  
 A record entry of 510 runners and 400 starters produced a field of British Championship quality without many of the ensuing problems associated with Championship races thanks to efficient organisation.

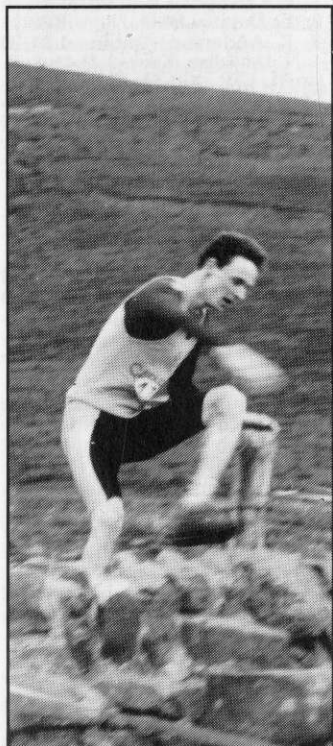
The weather was remarkably good for the time of year but the innapropriately named Blair-Fish bog (he gets lost in puddles crossing it) was in full spate.

Any personal best times must be disallowed as the start was moved forward to avoid the worst of the excavations in this bog. Spurious suggestions have been made to the organiser that there should be an EEC development grant for mountain running to drain this bog and that warnings should be placed in several languages before the scree descent on this otherwise clearly marked course.

Iain Davidson gave Malcolm Patterson a run for his money in his early attempt to present himself as the 1988 mountain runner North of the border. Carnethy narrowly won the team prize from Ambleside and Scotland held on to the Claymore.

Angus Pentland

- 1: M. Patterson, DPFR 48.31  
 2: I. Davidson, Carnethy 49.18  
 3: D. Bell, HELP 49.55  
 4: G. Schofield, B'burn, 49.57; 5: A. Farningham, Gala, 49.59; 6: J. Maitland, P&B, 50.13; 7: J. Wilkinson, Gala, 50.37; 8: D. McGonigle, Dund, 50.45; 9: A. Curtis, Living, 50.51; 10: J. Broxap, Kes, 51.09; 11: G. Clucas, CFR, 51.15; 12: M. Rigby, Amble, 51.21; 13: P. Marshall, HELP, 51.28; 14: J. Reade, Fife, 51.32; 15: A. Spenceley, Carn, 52.03; 16: G. Russell, Amble, 52.23; 17: P. Clark, Kend, 52.30; 18: H. Jarret, CFR, 52.58; 19: D. Woodhead, Horw, 53.05; 20: D. Rodgers, Loch, 53.08; **Vets.o/40**: 1: R. Shields, Clyde, 53.13; 2: J. Shields, Clyde, 53.15; 3: D. Spedding, Kesw, 54.46; 4: T. Ross, Fife, 56.25; 5: P. Low, Fife, 56.34; **Vets.o/50**: 1: H. Blenkinsop, Kesw, 60.42; 2: P. Brooks, Loch, 61.32; 3: D. Hughes, CFR, 61.38; **Ladies**: 1: P. Rother, Edin, 60.08; 2: J. Salvona, Liv, 61.37; 3: T. Calder, Edin, 62.04; **Juniors**: 1: S. Craig, Inter, 55.28; 2: T. Hughes, Fife, 60.18; **Team**: Carnethy.



Iain Davidson crossing Charles Loup at the finish of Camethy Hill Race - Sandy Munroe.



Penny Rother ascending Scaldlaw in Camethy Hill Race - Sandy Munroe.

**TITTERSTONE CLEE England**  
**AS/2 1/4m/750ft 27 February 1988**

The combined race weekend proved popular with 122 starters far exceeding previous years, and causing consternation with the finishing officials.

The bitter weather of the preceding week relented, to give perfect conditions. A pleasant breeze blew us up the hill on ground which had been well dried out. Ken West took full advantage, arriving at the summit with 36 seconds lead over Trevor Longman, to eventually beat Dave Hall's five year old record by a full 45 seconds. Just how good the old record was is shown by the fact that no-one else managed to beat it.

Amongst the rest, one bunch made the mistake of following the organiser who had failed to realise that this year, the bracken was negligible, and took the round about route that in some years is much faster.

We had a great field of 12 ladies, with class marathoner Tanya Ball achieving a 20 second victory over Julie Harold who in turn just edged out local girl Anne Capp.

Very noteworthy was under 15 Nathan Matthews, who finished in 28th place well up in the main pack of finishers.

Host club Mercia were surprised to take the team prize with a comfortable 39 points to 56 over Horwich.

- 1: K. West, Border 17.20  
 2: P. Ratcliffe, Ross. 18.11  
 3: K. Robinson, B'burn 18.17  
 4: T. Longman, Hun, 18.19; 5: J. Hope, Achi, 18.21; 6: J. Worswick, Horw, 18.29; 7: G. Patten, Mass, 18.43; 8: E. Galloway, RAF, 18.54; 9: R. Day, Merc, 19.00; 10: R. Burt, Sand, 19.04; **Vets**: 1: K. West, Bord, 17.20; 2: G. Patten, Mass, 18.43; 3: M. Anglim, Wrek, 19.36; **Ladies**: 1: T. Ball, Lon.Oly, 22.19; 2: J. Harold, Horw, 22.39; 3: A. Capp, Telf, 22.42; **Juniors u.15**: 1: N. Matthews, Horw, 20.19; 2: O. Pratten, Wirr, 23.00; 3: A. Thompson, Merc, 24.55.

**LONG MYND VALLIES England**  
**AM/10m/4000ft 28 Feb. 1988**

The organiser remembered everything - in our enthusiasm, the school was even double booked (for the same event!).

Unfortunately, somehow a misunderstanding got through, which did not dawn on the organiser until he arrived at the second checkpoint, only to find that it was not in place, as the first had not been. There was one later on, but it happened to be for another event.

Missing checkpoints aside, I believe that I can honestly say that most people had a good day out - the course has certainly been well received.

For the second year running, a junior orienteer has run away from the field to win in a superb time. Last year's winner Steve Palmer hung on for a while, but faded towards the end. The three big climbs that give half the courses' ascent in the last couple of miles certainly search out weaknesses in winter training.

Paul Ratcliffe ran a steady race to just beat Steve across the line for second place. However, just as important for him, he also beat Trevor Longman for the second day running to retain his trophy for the combined events, by less than a minute again.

Another big ladies' field of 11 was won by orienteer Alice Bedwell, narrowly over Hilary Johnson. Tanya Ball found the down-hills hard, but came third to ensure her victory in the overall result.

Mercia again won the team prize with an 11 points to 55 victory over Pennine, with Rossendale third.

At the prize-giving, most people seemed not to mind about the checkpoints and nearly 30 small prizes were given out in addition to medals and tee-shirts for the first 27 men and 3 ladies in the combined results.

Let me assure anyone with doubts that our organisational cock-up cannot recur, and that next year we will be ready to cope with the large fields that might come.

- 1: S. Nicholson, Camb. 1.38.28  
 2: P. Ratcliffe, Ross. 1.44.37  
 3: S. Palmer, Merc. 1.44.41  
 4: T. Longman, Hunc, 1.44.42; 5: R. Day, Mercia, 1.45.13; 6: E. Harwood, Merc, 1.49.55; 7: J. Boswell, Ere, 1.49.56; 8: K. Robinson, B'burn, 1.50.08; 9: J. Hope, Achi, 1.50.24; 10: D. Williams, Harle, 1.52.24; **Vets**: 1: M. Anglim, Wrek, 1.53.28; 2: G. Patten, Mass, 1.54.39; 3: N. Matthews, Horw, 1.55.31; **Ladies**: 1: A. Bedwell, Mynyd, 2.15.12; 2: H. Johnson, Merc, 2.16.07; 3: T. Ball, Lon.Oly, 2.24.20.

**TITTERSTONE CLEE & LONG MYND VALLIES COMBINED RESULT**

- 1: P. Ratcliffe, Ross. 2.39.00  
 2: T. Longman, Hunc. 2.39.49  
 3: R. Day, Merc. 2.42.13  
 4: K. Robinson, B'burn, 2.44.59; 5: J. Hope, Achi, 2.45.27; 6: E. Harwood, Merc, 2.47.43; 7: J. Worswick, Horw, 2.50.00; 8: G. Patten, Mass, 2.50.48; 9: E. Galloway, RAF, 2.51.23; 10: M. Anglim, Wrek, 2.51.46; **Vets**: 1: K. Robinson, B'burn, 2.44.59; 2: S. Jones, Eryri, 2.52.46; 3: N. Matthews, Horw, 2.55.40; 4: J. Brooks, Mynyd, 2.59.55; **Ladies**: 1: T. Ball, Lon.Oly, 3.31.17; 2: A. Capp, Telf, 3.40.27; 3: C. Osborne, Telf, 3.44.28.

**MYNYDD MAEN TRAVERSE N/7 1/2m/1700ft 5 March 1988**

In near perfect conditions 64 runners set off with Paul Wheeler taking an early lead on the long climb after the start, but then getting lost due to his poor route finding. Only after seeing the leading group of eight go past him did he turn and give chase, finishing 7 seconds adrift at the end. There were new course records set in all categories and first 26 home broke the old course record of last year, but this was set in a white-out.

- 1: C. Hallet, Bristol 51.43  
 2: P. Wheeler, RRW 51.50  
 3: P. Ratcliffe, Ross. 52.05  
 4: P. James, Hook, 52.27; 5: N. Webb, RRW, 52.31; **Vets.o/40**: 1: M. Owen, RRW, 54.08; 2: L. Williams, MDC, 54.41; 3: D. Thomas, MDC, 56.06; **Vet.o/50**: A. Smith, MDC, 60.40; **Ladies**: 1: A. Bedwell, MDC, 62.35; 2: S. Ashton, MDC, 66.38; 3: J. Davis, Bristol, 72.16.

**HIGH PEAK MARATHON** Eng  
4/5 March 1988

All the records were broken on this year's High Peak Marathon, thanks to excellent weather, frozen bogs and superb performances. Despite predictions of snow and gales earlier in the week, the night of the event was clear and crisp, with a magnificent full moon. Dawn on Saturday was dramatic, with beautiful colours and the full moon still floating just above the horizon.

More teams finished than ever before - 41 teams out of the 49 starters.

The record was smashed by Sub 9 - M. Stone, G. Kerr, M. Rigby and P. Irwin - in an amazingly fast time of 8hrs 7mins, which is 1hr 14mins faster than the previous record for the full Derwent Watershed route, set in 1984 by Harry Hut Bouncers. The Bouncers were second, 44mins behind, and there was a tie for third place (9hrs 1min!) between Clayton-le-Moors Harriers and Clayton Veterans. Sub 9 took the Millstone Trophy for the third year running. Since another team had a time of less than 9hrs this year, it was suggested that Sub 9 should be Sub 8 next year!

Once again we had fantastic support from an enthusiastic band of helpers, mainly from Sheffield University YHS and Sheffield University Training Corps. Preparations are already in hand for next year's event, which will take place 3/4 March.

- 1: Sub 9 (M.Stone, G.Kerr, M. Rigby, P.Irwin) 8hrs 7mins  
2: Harry Hut Bouncers (A.Belton A.Addis, M.Elsegood, S.Libby) 8hrs 51mins  
3: Clayton-le-Moors (M.Burridge, T.Laney, M.Wallis, P.Browning) 9hrs 01mins

**Mixed/Ladies:**

- 1: Dolly Mixtures (H.Diamantides, B.Hall, L.Kirkwood, C.Menhennet) 11hrs 10mins

**Veterans:**

- 1: Dark Peak West (J.Amies, A.Ireland, C.Gravina, D.Hodgson) 10hrs 7mins

**CHEW VALLEY SKYLINE** Eng  
AL/13m/2000ft 6 March 1988

- 1: W. Bland, Kesw. 1.46.32  
2: G. Devine, P&B 1.47.06  
3: S. Livesey, Ross. 1.47.12  
4: P. McWade, Clay, 1.47.21; 5: G. Read, Roch, 1.47.31; 6: G. Schofield, B'burn, 1.47.33; 7: A. Trigg, Gloss, 1.47.40; 8: J. Taylor, Holm, 1.47.49; 9: R. Owen, Horw, 1.47.56; 10: M. Patterson, DPFR, 1.48.50; 11: P. Mitchell, Bing, 1.50.06; 12: M. Prady, Gloss, 1.50.19; 13: M. Whyatt, Gloss, 1.51.00; 14: A. Schofield, Roch, 1.51.06; 15: R. Ashworth, Ross, 1.51.20. **Vets.o/40:** 1: W. Bland, Kesw, 1.46.32; 2: P. McWade, Clay, 1.47.21; 3: T. Farnell, DPFR, 1.53.24; 4: A. Harmer, DPFR, 2.04.26; 5: B. Deegan, Roch, 2.05.37; **Vets.o/45:** 1: B. Toogood, DPFR, 1.53.30; 2: D. Kay, Bolt, 1.55.52; 3: J. Nuttall, Clay, 2.03.51; **Vets.o/50:** 1: W. Fielding, Leeds, 2.12.11; 2: R. Shield, Bolt, 2.12.52; 3: J. Armistead, DPFR, 2.13.51; **Ladies:** 1: S. Parkin, Kend, 2.09.59; 2: S. Ratcliffe, Sadd, 2.11.43; 3: R. Pickvance, Clay, 2.16.09; 4: K. Alimihandani, Sadd, 2.17.38; 5: S. Haines, York, 2.19.15; **Inters:** 1: J. Taylor, Holm, 1.47.49; 2: A. Schofield, Roch, 1.51.06; 3: S. Hawkins, Bing, 1.52.33; 4: S. Willis, Bing, 1.53.16; 5: D. Ibbetson, Gloss, 1.54.29; 6: W. Gaunt, Leeds, 2.01.23;

**Teams:**

- 1: Glossopdale (7,12,13,26) 58pts  
2: Bingley (11,17,19,39) 86pts  
3: Horwich (9,16,23,41) 89pts

**AXNFELL** Isle of Man  
AL/21m/7000ft 6 March 1988

Due to a clash of fixtures only a small number started the Axnfell Handicap Fell race. These were further reduced due to the atrocious weather conditions, only seven completing the course.

The decision to run the event on a handicap basis seems to be working well, with more runners having the chance to be 'first past the post'.

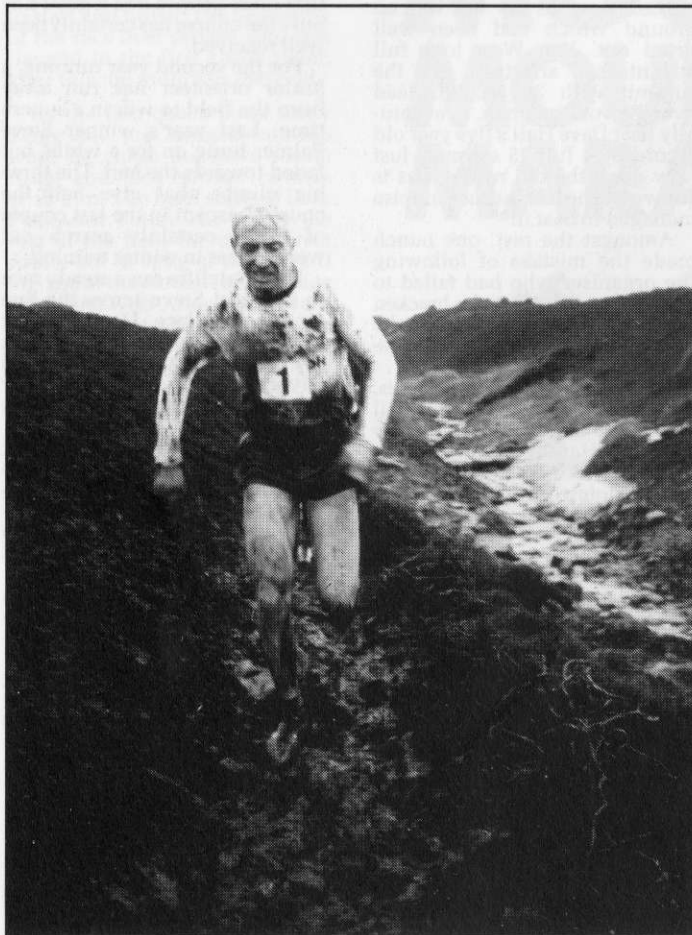
Veteran Eddie Brew took full advantage of his handicap to come home first, also setting a P.B. which was very good considering the conditions. In his first ever long fell run George Brown led up until the last five miles but tired to finish second, five seconds behind the winner. Third was another veteran George Hull.

It was unfortunate only a small number competed, as with the twenty one miles course covering nine hills with 7000ft of ascent it is ideal preparation for the Easter Mountain Marathon.

Ritchie Stevenson

	Actual Times
1: E. Brew (1 vet) West.	5.25.29
2: G. Brown	5.31.10
3: G. Hull (2 vet) Bound.	4.54.57
4: I. Callister, MAC.	5.03.22
5: R. Baxter (3 vet) MAC.	6.19.50
6: P. Corlett, MAC.	5.26.20
7: T. Varley, Bound.	4.10.56

Peter Duffy on Featherbed Moss at Chew Valley - Mike Donough.



**RAS MOEL Y CI** Wales  
AS/2 1/4/800ft 12 March 1988

The sixth Moel y Ci race saw 50 runners set off with the mist just lifting off the top.

David Anderson taking the lead with Colin Donnelly just behind him. The top third of the hill is covered in heather and as Dave slowed slightly, Colin sought a way past, failing on his first attempt, but found a way through just before the top. Colin went on to win in a new record time. In the ladies race Angela Carson also won in a new record time. First Veteran was Huw Parry with Del Davies dressed up for a training run in second place.

Sponsorship was £100 and entry fees total was £75. After taking for extra prizes, sending off result sheets and certificates, providing refreshments, the remainder of £38 was donated to the village hall for their help and use of facilities.

N.W.Fisher

- 1: C. Donnelly, Eryri 16.47  
2: D. Anderson, Bro.Dyss. 17.01  
3: H. Griffiths, C.R.Hebog 17.24  
4: D. Roberts, U/A, 17.38; 5: H. Parry, Eryri, 18.09; 6: J. Wooton, Merc, 18.12; **Vets.o/40:** 1: H. Parry, Eryri, 18.09; 2: D. Davies, Towers, 18.53; 3: D. Thomas, Eryri, 20.25; **Vets.o/50:** 1: L. Griffiths, U/A, 23.24; 2: A. Clarke, U/A, 24.00; 3: D. Charles, Eryri, 24.01; **Ladies:** 1: A. Carson, Ery, 20.01; 2: S. Walsh, Ery, 22.59; 3: R Parry, Ery, 24.19.

**IAIN ROBERTS RELAY** Eng  
19 March 1988

- 1: Horwich RMI 1.36.04  
2: Holmfirth 1.37.42  
3: Leeds City 1.38.29  
4: Pudsey & Bramley, 1.39.11; 5: Bingley, 1.39.35; 6: Blackburn, 1.40.29; 7: Horwich B, 1.40.45; 8: Keswick, 1.41.46; 9: Pudsey & Bramley Juniors, 1.43.46; 10: Bingley B, 1.44.39;  
**Fastest fell times:**  
1: G. Devine, 24.39; 2: J. Taylor, 25.06; 3: G. Schofield, (leg 4) 25.23; 4: W. Brindle, 25.28; 5: C. Lyons, 25.34; 6: S. Hawkins, 25.39.

**BLACK COMBE** England  
AM/10m/3000ft 20 March 1988

Race day was manky and clag ridden where navigators were to come up trumps in the annual Black Combe Fell Race. Ninety runners started the race from Brockwood Park Holiday Estate but many went astray in the clag with six having to retire after getting hopelessly lost. The main problem was the descent from checkpoint two (Black Combe summit) down into Rallis valley. The mist was very thick at the top and runners were throwing themselves off in all directions like Lemmings (so my marshalls tell me) many finding that they had taken the wrong line as soon as they dropped out of the cloud.

Never-the-less many runners enjoyed the course, old and newcomers alike, which always makes the organisation worth while. The fells had been soaked with heavy rain for the few days leading up to the race, which made the route a wet and boggy one, although the rain did hold off until the race had finished.

Jack Maitland was unable to defend his title this year having won three years on the trot. The title this year went to Geoff Clucas of Cumberland Fell Runners. First Veteran was Black Combe's own Ken Lindley and the Super Vets prize went to Danny Hughes. Cumberland Fell Runners also took the Team prize for the second time. First Lady was Sue Parkin of Kendal with a time of 1.33.48.

Brockwood Park opened the bar this year (under new management) which made a cosy setting for the prize giving and laid on bar meals. A pint or two goes down well after you've slogged your guts out climbing White Hall Knott to checkpoint three, it can only be described as a 1000ft vegetable wall. Prior to that climb was the 1900ft descent from the summit of Black Combe, which is a real leg killer. This descent and ascent is always a talking point after the race, a show stopper to say the least.

Ken White

- 1: G. Clucas, CFR 1.18.26  
2: G. Devine, P&B 1.20.11  
3: K. Anderson, Amble. 1.21.26  
4: N. Lanaghan, Kesw, 1.21.45; 5: H. Jarrett, CFR, 1.21.55; 6: P. Harlowe, Kesw, 1.22.19; 7: J. Broxap, Kesw, 1.22.26; 8: S. Hicks, Amble, 1.22.45; 9: P. Clark, Kend, 1.23.07; 10: K.Mingins, 1.23.18; **Vets.o/40:** K. Lindley, BCR, 1.27.28; 2: R. Shaw, Skyrac, 1.29.58; 3: T. Shiels, Bolt, 1.30.52; **Vets.o/50:** 1: D. Hughes, CFR, 1.32.02; 2: H Blenkinsop, Kesw, 1.50.49; **Ladies:** 1: S. Parkin, Kend, 1.38.48; 2: C Kenny, AR, 1.55.10.

**EDALE SKYLINE** England  
AL/21m/4500ft 20 March 1988

This year the weather was intermittent low cloud and sunny periods. Hugh Symonds was 7 minutes slower than last year.

A group of about ten broke away from the main field on the first climb up Grindslow Knoll led by Andy Harmer. By Cheshire Cheese Brent Brindle had broken away with Andy Trigg, followed at about 10 seconds by a group of four containing Billy Bland and Hugh Symonds. From Mam Nick a group of three (Hugh, Billy and Andy) detached themselves from the chasing runners.

Andy Trigg experienced extreme fatigue over the latter stages. Andy Moffat came through the field from about fortieth position at Cheshire Cheese to finish fourth.

Jackie Smith had an excellent run in the heavy conditions to

finish in just over 3½ hours. Carol Haigh retired at Mam Nick troubled by the trapped sciatic nerve she has had for some time.

There was excellent support from the sponsors and no casualties or complaints. E. Trowbridge  
1: H. Symonds, Kend. 2.49.04  
2: W. Bland, Kesw. 2.49.49  
3: B. Brindle, Horw. 2.58.04  
4: A. Moffat, DPFR, 3.02.17; 5: A. Harmer, DPFR, 3.02.48; 6: A. Trigg, Gloss, 3.04.07; 7: M. Whyatt, Gloss, 3.04.59; 8: K Gaskell, Horw, 3.06.06; 9: D Ibbotson, Gloss, 3.06.46; 10: L. Stephenson, Kend, 3.13.22; **Vets.o/40**: 1: W. Bland, Kesw. 2.49.49; 2: A. Harmer, DPFR, 3.02.48; 3: C. Taylor, Clay, 3.17.57; 4: M. Hawkins, Erewash, 3.26.49; 5: N. Sercombe, RRH, 3.28.25; **Vet.o/50**: B. Fielding, Leeds, 3.29.30; **Ladies**: 1: J. Smith, DPFR, 3.31.38; 2: A. Watmore, DPFR, 3.53.41; 3: G. Goldsmith, DPFR, 4.02.58; 4: J Johnson, DenbyD, 4.07.01.

### ROCK + RUN MOUNTAIN MARATHON England 26/27 March 1988

Congratulations to those who finished both days!  
Only 25% of starters made it beyond Crinkle Crags, however most of these teams completed both courses. Saturday was easily the worst day of March. Finishers on Sunday seemed understandably elated at coming through one of the toughest ordeals in the history of mountain marathons.

It was unfortunate that the strong winds and rain started only a few minutes before the first start time. Given another half hour it would have been possible to issue descriptions for shorter courses, although it appears unlikely that this would have enabled many more teams to finish.

The aim of the event was to place emphasis on high quality courses; testing the skills of route choice, mountain navigation and hill-craft. We hope that the courses provided continuous interest, and at the same time maintained a high standard of fairness.

The event organisation was kept to a minimum. A small team ran the start, finish and overnight campsite. WE made NO allowance for rescuing competitors. We were assisted by RAF Stafford Mountain Rescue, and the local Ambleside and Langdale Mountain Rescue who were on standby, however even these experienced teams cannot make the event entirely safe, and in the end it is up to the competitors to look after themselves.

Mountain Marathoning is a dangerous sport; competitors should be self-sufficient and aware of the risks.

Next year the R+RMM will be held amongst the highest mountains in Britain, most likely in late May. M. Bagness

- Course 'E':**  
1: M.Stone/K.Taylor 13.27.08  
2: D.Rosen/J.Broxap 13.33.14  
3: M.Rigby/C.Valentine 13.51.46  
4: D.Jones/S.Hale 14.45.25
- Course 'A':**  
1: S.Bondi/J.Fuller 14.38.08  
2: T.Watkins/R.Houghton 15.03.37  
3: A.Howie/P.Wheatcroft 15.20.42
- Ladies:**  
1: W.Dodds/S.Walsh 16.41.05  
2: H.Diamantides/R.Pickvance 18.27.55
- Veterans:**  
1: C.Gravina/T.Gravina 18.27.38
- Course 'B':**  
1: N.Bramwell/D.Gilchrist 11.01.59  
2: R.Hart/C.Emeleus 11.14.32  
3: G.Murray/G.Murray 11.20.53
- Course 'C':**  
1: R.Eccles/J.Pickering 10.58.21  
2: C.Harwood/I.Opeli 11.04.29
- Course 'D':**  
1: D.Powell/R.Waterhouse 9.05.05  
2: N.Tipping/J.Tipping 10.11.48
- Course 'S':**  
1: P.Jady/G.Lockton 11.31.58

### CHAPELGILL Scotland AS/1½m/1400ft 26 March 1988

The opening race of the 1988 British Championship saw a surprisingly small but select field of hill runners gather in Glenkirk, a small glen in the Scottish Borders near to Broughton of Broughton Brewery fame.  
The start was slightly delayed while competitors fetched full waterproof body cover to comply with the organisers request that this should be carried. Once underway the leaders split into two groups following slightly different lines up the steep bank which immediately confronted them. Sean Livesey led his group to a slight advantage but Ian Davidson at the head of the other group soon blasted past into an early lead. The slope relented slightly roughly half way up and here Ian was swallowed up by the chasing bunch. Malcolm Patterson moved through to the front and the bunch split up. Malcolm reached the summit with a 30 metre lead over Colin Donnelly. Sean Livesey, Graham Schofield and Rod Pilbeam all turned close together with Jack Maitland a further 30 metres in arrears. On a wet descent Colin overtook Malcolm to win in a record time of 18.55. The next three also dipped under Mike Lindsay's previous record of 19.22 despite the wet and windy conditions.

In what looked to be a relatively healthy women's field Claire Crofts led at the summit and although being passed by several men on the descent she won from the 1986 champion Angela Carson who is just recovering from a foot injury. The presence of several Scottish women led by Penny Rother of Edinburgh AC in third place leads to speculation of Scotland being represented at this years World Cup by a women's team for the first time.

Keswick won the team competition with five in the first thirty. Pudsey & Bramley who were third

in last years championship were second with five in the first forty-four. With Eryri, last years champions, not fielding a full team the two above clubs must be hopeful of moving up at least one place at the end of the year.

The prize-giving was held in the Hartree Hotel near Biggar, a traditional Scottish country hotel serving superb Greenmantle Ale provided an excellent post-race atmosphere although many English runners departed early rather than take the opportunity of a Sunday run in the marvellous deserted Border hills.

Money raised from the event has been used to start the first Scottish Mountain Trial - to be held on Saturday the 4th of June 1988 - details of this two-man event scheduled for the Scottish Highlands can be obtained from Dick Wall, 1 Springwell Brae, Broughton, Biggar, Lanarkshire.

- Jack Maitland  
1: C. Donnelly, Eryri 18.55  
2: M. Patterson, DPFR 19.02  
3: S. Livesey, Ross. 19.12  
4: G. Schofield, B'burn, 19.14; 5: R. Pilbeam, Kesw. 19.23; 6: J. Maitland, P&B, 19.49; 7: W. Bland, Kesw, 19.55; 8: G. Devine, P&B, 20.09; 9: R. Rawlinson, Ross, 20.13; 10: D. Bell, HELP, 20.15; 11: G. Gough, B'burn, 20.24; 12: I. Davidson, Carn, 20.30; 13: M. Fanning, Kesw, 20.35; 14: G. Griffiths, Card, 20.36; 15: A. Farningham, Gala, 20.37; 16: P. Marshall, 20.38; 17: N. Lanaghan, Kesw, 20.40; 18: A. Schofield, Roch, 20.41; 19: G. Reade, Roch, 21.05; 20: A. Curtis, Living, 21.11; 21: H. Symonds, Kend, 21.15; 22: D. Shiel, Peebles, 21.16; 23: R. Shields, Clyde, 21.17; 24: I. Greenhaugh, Roch, 21.30; 25: S Hicks, Amble, 21.30; 26: J Hampshire, Carn, 21.37; 27: D. McGonigle, Dund, 21.39; 28: J. Wilkinson, Gala, 21.41; 29: P. Harlow, Kesw, 21.55; 30: J. Blair-Fish, Carn, 22.00; **Vets.o/40**: 1: W. Bland, Kesw, 19.55; 2: R. Shields, Clyde, 21.17; 3: J. Shields, Clyde, 22.05; **Vets.o/50**: 1: D. Hughes, CFR, 23.33; 2: P. Brooks, Loch, 24.55; **Ladies**: 1: C. Crofts, DPFR, 22.47; 2: A. Carson, Eryri, 23.27; 3: P. Rother, EAC, 24.29.
- Teams (5 to score):**  
1: Keswick; 2: Pudsey & Bramley; 3: Carnethy.

### MANX MOUNTAIN MARATHON AL/30m/8000ft 2 April 1988

The Manx Mountain Marathon is the longest fell race in the British Isles covering 30½ miles over twelve hills and mountains with total ascent of over 8000 feet.  
Apart from some mist on the tops in the early morning the conditions of this run from Ramsey to Port Erin along the spine of the Island were ideal - a light following wind and no rain.

There were 74 entries plus 20 in the walkers class. The pacemaker for the first 18 miles was our Manx star runner, Tony Varley. He was followed closely by Brent Brindle, Jack Maitland, Andy Schofield and Peter Irwin. On the ascent after St. Johns, Tony faded and the lead became a battle between Jack who led up the South Barrule and Brent. On the descent however, Brent took the lead and gradually increased it to the finish to record his third successive win in this event, thus equalling the great Joss Naylor's achievement of some years ago. The course is now almost entirely on the fells and farm roads, two former stretches of main roads having been eliminated.

The event was well covered by communications organised by the Manx Civil Defence Commission. There are five manned counter-check points and three other refreshment points. Local ambulances were on stand-by for casualties, fortunately they had no customers.

The prize distribution at which all 56 finishers received certificates and a T-shirt from the Isle of Man Breweries was held the same evening at a Douglas Hotel.

The 20th annual marathon will be held in 1989 on Easter Saturday when another first class field is expected.

- Arthur C. Jones  
Manx Mountain Marathon Organisation  
1: B. Brindle, Horw. 4.28.12  
2: J. Maitland, P&B 4.35.03  
3: A. Schofield, Roch. 4.41.14  
4: P. Irwin, Ross, 4.41.33; 5: T. Varley, Bound, 4.52.08; 6: M. Hudson, Hoad, 4.56.06; 7: P. Browning, Clay, 4.59.57; 8: A. Belton, MDC, 5.00.30; 9: A. Addis, 10: G. Oliver, Jun. Lead, 5.33.54; **Vets.o/40**: 1: M. Hudson, Hoad, 4.56.06; 2: D. Warrington, Buxt, 6.01.52; 3: G. Hull, 6.17.45; **Vets.o/50**: 1: G. Oliver, Jun. Lead, 5.33.54; 2: C. Brass, Clay, 6.04.32; 3: J. Feist, DPFR, 6.59.02; **Teams**: 1: Clayton; 2: Boundary, 3: Manx.

### PEN Y FAN Wales AS/3½m/1900ft 17 April 1988

Angela Carson set a new Ladies record in this first Welsh Championship Race up and down the highest (2907ft) mountain in South Wales. However times in general were slower than expected - probably due to the deceptively humid conditions.

- 1: C. Donnelly, Eryri 34.30  
2: G. Griffiths, Les Croup. 36.07  
3: H. Parry (1 vet) Eryri 36.22  
4: D. Davies (2 vet) u/a, 36.49; 5: J. Wooton, Merc, 37.15; 6: C. Gildesleeve, Les Croup, 37.27; 7: K. Hagley, DPFR, 37.41; 8: S. Parri, Eryri, 37.49; 9: E. Evans, Eryri, 38.06; 10: J. Griffiths, Aber, 38.20; **Vet.o/50**: 1: A. Smith, Swan, 47.00; 2: E. Alexis, Les Croup, 52.34; **Ladies**: 1: A. Carson, Eryri, 42.18; 2: R. Parry, Eryri, 49.24.



The leading group ascending Chapelgill - John Hershall.

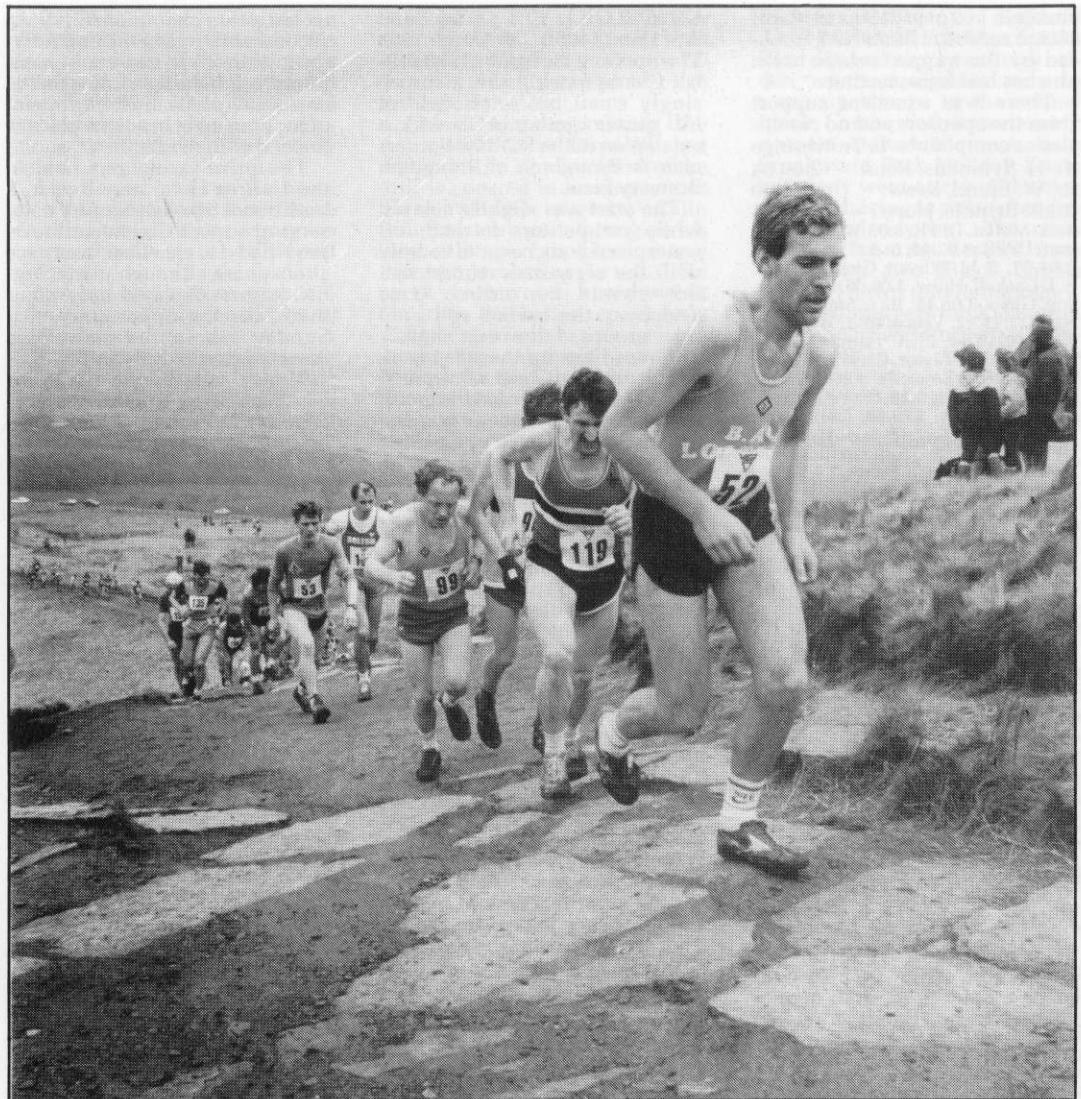
**ROSSENDALE** England  
**BM/13m/1300ft** 3 April 1988

A clash with the ever popular Kentmere Horseshoe race ensure a smallish field, nevertheless 134 runners toed the line on a warm almost sunny day for this the 19th Rossendale fells race. Bob Ashworth showed team mate Sean Livesey around the course until the final climb where Sean recognised the way and pulled away strongly from Bob and young pretender Gary Wadsworth who was beginning to feel the pace.

This event had been chosen by the FRA as a point counter in the Intermediate English Championships and John Taylor led them home with a fine run in 5th spot with first Veteran Peter McWade 6th. Sarah Haines was easily first Lady and the first Super-veteran was the evergreen Peter Duffy in 70th place.

Graham Wright

- 1: S. Livesey, Ross. 1.35.03
- 2: R. Ashworth, Ross. 1.36.48
- 3: G. Wadsworth, Ross. 1.39.17
- 4: D. Ibbetson, Gloss. 1.40.07; 5: J. Taylor, Holm. 1.40.18; 6: P. McWade, Clay. 1.40.56; 7: D. Caldwell, Ross. 1.42.20;
- 8: D. Kay, Bolt. 1.42.26; 9: M. Foschi, Penn. 1.42.36; 10: J. Rutter, Clay. 1.42.40; **Vets.o/40:** 1: P. McWade, Clay. 1.40.56; 2: D. Kay, Bolt. 1.42.26;
- 3: J. Amies, Macc. 1.50.16; 4: K. Lodge, Sadd. 1.51.43; **Vets.o/50:** 1: P. Duffy, Aber. 2.04.44; 2: C. Henson, DPFR. 2.14.43; 3: D. Johnson, Blae. 2.17.18;
- Ladies:** 1: S. Haines, ind. 1.57.36; 2: C. Osbourne, Telf. 2.20.23; 3: A. Capp, Telf. 2.25.37; **Inters:** 1: J. Taylor, Holm. 1.40.18; 2: S. Willis, Bing. 1.46.40; 3: J. Morgan, TCT. 1.59.03; 4: D. McCauley, Blae. 2.01.20; 5: A. Anderson, Ross. 2.17.58; **Junior:** D. Naughton, Hynd. 1.50.16; **Teams:** 1: Rossendale. 1.50.16; 2: Holmfirth; 3: Glossopdale.



Rivington Pike, April 2nd, 1988.  
 T. Stokes (52), E. Foreshaw (119)  
 - W.S. Bateson.

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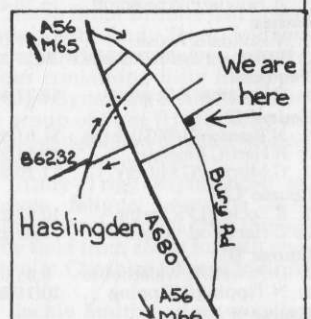
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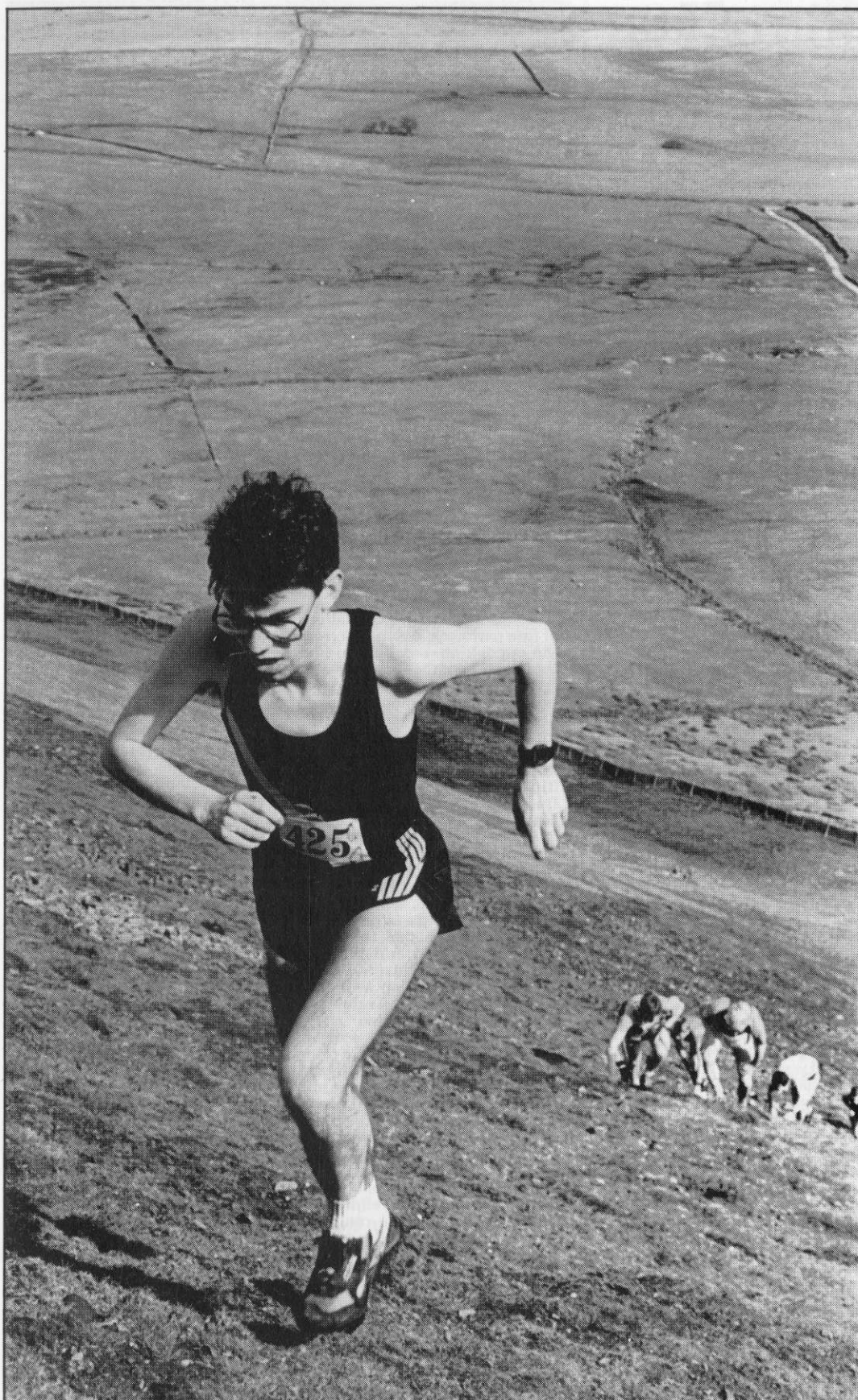
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**PENDLE HILL** **England**  
**AS/4½m/1500ft** **9 April 1988**

1: S. Livesey, Ross, 30.25  
 2: M. Patterson, DPFR 30.37  
 3: J. Maitland, P&B 30.46  
 4: R. Pilbeam, Kesw, 31.02; 5: D. Cart-  
 ridge, Bolt, 31.25; 6: R. Bergstrand,  
 Roch, 31.41; 7: R. Owen, U/A, 31.45; 8:  
 G. Schofield, B'burn, 31.52; 9: G.  
 Gough, B'burn, 32.04; 10: K Anderson,  
 Amble, 32.06; 11: G. Devine, P&B,  
 32.19; 12: R. Rawlinson, Roch, 32.26;  
 13: G. Kerr, Clay, 32.27; 14: G. Webb,  
 Calder, 32.29; 15: A. Peace, Bing,  
 32.33; 16: G. Huddleston, Kend, 32.34;  
 17: W. Wallis, Clay, 32.35; 18: J Taylor,  
 Holm, 32.42; 19: M. Wyatt, Gloss,

32.55; 20: P. Harlowe, Kesw, 32.56;  
**Vets.o/40:** 1: R. Adams, Staff, 32.57; 2:  
 T. Farnell, DPFR, 33.34; 3: A. Harmer,  
 DPFR, 33.39; 4: D. Kay, Bolt, 33.55; 5:  
 R. Hargreaves, Clay, 34.18; **Vets.o/50:**  
 1: D. Hughes, CFR, 37.01; 2: D Lawson,  
 Bing, 37.16; 3: H. Blenkinsop, Kesw,  
 39.01; **Inters:** 1: J. Taylor, Holm, 32.42;  
 2: M. Peace, Bing, 33.05; 3: W. Gaunt,  
 Leeds, 34.55; 4: J. Rutter, Clay, 35.25;  
 5: J. Deegan, MUCCC, 35.53; **Ladies:** 1:  
 C. Crofts, DPFR, 36.17; 2: S. Parkin,  
 Kend, 36.58; 3: J. Smith, DPFR, 39.22;  
 4: S. Ratcliffe, Sadd, 40.02; 5: A. Wat-  
 more, DPFR, 40.47; 6: V. Brindle, Clay,  
 40.49; 7: J. Harold, Horw, 40.50; 8: R.  
 Pickvance, Clay, 41.00; 9: S. Haines,  
 U/A, 41.11; 10: C. Cooke, Clay, 41.25.

Robin Bergstrand at Pendle  
 - W.S. Bateman

## RUMOUR HAS IT

Rumour has it that Scottish Superveteran Bob Richardson has had an operation (not under private medicine) to have his nose rebored to improve his breathing.

## RUMOUR HAS IT

Rumour has it that there was so much knee-deep mud on this year's Haworth Hobble that some pairs either fell over or out with each other.

## RUMOUR HAS IT

Rumour has it that a party after the Chapel, Gill Race some runners exclaimed 'Chapel Gill is not that steep.'

## RUMOUR HAS IT

Rumour has it that some Regional Vets Championships are more difficult to win than the British ones.

## RUMOUR HAS IT

Rumour has it that fell running research scientists working at British Universities and running out of research funds are putting together a proposal for EEC funding for a project with a French Ski Company to develop a self propelled running shoe.

## RUMOUR HAS IT

Rumour has it that non FRA Regional Committees do not believe in mixing racing, drinking and committee business.

## RUMOUR HAS IT

Rumour has it that the Association Francaise des Courses de Montagne have the 1988 World Cup venue as Cosworth and expect a bad weather course to the top of balsa wood hills.



# EXPERIENCES ON THE RUN

GATEGILL 4ml/1600' August 9th, 3.00 p.m.

I remember it well ...

"... (pant, gasp) ... (noise of frantic heartbeat) ... fell running ... at this level (gasp) ... requires the agility of a mountain goat ... and the ... (oh my God!) ... mentality of a ... kamikaze pilot."

That's as maybe, but when you run your first category A fell race with a tape recorder the weight of a bag of sugar strapped to your back ("only a little walkman" I was assured) you could be described as mildly unusual. Did I tell you about the chest microphone the size of a large sausage pinned to my front ("tiny, tiny") and yards of caple taped elsewhere? Well if I had phrases like "what?", "in need of treatment", and "just plain silly" might have sprung to mind.

I have this friend you see, who is a journalist with BBC Local Radio in the Lakes. Need I say more? Reporters consider the story first, mere flesh and bones and the Health and Safety Act come a distant second.

"Our listeners might be interested to hear what it's like to run up and down a mountain."

So it was that on August 9th at just after 3.00 p.m. (we were late) I came to be running down Threlkeld's main street strapping on a sound system 100 yards off the back of the field. As we crossed low pastures to the fell I picked off a few tail enders, startled at some nit running past deep in conversation with his chest. As the climb began it was time to consider my turns of phrase, bon mots and to stride purposefully upwards. I soon found that fell racing (for first and foremost I had come to race) wasn't conducive to sustained chat. I'd been told once that in distance running if you can't talk, you're going too fast. This hands on knees business I saw everyone doing and copied was obviously too quick. As hands on knees turned to hands and knees each successive ridge revealed another one above it.

"Any minute now," I thought, "St. Peter will appear."

But no, when he came he was in the guise of Rod Pilbeam, hurtling by in the lead with neither rope nor safety net.

"How on earth am I going to do that in a little while? I'm a mere southerner used to gentle cross country running in London's Richmond Park."

Rather a large while later I finally reached the summit, gasped at the view amongst other things, and began hurtling downwards like RP. Well not quite. On my back, head first. Heather's unusual stuff, grabs at the feet, and at 6'4", tape recorder and large sausage, I was a bit top heavy. Further down I discovered scree to be pretty unusual too, but here an inverted reverse semi-toboggan technique came in handy. Sadly I couldn't make full use of this as the legs were malfunctioning badly. Collapsible is the adverb I believe. Also I may have left my bottle in the car. I had not, of course, been ignoring my sedentary listeners all this time. The commentary went something like;

"(Thud) Damn! Excuse me. Over we go again. On the (pant, gasp etc.) head this time (slithering noises)".

If I'd had the time I would have admired the distant crags and somehow mentioned Wainwright. I even had a quote by Southey ready, had it been foggy. As it was I seemed to spend a great deal of time examining heather at close quarters or looking up at the sky. But then as if by magic, like an oasis in the desert, there it was. Grass! That meant my special, grip anything (said the ads), studded shoes could now come into their own, save me from further embarrassment and hold me up all by themselves. Grass is unusual stuff.

"Over we go again listeners, and oops, I've got grass stains on my shorts. Now it's obvious I've been falling over."

It's at times like these that a good swear works wonders, but I had to keep the urge in check. Similarly the spitting. Not approved of by the BBC. As the fell (apt choice of word don't you think?) ended and the fields began, I realised I was running out of time. My 45 minutes of tape had 5 to 10 minutes left. Would it then like me, self-destruct? And yes it had taken me a long time. The listeners were now being treated to a different sound effect.

"(Whoosh, rustle, thud) ... these flaming trees (gasp). The branches keep ... hitting me in the ... face and microphone. As I try to ... duck, my legs give way."

Meanwhile my intrepid journalist friend was out gathering further of radio's equivalent of copy. Well in rather than out actually, as in the Farrier she was interviewing Collin Welland, the Oscar-winning writer of 'Chariots of Fire' and inhabitant of Threlkeld. He told the tale of fell runners who were called up to fight in the Second World War. On being medically examined many of them were passed unfit for duty through abnormalities of the heart. Pulse rates and blood pressures lower than the doctors had ever seen before, i.e. very fit men! Sound of body? Yes, but sound of mind? Fell runners are a breed apart.

Finally and upright I emerged back on the road to the knowing applause of the locals, and the finish behind another pub. My last words? "Oh dear. Oh dear, dear."

Up above the roof of the Salutation Inn Blencathra sat benignly bathed in sunlight. I stood in awe and wobbly. It's huge! I must now admit to being a bit amazed at myself too. How on earth had I ever got talked into such a thing? But for Rod Pilbeam, a breed apart, I had nothing but respect. Sadly I wouldn't be joining him in the World Fell Running Championships the following week, but he gave my friend a self-effacing interview and so at least we shared some 'air time' together.

N.S.LEWIS

## 'It WAS alright on the night' High Peak Marathon 1988

The High Peak Marathon is a four man, forty mile overnight circuit of the Derwent Watershed based at Edale village; ably organised by Haydn Morris, Havard Prosser and friends from Sheffield University Y.H.A. Formerly a walker's challenge, 'fastmen' have dominated recently. Safety aspects are well taken care of by controls radio linked by S.U.O.T.C. I've long wanted to have a go at this one, having known the constituents of '3 Aardvaorks plus one' at University. A recent chance remark to Martin Stone had led him to offer me the place of Derek Ratcliffe in the record-holding 'Sub 9', the latter being otherwise engaged (or married) in the far east.

Ken Taylor and Pete Irwin were to make up the four. Martin was fresh from the Cameroons, and I was going to have my work cut out. Infact poor Ken suffered stomach cramps, leading to Gifford Kerr stepping in at two days notice.

We four duly met up and travelled to friends of Martin's to sort out the kit and carry on eating. This allowed us to forsake the bustle of the venue until the last minute. Here was chaos, with cramming of kit and batteries into sacs and much talk of training mileages; I kept very quiet. The hall was tense with expectations of fine performances to psych out the opposition, a delightful four fold version of the usual pre-race buzz. Outside, conditions were perfect. A full moon beamed down on a windless silence. If the tops were as clear and as hard, we were in for a fine time out. So different from the 'typical' conditions for Tonky's Trog, The Skyline Race, and indeed, the Marathon.

At 11.42 we were off into the moonlight. The track up to Hollins Cross went quickly, then yet more so along the ridge to Lose Hill. This is where a staggered start has its attraction for me, as we chatted our way through the field and shared a few expletives in the ruts. Who of this happy procession were 'The Kinder Lifeboat Team' or 'Swainshead Revisited'? On down into civilisation and up Win Hill. Let's just say the route across the valley 'bottom' differed from that in the Skyline race and leave it at that. The following climb was eased by the Company of an assortment of dolly mixtures. Eventually Martin was dragged away. Pete having christened the village of Bamford as if to register our effort as a boundary marking run, we enjoyed the only 2 miles of road up to High Neb. 'This is often up to wall height in drifts'. The Rotherham Raiders were the last to fall, and we found ourselves bulldozing through the snow. All 1/4 inch of it, in places. Martin's local knowledge and reconnaissance (and Ken's sorry you weren't with us) saw us safely

through Moscar and onto the real rough stuff.

On White Tor Martin started to get serious about the opposition, with anxious backward glances. On Back Tor, Gifford enquired if it was Bleaklow. On Margery Hill we were made to turn our torches off for fear of signalling to our pursuers.

It was the only time I had used mine, quietly to reassure myself where Bleaklow really was! Holme Moss mast flashed beckoningly, as it seemed to have done for the last umpteen miles, but finally we were up on Bleaklow Plateau, where we met more snow. Here, following the stakes, I confidently took the lead; embarrassingly the results show this was the only leg where 'they' gained on us. It must have been Martin's sneaky route off the the snake, the last pit stop.

Contouring to Mill Hill, the stark outline of Kinder looked massive in the morning light, but the nose onto the plateau fell quickly and we moved fast round the downfall, surprising a benighted climber. Martin sensed an hour off the record, and I sped up thinking this a tight target, not realising that 'Sub 9', far from a legal descent or honest epithet, was untruthful for the full course. From Edale Cross, in broad daylight now, we ran over Brown Knoll (faster that I can remember, going in several skylines) and into the last few miles. Now it was my turn to smell a fast time, but 8 hours was not to be and we retraced our steps down from Hollin's Cross to trot happily into the hall in 8 hours 7 minutes, 44 minutes clear of Harry Hut Bouncers.

The excellent breakfast made for a welcome celebration; Odd to have finished a weekend's work by 8.00 a.m. on a Saturday: encouraging other finishers in occupied a few more hours! Many thanks to the organisers for ensuring we all had a truly memorable time. Just one problem: With all the substitutions this year, who's going to be in 'Sub 8', in 1989?

MARK RIGBY

## Rip-off Sports Services

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The Sub '9' Team at the High Peak Marathon after setting the new record.  
(Pete Irwin, Mark Rigby, Gifford Kerr, Martin Stone).

## NANTLLE RIDGE RUN - AUGUST 1987

by Peter Travis

What a day! Provocative ridge so clear, so sharp,  
and my feet itching to run its length.  
At Tal-y-Sarn I set my watch  
and strike out for freedom and the first summit.  
Craig Cwm Silyn rose with sheer magnificence,  
grey walls like so many fingered hands  
offers the rock gymnast the hardest challenge.  
My body adjusts to that first climb,  
gradually on the metalled road,  
and then the stony track gives way  
to steep sweeping grass flank.  
To my left the deep abyss,  
an almost magnetic pull as I  
laboured up the increasing steepness,  
testing lungs and legs to the full.  
Along the moonscape surface until  
I dip down the broken crags  
picking route where speed is subjugated  
to carefulness, for ageing legs  
are not as deft as so many years ago.  
A fast run across Bwlch Dros-bern  
then a terrible steepness to Mynedd Tal-y-mignedd.  
Another sweeping run to Trum-y-Ddysgl and  
finally to Y Garn and down the eastern flank  
to reach Rhyd-Ddu, aching legs - uplifted spirit.  
I had been alone, except for three uncertain walkers  
unsure of route and difficulty.  
I had reduced the time of last year's run  
by considerable margin - and I was thrilled.  
Every hill had shed the covering greyness,  
a blue dome unmarred by cloud  
covered my universe and I  
was near enough to touch it.  
What a day!

I can recommend this route for anyone who wishes to undertake a long hard training run. On a clear day the views are superb, as they were on this August day 1987. There is some easy rock scrambling coming off Craig Cwm Silyn and some good running once on the top of this first climb - but beware, when cloud covers the summit route finding can be tricky, a few places that are somewhat exposed.

I have run this ridge from Tal-y-Sarn a couple of times and thoroughly enjoyed each one, but especially this year's effort. At 55 years of age I felt that I had done well enough in just over 2 hours, there's a good deal of climbing. It would make an excellent fell race, but I suspect that permission to route it would cause problems, access is not looked upon with great enthusiasm!

# Keeping it Dark

Winter's darkness descends early in these northern latitudes and most folk accept some reduction in their hill training schedule, reluctantly padding the pavements of an evening, avoiding potholes, unlit cyclists and maniac motorists, ignoring cries of 'It's one o' they joggers!', and thinking of the better times when the evening hill runs brighten their careworn week. But not any more! Carnethy Hill Runners'. Think Tank came up with a bold scheme for a series of night club runs on the Pentland Hills just outside Edinburgh. All we needed was a head torch apiece and a bit of luck with the weather.

Eight people turned out for our first run on 16th December. In keeping with the pre-Christmas spirit, we planned to start with a drink at The Steading near Hillend Ski Slope, take the bus to Ninemileburn and run back through the hills with an intermediate checkpoint at the Marchbank Hotel. Bill Gauld couldn't believe we were serious, so he turned up at the bus stop to spectate. We were all set to cause a sensation on the Dumfries bus in our headlamps, waterproofs and thermal underwear, but the driver and his six passengers remained disappointingly calm. We alighted in the wet darkness somewhere on the A702, and set off up the hill in soft wet going with the odd ice patch to keep us alert. Janet Darby and Andy Curtis had orienteering halogen lamps which gave a much better view of the rain and mist than our feeble glow-worms. Near the col below West Kip we found the electric fence, but not the stile - the nimble and long legged soon hopped over but it gave me some anxious moments. Once on the track it was familiar ground to the Marchbank Hotel, where we peeled off the waterproofs and went in for a drink, having had the foresight to bring enough cash. The few folk in the bar were obviously of the same stock as the bus passengers, and we were served without adverse reaction. Exerting a lot of will power we set off into the night again, past Thriepmuir Reservoir for a thorough exploration of the bog below Black Hill. The rest of the route followed the line of the Pentlands Skyline over Hare Hill to Capelaw and Allermuir. This was a good stretch of running, as the rain had stopped and we had a grand view of the city lights and pockets of evening mist. Jim Darby was waiting for us with hot tea at the bottom of the ski slope - a 3 hour run.

Our next session was on January 20th. This time Bill Gauld came along, realising what he was missing. Twelve runners started from the Stables Bar on the southern fringe of the city, taking a cross-country route to Hillend, steeply up Caerketton and along the ridge to Allermuir.

Conditions were excellent - little wind, cold and crisp. We descended to the picturesque cottages at Swanston, over Braid Hill to return to the Stables Bar. As befits JBF's local, the bar meals were of gargantuan proportions.

The third outing was the most ambitious route, over the Carnethy 5 course on February 10th in preparation for the race, the underlying rationale being that the race itself would seem easy by comparison. Again the weather was reasonably good after a gale the day before. Eight of us started from Ann and Andy Curtis's house in suburban Penicuik. The race start area was a quagmire and we were happy to reach the hill proper and get moving to warm our wet feet. Factors such as shortness of leg, sheer lack of speed and an unhealthy absence of competitive drive meant that I ended up well to the back going up Scald Law, but my Carnethy comrades kindly waited near the summit. Some snow remained and added interest on the steep ascent of East Kip, where we paused to take in the panorama of dark hill shapes and city lights. Route finding was less of a problem than I'd expected and to my relief we found the gates at both electric fences on the descent to the Howe. The highlight of the evening's entertainment was the scree descent off Carnethy followed by a short paddle in the bog before hitting the road again. Our time for the race route was about 1½ hours.

These three runs definitely enlivened our winter training and no doubt the idea will be repeated next season. Going on the hill after dark is quite feasible with due regard to route choice and weather - the biggest drawback is the expense of torch batteries! How about night races as an answer to a crowded calendar?

JIM BARTON

## THE RUN By Geoff William

He left the stone place he called his home at dawn and ran out into the struggling new born day, treading softly so as not to disturb the silence. The world had sprung to life once more after the long grey winter and the morning was one of those unrepeatable bargains such as the man had rarely seen before. It was a dawn glorious and delicious, pink and pale blue and golden; in which to exult, to shout freedom and the man ran through towards the dark stone hills.

He ran first towards the great grey mass of rocks that thrust upwards from the land seeing in them the strange threatening mystery felt by the prehistoric man who dwelt in tiny circular huts at their feet, and worshipped the heavenly bodies glimpsed between the two hulking pinnacles. Here often on wistful summer nights he had slept alone in caves beneath the boulders thrown there by some mighty God, awful of the sense of power.

Heaving his chest he climbed up past them over the ancient pack way until, reaching the top, he saw the strange stone circle that lay agape to the unchanged sky, and he gasped gulps of unadulterated air as he watched the goddess sun rise through fronds of mist in the valleys, as the curtains of the night were drawn apart to let the day spring forth.

More quickly, now, across the frost dusted fields he ran until he reached the massive round fort upon the Low and climbed the rings and ditches until he could see far below him, the land they called the Peak, wide open now: brown stone villages clustering on hillsides, churches thrusting from their midst. Over all the land he could hear the voices of the birds calling out in joy and wonder at the untainted day. He leapt forth then from the summit, exulting in the descent, his body uncontrollable as his legs ran recklessly down the steep bank through the long grass, his feet wet with dew - down, down towards a marsh where he was splashed by water which washed the mud from his ankles only to deposit it again. On past stumps of lost trees and heather hills, sprinkled carelessly by old black rocks, over and down to where man had scarred the landscape long ago with mines and spoil heaps, now returned to nature to be absorbed into the land once more. So he reached the river sparkling pure, bubbling and chattering over stones and small weirs. He could see brown fish swimming clear through wandering reeds and he felt their freedom was a part of his own freedom as if he remembered a past reincarnation beneath the waters. Here he ascended slowly alongside the river, communicating silently with the water fowl who dabbled and played amongst the lily edges and sat carelessly upon the lucid water. He ran on through woodlands of great trees sprinkled with emerald moss, treading lightly, so pleased was he to see the magnificent colours of all the Spring born flowers. He breathed their scents, feeling the breezes waft over his body, laughing at the small wild beasts that, scenting him, turned and ran back to their private darkness.

He came now to where the river was no more, but just a stream bubbling forth from beneath a tombstone rock that gave birth to this gay young thing of nature. Beyond he came to the open meadows and the

green road trod by packhorses long ago, so he followed its hollow way between high thorn hedges decorated by bright red buds, absorbing the history of the way trod by rough men and animals many centuries ago. He reached the stone troughs and cave like springs where horses would rest and stopped to draw a draft of fresh spring water to his throat. He found remnants of an ancient inn in this desolate place, but running on across the moor, he headed for the black bulk of a hill that rose up against the clear sky, its feet littered by the debris of long forgotten quarries, mighty boulders, now the sport of children, once heaved there by man. Here he saw a huge black white beast lumbering to its subterranean hide.

His feet trod the tiny moorland plants rising up through the spiky grass in an ejaculation of praise. Running on, he came to open pastures and saw the red deer, timid, unsubstantial things, running faster still, turning to look at him before cresting the ridge, to turn once more and be gone forever.

Slowly now through waist high bracken to where giant cliff rose up like a primeval beast from the land. In this place he found the cave of some ancient beneath a spreading yew where the hermit had prayed for the travellers on the trackway below, his flickering candles illuminating the dark rock face through long mediaeval nights. An owl had haunted this place for centuries, its ghostly call echoing to the hills beyond.

Now he descended to the old Portway trodden by man for 3,000 years, watched over by a kestrel, hovering and sweeping to its unsuspecting prey. At last he climbed, panting with the effort, long, long upwards, up to the vast white moor where he saw no sign of man or beast, only the wild things and heard the ever present lilting call of the unseen curlew, shrilling long and low over the desolate place. Here the land enveloped him so that time and space were lost forever. He saw in the white stone walls the rocks and islands of childhood, memories far south of warm azure seas. He felt the incessant pulses of the seas beating. He ran on across stony land, his lungs gasping, his heart beating in rhythm, seeing below the mighty domes of churches and cathedrals in all the golden villages, hearing bells ring peals of peace and love.

Lizards ran childlike into rock crevices, a small ribboned snake curled across his path - he ran reckless and exuberant now through fields painted over with a myriad of flowers, down gullies lined by prickly pears, stumbling over white boulders, down to a deserted beach of pure gold sand where he could feel the boom of the waves echoing through rock arches. The sweat ran from him as he slowed, where the waves lapped the shore, crawling back again ashamed, only to rush forwards again laughing.

His whole body felt open, relaxed, weightless and naked as the sea washed his feet, and he stood alone lost in time. Slowly, quietly, relentlessly the old mother wrapped herself around him, kissed him lovingly, welcomed and absorbed him into her age old arms.

*The above short story/poem describes the intensity of feeling of running through the White Peak of Derbyshire near Winstan as the white limestone reminds him of the landscape of Ghawdex, a Maltese Island and he becomes lost in time and space.*

GEOFF WILLIAM

# I'LL DRINK TO THAT

It's not very often that new ideas come along that are of direct interest to the fell runner. So when I was asked to test the 'DRINKS HAT' I jumped at the opportunity.

In a nutshell it can best be described as a semi automatic method of replacing important salts and body fluids at times of strenuous exercise.

After much thought and consideration I decided to assess the product from 3 points of view.

### The Competitor\*

The immediate advantages are obvious. Take the 'Karrimor' for instance - how many times have you seen contenders trying to fill those little plastic bags with water. All that will be a thing of the past if you have a drinks hat!

The plastic helmet will also provide protection on steep rocky descents, such as are encountered on parts of the 'Langdale', 'Cnicht', 'Bens of Jura', et al. It should also comply with legislation at present being considered by F.R.S.I.A.

As a matter of interest I made contact with a firm called ELECTRONIC LIQUID INJECTION who inform me that they are able to supply a miniaturised electronic pump that will automatically squirt liquid into the mouth. The control capsule is quickly fitted to the back of the plastic helmet and a variety of time periods are programmable varying the length of squirt time between squirts, left or right can, etc. Runs off 2 x AA batteries with approximately 12 hours duration which should be adequate for most 2 days events. The research Director of E.L.I. also informed me that their new products department were working on a solar energy pack especially designed to use with the 'Drinks Hat'.

### The Race Organiser

The organiser of a well known classic Lakeland race was extremely enthusiastic when I mentioned the 'Drinks Hat' to him. He immediately commented that in the future we could think about dispensing with drink stations on the race route if the recommendations of the F.R.S.I.A. technical committee are passed by the various national bodies. (As most fell runners are no doubt average, it is proposed that carrying of liquid refreshment on races is to be made compulsory starting in 1990).

He also thought that sponging stations could also be disposed with if a third water only can was added to the hat. This could provide a drip feed to cool the head and neck.

### The Equipment Supplier

A telephone call to a major fell running specialist brought the following comment - fantastic idea, why didn't I think of it! As he commented the opportunity to take up advertising space on the 'Drinks Hat' has not escaped his attention. So watch out for some snappy running adverts!

I also understand that a well known shoe manufacturer has expressed some interest but undoubtedly the greatest attention and interest has come from one of the well known multi-national soft drinks firms.

On a note of caution, however, it must be said that another race promoter thought that the idea might lead to problems if some well known fell runners started to substitute cans of 'Newcastle Brown' in place of the soft drink cans supplied.

### Finally

Some fell runners may be scathing about the usefulness of this development but it was used by some competitors in the raft race held recently on the river Conwy as photographs in the local newspapers will confirm.

With this in mind perhaps the F.R.A. should grab the lead and think about issuing the 'Drinks Hat' to all the members of the British teams participating in the Fourth World Cup to be held in Keswick in 1988.

Cheers

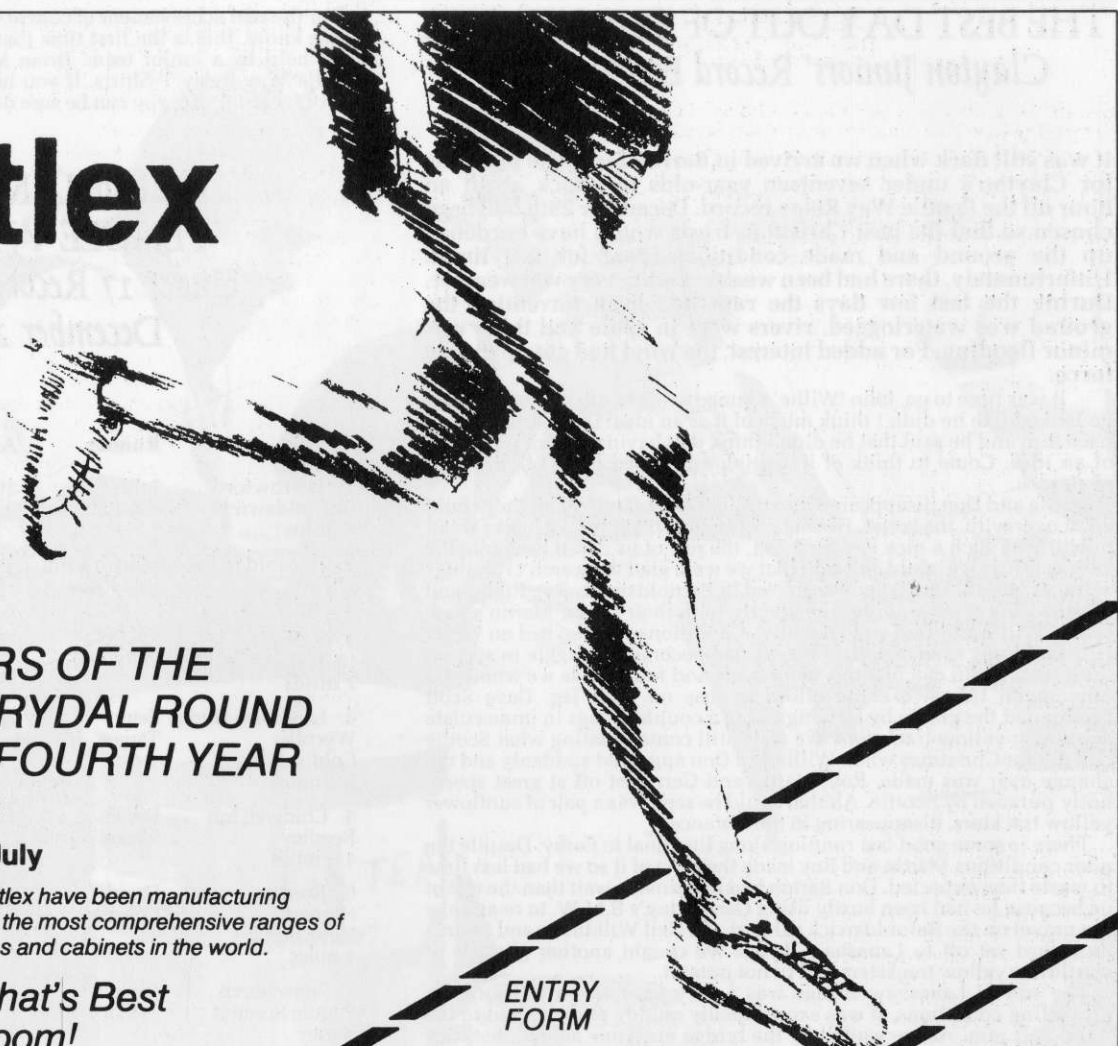
Arthur Clarke, Chairman F.R.S.I.A.  
(Fell Running Silly Ideas Association)

### Drinks Hat

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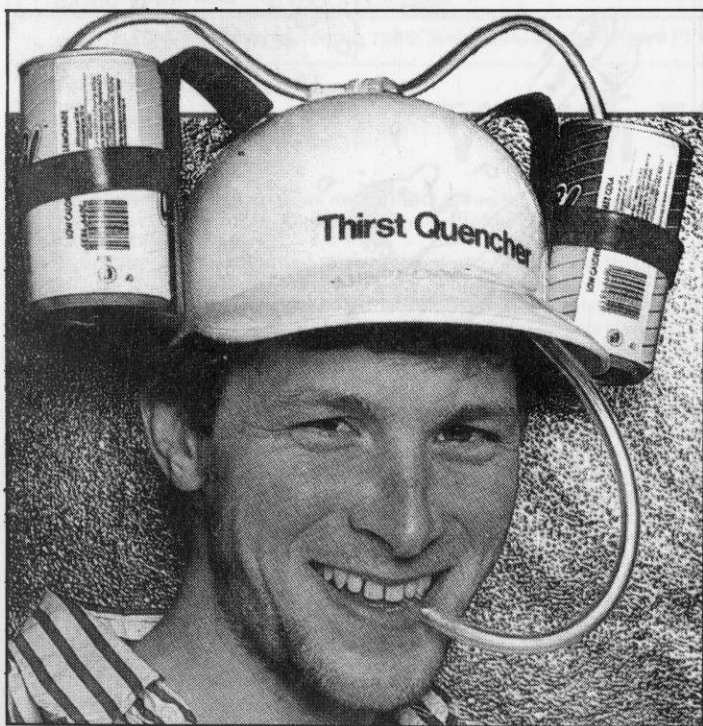
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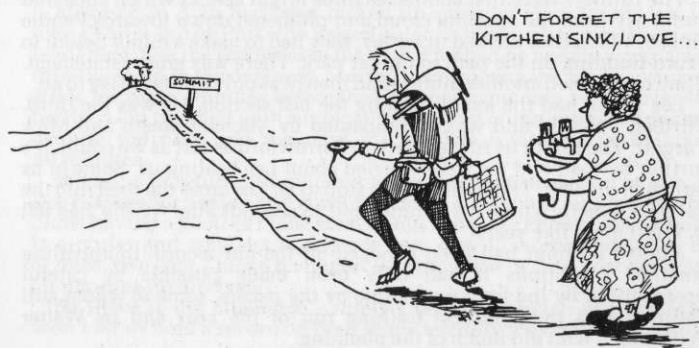
## RUMOUR HAS IT

Dear John,

'Rumour has it', 'New Rules For Short Races', due to full body cover required for Chapelgill race, does this mean we'll need compass, day sack, etc., for 'Butter Craggs'?

Yours in Sport  
STEPHEN G HICKS

**Editor:** The full story of how Frank Smith, co-organiser of Chapelgill, and of Broughton Brewery got lost in this race last year will be told in the next issue of the Fell Runner.



# THE BEST DAY OUT OF THE WINTER

## Clayton Juniors' Record Breaking Run

It was still dark when we arrived in Barrowford. The plan was for Clayton's under seventeen year-olds to knock about an hour off the Pendle Way Relay record. December 29th had been chosen so that the post Christmas frosts would have hardened up the ground and made conditions ideal for fast times. Unfortunately, there had been weeks of mild, very wet weather. During the last few days the rain had been torrential, the ground was waterlogged, rivers were in spate and there was minor flooding. For added interest, the wind had got up to gale force.

It was time to go. John 'Willie' Kennedy was to run the first leg and he looked like he didn't think much of it as an idea. Don Barton was to pace him and he said that he didn't think that having pacers was much of an idea. Come to think of it, getting out of bed hadn't been much of an idea.

Willie and Don disappeared into the half light. The sooner they could get it over with, the better. Having encouraged them with remarks about how it was such a nice day for a run, the rest of us dived back into the cars as fast as we could and said that we were glad we weren't running!

It was still raining when we arrived in Barnoldswick. Roy Rigby and Martin King were waiting impatiently with their pacer, Martin's dad, Gerry. Willie and Don were overdue. Conditions were so bad on Weets Hill that their expected fast descent had become a struggle to stay on their feet. Rapid calculations were made and re-made as we wondered how much time we could afford to lose on each leg. Dave Scott brightened the gloom by arriving to run a couple of legs in immaculate sunflower yellow tracksters. We were still contemplating what Scottie had got for Christmas when Willie and Don appeared suddenly and the change over was made. Roy, Martin and Gerry set off at great speed, hotly pursued by Scottie. All that could be seen was a pair of sunflower yellow tracksters, disappearing in the distance.

There is some good fast running along the canal to Earby. Despite the poor conditions Martin and Roy made the most of it so we had less time to waste than expected. Don Barton had less time to wait than the rest of us because he had been busily using Gerry King's B.M.W. to re-arrange the gravel on the Barnoldswick car park. As Neil Wilkinson and Dennis Beresford set off to Laneshaw Bridge we caught another glimpse of sunflower yellow tracksters still in hot pursuit.

The run to Laneshaw Bridge was a very hard seven miles in the prevailing conditions. It was exceptionally muddy and exposed to the wind and rain. As we waited by the bridge everyone agreed that they were glad they were not running this section. But 'Willie' does not give up easily and the party arrived exactly on time. They could easily have been mistaken for a group of mud wrestlers. Something dreadful had happened to Scottie's yellow tracksters. They had become a dirty dull brown colour and looked decidedly the worse for wear. 'Time he got some new ones', someone said.

The rain made a special effort to become even more heavy as Pete Targett and his dad Mick set off on the six and a half mile stretch to Coldwell Inn. If any supporters were expecting to find refreshment there they were disappointed. Coldwell Inn is derelict. On December 29th it was especially derelict! We waited impatiently but not for long. Pete soon arrived. He had run so hard that he had even managed to impress Mick. Spirits were lifting now. Coldwell Inn was the half-way mark and the old record was now in serious jeopardy.

Darren Mason-Meath, accompanied by his dad, Mike, set off like a rocket. The run to Reedley should be a fast one because a lot of it is downhill, but the headwind was vicious. Darren, the first thirteen year-old to run, was determined not to make too many concessions to the weather and made the changeover on time. There were loud shouts from the assembled group of Clayton Members, causing other passers-by to ask, 'Is there a race on?'

The six miles to Newchurch were run by David Coleman - another thirteen year-old. His pacer was Mike Wallis. This was a remarkable run, actually reaching Newchurch ahead of time. It was also a remarkable finish which involved David sprinting up the hill to the public toilets and collapsing onto a grit bin. It's a good job the lid was closed - we might have lost him!

Jonathan Taylor now started the run to Barley via Pendle summit, accompanied by Pete Browning and Mike Wallis. As we waited in Barley, opinion was divided about which pacer would make the better windbreak. 'Pete's so big, he'll be better than a block of flats!' 'No, he's too tall - the wind blows between his legs and hits you in the face!' 'It's worse than that - he's so big he causes eddies and vortices!'

The runners were first spotted as three bright specks which appeared suddenly from the swirling cloud and plummeted down towards Pendle House. When they arrived in Barley, they had to make a minor detour to avoid flooding on the path to the car park. There was great excitement. They had gained another minute and there was only one more leg to go.

Lee Drake had the job of running the last section. He was the third, thirteen year-old and was accompanied by Michael Meath and Mick Targett. The rest of us rushed back to Barrowford as fast as we could. It's further by road and we were worried about Lee beating us. Some of us only just made it. The traffic had to stop to let Lee cross the road into the car park exactly 6 hours, 8 minutes and 35 seconds after 'Willie' had left it. It felt more like years!

Almost an hour had been knocked off the old record. In appalling weather conditions it had only been made possible by careful preparation: by the hard work done by the pacers, some of whom still claim it was their hardest training run of the year and by Walter Wilkinson, who did much of the planning.

But the real achievement of course was by the lads themselves. As far as we know, this is the first time that a long distance relay record has been held by a junior team. Brian McKenna produced some special Pendle Way Relay T-Shirts. If you happen to come across a Clayton junior wearing one, you can be sure of one thing - he earned it!

PHILIP TAYLOR

## Clayton Le Moors Harriers

### PENDLE WAY RELAY

#### Under 17 Record Breaking Run

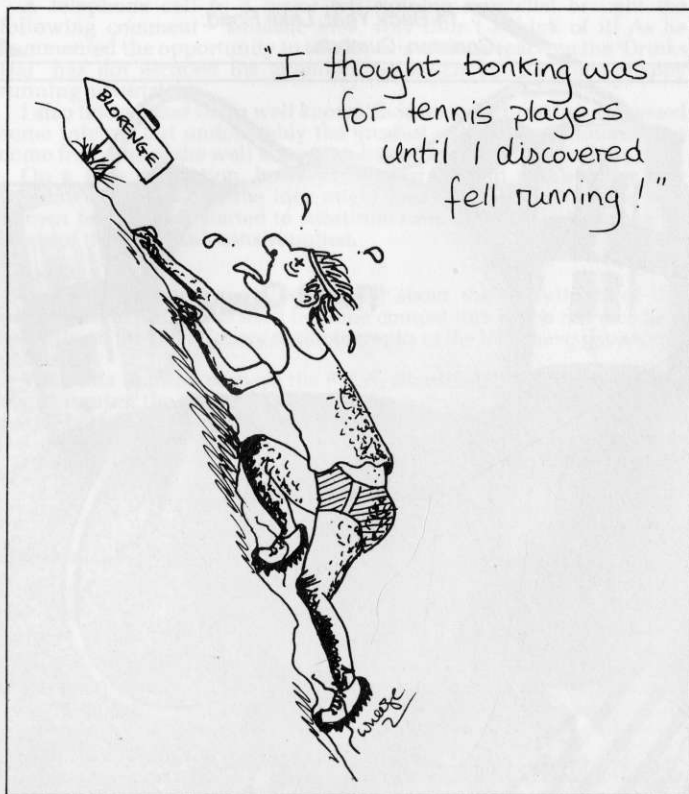
#### December 29th, 1987

Section	Runner	Age	Pacer	Time	Total Time
1. Barrowford Barnoldswick 7 miles	John Kennedy	16	D. Barton	58m 27 sec	58m 27 sec
2. Barnoldswick Earby 5½ miles	Martin King Roy Rigby	16 15	G. King	42m 03 sec	1 hr 40m 30 sec
3. Earby Laneshaw Bridge 7 miles	Neil Wilkinson	15	D. Berresford	1 hr 1m 30 sec	2 hr 42m 00 sec
4. Laneshaw Bridge Wycoller Coldwell Inn 6½ miles	Peter Targett	15	M. Targett	50m 33 sec	3 hr 32m 33 sec
5. Coldwell Inn Reedley 4½ miles	Darren Mason-Meath	13	M. Meath	39m 23 sec	4 hr 12 m 10 sec
6. Reedley Higham Newchurch 6 miles	David Coleman	13	M. Wallis	47m 50 sec	5 hr 00m 00 sec
7. Newchurch Pendle Summit Barley 5 miles	Jonathan Taylor	15	P. Browning M. Wallis	42m 58 sec	5 hr 42m 58 sec
8. Barley Barrowford 3½ miles	Lee Drake	13	M. Meath M. Targett	25m 37 sec	6 hr 8m 35 sec

**TOTAL TIME TAKEN: 16 hours, 8 minutes, 35 seconds.**

**WEATHER: mild, heavy rain, low cloud, high winds.**

**CONDITIONS UNDERFOOT: diabolical, wet, extremely muddy, rivers in spate, minor flooding.**





Haworth Hobble, March 1988. Steve Duxbury and Steve Pilkington taking refreshments at Stoney Lane. Photo: W.S. Bateson.

## Witch Way Round

On December 28th last year, as an antidote to too much food and drink to 'get some miles in', a group of Macclesfield Harriers decided to tackle the Pendle Way.

Originally we had intended to establish a relay record for this newly opened 45 mile footpath, but a few days before Christmas we learned that Pendle Forest Orienteers had already set both relay (6 hours 59 minutes) and individual (10.56) records - so we had targets to aim at.

The Pendle Way is divided into 8 sections (excellent route maps and descriptions are available from the Pendle Heritage Centre in Barrowford). We decided to run in 4 x 2 man teams each taking two consecutive sections, giving legs of between 13½ and 8½ miles with the last and shortest leg including the climb over Pendle Hill itself.

Alan Ireland is a most experienced long distance man who has set very quick times on the Pennine Way and Offa's Dyke path. He set out from Barrowford an hour ahead of the relay for a solo round, supported by Mick Hornsey.

As soon as the relay started at 9.00 a.m., one thing became apparent and manifested itself throughout the day - MUD. We were often calf deep for hundreds of yards at a time, and would advise anyone trying this round as a run or walk to go in Spring or Summer.

After a couple of last minute cry-offs due to 'flu', we were one man short for the relay so our two last leg runners also shared the first leg accompanying John Amies who covered 12½ miles to Earby in 1.42. Pete Nolan and John Kershaw set a strong pace over some tough boggy moorland on leg 2 (to Coldwell Inn, 13½ miles in 1.58). Pete and John

caught the solo man, who upped his pace to hang on to them for several miles to ease his navigation.

Colin Ardron and Phil Cheek took the easiest leg to Newchurch, part way up Pendle Hill, pushing each other to a time of 1.36 for 10½ miles of heavy going before handing over to our strongest pair Andy Whalley and Ralph Murray.

Andy and Ralph really set about Pendle Hill and then the run-in (1.16 for 8½ miles) back to Barrowford to give us a total time of 6 hours 32 minutes.

Meanwhile Alan had been picked up again by Mick for his last leg over Pendle and by Phil who jogged out from the finish to meet them and lead them over the last miles in the dark. Phil had no need to worry about missing them in the darkness, hearing them cursing the mud and rickety stiles for many minutes before their torches came into view across the fields. Alan finished with a typically gutsy last climb and rapid descent despite the dark and the mud to complete his round in 11 hours 20 minutes.

We hope to return this summer to try for faster times (we reckon on sub 6 hours for a relay and sub 9 for a solo) and would love to see other clubs having a go. One of the great things about the Pendle Way is that it is circular and compact and hence very easy to support with one or, at most, two cars. Our only support was provided by 2 cars driven by the contenders themselves.

So there is the challenge - surely Clayton, Horwich or Rossendale won't let us hold a record on their home territory for very long?

# COMPETITION RESULTS



## COMPETITION

It would appear that John Reade's final caption competition proved too difficult for most readers and the 'no blasphemy please' plea was not entirely unheeded. From the limited entry the following were noted!

**Winner:** Dennis Oglesby of Marley, West Yorkshire: 'You're too late, we've just buried Sid!'

**Runner Up:** Will McLewin, Stockport, Cheshire. 'No mate!' The one you want is over there, across the valley - but never mind, the race was yesterday'.

Photo: Whittle Hill, Rossendale 1987  
(Photo: W. S. Bateson)

## COMPETITION



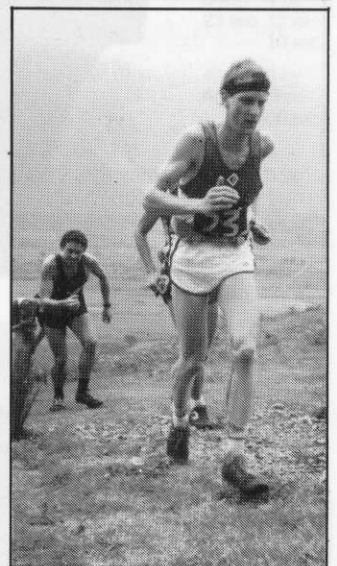
Billy McKay (Albertville Harriers) in the Spelga Skyline Race, Northern Ireland. Photo: L. Cooke.

**Entries to:** John Blair-Fish, 28 Howden Hall Crescent, Edinburgh EH16 6UR. (No blasphemy please)

Name: .....

Address: .....

Comments: .....



Hugh Symonds  
Winner of the Edale Skyline

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**Backcover:** Competitors climb Whinberry Naze. Rossendale Fell Race - W.S. Bateson.



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  - Curved last design, appropriate for the faster paced runner who does not have major motion control problems.
  - Dipped Achilles tab for decreased pressure and irritation on the Achilles tendon.
  - Flexpaths in the front quarter work with the moulded flex areas in the midsole and outsole to improve forefoot flexibility.
  - Metatarsal pad for additional forefoot cushioning.
- PREVIOUSLY £46.99  
OUR PRICE £26.99

### CHARIOT (U.K. 4½ - U.K. 12½)

Season after season, consumers continue to choose the Chariot over other training shoes. Two million feet can't be wrong.

- Diagonal Rollbar for pronation control.
- Blown rubber outsole for shock absorbency with a hard rubber heel plug.
- Combination lasted.
- Moulded tri-layer insole for cushioning.
- Reflective material on heel tab and tongue.

The Diagonal Rollbar is a firm wedge of midsole material that provides a natural barrier to pronation and helps "Stamp out Rock and Roll."

PREVIOUSLY £39.99  
OUR PRICE £29.99



### TRILOGY (U.K. 4½ - U.K. 10)

The Trilogy provides state-of-the-art motion control and stability in a durable, highly cushioned shoe, suitable for runners of all abilities.

- Four density outsole incorporates high abrasion-resistant expanded rubber in the metatarsal area and solid rubber in the heel for extended wear, with lighter weight expanded rubber in low wear areas to reduce weight and increase shock absorption
- Tri-density compression moulded midsole provides forefoot cushioning along with rearfoot stability and superior motion control.

PREVIOUSLY £49.99 · OUR PRICE £29.99

**PLEASE INCLUDE £1.50 P&P**

From the BROOKS SPECIAL OFFERS I would like: **TEMPO**  **CHARIOT**  **TRILOGY**

UK/US\* size  \*delete as appropriate

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