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THE FELL RUNNER

Summer 1986



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THE FELL RUNNING SPECIALIST

EDITORIAL

The response to my request in the last magazine for more material has, by and large, been tremendous, although there still remain one or two problem areas, noticeably the coverage of the Junior scene and, more generally, the receipt of race reports and results, especially from north of the border.

The FRA calendar now totals over 200 races, with many more events still not included. Add to this the continuing growth of new races, championships and international events and it is evident that to cover the whole fell running scene comprehensively, within the existing framework of two magazines and two newsletters is becoming increasingly difficult. The feasibility of producing three magazines in 1987 (and eventually four a year at a later date) is currently under investigation. However, for this expansion to really work, the current increase in contributions needs to continue, whilst, hopefully, the opportunity for a greater coverage of races and championships throughout the whole of the British isles will be created. This latter aspect can best be achieved if the other regions (including England) adopt the efficient example of the Northern Ireland Fell Runners by nominating an individual(s) whose job it is to forward race reports/results on a regular basis. Are there any volunteers?

On page 16 of the last magazine, I wrongly criticised Danny Hughes for an article which I believed he wrote for the December issue of *Compass Sport*. The author was, in fact, the *Compass Sport* Editor, Ned Paul, and I would like to publicly apologise to Danny for my unfortunate lack of judgement in criticising an innocent party. I can only add that my comments were made in good faith but, of course, I should have checked my facts before putting pen to paper.

Although the future development of international fell running continues to take up a large proportion of committee time, I do get the impression that the vast majority of ordinary (i.e. non elite) runners are adopting a kind of 'que sera, sera' apathy. This is unfortunate, as in the long run what happens at the sharp end could affect us all.

The other prominent issue, is that of open fell running. On the one hand, there are the likes of Guy Russell and his Ambleside colleagues openly challenging the AAA's, whilst on the other, the FRA committee is trying to exert pressures on them through official channels. Negotiations are due to start with an FRA delegation meeting AAA's representatives at Birmingham on 29th June - let's hope the AAA's see sense quicker than they did last time we crossed swords over the FRA obtaining governing body status!

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NOTE: Race Results can be telephoned directly to me, if preferred



'The Fell Runner' is the magazine of The Fell Runners' Association. It is not a commercial magazine and relies solely on voluntary contributions.

O B I T U A R YFRANK TRAVIS

Fell racing lost one of its most dedicated and valuable supporters on February 10th when Frank Travis of Seascale, Cumberland, died of a stroke at Whitehaven, aged 76. His wife Janet had died of cancer in 1982.

It would be hard to find a friendlier or more popular couple in the sport to which they both devoted much of their leisure time. Their daughter Pat is the widow of Jack Bloor and mother of the noted orienteers, Robert and Roger Bloor.

It was Jack Bloor who had introduced Frank to fell racing back in 1964. Frank, who had been an Atomic Energy Authority at Winscale before his retirement, had competed in motorcycle races on both track and hill prior to World War II, and had been Secretary of Manchester Motorcycle Club.

In 1965, Frank Travis and Joe Long of St. Bees began to promote orienteering events in West Cumberland and Frank gave many lectures on the new sport. They founded the West Cumberland Orienteering Club in 1968, with Frank taking the role of Secretary and promoted the first two Ennerdale Horseshoe races.

Two years later, the event became the responsibility of the newly-formed Cumberland Fell Runners' Association, an off-shoot of the WCOC, of which Frank Travis and Joe Long were also founder-members, and respectively its first Secretary and President. Both men also played a major role in the inauguration of the Wasdale Fell Race in 1972, with Frank again taking the role of Race Secretary.

He had earlier assisted in organising the first Two Day Two Man Mountain Marathon, later known as "The Karrimor", in 1968 and was closely associated with the event during the ensuing years. He also had a hand in the inauguration of such races as the Langdale, Borrowdale, Kentmere and Edale Skyline, in which he officiated on subsequent occasions, as he also did in the Three Peaks Race, among other events.

Frank became a committee member of the Lake District Mountain Trial Association in 1970 and was elected Secretary in 1972, when the Fairfield Horseshoe, Skiddaw Fell Race and Vaux Mountain Trial each became his responsibility and remained so till 1978, when he stood down, though he continued to officiate in these events as timekeeper.

"Our interest in Fell Racing remains as high as ever", he wrote me in November, 1978, including Janet in his explanation, "but we are getting a little 'long in the tooth' and I feel that the younger set should be ready to take over the decision-making and organisation. With this in mind, I have gradually retreated a step or two in favour of new faces and new ideas. I am still on the LDMTA Committee and they have made me a Life Member, an honour I much appreciate....."

"The Three Peaks Race Committee have just made me President, I am also on the Committee of Keswick AAC, and am working in close touch with Fred Rogerson in connection with the Bob Graham Club.... So you can see that we still have strong connections with the sport...."

Frank Travis was a founder-member of the Fell Runners' Association in 1970 and served as Chairman from 1973 to 1976. He was also a member of the Cumbria Coaching Committee (AAA).

The high esteem with which he was held by people involved in the sport was amply illustrated at the 1973 AGM of the LDMTA, when Dave Meek presented him with a plaque inscribed with the names of all the fell races Frank had been associated with. It had been bought with money collected among fell runners and

officials in recognition of his contribution to the sport.

Frank, like Janet, will be sadly missed on the fell running scene. However, their spirit will undoubtedly linger with the events they were associated with, and their names will certainly not be forgotten among those who race and officiate on the fells.



Bill Smith.



Top: Frank and his famous clock at Langdale, 1973

(photo/T. Orr)

Bottom: Frank briefing the competitors prior to the start at Wasdale, 1972

(photo/E. Cartwright)

LETTERS:

VESTED INTEREST?

Dear John,

I would like to make a strong plea to the FRA Committee to review the age threshold at which the onset of veteran status commences. Currently, this is set at 40, a purely arbitrary figure, having no physiological relevance and probably based on old wives' tales and advertisements claiming to 'fortify the over-forties'.

However, there is strong medical evidence to support the view that 45 would be a much more logical age at which to set the division. It is widely known that the onset of the various stages of man's maturity is controlled by the parathyroid gland, and that hyperactivity of this gland occurs at or about the age of 44 and 10 months (check your Club results for inexplicable veteran performances).

Much of the background to this subject was researched by the eminent American physician Frank Waldo-Cronkite, who made a lifelong study of the Shoeshine Indians. During their annual 1,500 mile migration from the Rockies to the Great Plains, this tribe often covered 100 miles per day, natural selection weeding out the less able en-route. This was an ideal opportunity for Waldo-Cronkite to prove our theory once and for all. Unfortunately, after 23 years of painstaking work, he died without realising that Shoeshines rarely live to be older than 38.

It was left, therefore, to a Yorkshireman, Henry Aladd who, with his son Norbert, studied the output of miners at the Godley Cutting mine between 1947 and 1958, to prove that life does not begin at 40 but at 45.

Furthermore, irrefutable proof of the theory (as if any were needed) has been provided by a recent poll, conducted by NORI amongst veteran fell runners. When asked: "Were you better at it before or after reaching 45?" they answered as follows:-

63% said "Yes"
54% said "No"
17% didn't know

1.5% thought Andy Styan was a type of Do-it-yourself implement, and 0.13% thought John Blair-Fish was the capital of Nova Scotia.

These results are encouraging and everyone should take heart at their findings. Real scientifically-based medical knowledge on fell running is just emerging and the Committee should be prepared to accept and act on results from such research. However, they must not rush such an important decision and should be looking for implementation no sooner than the season commencing January, 1988.

I would add that anyone suggesting that there is any degree of self-interest in this very reasonable request will be sued for libel, defamation of character, lack of lucidity, old age or be forced to become a member of Dark Peak should the need arise.

Yours sincerely,

Tony Peacock

RACE INSURANCE

Dear John,

Thanks for printing my letter re insurance in the last mag. In reply to your reply (or comment, rather) you said you were sure most other organisers would welcome the (compulsory) insurance scheme. You didn't address yourself to the main point of my letter, viz: do you approve of all race organisers being forced to shell out on insurance cover, even when they don't all want it? (I am sure there must exist in this country some race organisers who don't wish to pay for insurance). Could you not make the insurance scheme voluntary, as I do agree with you, that most organisers would want insurance cover, and would also voluntarily pay for it.

Yours,

Roger Boswell

Editor: No, I do not approve of all organisers being forced to join the scheme, but, unfortunately, it is a condition imposed on us by the insurers. We have agreed to subsidise any races which cannot afford the £2.50, but no-one has yet approached us. Neither has any race organiser informed us of his dissatisfaction with the scheme, although a couple of complimentary letters have been received.

STATISTICAL COMPARISON

Dear Norman,

I was interested by your FRA membership statistics printed in the January Fell Runner, as I do a similar job to you, for the North Staffs. Road Runners. We have 800+ members and a 20-race championship season.

I was particularly struck by the similarity in the FRA age distribution to the NSRRA one. Do you suppose that most runners are in their late 30's, or is it just that most runners who join associations are? Our members drop off even more sharply than yours after 45 - is this because fell running is more a labour of love than road racing? It's also curious how few clubs there are, and how few members from some famous ones - and yet only 15% of FRA members are unattached compared with 17% of ours, so it's not true that most runners are free spirits!

If it is true that most runners are middle-aged, when and why do they start? You can go on for ever.

Yours,

John Britton

Rumour has it that the National Trust complained when the FRA only managed to send one representative to their midweek meeting - don't they realise we are all amateurs and have to work!

TO A OR NOT TO A?

Dear Editor,

The long-established criteria for categorising fell races have now been embodied in the FRA Rules for Competition. Am I the only person to notice that the Goatfell Race is category C (33% of it is on road - indeed, the certificates used to be headed 'Goatfell Road Race')? The Bens of Jura race is category B (slightly over 20% on road), as are the Edale Skyline (215 feet of climb per mile) and the Glossop race (190 feet per mile). I suspect that the respective organisers - not to mention the competitors who tackle Scottish boulder-fields and Dark Peak (Dark Peat?) bogs - might be rather offended if these races and several others in the FRA calendar, were downgraded to their correct category. Maybe the FRA should admit that the criteria are merely guidelines, and not firm rules. After all, one of the attractions of our sport is that every race is different, and each has its own individual character - indeed, the same race can change character from year to year, according to the weather.

Yours sincerely,

Anthony Kay

Editor: Well said, Anthony - may commonsense prevail.

PRO/AM - DOES IT REALLY MATTER?

Dear John,

I was talking to Peter Hall and he mentioned my letter in the last issue of The Fell Runner in which I said I didn't know if he'd ever been officially reinstated. Apparently, a few runners have been on to him about this, thinking him to be a 'professional'. He tells me that he was, in fact, reinstated in 1972.

Is it too late now to put a little note in the next magazine to this effect? If not, could you please put it in the winter issue to save him from any more hassle? Thanks.

All the best,

Bill Smith

Editor: Sorry Peter, if Bill's original letter has caused you any hassle - I know it was never intended and it just goes to show how petty the people are who rely on these out-dated rules!

Rumour has it that the Burnsall Feast Fell Race s need permission (and are granted it) to cross land owned by a 'pro' runner, only then to turn around and ban him from taking part!

LANGDALE '85

Dear John,

A memorable race in many ways; an enormous field with an exceptionally large number of ladies and a superb day. I am sure many competitors were inspired to heroic feats of speed and endurance. I produced one of my more spectacular personal worsts of 1985 and after an only moderately bad start, I was overtaken by enough runners for a complete field in most races. So, what was so outstanding about my performance? Well, in the January 1985, Fell Runner, Angela Soper sought to persuade more ladies to compete by pointing out that life at the back of the field has its compensations. She suggested as an encouraging measure of performance, comparison with a suitably decrepit male, and then bestowed the doubtful honour of choosing me as a prime example. Since then, on the fells, I have frequently been chased and beaten by ladies. At Langdale, no less than 20 ladies were finished before I was and I had the pleasure of watching most of them go past. I suggest that few fell runners can say they have given satisfaction to twenty ladies in under three hours twenty minutes.

Will McLewin

PERSONAL PROBLEMS AT BENSON KNOTT

Dear John,

While I cannot claim to have made any real mark in the orienteering world, I have perhaps left a small dent as a result of a couple of books chronicling the problem of an unfit veteran with no sense of direction.

As a recent recruit to fell running from orienteering, I had hoped that the disasters that used to beset me could be quickly forgotten, yet it seems I am doomed to face difficulties. No doubt any fell runner of note can roll up a tracksuit leg or bare a muscular arm to show scars honourably gained in tangles with barbed wire on distant peaks, or in vaulting lightly over seven feet high fences. Who else, though, can point to a hole in his Long Johns gained when he tied his legs together with a strand of barbed wire, not in the remote fastness of Lakeland, but running on the main road from the Kendal showground in the early stages of the Benson Knot fell race.

The other event of that race which reminded me of past incompetence is that, according to the results, I finished twice. In my first effort - my only effort - at night orienteering, I had the honour of running the first leg in a seven man relay event, with a start at midnight. At one o'clock, my name was reported on the P.A. as approaching the finish. My astonished team-mate roused himself from his slumbers, took off his tracksuit and hurried into the cold night air to wait for the take over. Now, at one a.m. I was, in fact, only a short distance from the start and totally lost. I eventually completed my leg at about half past two, by which time my team-mate was both disgruntled and cold.

I don't know who the orienteer impersonating me actually was, but, dammit, he's turned up again. Look at those Benson Knott results - there I am a respectable 91st, within hailing distance of distinguished people like the Chairman and on the same page as the winner. Who was this super athlete who cruised home in 45 minutes? Alas, for the real me, you have to turn over and there I am again at 146th, a few, a very few, places from the end.

My only ambition in fell running is to avoid coming last. I just want to go about my business inconspicuously and quietly; so please, could barbed wire entanglements be removed from main roads and please will the man impersonating me go back to orienteering.

Gerald Vinestock

SUBS REMINDER HIGHLIGHTS PERSONAL PROTEST

Many thanks for the reminder about my FRA membership and the fact that last year's subscription was not paid. This was not an oversight on my part, but a considered decision, a form of personal protest, against the way both the FRA and the sport of Fell running are developing.

To my mind, over the past few years, the FRA has not done a particularly good job in representing the views and opinions of the rank and file membership - of which I class myself as a member. There has been an increasing tendency towards elitism - initially this was manifested in the form of the Fell Running Championship, more recently in the development of international fell running. I am in sympathy with both these areas of development, but not at the expense of the sport and of those participants who fail to aspire to the realms of the elite. After all, we are the vast majority in terms of FRA membership. As an association, I believe it is your responsibility to represent the whole membership - they go beyond the top twenty five exponents in the sport.

Last year saw some of the worst developments it was possible to imagine. Sponsorship and the adaption of existing courses to the needs of our European competitors. How long before we follow the now historical example of international cross country running - horse racing courses with bales of hay as obstacles? I believe that branch of athletics actually started in the UK in a much purer form - progress and development certainly hasn't done much for its present-day identity. I for one have no desire for this sort of development in or on the fells - the enjoyment and aesthetic pleasure I derive from the sport is now being either destroyed or bastardised. Is this what the average fell runner wants? I believe not.

Sponsorship at a local event level is acceptable to some degree, but when one considers sponsorship in its pure commercial form - and we've all seen it (LSD) and what it tends to do for both the sport and its participants, then I want none of it. To follow the example of that great moral philosopher who contributes his idealistic views to a well known Sunday journal, but makes vast amounts of money out of sport in the process - let's not let fell running degenerate to this. The fells, after all, are a precious environment - one we should work to protect, not litter with debris that has no real substance in the sport.

The politics are obviously very complex and I do not even begin to pretend to comprehend them fully - I am not even sure I am interested in them, but I feel if the sport is not going to change beyond recognition, someone should. It is easy to go forward in the name of progress, but how often does that result in taking an historical perspective sometime in the future and looking at the bloody mess we have created.

The fact that politics are so conspicuous in the present fell running scene is, perhaps, a warning in itself.

I fully appreciate the difficulties encountered when Committees are set up as the representative body of any organisation. I also appreciate that individuals are giving up time and energy to represent their sport and actively participate in its management and development - I believe this to be worthwhile and hope it will continue, but my plea - and it comes from the heart - is: don't forget who you represent.

The fact that the FRA saw fit to include a slip about membership, indicates that I am not alone in my actions of not rejoining. Consultation is a good form of representation; I for one do not feel it has happened in recent years. The magazine and calendar are missed, but I am not prepared to subscribe to an association that represents neither my views nor feelings about both the sport and, to an increasing extent, the environment in which that sport is conducted.

Although addressed to you, Richard, this letter is intended for the Committee. I hope it is not taken as offensive - it is not intended in that manner. It is just an explanation as to why I have not subscribed to the FRA.

Yours,

Mike Parkin

Editor: *Personally, I share a lot of Mike's misgivings about the sport's future direction.*

However, he is wrong in his belief that last year's adaption of courses and large amounts of sponsorship at certain events had anything to do with the FRA Committee. These were the actions of individual race organisers over which - rightly or wrongly - the FRA has no control. As the governing body, the FRA's only active role was to select representative teams but, unfortunately, it is the FRA which gets the backlash should problems arise. For example, did the current problems of access with the National Trust directly arise because they perceived changes from the norm taking place at Sailbeck?

At the time of writing, the Committee is due to meet at Coniston where, hopefully, a definitive policy on international fell running will be formulated. Details of this aspect appear elsewhere in the magazine.

Editor: *Roger Boswell has sent me the following:-*

Who's Who on the back page of the Jan. '86 mag:-

White haired feller up near the front - Mr. Eddie Campbell (Lochaber) competing in his 35th Ben Race.

No. 331, in the middle of the pack - Mr. Stewart Leitch (Lochaber AC) who is manager of Nevis Building Supplies in his spare time.

No. 439 - D. Canavan according to the results; almost certainly Denis Canavan, the famous flying Member of Parliament (he also ran the Lochaber Half Marathon in 1.25.49 on 20th October, 1985).

No. 325, with the '30's style shorts and tea cosy on head - Mr. Peter Davis (never pays his subs to Lochaber AC), renowned Bruiser for Lochaber second 15 and ex-marine.

No. 348, Large as life at the back of the line - Mr. Chris Sutton, (Lochaber AC) super-fit manager of Linnhe Caravan Site - English Tourists always welcome - site is 3 miles up the Mallaig Road.

No. 266, just out of frame - Mr. Robert Cant, Chris Sutton's Batman - Robbie works for Chris, and always has the good sense to let the boss take the lead. Robbie was just one step behind Chris when starting the climb.

Rumour has it that the SHRA is some kind of secret society.

WELL DONE, CARNETHY

Dear Editor,

May I write to convey a wholehearted well done and congratulations to all who were part of the organisation of the 'Carnethy 5' in February.

The race was delayed 10 minutes to make sure all who registered had arrived at the start. The weather conditions, to say the least, were bleak, every half mile or so there was a Marshall dressed for the North Pole, so, consequently, there was no chance of straying from the marked course, which was just as well, as it was mostly ice and in some parts 18" of snow.

Back at the school, after a welcome shower and change of clothes, an army of tea ladies were ready to feed the inner man and woman with chips, ham and beans plus salad, or a vegetarian salad, which was ideal for myself.

All the time the results were being televised on a screen linked with a computer.

I had to leave before the prize-giving, but the prizes were in abundance.

Once again, well done, and I shall certainly be having a go again next year; where else can you get better value for £2.50?

Yours sincerely,

M. Woods
Cumberland Fell Runners

SOME VIEWS FROM NORTH OF THE BORDER

Dear Ed.,

I am worried to read in the last mag. in the 'Committee News' bit, that the FRA Committee have agreed to recognise:

- (a) FRA is unlikely to gain control over fell running in Scotland;
- (b) the FRA's Scottish Sub-Committee would be disbanded;
- (c) the SAAA's and SHRA be left to reach agreement between themselves.

I hope this does not lead to the FRA - intentionally or otherwise - pulling out of Scotland altogether. Can I urge the FRA to carry on, as it has always done in the past, to offer its services to Scotland and Scottish Hill Runners. The FRA is, always has been, and, I hope, always will be, a UK association.

I would also like to use the columns of your excellent journal to urge the Scottish Hill Runners Association (who don't have a journal) to please come to their senses, and formally link themselves to the FRA as a Regional Sub-Committee.

I fear that the SHRA's present policy of ingratiating themselves to the SAAA, with the objective of becoming the controlling authority for Scottish hill running, will result in the exclusion of the FRA from Scotland. I believe Scotland would be a poorer place without the FRA, and I don't believe the SHRA could ever adequately fill the FRA's place.

Why am I so keen on the FRA?

- (1) The Calendar;
- (2) The Magazine;
- (3) Organisation of the Championships;
- (4) Race Category Definitions;
- (5) FRA Rules for Competition, and other FRA services.

- (1) The Calendar

I appreciate the FRA Calendar, which is posted out to all FRA members, and can

be relied on for its accuracy. Every year the FRA Fixtures' Secretary sends out forms to race organisers to fill in, thus ensuring accuracy.

The SHRA Calendar is not posted out - it is distributed by hand. This results in most Scots' runners getting it late, and some never getting it at all. The SHRA Calendar, while containing more Scottish races than the FRA's, also contains more errors, since the SHRA has no formal procedure for gathering the information. Much of the SHRA Calendar is compiled by guesswork, based on the previous year's Calendar, much of which was also compiled by guesswork, based on the previous year's Calendar - much of which was also compiled by guesswork, based.....

Some Scottish race organisers are surprised to learn from the SHRA Calendar just how they will be organising their race - Derek Summers, who organises the Lairigh Ghru race, said he only found out he would be charging £2 entry fee after reading the '86 SHRA Calendar!

There are many other errors in the SHRA Calendar, and also some discrepancies between the SHRA and FRA Calendars.

It would be in everybody's interests if the SHRA and FRA Fixtures' Secretaries co-ordinated their Calendars to ensure there are no discrepancies.

The FRA Calendar has the great merit of advertising Scottish races all over the UK. Scottish races would be the poorer for the loss of the English, Welsh and Irish runners. Alter idem, vice versa; the FRA Calendar advertises UK races all over Scotland. England, Wales and Ireland would be the poorer for the loss of Scottish runners (well, I think so, anyway).

(2) The Magazine

The FRA magazine offers an excellent service to Scottish hill runners. The magazine always reports on Scottish races, Scottish issues and prints Scottish photos. It reports on the Scottish Championship - and I wouldn't know yet the results of the '85 SHRA Championship were it not for the FRA mag. I rely on the FRA mag. to tell me what the SHRA Committee is doing, who is on the Committee, when and where the SHRA AGM is to be held, when and where the SHRA Championship presentation will take place.

I think it's high time the SHRA Committee appreciated the service it gets from the FRA, and do the sensible thing by formally joining the FRA as a Regional Sub Committee.

(3) Organisation of the Championships

The SHRA presently organises the Scottish Championship independently of the FRA. This results in inevitable and undesirable date clashes. e.g. this year, the Scottish Championship race, Goatfell, clashes with the UK Championship race, Moel Elio. Another result is the absurd situation where a UK Championship race in Scotland, the Eildon, has not been chosen by the SHRA to be a Scottish Championship race. Yet another undesirable result of the SHRA's independent choice of which races should make up the Scottish Championship, is that these races are not necessarily included in the FRA's Calendar; e.g. this year the Chapelgill Hill race is not in the FRA's Calendar: the race will take place on 22nd March, hardly anyone in Scotland has got hold of a SHRA Calendar yet, result is, loads of Scottish runners are going to miss out on the first SHRA Championship race because they haven't heard about it. Ironically, they'll only find out they've missed out on it when they read the race report in the FRA's mag.

The SHRA would do Scots' runners a favour if they framed the SHRA Championship within a few simple ground rules - viz:

- (a) all FRA UK Championship races taking place in Scotland are automatically also Scottish Championship races;
- (b) no Scottish Championship races will be scheduled for the 4 weekends when UK Championship races are held South of the border; and
- (c) all Scottish Championship races must be advertised in the FRA's Calendar.

To achieve this, a close liaison between the FRA and SHRA would help. If the SHRA were a Sub Committee of the FRA, such a liaison would exist.

(4) Race Category Definitions

I note that the SHRA have unilaterally classified the Lomonds of Fife race as Cat. 'A', whereas the FRA classify it as 'B'.

It should be one or the other, but not both.

What criteria do the SHRA use for classifying races? Do they use the same definitions as the FRA? They do? Why don't the SHRA join the FRA? The SHRA as a Sub Committee of the FRA could then be empowered to classify all Scottish races on behalf of the FRA. The SHRA could then categorise the Lomonds of Fife as 'A', and no-one could say different.

It is absurd to have 2 organisations independently classifying the same races.

(5) FRA Rules for Competition and other FRA Services

The FRA offer a wealth of experience; they run courses for organisers, navigation courses for runners and have formulated detailed and sensible Rules for Competition. All the English and Welsh races in the FRA Calendar are run under FRA rules. The Scottish races, however, are presently run under the largely inappropriate SAAA laws. If the SHRA were ever to gain control of Scottish hill running from the SAAA, would the SHRA formulate their own Rules for Competition? Would they simply use the tried and tested and thoroughly sensible FRA rules? If so, why not simply say all Scottish races will be held under FRA rules; in fact, why doesn't the SHRA do Scottish hill running a service, and become a Regional Sub Committee of the FRA, and work to gain control of Scottish hill running by the United Kingdom body - the Fell Runners' Association?

Roger Boswell

DRAT! FOUND OUT

Dear John,

Reference to the small photograph that appears at the foot of page 46 in the January '86 copy of the Fell Runner.

The adjacent 'rumour has it' reads to the effect that you are awaiting a bribe from Errol as an inducement not to publish similar photos of himself 'suffering' at the hands of the Fairer Sex, presumably as he has just married a certain young lady from Clayton Harriers. I find this interesting, but a little confusing when in my opinion the real question arising from the said photograph is:-

What on earth are you doing, squeezing a sponge over Errol's head, dressed in what appears to be a full uniform of a St. John's Ambulance nurse, complete with dress and cute little hat! Did you complete the outfit with matching black stockings and suspender belt?

Is this some secret ceremony of a new breed of Freemasons, arising within the FRA - no wonder the chap behind you is scratching his head.

Yours sincerely,

Keith McKay

P.S. I dare you to print this letter.



A.A.A. STANDS FOR AVOID ANY ACCOMMODATION

Dear John,

After reading the recent article in the Sunday Observer by the respected athlete and journalist, C. Bacon Rasher, I feel moved to comment that the FRA would be better advised to distance itself from, rather than seek closer association with, this body of, however well-intentioned, humbugs and hypocrites.

The continuing promulgation of the chasm between the 'professional' and 'amateur' ranks of any sport is an insult to people's intelligence and should be dropped forthwith!

I became a fell runner late in life (aged 45), after playing Rugby Union (that's the amateur code) for over 30 years.

In the Rugby code this meaningless differential has worked to the disadvantage of the sport by preventing the participation of many who wished to put back into the sport something for its benefit, gained after years of experience. They were prevented from doing so, because they had dared to participate alongside professional players in trial games, having to resort to playing under assumed names to avoid identification.

You had to lie to protect your 'amateur status' or risk being barred 'sine die' from any further participation in the Union Code, training, advising or helping in any way.

I am worried lest the FRA should be pressured into similar concepts.

I am aware that 'professional' fell runners can apply for re-classification as per Kenny Stuart, but I get the impression that the closer links with the AAA which have become more apparent over the last few years, is moving towards them taking a control over how the FRA runs its affairs.

In light of their miserable track record (the pun is intended) with the so-called 'amateurs' of track attracting huge fees without let or hindrance, whilst the lesser mortals on the fells can be summarily excommunicated for the appalling crime of taking part in races with professional runners, I feel that the FRA should take a stand.

The ruling body of our sport should lead the way towards a free sport and should have nothing to do with the humbug and hypocrisy perpetuated under the current AAA rules and policies.

Until all sportsmen can compete on equal terms without being 'classified' there will be no justice in sport.

I love fell running and its great camaraderie, the knowledge that I can enter a race and stand on the starting line with runners old and young, wellknown like Ron Hill or unknown like myself, with only our ability separating us - that is true sport and the true spirit in which it will flourish.

Away with amateur/professional status - we are all runners be it fell, track or cross-country.

Yours in sport,

Brian Bird

Editor: I think most members agree with you, Brian. Rest assured, the FRA Committee is working very hard within the existing rules to end this hypocrisy. If, of course, we are unsuccessful, then maybe more drastic action will be needed.

CUT OFF IN HIS PRIME

Dear John,

Congratulations on the magazine. However, might I question the cut-off points of the championship results. I am fully aware that the lower points mean very little, but they do include a lot of people who would get a kick out of seeing their name in the 'Fell Runner'.

Despite running only one race last year, I achieved my highest position, only to find it not printed. Surely, the full list takes very little room. Personally, I also miss the more detailed analysis of the top 10.

Yours in sport,

Eddie Harwood

Editor: The days when there were only a handful of races in the Calendar and only one championship, have long gone. The last magazine contained 9 pages of British, Welsh, Scottish, Irish, Isle of Man and Junior Championships (more than ever before). I agree with you, Eddie, ideally I would like to publish details of every finisher in every championship, but, unfortunately, the lack of space prevents such detail. With regard to a more detailed analysis, I realise many members may be interested in this, but it requires somebody to do it. Personally I am not sufficiently championship-orientated to be bothered, but if, of course, somebody else wishes to undertake the task, I will be very pleased to publish it. In a similar vein, I also publish all race results from every event I receive. If any results do not appear in the magazine, it is only because I have not been sent any.

Rumour has it that the AAA's own patron, Her Majesty the Queen, is, like Guy Russell, a 'professional' by association as she is also patron to the Braemar Highland Gathering!

HITTING THE NAIL ON THE HEAD

Dear John,

I've just heard that there was a field of 600-700 in the Coniston fell race last weekend (I'm glad I couldn't make it now).

We couldn't give the National Trust a better reason to interfere in our sport on the grounds of causing increased erosion on the fells; surely, a real possibility with fields of this size.

Hasn't anyone heard of the phrase: 'let sleeping dogs lie'? Keep race reports and fixtures to 'The Fell Runner' and 'Compass Sport' so they only reach the people who are supposed to care about the sport.

Yours on the fells,

Tim Kelly

Editorial Comment: Actually, there were 560 at Coniston, but, admittedly, still enough to cause concern with regard not only to the environmental impact, but also the loss of the 'low key' atmosphere. One fell running stalwart told me that he thought the scenes at both Kinder Downfall and Coniston were "horrendous" whilst a week later at Sailbeck (where there were only 168 finishers), he thought it far more in keeping with the traditional atmosphere and setting. Personally, I found the Sailbeck to be far more of a relaxed event than Kinder (I was unable to get to Coniston), but if the numbers were doubled or trebled at Sailbeck, then this atmosphere would have been destroyed and, quite frankly, the venue would have been unable to cope with such numbers. This would have caused increased aggravation with the villagers, not to mention the environmental damage to the fells.

So, what has caused the growth in the size of fields? Clearly, the answer is not a simple 'black/white' one, but I agree with Tim that the recent increased media attention has played a contributory part.

It is in the interests of commercially-orientated running magazines and sports' retailers to see a proliferation in participants, as this is the only way that they're going to see an over-all increase in their profits. I fail to see how the ever-increasing size of fields can ever have anything but detrimental effects on our sport, for surely, if this growth goes unabated, we will destroy the very essence which attracts most people in the first place. Perhaps I am being cynical, but I always question the motives of those who advocate changes that will result in an unstructured, entrepreneurial growth of our sport. Do I hear cries of: "Grass roots attitude! We must develop our sport"? Well, what we have at the moment is worth preserving and any changes that do take place should not be brought about by people who have no interest in the sport's wellbeing.

If anyone thinks that I am being melodramatic, then let me relate to them a recent approach that was made to Peter Knott by Running Magazine, requesting that he contribute regular fell running articles for publication. When Peter said that he wasn't interested, he was informed in no uncertain terms that as they had decided that the boom in the mass jogging/marathon mania appeared to be declining, then they were looking to direct their readers' interests to other challenges, of which fell running was the prime candidate. Such actions are clearly financially motivated, with any 'knock-on' effects in the sport being totally immaterial to them.

Although I appreciate that it is not the only cause of the growth, I would reiterate Tim's plea to all fell runners: Send your contributions to those publications which have the interests of our sport at heart. ('The Fell Runner' is the only one run by a non-profit-making body and 'Compass Sport' the only other not intent on maximising revenue at the expense of all else). That way, you may not get your 12 pieces of silver, but at least you'll have a clear conscience!

POINTLESS SABOTAGE

Dear Editor,

In April, the Northern Counties' A.A. advertised their 1986 Championship events in Athletics Weekly, one of which was their fell race championship, organised by Cumberland Fell Runners' Association (Buttermere 'Sail Beck'). Subsequently, an advert appeared, advising that the date had been changed from 11th to 31st May.

The date of the race had not been changed and the advert was not placed by the N.C.A.A. or C.F.R.A. A.W. say that they received an anonymous telephone call about a change of date and acted upon it as requested by the caller. The result has been, so far as we as race organisers are concerned, minimal. However, the result for fell runners has been considerable confusion and no doubt disappointment for some. Others are certain to make a wasted journey on 31st May, despite our efforts to rectify the rumour.

Before leaping to conclusions about the matter, could I, through your columns, request whoever placed the advert to come forward with an explanation. If none is forthcoming, we might be tempted to believe that the action was mischievous, and if so, reflects badly on those who feel aggrieved about fell running's close connections with the AAA. The FRA Committee regretted and condemned the action at its last meeting. The AW failed, despite a request immediately the advert appeared, to correct it before the 11th May.

Danny Hughes, Sec. C.F.R.A.

Editor: If, as Danny says, this was done on purpose, then, surely no right-minded person could condone such actions. The whole pro/am impasse is frustrating, but such undercover tactics are counter-productive and reflect badly not only on the individuals concerned, but also bring the sport into disrepute. O.K., the majority of us want to end the pro/am hypocrisy, but this should first be attempted by negotiation and placing a proposal at the AAA's AGM. Surely, a far more meaningful protest in this instance would have been to petition the AAA's officials at Sailbeck.



Dave Cartridge (r) and Robin Bergstrand (l) on the climb at this year's Sailbeck
(photo/E.Woodhead)

ALL ABROAD FOR THE GRAVY TRAIN?

Dear Secretary,

We would like to put forward our views regarding the FRA's involvement in international fell running.

We think that the FRA should work towards developing the international side of our sport just as it deals with other aspects. Therefore, the FRA should develop a structure for:

1. Processing invitations for national teams.
2. Selection of team members.
3. Appointing team management.
4. Organising suitable coaching.
5. Arranging for AAA's and other funding of national teams.
6. Assisting individual team members with grant applications and dealing with various other related tasks.

The best method of organising this may be to form a squad along the lines of the British Orienteering Squad (B.O.S.). The B.O.S. has a management selection committee of three people, which is answerable to the B.O.F. international sub-committee. The B.O.S. receives the majority of its funding from the Sports Council, with the balance raised by contributions from team members and funds raised by the Squad. The only cost to B.O.F. is some administration costs of work carried out by the B.O.F. National office on behalf of the Squad. We would like to emphasise the FRA must cater for male, female and junior internationals.

The FRA should also play a part in encouraging race organisers in the UK to hold internationals in conjunction with British races. It is essential that Britain is involved in the early development of international fell races at an official level with the full backing of the FRA as only then can we expect the virtues of British fell running to be incorporated into international competition.

Jack Maitland, Malcolm Patterson, Dave Cartridge, Ray Owen,
Shaun Livesey, Alison Wright, Stephanie Quirk and others.

Editor: *This letter was received prior to the Coniston committee meeting, which set out an initial policy statement on international running and was published in the newsletter. I don't think many people would oppose the FRA's involvement in internationals and points 1, 2, 3, & 5 seem eminently sensible, as do the opening and closing paragraphs, but what I do consider most worrying are the implications of points 4 & 6, together with the middle paragraph. If organised coaching for fell running is necessary (which I doubt), then let us make it available for everyone. Likewise, if monies become available, why should they go into the top runners' pockets? - let us plough it back into the sport and strengthen the base. Over the last couple of years at least 50% of committee time and I would surmise more in the case of some individual officers, has been spent preparing the way for international participation. Are we now being told that we aren't working fast enough? The suggestion is that the FRA should set up an elite squad training system and the officers who freely give their time (unlike the full time paid officials of B.O.F. - an organisation which enjoys an annual income of more than tenfold that of the FRA), should devote*

a larger proportion of that time to not managing the sport for the benefit of us all, but for the privileged few who already enjoy the perks of free expenses paid trips, free clothing, shoes etc. (from AAA's and sponsors) and the creaming off of prizes paid for by the also rans.

Although I stand to be corrected, finance for any purpose from the Sports Council is not directly available to the FRA, but through our parent body, the AAA's. What I find particularly galling is the idea that should any more finance be offered (in addition to that already paid to send our runners abroad), then it should be spent in setting up this elite squad at the likely expense of other worthwhile developments within the sport. I always thought the Sports Council's catchphrase 'Sport for All' a good one, so let us stick to that principle.

I'm all for international competition, but surely the top runners are getting enough benefits already - we don't want to risk infringing their amateur status, do we? Is there a real need for these squads when the current championship structure encourages all the advantages of such a system (i.e. regular get togethers, rivalry) without excluding others?

I get the impression that these little pressure groups are steadily chipping away at our sport's traditional fabric and with every little chip, we are moved towards the divisive, grabbing athletic world and further away from the companionable one of fell running. What do other members think?



T SHIRTS

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

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

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

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



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

COMMITTEE NEWS:

MEETING AT MELTHAM ON 12TH JANUARY, 1986

Present: N. Berry, D. Hodgson, R. White, A. Hulme, J. Reade, K. Shand, J. Nixon, S. Wright, J. Gibbison, A. Styan.

Absent: J. Broxap, J. Blair-Fish, A. Carson, D. Hughes, S. Parkin, R. Morris.

Championships: Junior and Intermediate Championship format approved for 1986.

Internationals: Committee not prepared to give any individual organisers a 'carte blanche' to organise a World Cup. Agreed to set out policy. Resolution passed 'FRA should look at different ways of promoting the growth of International F.R.'

Open F.R.: Details of AAA's initial rejection of FRA's request to negotiate were discussed. Agreed to continue to force negotiations.

U.K. AAA: Agreed that FRA should be controlling body of fell running in U.K. - already has Scots and Welsh representatives - no need for further bureaucratic tier. P. Knott co-opted on to Committee.

MEETING AT KENDAL ON 6TH APRIL, 1986

Present: N. Berry, J. Broxap, D. Hodgson, D. Hughes, J. Reade, A. Styan, J. Nixon, A. Hulme, K. Shand, J. Gibbison, S. Parkin, R. White, S. Wright, K. Burns

Absent: J. Blair-Fish, P. Knott, A. Carson.

Keith Burns welcomed as new Scottish representative.

Newsletter/Magazine: Relationship discussed. Relevant officers to report back with plans for 1987.

Open F.R.: Various alternatives considered. Agreed that confrontational attitude would not achieve a great deal. Need for direct talks - meeting to be requested with AAA's (Birmingham 29.6.86).

MEETING AT CONISTON ON 3RD MAY, 1986

Present: N. Berry, J. Broxap, D. Hodgson, D. Hughes, A. Styan, J. Blair-Fish, J. Gibbison, J. Nixon, A. Hulme, S. Wright, A. Carson, P. Knott.

Absent: J. Reade, K. Shand, S. Parkin, R. White, K. Burns.

Whole meeting devoted to the discussion of international fell running. Policy agreed in outline as published in the Newsletter, May, 1986. A Working Party set up to examine possibility of holding 'World Cup' in Britain (1988?) and areas of concern were itemised:- razzamatazz, flagged courses, closed races, open entry for non sponsored runners, type of course, uphill and downhill, veterans, duration of events. impact on environment, FRA members only?

NOTE: The Scottish representative on the FRA committee isn't Robin Morris, as suggested in the January magazine, but as follows;- Keith Burns, 21 The Dean, East Linton, East Lothian, EH40 3ED (Tel. (0620) 860257.

FRA SELECTION POLICY FOR INTERNATIONAL RACES

by Danny Hughes

Selecting a team of runners to represent one's country in an international race is probably one of the most difficult tasks facing any administrative body. This short article seeks to explain how the FRA will fulfill its duty in this respect during the season and it is basically the same approach that has been used in previous years.

The basis for selection could take one of several forms and the objective is to be FAIR to all contending runners. One method could be that of the one off 'selection race'. This was considered and, despite being the easiest from the selectors' point of view, rejected as being unfair. For example, a strong contender could be ruled out by an 'off' day due to minor injury or illness. Also, a series of selection races would increase the racing demands which are already arduous.

Another method would be to take however many were required for the team from the top of the English championship table as it stood, say three weeks before the event - again, very easy for the selectors. However, it is argued that this places severe constraints on the whole of a fell runner's season - someone in form later in the season but down the table due to early season injury would be ruled out. Again, since the championship is composed of a very wide range of events from the short Gategill to the long Wasdale, attempts to match selection to the type of international race under consideration would be impossible.

Therefore, instead of going for the easy, quantifiable option, the Committee have agreed the following formula:-

1. Selection will be from those who are entering fell races and thus supporting the fell racing programme during the season under consideration.
2. All fell race performances will be given consideration, but greater weight will be given to championship races (English and British) since it is here that the greatest competition takes place.
3. Some attempt will be made to compare performances over courses which are near to the International race distance and height.
4. Current form will be an important consideration and selection will take place about 3 weeks before the event.
5. Selection will be made by a Selection Committee consisting of J. Broxap (Sec.), K. Shand (Statistician) and D. Hughes (Committee Member). (J. Gibbison - Juniors).

On this basis, there are bound to be differences of opinion and, in retrospect, mistakes, but over-all we believe it will work out to be fair, and to the runners' advantage, in the long run. It is also a compromise between picking the very best possible team to go to the event and those who have deserved it through their support of the sport.

Important note for Junior Selection: Junior ages are those adopted by European athletic bodies and are defined as follows: 'A Junior is one who is under 20 years of age on January 1st of the year in which the competition is held'.

Since this year's World Cup - if held - will be on 27th September, the date is that of a Junior Championship race, contenders for both the interational team and the junior English title should be aware of the problem and plan accordingly.

NORTHERN IRELAND FELL RUNNERS' ASSOCIATIONOFFICERS AND COMMITTEE - 1986

<u>President</u>	<u>Chairman</u>	<u>Treasurer</u>
Denis Rankin	Billy McNeely	Dave Watson
<u>Press Officer</u>	<u>Member</u>	<u>Secretary</u>
Brian Ervine	Stanley Graham	Jim Hayes, 14, Longlands Drive, Comber, Newtonards BT23 5AL (Tel. Comber 872802)

R A C E D E T A I L SFRA CALENDAR, 1987:NOTE TO RACE ORGANISERS:

Due to the increasing number of events now listed in the fixture calendar, it would be appreciated if the race registration forms could be returned as soon as possible.

These will be sent to all races currently appearing in the calendar during October. Anyone wishing to register a new race should send me a SAE during October.

Tony Hulme, Fixtures Secretary,
140, Altrincham Road,
Wilmslow, Ches. SK9 5NQ.
(Tel. (0625) 529874)

NON FRA RACES:

The response to my offer in the last magazine to print non FRA races has been overwhelming - so overwhelming, in fact, that to print them all would take up half this issue! So, rather than publish just a select few of the races, I set out the names and addresses of people to contact should anybody be looking for alternative pastures - but please don't forget to send a SAE.

'AMATEUR' RACES:

EUROPE: The C.I.M.E. championship, which roughly translated means the European Mountain Cup, consists of a calendar of 66 events, spread throughout Europe from April to October. Copies of the calendar and advice on the races may be obtained from the FRA Press Officer: John Blair-Fish, 28, Howdenhall Crescent, Edinburgh, EH16 6UR (Tel. 031-664-8425). Should any runners be going to any European events and require free or subsidised accommodation, then, no matter what your standard (of running, that is), Danny Hughes may be able to fix you up and Danny can be contacted at: Hallsteads, Gosforth, Cumbria LA20 1BS (Tel. (09405) 366).

SCOTLAND: The S.H.R.A. has a large number of events on its own calendar not included in the FRA one (*Ed: "Why not?" I ask*). Details from: Robin Morris, 33, Morningside Road, Edinburgh EH10 4DR (Tel. 031-447-8846).

N. IRELAND: Details from: Jim Hayes, 14, Longlands Drive, Comber, Newtonards BT23 5AL (Tel. Comber 872802).

EIRE: Details from: Douglas Barry, c/o 26, Sidminton Court, Bray, County Wicklow, Republic of Ireland (Tel. 868180).

ISLE OF MAN: Details from: T.Varley (Tel. (0624) 23830)
I.Callister (Tel. (0624) 71534).

'ULTRA' ROAD RACES:

Details from: Andy Milroy, RRC Hon. Statistician, 3, Bellefield Crescent, Trowbridge, Wilts. BA14 8SR (Tel. (022149 63809).

OPEN RACES:

SCOTLAND: Details from: A.Rettie Esq., Hon. Secretary, Scottish Games Assoc., 19, Abbot Street, Perth (Tel. (0738) 29759).

ENGLAND: Details from: Trevor Batchelor, Hon. Secretary, British Open Fell Running Association, 38, Skipton Road, Gargrave, Skipton, N.Yorks. (Tel. 075-678-689).

5TH ANNUAL COURSE ON

S A F E T Y A N D N A V I G A T I O N
 O N T H E F E L L S

SEPTEMBER 20/21st 1986

AT:- THE YOUTH HOSTEL, ELTERWATER, LANGDALE

The course will comprise Instruction and Experience on the Fells, Discussions and Talks.

Be prepared for several indoor and outdoor sessions covering:-

- | | |
|---------------|--------------------|
| * Fitness | * Equipment |
| * Feeding | * The Terrain |
| * The Map | * Emergencies |
| * The Compass | * Responsibilities |

Come and join this most enjoyable and instructional weekend
Resident or daily visit to suit

Application Forms and Further Details available from: Mr. P.Knott, 17, Westbourne Avenue, Wrea Green, Nr. Preston (Tel. (0772) 683072).

Rumour has it that following his Kentmere boob, Jack Maitland has applied for a Sports' Council grant to attend the Safety and Navigation course.

A NOT SO GUILTY SECRETby Andy Styan

As a youngster, I ran cross country and track races for school, the local harriers and University. I knew nothing whatsoever about the organisation behind events, the AAA's or anything like that. I spent many of my holidays with grandparents in Emsay, where I came to know two local fell races - the Emsay Crag Race and the Burnsall Classic Fell Race.

When I took up running again, in my mid-twenties, I fancied the idea of doing these fell races myself. I had no idea that one was 'professional' and the other 'amateur'. I entered the Emsay race one year and was told about the cash prizes, so I told them I was an amateur and if I won something, could I have a gift voucher instead? Simple, eh? I came second to Fred Reeves in the race and £10 was there for the taking. The organiser wasn't too interested in going to the trouble of getting a voucher, so in a fit of generosity I asked him to give the £10 to the local over-60's club. (I still have the note of thanks from them!)

I thought no more about it until I told a friend about it some time later. "I shouldn't tell anyone about that", he said, "what you've done makes you a professional too." I couldn't believe rules could be so stupid - I had taken no money, so what possible justification could there be for my being considered 'professional'? I took the friend's advice though, and kept quiet about it. I have had no guilty conscience at all when signing the hundreds of 'I declare that I am an amateur under AAA Rules' sheets that I have filled in over the years.

About 12 months after the Emsay race, I ran at Burnsall and rather surprisingly, won. I received a lovely silver hors-d'oeuvres dish, worth more than £20 as my 'amateur' winnings. The week after that, I ran my next amateur fell race at Mytholmroyd, where I came second.

So there you are; I'm a professional' and I expect I can now be 'banned' for admitting it. When some AAA's official deals with me, I will tell him a little story about the Mytholmroyd race mentioned above. The organiser of the race in those days was a bit haphazard and had forgotten to get prizes, so he took the prizewinners into a back room and made out cheques for us - (for me around £10 as I remember). The fact that the organiser was a Yorkshire AAA's official only now strikes me as hugely funny!

REEBOK JUNIOR FELL RACE(under FRA rules)

AMBLESIDE SPORTS

Approx. 5.00 p.m.

Thursday, 31st July, 1986

at Rydal Park

ONE race but prizes to: 1st 3 Under 15 1st 3 Under 16
1st 3 Under 17 1st 3 Under 18

Details from: F.L. Reeves, Piper Croft, Haws Bank
Coniston, Cumbria

CHAMPIONSHIPS:

Rumour has it that the 3 A's want the FRA to change the all the A's Championship, as they think we are taking the Michael.

All the A's Championship 1985

Pos.	Name	Pts.	Pos.	Name	Pts.	Pos.	Name	Pts.
1.	J.Maitland	182	18.	C.Donnally	104	35.	R.Owen	82
2.	J.Broxap	170	19.	T.Hulme	104	36.	D.Williams	82
3.	A.Smith	156	20.	M.Aspinall	101	37.	D.McGonigle	81
4.	D.Woodhead	146	21.	H.Symonds	101	38.	P.Tuson	78
5.	C.Valentine	143	22.	H.Jarrett	100	39.	R.Hope	77
6.	G.Graham	131	23.	R.Pallister	98	40.	I.Robinson	77
7.	S.Graham	130	24.	H.Parry	97	41.	R.Morris	75
8.	P.Hall (0/40)	127	25.	A.Harmer	96	42.	M.McNulty	75
9.	H.Griffiths	123	26.	S.Livesey	93	43.	G.Read	75
10.	D.Hall	122	27.	P.McWade	93	44.	G.Schofield	75
11.	R.Ashworth	119	28.	W.J.Brown	92	45.	G.Clucas	74
12.	P.Stott	119	29.	M.Jones	91	46.	G.Griffiths	74
13.	D.Cartridge	114	30.	N.Lannagan	89	47.	R.Philbean	74
14.	A.Styan	111	31.	A.Richardson	89	48.	J.Robinson	74
15.	W.Bland	110	32.	K.Shand	89	49.	J.Nixon	74
16.	D.Ratcliffe	110	33.	K.Stuart	88	50.	S.Moore	72
17.	M.Lindsay	105	34.	R.Bergstrand	86	51.	P.Irwin	72

MOURNE FOREST AND FELL LEAGUE, 1985

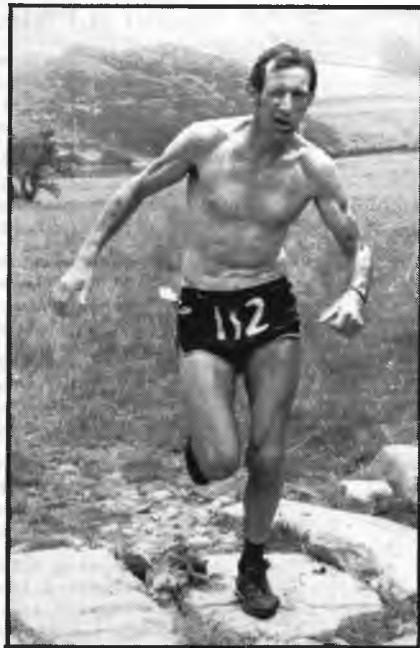
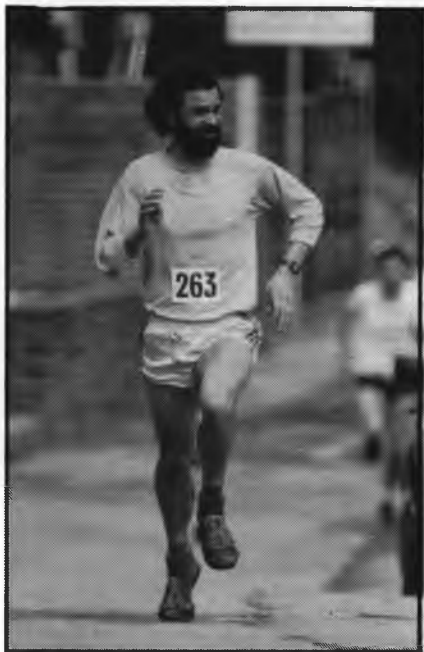
(Best 5 from 7 races) - FINAL POSITIONS

Pos.	Name	Pts.
1.	D.Graham	9
2.	M.McNulty	11
3.	E.Duffy	13
4.	S.Graham	18
5.	G.Bradley	20
6.	W.J.Brown	22
1 Vet:	D.Watson	45
1 Lady:	B.Carey	7
2 Lady:	B.Reeves	9
3 Lady:	C.McGonigle	11



The 1st 3 pictured at the Top of Binnion after the race. L. to r: Mike McNulty, Davy Graham, Eddie Duffy (photo/M.McNulty)

GURNER OF THE YEAR CHAMPIONSHIP



Top left: Eric Richardson
(photo/J.Ulrick)

Top right: Colin Taylor
(photo/E.Woodhead)

Left: M.Salt
(photo/P.White)

FRED THE FEARLESS FELL RUNNER - A Saga of Love on the Hills

by Lawrence Sullivan

(With apologies to Stanley Holloway's 'Albert and the Lion')

It were while running over our moorland
 I saw an old codger pass by
 And knew who it were by his fast pace
 And the desperate gleam in his eye.

It were Fred the Fearless fell runner
 Whose legendary feats long ago
 Were enhanced by tales of a romance
 With a female fell runner called Flo.

It happened one day while out training,
 Which Fred tried to do every day
 To escape from his nattering mother
 Who Fred thought had too much to say.

His plan was to go by a footpath
 Which led to the top of a fell
 And folk would watch in amazement
 As he turned and descended pell mell.

Well this day he spied in the distance
 A female, a bit of alright
 And forgetting his plan, tried to catch her
 But he couldn't, run as he might.

Now, being a thoughtful young fella,
 He pondered long into the night
 As he realised that running at his speed
 There were summat up here as weren't right.

So the following day he went slowly
 And circled the moor for a change
 Until he saw her come flying
 Over the fell, ee t'were strange.

Spurred on by the beautiful vision,
 He set off, his passion aflame.
 Then, just as he thought he would catch her
 He tripped up and fell, t'were a shame.

Then, unable to believe his good fortune,
 He watched as she turned and ran back
 To where in the mire he had fallen,
 Right on his face with a smack.

Approaching the mud-covered runner,
 She spoke with a voice soft and low.
 As Fred gawped and stuttered his name out
 And she said that folk called her Flo.

Fred quickly regained his composure
 And told of his undying love.
 But she would have none of his pleadings,
 And send him away with a shove.

She said that she wanted another;
 An athlete who ran round a track
 And so fast was her hero at running,
 He was right out in front of the pack.

So, in order to win his attention,
 She had taken to sprinting flat out
 And had taken his fancy quite somewhat
 As she thought she would, like as nowt.

She could see Fred were upset by all this,
 So, in order to give him some hope,
 She said she'd transfer her affections
 If he beat her descending a slope.

So rightway he went to his mother
 And told her of what he must do
 As how to run fast down the fellside
 He'd eat lots and lots of her stew.

Well, word went about in the district
 As the day of the contest drew nigh,
 And hundreds of folk came to gather
 And even the Vicar drove by.

At last the nervous young couple
 Could be seen at the top of the fell
 And the Vicar said he would start them
 With a very loud clang on his bell.

Fred was away like a rocket,
 Determined to stay at the front,
 But Flo had her ideas on that score
 And decided to pull off a stunt.

She chose where he went in a peat grough
 And leaping right over our Fred
 Misjudged the opposite banking
 And landed on top of his head.

Rolling over and over together,
 Disappeared from the sight of the crowd,
 They lingered awhile in the heather,
 Which made some folk titter out loud.

Side by side they came into the finish
 And the look on Flo's face said it all.
 She had fallen for Fred's fearless nature
 While he said he felt ten feet tall.

Then the Vicar approached the young runners.
 "I've watched what went on here, he said,
 And its usual in these circumstances
 For the happy young people to wed".

So they ran down the aisle in their tracksuits,
 And afterwards ran on the moor
 And were last seen in misty conditions
 On a fell runners' honeymoon tour.

Now the moral of all this I'll tell you
 As the Vicar would say with a frown:
 "It's not going up as what matters,
 It's what you do when coming down".



Race Results: ENGLAND

GRASMERE, 1985

by Bill Smith

Thursday, August 22nd, was mainly showery and overcast, though warm, for the annual Grasmere Sports.

There were 48 entries for the Senior Guides Race, in which the Highland Champion, Duncan Gillies, Keith, Aberdeenshire, led throughout, to score a decisive victory over Stephen Hawkins, Grassington (brother of the now-reinstated Mick Hawkins), and the 1983 winner, Steve Carr, Kendal. This was the first-ever Senior Grasmere victory by an athlete born and bred in Scotland, though the 1911 and 1912 winner, Jim Fleming, Backbarrow, was born in Stirling, but moved to Ulverston at the age of five.

Fleming's great-grandson, Stuart Fleming, Backbarrow, won the under-12's fell race and his brother Paul almost made it a double, as he led down the fell in the under-14's event, but then had the misfortune to take a tumble at the bottom and finally finished 2nd to Keith Mullen, Keighley.

The Juvenile Guides Race (under 17's), was won by Fran Batchelor, Gargrave, from Mark McGlincy, Skipton. Fran is the son of the Northern Sports' Promoters' Association Secretary, Peter Batchelor, who ran in the Senior race.

A Yorkshire Television crew was present to shoot a film on the legendary champion guides racer, Bill Teasdale, MBE, Caldbeck, now in retirement. Bill won Grasmere eleven times, among other achievements, and this record still stands.

There were several other former champions present for the occasion, including 80-year-old Jack James, Hincaster, winner in 1927 and 1930 (and a 6-times winner at Burnsall), and Reg Harrison, Ulverston, who triumphed in 1957, '59, '62 and '67.

Six of these old-timers, including Teasdale, ran down into the arena from the last field, one by one, and were introduced to the spectators by the Race Commentator, Roger Ingham, the Skipton runner. Roger did a splendid job, not only in this respect, but also in giving a running commentary on all the fell races, his vast knowledge of the sport allied with his 'Dales accent' and down-to-earth style of presentation making him the ideal man for the job. This was, in fact, the finest sports' commentary I've ever heard.



1985 Grasmere winner, Duncan Gillies, with a clear lead on the ascent.

(photo/W.Smith)

N/10m/2,300 ftBREIDON HILLS RACE20th October, 1985

Start in England, run mostly in Wales and return to England to finish at the Hand & Diamond Inn. Could Telford have found a new meaning to an international race?

Starting at the Inn, the race goes over the fields to the Breidon Hills for ascents and descents of Bulthy Hill, Middletown Hill, Moel-y-Golfa and Rodney's Pillar, set in some superb scenery - provided one has time to look.

From the start, the pace was fast through the fields, before the true fell runners took over, coming through on the climbs. Tony Hulme, outside the first 10 at Bulthy Hill, came through to dispute the lead with Steve Hughes. These two fought a stride-for-stride battle with Graham Patten and Mike Weedall chasing hard to try and close the gap. In the end, it turned into a last gasp sprint across the football field to the finish, with Tony just getting the verdict.

Alan Bocking

1.	T. Hulme	Pennine F.R.	1.11.39	1	Vet: G. Patten	Mass.Ferg.	1.12.27
2.	S.Hughes	Pennine F.R.	1.11.41	2	Vet: D.Davies	Eryri	1.14.37
3.	G.Patten	Mass.Ferg.	1.12.27	3	Vet: D.Davies	Newtown	1.20.13
4.	M.Weedall	Pennine F.R.	1.12.36	1	Lady: A.Singam	Wrekin O.	1.30.01
5.	I.Hanson	Newtown	1.14.25	2	Lady: B.Hunt	B.T.U.	1.38.47
6.	K.Banks	Telford	1.14.28	3	Lady: S.Stephenson	U/A	1.40.08

EM/7½m/1,800 ftBOX HILL RACE9th November, 1985

The Boxhill race is one of the few that show that fell racing and the Home Counties are not mutually exclusive. This year's race had a record number of 131 finishers, despite the race having been advertised in various publications on 3 different dates! The change of date from the traditional January one was made for a number of reasons, not least to avoid any chance of having to run the race on snow, which we feel would make this particular course very dangerous.

Roger Crickmore

1.	D.Hardstaff	N.London	54.58	1	Vet: G.Taylor	C & B	55.40
2.	J.Forster	C.U.F.R.C.	55.17	2	Vet: E.Shipman	Hounslow	58.24
3.	G.Taylor	C & B	55.40	3	Vet: B.Houchin	Hillingdon	60.13
4.	D.Rosen	London O.K.	56.43	1	Lady: O.Shore	Occ. O	68.16
5.	B.Taylor	Newbury A.C.	56.48	2	Lady: J.Robson	R.O.C.	70.36
6.	C.Woodhams	Woking A.C.	57.21	3	Lady: C.Barton	Serpentine	80.09

50m/6,000 ftCALDERDALE WAY RELAY8th December, 1985

This year's event attracted 35 teams each of 12 runners, an excellent response after last year's inaugural centenary race.

For those of you who don't know anything about this 'fell race with a difference' just a few words of explanation.

The Calderdale Way is a 50 mile circuit of the moors, heaths and field tracks surrounding Calderdale and involves some 6,000 ft. of climbing in total. For the race, the route is divided into 6 sections, with baton change-overs at road crossing points along the route. Teams of 12 runners run in pairs throughout the event. This is an event where both runners and supporters have to work as a team throughout the duration of the race.

Peter White

1.	Rossendale 'A'	5.38.32	5.	Halifax 'A'	6.08.22
2.	Bingley 'A'	5.59.12	6.	Rossendale 'B'	6.11.15
3.	Rochdale 'A'	6.04.55	1Ldy Tm	Bingley	7.39.48
4.	Skyrac	6.07.55	2Ldy Tm	Clayton	8.96.26

Rumour has it that Tony Hulme is likely to stop pestering the Woodheads once he sees page 47.

BS/4 $\frac{1}{2}$ mWHINBERRY NAZE DASH26th December, 1985

Fancy dress abounded this year, including two entrants with four legs - 'Daisy the cow' and 'Shergar the whores'.

At the sharp end, the pace was fast out of Waterfoot, helped by the tail-wind that was to blow the field all the way up to the summit. The race became a battle between Ray Owen and Mark Aspinall, with no-one else being able to stay with the pace.

As for our four-legged friends, Daisy pinched it by 'slow' to 'very slow'.
Alan Bocking

1.	R.Owen	Horwich	24.05	1V40:	D.Kay	Bolton	26.58
2.	M.Aspinall	Rossendale	25.12	2V40:	M.Moore	Salford	28.49
3.	M.Bradshaw	Rossendale	26.05	3V40:	P.Lyons	Bury	29.11
4.	C.Valentine	Keswick	26.11	4V40:	P.Jepson	Bury	29.54
5.	G.Schofield	Blackburn	26.17	1V45:	J.Dean	Holmfirth	30.09
6.	G.Read	Rochdale	26.21	1V50:	P.Duffy	Aberdeen	30.49
7.	D.Hall	Kendal	26.29	1 Lady:	M.Hurst	C'ton-le-Mrs.	33.38
8.	P.Brownson	Altrincham	26.31	2 Lady:	S.Ratcliffe	Saddleworth	34.53
9.	H.Walker	C'ton-le-Mrs.	26.36	3 Lady:	A.Eaton	Rossendale	36.55
10.	D.Woodhead	Horwich	26.41	4 Lady:	B.Sweatman	Horwich	39.30

AS/3m/1,250 ftWANSFELL RACE27th December, 1985

1.	J.Broxap	Keswick	20.19	1V40:	J.Nuttall	C'ton-le-Mrs.	21.21
2.	G.Read	Rochdale	20.26	2V40:	P.Hall	Barrow	22.52
3.	S.Livesey	Rossendale	20.41	3V40:	A.Peacock	C'ton-le-Mrs.	23.23
4.	M.Bradshaw	Rossendale	20.45	1V45:	W.Booth	Keswick	25.25
5.	P.Hyman	Livingston	21.00	1V50:	T.Sykes	Rochdale	26.57
6.	M.Fanning	Keswick	21.06	1 Lady	V.Dempsey	Livingston	27.02
7.	C.Valentine	Keswick	21.17	1 U/11:	J.Fyfe	Ambleside	8.22
8.	J.Nuttall	C'ton-le-Mrs	21.21	1 U/13:	M.Bland	Kendal	7.17
9.	D.Hall	Kendal	21.30	1 U/15	J.Taylor	C'ton-le-Mrs.	10.40
10.	P.Barron	Keswick	21.32	1 U/17	T.Hannigan	L & M	13.00

BS/5m/900 ftBENSON KNOTT RACE2nd February, 1986

Conditions were good for this year's race, with excellent views of the snow-capped fells of the Lake District. This was the last time the race would be run as a 'B', as next year it drops to a 'C' due to the amount of road in it. Rossendale turned up in force and strengthened by Shaun Livesey joining them, and it was Shaun who provided the only effective challenge to a very fit looking Malcolm Patterson.
Alan Bocking

1.	M.Patterson	Dk Peak F.R.	36.28	8.	R.Pilbeam	Keswick	37.58
2.	S.Livesey	Rossendale	36.39	9.	D.Woodhead	Horwich RMI	38.05
3.	G.Wadsworth	Rossendale	37.18	10.	R.Atkinson	B'ow-in-Frns	38.14
4.	J.Broxap	Keswick	37.34	V.0/40:	A.Gaffney	Blackburn	40.30
5.	D.Hall	Kendal	37.41	V.0/50:	G.Scott	Cockermouth	46.46
6.	G.Read	Rochdale	37.49	Lady	W.Lightfoot	Dk Peak F.R.	44.03
7.	M.Bradshaw	Rossendale	37.53				

N.B. The results did not state any other veterans or ladies

Rumour has it that no matter what Trevor Birtwistle says, those stockings are his own and not his wife's.

WHINBERRY NAZE, 1985

Top left: 'Daisy the Cow'. Bottom: 'Shergar the Whores' (on the left)
 Top right: 'Nice legs (not really), shame about the face?' Trevor Birtwistle -
 the man who likes to see his name in print, but isn't too sure about his photo.

N/6m/1,300 ftTHE ROACHES RACE16th February, 1986

Not many personal bests in this race, shortened to six miles; most would rather keep quiet about how long it took them to cover a mere six miles. With most of the course under deep snow and very icy conditions on the tops, not to mention the howling gale, there was no choice but to run a shortened course, along the ridge and back.

No-one really made a break on the outward journey, leaving the effort for the return journey.

From the survey of competitors, the race will remain in February, though if the weather has a say in things again, it could be switched to November.

Alan Bocking

1.	P. Brownson	Altrincham	50.44	1	Vet:	C.T-Tremaine	I.C.L.	58.14
2.	A. McGee	G.E.C.	51.02	2	Vet:	A. Dean	Michelin	59.36
3.	S. Moore	Horwich R.M.I.	51.34	3	Vet:	J. Leach	Warwicks. Pol.	61.52
4.	J. Forster	Cambridge Univ.	52.31	4	Vet:	M. Seward	Louth	65.40
5.	M. Rigby	Cambridge Univ.	52.59	5	Vet:	M. Colclough	Michelin	65.30
6.	P. Ratcliffe	Rossendale	55.10	6	Vet:	T. Rogers	Dk Peak F.R.	66.58
7.	G. Holtby	Mercia F.R.	55.14.1		Lady:	E. Goldsmith	Dk Peak F.R.	74.31
8.	M. Foschi	Pennine F.R.	55.20					

AS/2½m/750 ftTITTERSTONE CLEE RACE22nd February, 1985

At last, this race seems to have got off the ground with about 100 entries this year, of whom, despite the conditions, 75 started.

Mike Jones took an immediate lead, heading in a bee-line for the summit. All was well for 500 yds before the sheep tracks petered out, then we hit thigh-deep snow, with a hard, icy crust. Mike not only led all the way, but as the snow became calf-deep higher up, he even started pulling away. At least, the snow prevented him from seeing the ferocity of the boulder field that he led us across.

Meanwhile, Alan Hodgkiss had set off in a totally different direction, and had found tracks (were they his own?) all the way. He thus arrived at the summit 52 seconds clear. Mike set off in pursuit and finally clinched victory as Alan forward-rolled the final section.

Most decided to follow, whilst Paul, myself and Tony reckoned that the straight line now had a beaten track and comfortable filled the next positions, despite being 5th, 9th and 14th at the top.

Despite the snow, the sun shone, and the wind stayed away, and prize-giving was held 15 minutes after Mike finished with over 30 prizes going out.

Eddie Harwood

1.	Mike Jones	Mercia	26.24	1	Vet:	Alan Hodgkiss	GKN	26.31
2.	Alan Hodgkiss	GKN	26.31	2	Vet:	Archie Rollason	Halesowen	29.14
3.	Paul Scott	Eryri	27.01	3	Vet:	Peter Jones	Wrekin	30.41
4.	Eddie Harwood	Mercia	28.06	1	U/18:	And'w Cuthbert		33.46
5.	Tony Thompson	Mercia	28.27	2	U/18:	Steven Holmes	Shrewsbury	34.23
6.	Jonathon Lago	LOC	28.32	1	U/13	Alex Thompson	Mercia	36.52
7.	Stephen Moore	Horwich	28.41	2	U/13:	G. Gregory		40.19
8.	Steve Baker	Horwich	28.42	1	Lady:	C. Wharton		41.17
9.	R. Cudworth	Halesowen	28.42					
10.	Chas. Ryder	MDC	28.46					

Rumour has it that Mercia Fell Runners are a recently established Midlands Club.

Opposite page: Chew Valley winners: Brent Brindle (l) and Wendy Lightfoot (r).

(photo/ J. Ulrick)

AL/13m/2,000 ftCHEW VALLEY SKYLINE2nd March, 1986

The week before this year's race, I received this 'phone call: "Frank, I've just been round the junior course with my lad. Do you know that the top of the ascent to Foxstone is just sheet ice?"

"Yes," I replied. "We will be marking out a safe alternative route on the day before."

"Quite right," said the gravely concerned voice on the other end of the 'phone. "The conditions are lethal. Can't possibly send them on to the tops," he concluded.

"I'm also thinking," I said, "that I may have to flag round certain sections on the senior route."

"What!" exclaimed the now startled voice. "Tamper with the main race? Oh no, no, no!! Out of the question."

That about sums up the attitude of the majority of this year's competitors: We're big boys now and can make our own decisions. After doing the route twice the previous weekend - on Saturday in still, sunny conditions and on Sunday in a near blizzard - I concluded that, although far from pleasant underfoot, the route was 'go-able' and the race should go ahead unaltered.

The race, as expected, was a long way short of record times. In the finish tunnel, one ice-encrusted competitor, with bleeding shins, asked: "Is it true that if I don't hand in this disc, I will be banned for life?"

"Yes, you will."

"Good. I'm keeping the bloody thing, then!"

Frank Sykes

1.	B.Brindle	Horwich	2.14.06	1	V40:	D.Beresford	C-le-Mrs	2.23.45
2.	B.Bland	Keswick	2.14.38	2	V40:	D.Kay	Bolton	2.26.19
3.	S.Moore	Horwich	2.16.26	3	V40:	P.Blagborough	S'worth	2.29.53
4.	M.Patterson	Dk Pk F.R.	2.16.35	4	V40:	J.Nuttall	C-le-Mrs	2.30.35
5.	R.Whitfield	Kendal	2.16.48	5	V40:	C.Taylor	C-le-Mrs	2.35.04
6.	G.Schofield	Blackburn	2.17.00	1	V45:	T.Eckersley	S'worth	2.40.47
7.	R.Ashworth	Rossendale	2.21.44	2	V45:	R.Orr	C-le-Mrs	2.45.48
8.	J.Nixon	Horwich	2.23.24	3	V45:	J.Dean	Holmfirth	2.45.49
9.	P.McWade	C-le-Mrs	2.23.29	1	V50:	W.Fielding	Leeds	2.58.30
10.	D.Beresford	C-le-Mrs	2.23.45	2	V50:	P.Farrell	C-le-Mrs	3.11.32
11.	P.Mitchell	Bingley	2.24.27	1	Lady:	W.Lightfoot	Dk Pk F.R.	2.55.11
12.	G.Read	Rochdale	2.24.43	2	Lady:	D.Ellerton	Newcastle	2.57.38
13.	A.Ratcliffe	Saddleworth	2.24.47	3	Lady:	J.Docherty	S'worth	3.02.36
14.	D.Kay	Bolton	2.26.19	1	Boy:	N.McCallum	C-le-Mrs	22.49
15.	M.Chapman	Sheffield Univ	2.26.52	2	Boy:	P.Gatley	Stretford	23.14
16.	D.Jones	Lancs. & More	2.27.16	1	Yth:	S.Wheeler	Stretford	21.15
17.	K.Robinson	Blackburn	2.27.22	2	Yth:	I.Dermott	Horwich	21.19
18.	H.Waterhouse	Saddleworth	2.28.20	3	Yth:	G.Hall	Holmfirth	21.22
19.	J.Winder	Halifax	2.28.44	1	Girl:	M.Fletcher	Rochdale	25.25
20.	S.Willis	Saddleworth	2.29.39	2	Girl:	S.Mortimer	Penistone	31.12



N/33m/4,400 ftHOWARTH HOBBLE15th March, 1986

1. K.Taylor/P.Irwin	Ross'dale	4h.2m	7.	H.Walker/J.Reade	C'ton	4.25
2. S.Moore/F.Loftus	Horwich	4. 06	8.	D.Quinton/R.Foucher	B'gley	4.28
3. S.Sunter/B.Brindle	Horwich	4.15	1 Ldy:	J.Makinson/E.Burnip	C'ton	6.14
4. D.Horsfall/P.Mitchell	Bingley	4.17	1 M'xd:	M.Stone/V.Brindle		5.00
5. S.Bradshaw/D.Beresford	C-le-M'rs	4.22	1 Vet:	S.Bradshaw/D.Beresford	C'ton	4.22
6. J.Winder/G.Webb	Halifax	4.24	1 Team:	Clayton-le-M'rs		



Left: 'Young Stan' giving 'Old Denis' a helping hand on the last climb in 'The Hobble' at precisely 12.13 p.m. on 15th March. (photo/W.Bennett)

Bottom: Rivington Pike - approaching the tower - with Frank Loftus (no.572) obviously doing some speed work for the 3 Peaks in which he was 3rd. (photo/P.Hartley)



AL/21m/4,500 ftEDALE SKYLINE16th March, 1986

Billy Bland again made the long journey down for this race over the fells that surround the Derbyshire village of Edale. This year, though, he was to return successful, but with a time 10 minutes slower than the 1982 record of John Wild.

The conditions that had caused the Roaches to be shortened a month earlier had all but disappeared, but the going could be described as 'heavy'. The weather even remained bright for most of the race, with only those out over three and a half hours suffering when it deteriorated.

Alan Bocking

1.	W.Bland	Keswick	2.45.25	1	V40:	S.Brand	Keswick	3.08.09
2.	M.Rigby	Cambridge Unv.	2.47.28	2	V40:	G.Duckworth	Horwich RMI	3.09.06
3.	D.Hall	Kendal	2.49.48	3	V40:	C.Taylor	C.le-Mrs.	3.11.21
4.	K.Gaskell	Horwich RMI	2.50.58	1	V50:	B.Thackery	Dk Peak F.R.	3.41.05
5.	A.Darby	Mynn'd'r de C.	2.53.29	2	V50:	F.Galbraith	Dk. Peak F.R.	3.58.30
6.	A.Harmer	Dk.Peak F.R.	2.54.34	3	V50:	J.Kincaid	U/A	4.28.15
7.	S.Furness	Blackburn	2.55.31	1	Lady:	C.Walkington	Horwich RMI	3.37.35
8.	G.Read	Rochdale	2.56.28	2	Lady:	K.deMengel	Dk Peak F.R.	4.04.02
9.	A.Trigg	Glossopdale	2.57.43	3	Lady:	C.Fielding	Dk Pear F.R.	4.25.06
10.	T.Pilling	Pennine F.R.	3.00.02					

AM/10m/3,000 ftBLACK COMBE23rd March, 1986

That much-travelled athlete, Jack Maitland, made his long journey worthwhile with an emphatic victory, though the times were a bit slower than normal, due to the heavy conditions.

Once Jack had pulled away on the long drag to the top of Black Combe, the rest were left to battle for second place.

Alan Bocking

1.	J.Maitland	Pudsey & Br'ley	75.55	1	V40:	D.Davis	Eryri	81.12
2.	C.Clucas	Cumberland F.R.	78.34	2	V40:	P.Hall	B'ow & F'ness	82.21
3.	D.Lee	Cumberland F.R.	78.41	3	V40:	D.Spedding	Keswick	83.32
4.	P.Irwin	Rossendale	78.52	1	V50:	G.Scott	Cockermouth	94.00
5.	D.Roberts	Eryri	79.23	2	V50:	J.Naylor	C'land F.R.	96.44
6.	W.Bland	Keswick	79.38	3	V50:	D.Hodgeson	Ambleside	105.21
7.	S.Moore	Horwich RMI	79.44	1	Lady:	G.Wilkinson	Kendal	95.37
8.	D.Hall	Kendal	79.51	2	Lady:	W.O'Neal	Keswick	98.44
9.	D.Davis	Eryri	81.12	3	Lady:	S.Quirk	Kendal	102.52
10.	C.Valentine	Keswick	81.25					

BS/3m/700 ftRIVINGTON PIKE29th March, 1986

1.	P.Dugdale	Horwich	17.12	1	V40:	M.Selby	Bolton	19.33
2.	Ray Owen	Horwich	17.18	2	V40:	M.Walker	Horwich	19.36
3.	P.Massey	Horwich	17.26	3	V40:	P.Lyons	Bury	20.11
4.	T.Richardson	Bolton	17.31	4	V40:	N.Berry	Holmfirth	20.12
5.	G.Schofield	Blackburn	17.36	1	V45:	D.Vickers	Horwich	19.55
6.	P.Campbell	Bolton	17.57	2	V45:	D.Tilly	Bolton	21.18
7.	J.Reade	C.le-Mrs.	18.23	1	V50:	B.Court	Bolton	21.14
8.	R.Wood	Pennine F.R.	18.25	2	V50:	G.Barras	Skyrac	22.00
9.	S.Watson	Chorley	18.29	1	Lady:	C.Haigh	Holmfirth	19.55
10.	H.Jarrett	C.F.R.	18.31	2	Lady:	C.Walkington	Horwich	23.13

Rumour has it that Billy Bland was so p.....d off at the likelihood of being followed at this year's Ennerdale, that he sat down, gave them all a 5 minute start and still managed 2nd, less than 4 minutes behind the winner!

EM/13m/2,700 ftROSSENDALE30th March, 1986

Most visitors entering a fell race in Rossendale would probably expect the usual Pennine procession and, despite advice in the pre-race handout that competitors should have 'reasonable navigational skills' or prior knowledge of the route, most came prepared for the easier option.

The weather had other ideas, though, and as a result, almost everyone at one stage or another became a member of the not so exclusive 'Where the Hellarwe Tribe'. Many were the tales of woe at the post-race post mortem, although even these were surpassed by the number of 'phone calls received back at Marl Pits from would-be fell runners scattered all over the Rossendale Valley.

Graham Wright

1.	R.Ashworth	Rossendale	1.43.20	1	V40:	P.Kelly	Rossendale	2.22.44
2.	R.Whitehead	Kendal	1.43.20	2	V40:	J.Amies	Congleton	2.26.25
3.	C.Valentine	Keswick	1.51.24	3	V40:	D.Gibson	Saddleworth	2.26.35
4.	D.Ratcliffe	Rossendale	1.52.12	1	V45:	J.Dean	Holmfirth	2.26.16
5.	A.Sunter	Horwich	1.53.57	2	V45:	W.Wilkinson	C.le-Mrs.	2.27.23
6.	J.Fretwell	Holmfirth	1.54.09	1	V50:	G.Barras	Skyrac	2.27.59
7.	M.Whittaker	Ind.	2.04.48	1	Lady:	C.Walkington	Horwich	2.24.09
8.	F.Loftus	Horwich	2.09.20	119(!!)		H.Walker	C.le-Mrs.	3.01.58
9.	B.Pearson	Horwich	2.10.17	113(!!)		J.Eaton	Rossendale	2.56.28
10.	V.Tudor	Rossendale	2.14.33					

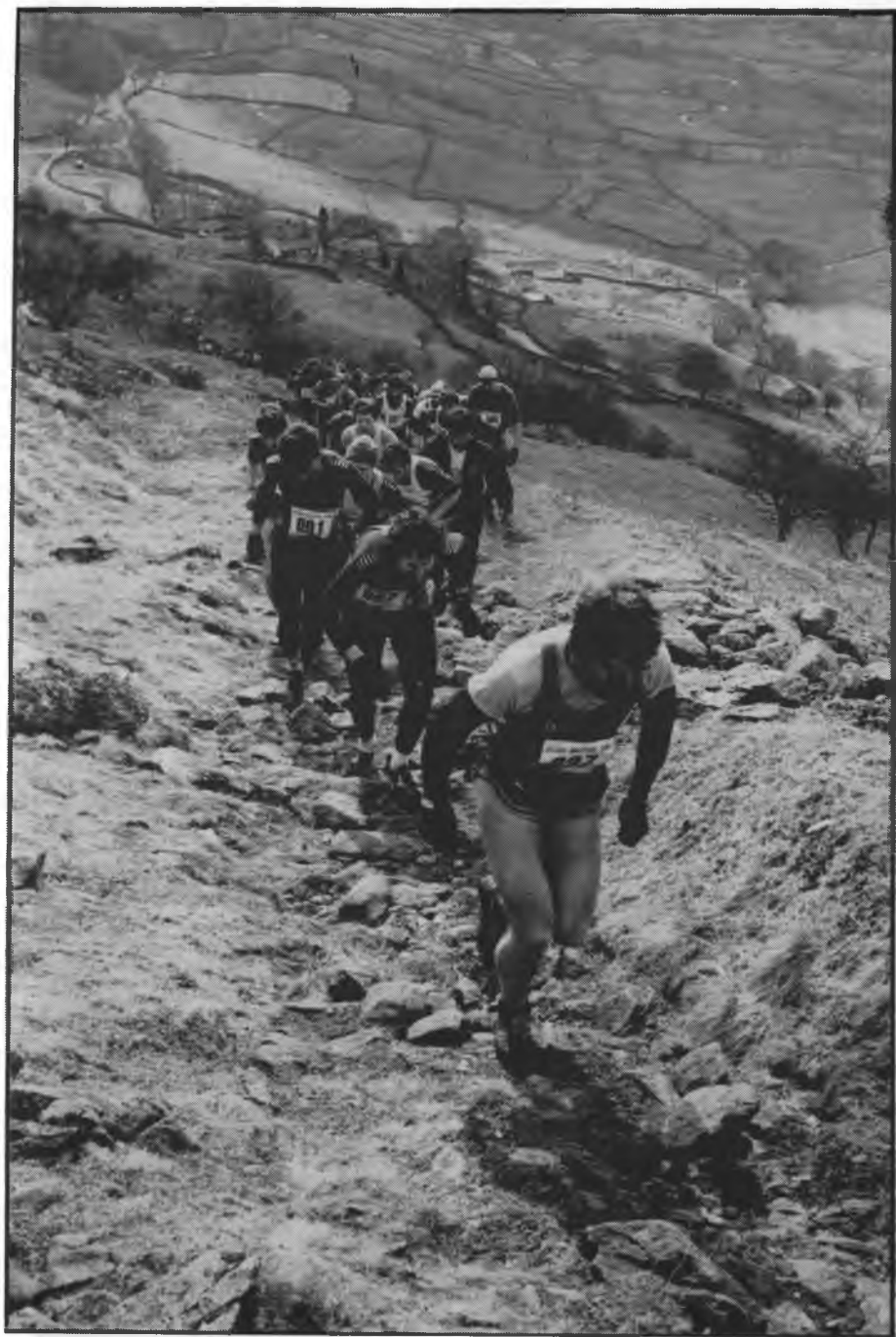
AS/4½m/1,5000 ftPENDLE FELL RACE5th April, 1986

1.	J.Maitland	Pudsey & B.	30.22	1	V40:	D.Cartwright	Penistone	33.26
2.	P.Dugdale	Horwich	30.54	2	V40	D.Kay	Bolton	33.34
3.	R.Owen	Horwich	30.56	3	V40:	D.Weatherhead	Bingley	34.20
4.	G.Schofield	Blackburn	31.31	4	V40:	D.Quinlan	Bingley	34.58
5.	G.Gough	Blackburn	31.53	1	V50:	G.Spink	Bingley	37.21
6.	G.Kerr	C.le-Mrs.	31.57	2	V50:	D.Barton	C.le-Mrs.	39.14
7.	D.McGonagle	Dundee	32.08	3	V50:	J.Betney	C.le-Mrs.	39.21
8.	P.McWade	C.le-Mrs.	32.28	1	Lady:	C.Haigh	Holmfirth	36.53
9.	A.Adams	I.C.L.	32.30	2	Lady:	S.Quirk	Kendal	40.46
10.	M.Smith	Burnley	32.33	3	Lady:	V.Thornton	Kendal	41.09

AM/12m/3,300 ftKENTMERE FELL RACE6th April, 1986

1.	A.Styan	Holmfirth	1.32.39	1	V40:	J.Williams	Mardale	1.37.06
2.	J.Broxap	Keswick	1.33.07	2	V40:	P.Hall	Barrow	1.37.29
3.	G.Kerr	C.le-Mrs.	1.33.08	3	V40:	J.Nuttall	C.le-Mrs.	1.39.11
4.	H.Symonds	Kendal	1.33.51	4	V40:	P.Halley	Rossendale	1.42.32
5.	I.L.Greenhalgh	Rochdale	1.34.12	1	V45:	N.Matthews	Horwich	1.44.54
6.	R.Bergstrand	Rochdale	1.34.12	2	V45:	J.Dean	Holmfirth	1.45.45
7.	P.Dugdale	Horwich	1.35.06	1	V50:	D.Hodgson	Fell/Dale	1.52.48
8.	P.Ashworth	Rossendale	1.35.11	1	Lady:	G.Wilkinson	Kendal	1.52.08
9.	R.Pilbeam	Keswick	1.35.17	2	Lady:	S.Quirk	Kendal	1.53.36
10.	M.Rigby	Ambleside	1.35.20	3	Lady:	W.O'Neill	Keswick	1.54.45
11.	R.Pallister	Pudsey	1.35.33	1	U18:	I.Dermott	Horwich	46.20
12.	S.Livesey	Rossendale	1.35.29	2	U18:	A.Jones	Pudsey	46.39
13.	J.Mattland	Pudsey	1.35.33	3	U18:	T.Richardson	Bolton	47.45
14.	D.McGonigle	Dundee	1.35.36	4	U18:	D.Mayfield	Hallamshire	47.56
15.	D.Hall	Kendal	1.35.37	5	U18:	T.Gibson	Rochdale	48.16

Rumour has it that Wendy Dodds' dog (lost at Rossendale Sunday 30.3.86 - Found Rochdale Police Station Monday 31.3.86) is to be enrolled on the Safety and Navigation course!



Mike Walford (327), Chris Pooley (087)
brief spell of sunshine at Kentmere

enjoying the
(photo/P.Hartley)

THE MAD-HATTER'S HORSESHOE (Or the Kentmere Fashion Show)

by Ewen Rennie

Sunday, 6th April and fell-running's fashion experts flock to Kentmere for the occasional ritual of a full display of the latest and best in garish gear especially designed to give the average hill-walker in his sombre brown and green, apoplexy. Actually, the gaudy gear is designed for weather protection and the weather was determined not to be left out of the show, with superb sunshine (in five-minute bursts), interspersed with horizontal snow-storms of somewhat longer duration.

By noon, the organiser's wildest dreams were exceeded with the car park already full and still another ninety minutes before the official start. Another field was found, but already the traffic was backing up as sneak previews were flashed both in and out of the Community Hall. Red bottoms, yellow bottoms (even bare bottoms), luminous shorts, purple tights, green tights, purple vests, orange vests - all and more were already on show.

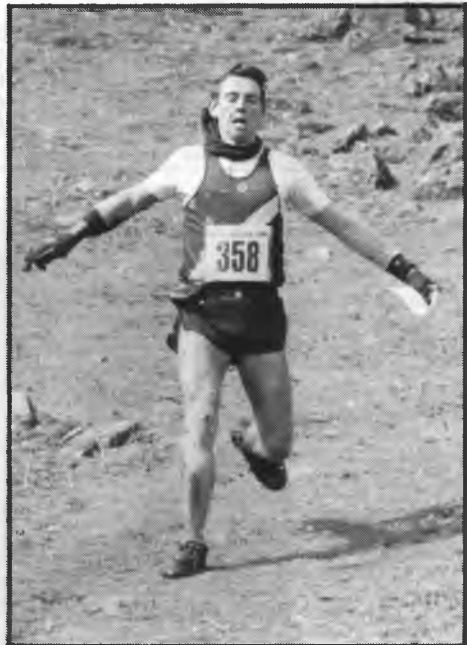
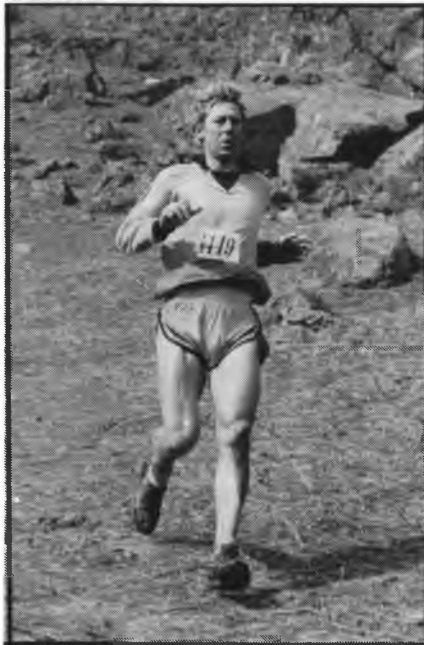
After his Pendle preview the previous day, featuring the two-tone Reebok version of the ever-popular Helly Hansen, topped with a pink T-shirt set off with the purple and yellow vest of Pudsey and Bramley, Jack Maitland was clearly one of the favourites for the most outrageous colour scheme (if not the race). If only he'd worn tartan shorts! Fearless Frank from Saddleworth was clearly in contention with his yellow and black striped tights, but even he could not compete with the Rochdale Raver's tights in yellow, purple and red horizontal stripes topped with lime green shorts - with such a display did it matter that the vest was black with only little diagonal flashes of yellow and red?

Some interesting headgear caught the eye. Green and white striped tammies, fluorescent tea-cosies, brilliant balaclavas. Some of course refused to join in - plain boring white T-shirts, navy blue Helly Hensens and the wife's old brown tights - where's the spirit of "Hair" lads - "The male's emergence from his bred camouflage into the gaudy plumage that is the birthright of his sex".

At the preliminary run-off, the announcer described the conditions on the circuit as 'abominable underfoot' (trampled Yetis?) and 'atrocious above'. Apparently not in the least dismayed, the parade wended its way up Kentmere Pike past dazzled but properly clad, anorak swathed hikers. Over the saddle on to High Street, things started to get out of hand. The snow and wind machines were stuck in overdrive and it was not until Ill Bell that spectators could again begin to savour the glorious colours and clothes of the mobile macho mannequins.

Alas, it was one pre-Hair refugee, to wit Andy 'Rambo' Styan who ran out the winner. How on earth was he allowed to run in a boring old Holmfirth vest and SHORTS? Surely he should have been thrown out on an equipment check on a day when snow-storms reduced visibility to ten yards and half the course was covered in ankle-deep snow. It just goes to show that fancy equipment cannot replace fell expertise.

Opposite: top: the weather closing in on the descent from Kentmere Pike to Nan Bield (photo/P.Hartley)
 bottom: (L) Andy 'Rambo' Styan (1st), (r) Jack 'Falling Stone' Maitland (13th) - but which one hasn't got his map and compass out? (photos/J.Ulrick)



CM/7m/1,000 ftWARDLE SKYLINE12th April, 1986

A brief respite in our extended winter meant a fast course and new course records.

After a disappointing turnout in 1985, we had our best field yet, with 271 runners. We hope that, in our fourth year, we are now a well-established race in the South Pennines area.

Certainly, comments were generally favourable, with everyone - whatever their respective abilities - enjoying a course which is fast and, for its length, quite varied.

Allan Buckley

1.	D.Cartridge	Bolton	42.56	1 Lady:	S.Exton	Stretford	53.37
2.	P.McWade	Clayton-le-Mrs.	43.13	2 Lady:	R.Clayton	U/A	55.23
3.	R.Ashworth	Rossendale	43.22	3 Lady:	K.Taylor	C.le-Moors	56.59
1V40:	D.Beresford	Clayton-le-Mrs.	47.54	1 Jnr:	A.Tomkinson	Rochdale	48.34
1V50:	G.Barras	Skyrac	51.20	1 Team	Rossendale		

Road/1m/550 ftMOW COP 'KILLER' MILE30th April, 1986

In perfect racing conditions - cool, dry with an occasional helpful breeze - three previous winners took the honours. Roger Bradley (winner in 1983) ran the whole race on his own to become the first man to have won the Killer Mile twice. Alan Buckley (winner in 1984) came through strongly as usual to be a comfortable second, ahead of recently-injured Jack Maitland (winner in 1985). Elsewhere, the Under 18's, impressed, as Jayne Spark beat all the other ladies and Gerard Davey's 6.44 would have placed him 3rd in the men's race.

From a record total of 878 entries, just over 700 actually raced. As usual, the field was a good mixture of fell, road, track and fun runners, drawn from clubs all across the North-West and Midlands, despite the 7.00 p.m. midweek start.

John Britton

1.	Roger Bradley	Much Wenlock O.	6.32	1 Vet:	B.Williams	I.C.L.	7.04
2.	Alan Buckley	Holmfirth	6.39	2 Vet:	John Clemens	Altrincham	7.09
3.	Jack Maitland	Pudsey & B'ley	6.46	3 Vet:	Tony Keller	Manchester	7.14
4.	Bill Bedell	Telford	6.47	1 Lady:	Jayne Spark	Altrincham	8.27
5.	Mark Flint	Telford	6.49	2 Lady:	D.Ellerton	City of Stoke	8.38



Jack Holt (86) and Eric Richardson (268) ascending William Clough in the Kinder Downfall.

AM/10m/2,150 ft.KINDER DOWNFALL20th April, 1986

If the definition of an 'A' category race is strictly followed, then this race wouldn't qualify as there isn't enough climbing. It is, however, a classic example of typical Peakland running and to exclude it, would surely be wrong.

This year's race attracted 435 runners and was the first counter in the new English championship. Despite this, there was a notable absence of Lakeland runners who, no doubt, opted for Blisco. Although Jack Maitland sprained an ankle early on, there was still an outstanding race with Ray Owen finally taking the honours in a classy field. Carol Haigh proved again that when she races, the rest of the ladies only need to worry about who will finish second.

John Reade.

1. R.Owen	Horwich RMI H	1.07.02	1 V40:	D.Davies	Eryri	1.10.42
2. S.Livesey	Rossendale	1.07.12	2 V40:	P.Hall	Barrow	1.10.49
3. S.Carey	Sheff. Univ.	1.07.20	3 V40:	D.Cartwright	Penistone	1.11.20
4. D.Cartridge	Bolton Utd.	1.07.29	4 V40:	D.Kay	Bolton	1.11.39
5. B.Ashworth	Rossendale H	1.07.36	5 V40:	R.Wilde	Manchester	1.13.35
6. M.Wilson	Hallamshire	1.07.42	6 V40:	D.Weatherhead	Bingley	1.13.38
7. R.Bergstrand	Rochdale H.	1.07.53	1 V50:	G.Barras	Skyrac	1.22.52
8. P.Irwin	Rossendale	1.08.08	2 V50:	B.Thackery	Dk Pk F.R.	1.24.11
9. B.Brindle	Horwich R.M.I.	1.08.59	3 V50:	G.Brass	C-le-Mrs.	1.25.10
10. M.Patterson	Dk Pk F.R.	1.09.41	1 Lady:	C.Haigh	Holmfirth	1.19.46
11. G.Devine	Skyrac A.C.	1.10.00	2 Lady:	S.Quirk	Kendal	1.24.17
12. H.Jarret	C.F.R.	1.10.07	3 Lady:	W.O'Neale	Keswick	1.24.32
13. K.Taylor	Rossendale H.	1.10.14	1 Jnr:	G.Hall	Holmfirth	28.35
14. G.Bell	Rochdale H.	1.10.15	2 Jnr:	H.Greaves	Holmfirth	30.12
15. A.D.Adams	Staffs.M'rl'd	1.10.16	3 Jnr:	N.McCallum	C-le-Mrs.	30.52

AL/22m/4,500 ft.THREE PEAKS RACE27th April, 1986

This year, the section from Ribblehead to Whernside was altered, giving a shade more fell running to relieve the monotony of track and road running.

Once Jack Maitland had pulled out through injury, there was likely (on current form) to be only one winner - Shaun Livesey - this proved to be the case.

Congratulations to Frank Loftus, on his third place - it was good to see him do so well against the more fancied runners.

I apologise for the lack of depth in the results. The official ones have not yet been received. Interestingly, if the team result had been based on positions, and not times, the first two would have reversed places.

John Reade.

1. S. Livesey	Rossendale	2.56.46	7.	R. Whitfield	Kendal	3.04.16
2. B. Brindle	Horwich	2.59.26	8.	M. Short	Horwich	3.07.08
3. F. Loftus	Horwich	3.01.55	9.	R. Ashworth	Rossendale	3.07.49
4. D. Cartridge	Bolton	3.02.17	10.	K. Taylor	Rossendale	3.08.26
5. S. Breckell	Blackburn	3.03.17	1 V40:	D. Kay	Bolton	3.15.50
6. P. Irwin	Rossendale	3.03.40	1 Team:	Rossendale		
			2 Team:	Horwich		

LATE NEWS: FURTHER THREE PEAKS FINISHERS

11. G.Schofield	Blackburn	3.09.39	2 V40:	D.Quinlan	Bingley	3.22.08
12. P.McWade	Clayton	3.10.17	3 V40:	J.Nuttall	Clayton	3.23.14
13. G.Kerr	Clayton	3.10.38	1 V50:	G.Brass	Clayton	3.46.39
14. I.Robinson	Clayton	3.10.58	2 V50:	P.Carmichael	Morpeth	3.48.28
15. D.Woodhead	Horwich	3.11.39	1 Lady:	C.Walkington	Horwich	3.49.12
1 U18: A.Jones	Pudsey	49.41	2 Lady:	J.Smith	Dk Peak	3.50.42
2 U18: I.Dermott	Horwich	51.04	1 U21:	M.Wilson	Hallamshire	47.38
3 U18: E.Cotton	Kendal	51.36	2 U21:	G.Devine	Skyrac	49.12

AM/9m/4,500 ftCONISTON FELL RACE3rd May, 1986

Good weather again. Record entry - 560 registered. 509 completed the Senior Course.

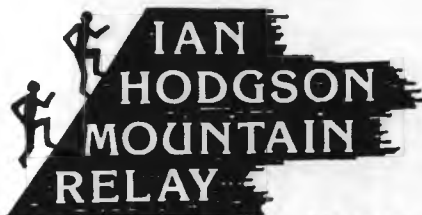
The race was spoilt by several injuries. The recent thaw had made the surface very unstable, particularly on the descent path through the Old Quarries. Car parking remains a problem. The police are unwilling to participate, whilst local farmers do not want to risk damage to fields in the event of wet weather. However, I am hoping that some arrangements for extra parking can be made for next year. Yet again, a remarkable number of veteran entries.

Nick Matthews

1.	R.Pilbeam	Keswick	1.09.11	1	U21:	G.Devine	Skyrac	1.11.31
2.	S.Livesey	Rossendale	1.09.17	2	U21:	R.Bergstrand	Rochdale	1.11.51
3.	R.Owen	Horwich	1.09.35	3	U21:	D.Gibbons	E.Ches.	1.16.34
4.	D.Cartridge	Bolton	1.09.37	1	V40:	D.Kay	Bolton	1.13.51
5.	B.Ashworth	Rossendale	1.09.59	2	V40:	D.Cartwright	Penistone	1.15.03
6.	R.V.Rawlinson	Rossendale	1.09.59	3	V40:	J.Williams	Mardale	1.15.14
7.	M.Patterson	Dk Peak F.R.	1.10.21	1	V50:	G.Barras	Skyrac	1.25.46
8.	P.Irwin	Rossendale	1.11.21	2	V50:	G.Scott	Cockermouth	1.28.37
9.	B.Bland	Keswick	1.11.23	3	V50:	B.Thackery	Dk Peak F.R.	1.35.09
10.	G.Devine	Skyrac	1.11.31	1	Lady:	D.Ellerton	Newcastle	1.29.01
11.	J.Broxap	Keswick	1.11.34	2	Lady:	S.Quirk	Kendal	1.31.34
12.	S.Hughes	Pennine	1.11.36	3	Lady:	J.Smith	Dk Peak F.R.	1.35.09
13.	J.Maitland	Pudsey & B'ly	1.11.42	1	U18:	S.Green	Bingley	32.09
14.	D.McGonigle	Dundee	1.11.43	2	U18:	M.Peace	Bingley	32.22
15.	B.Brindle	Horwich	1.11.44	3	U18:	A.Jones	Pudsey & B'ly	32.38
				1	U15:	P.Smith	Holmfirth	34.22
				2	U15:	N.McCallum	C.le-Mrs.	35.02
				3	U15:	J.Taylor	C.le-Mrs.	35.15

AM/5m/1,450 ftSHINING TOR RACE7th May, 1986

1.	J.Maitland	Pudsey & B'ly	35.31	1	Vet:	R.Wilde	Manchester	36.27
2.	J.Kershaw	Macclesfield	35.51	2	Vet:	D.Atwell	Altrincham	36.46
3.	J.Newns	Macclesfield	35.56	3	Vet:	J.Clements	Altrincham	37.44
4.	A.Hulme	Pennine	36.07	4	Vet:	A.Blinston	Altrincham	38.07
5.	R.Wilde	Manchester	36.27	5	Vet:	R.Hird	Macclesfield	40.06
6.	S.Hampson	Sale	36.30	6	Vet:	P.Blagborough	Saddleworth	40.28
7.	M.Foschi	Pennine	36.33	1	Lady:	B.Murray	Macclesfield	43.13
8.	H.Waterhouse	Saddleworth	36.36	2	Lady:	S.Exon	Stretford	45.34
9.	D.Atwell	Altrincham	36.46	3	Lady:	P.Davies	Frodsham	47.00
10.	R.Murray	Macclesfield	37.05	4	Lady:	A.Jones	Altrincham	48.54



5th October 1986

Event: 4 x 2 Relay at
Brotherswater,
Patterdale, Lake
District.

See Opposite Page.....

BS/6½m/1,055 ft.PENISTONE HILL RACE5th May, 1986

Proceeds from the race this year were to Bob Geldof's Sport Aid. 205 runners set off in the rain, and returned in the rain, led in by Sheffield University's Sam Carey and Holmfirth's Alan Buckley, who finished in the spirit of the event, together.

1. S. Carey	Sheff. Univ.	36.21	1 Vet:	D. Cartwright	Penistone	39.20
1. A. Buckley	Holmfirth	36.21	2 Vet:	K. Lodge	Halifax	41.10
3. M. Patterson	Dk Pk F.R.	37.14	3 Vet:	P. Powell	Holmfirth	42.11
4. A. Trigg	Glossopdale	37.28	4 Vet:	P. Guerrier	Dk Pk F.R.	43.13
5. B. Hilton	Leeds A.C.	37.29	5 Vet:	J. Barker	Red Rose	43.36
6. D. Leather	Barnsley R.R.	37.37	6. Vet:	D. Tilly	Bolton	44.01
7. J. Hinchley	Barnsley R.R.	38.04	1 Lady:	C. Haigh	Holmfirth	40.45
8. M. Senior	Pen. F.P.R.	38.15	2 Lady:	J. Smith	Dk Pk F.R.	44.26
9. R. Hand	Sheff. Univ.	38.25	3 Lady:	V. French	Sheff. Univ.	45.56
10. J. Fretwell	Holmfirth	38.35	4 Lady:	A. Watmore	Tetley	48.42

N/3½m/1,200 ft.SIMON'S SEAT FELL RACE8th May, 1986

1. G. Devine	Skyrac	26.48	1 Jnr:	A. Jones	Pudsey & B.	28.27
2. S. Livesey	Rossendale	27.16	2 Jnr:	C. mustill	Pudsey & B.	29.23
3. J. Maitland	Pudsey & B'ley	27.59	3 Jnr:	C. Harney	Bingley	30.43
4. R. Pallister	Pudsey & B'ley	28.21	4 Jnr:	K. Mullen	Bingley	31.50
5. A. Jones	Pudley & B'ley	28.27	1 Vet:	T. McDonald	Bingley	30.04
6. G. Webb	Halifax	28.44	2 Vet:	G. Brooks	Bingley	30.22
7. D. Webber	Horsforth F & D	28.55	3 Vet:	K. Jones	Bingley	31.44
8. N. Lanaghan	Keswick	28.58	4 Vet:	D. Quinlan	Bingley	31.54
9. P. Stevenson	Pudsey & B'ley	29.02	5 Vet:	G. Barras	Skyrac	33.00
10. P. Crewe	Bingley	29.04	6 Vet:	H. Crossland	Skyrac	33.24
			1 Lady:	S. Watson	Valley S.	38.02

N/4½m/1,000 ftBELMONT WINTER HILL RACE10th May, 1986

1. P. McWade	C. le-Moors	34.35	1 V 40:	K. Kay	Bolton	36.07
2. K. Gaskell	Horwich	35.21	2 V 40:	N. Matthews	Horwich	38.49
3. S. Sunter	Horwich	35.58	3 V 40:	D. Tilley	Bolton	41.12
4. D. Kay	Bolton	36.07	1 V 50:	P. Madden	Blackburn	44.24
5. K. Robinson	Blackburn	36.18	1 U 20:	P. Mitchell	Rochdale	49.29
6. A. Sunter	Horwich	36.28	1 Lady:	C. Walkington	Horwich	44.22

THE IAN HODGSON 4 x 2 MAN MOUNTAIN RELAY

COURSE: Classic Fell Running Terrain
3 legs equivalent FRA Category A Medium, 4th leg B Medium. Total distance 26 miles with 8,000 ft. ascent.

PRIZES: Trophy for winning team. Individual prizes for team members according to entry. Fastest leg prizes.

Details from: Mrs. K.S. Hodgson, 197 Hall Lane, Horsforth, Leeds LS18 5EG
(Tel. (0532) 585586).

STOP PRESS:

14/£ Ennerdale: 1. H. Symonds 2. W. Bland 3. J. Maitland.

15/6 Muncaster: 1. H. Jarrett 2. M. Hoffe 3. P. Hall (V40).

AM/9^{km}/3,700 ftBUTTERMERE SAILBECK11th May, 1986

Despite attempts to sabotage this year's Northern Counties' Championship Races by persons unknown placing a misleading advert in Athletics Weekly about a change of date, 183 fell runners took part - the usual number.

Dave Cartridge confirmed his recent fine form, with a comfortable win and a fine time considering the very windy conditions. Robin Bergstrand, having come up through the junior ranks, has established himself as one of our leading senior fell runners, finishing in second position - I hope he is not tempted to over-race and incur injury!

With athletes from America, Northern Ireland, Isle of Man and Italy, the event retained its international flavour established last year and it is our intention to encourage this trend in future. The Italian team, a club from Zogno near Bergamo, displayed considerable courage and ability in completely foreign conditions and a race duration 30% longer than they are used to. The weather was bad (for the first time in the history of the Championship) and route-finding difficult on Crag Hill. The latter problem was experienced by several British runners, who are listed as disqualified for missing this checkpoint. Vito Cornolti, lying fourth when he got lost, ranks about 12th in Italy. Luigi Lazzarini, who was 7th, is the Italian 'downhill' champion, but, used to different terrain, ran this race in 'flats' - a good performance in the circumstances. G.Fantini was also well up the field, until unnecessarily visiting Crag Hill twice! I think they realise now how different is English running to Italian Corsa di Montagna - especially in relation to our different emphasis on 'money' and 'the need to win' aspects, which are so important in their races. Suffice to say that if the weather had been fine, they would have been close to winning the team race!

The team race was, in fact, won by Keswick once again (for the fourth successive year).

Finally, congratulations to Carl Mustill from Pudsey and Bramley, who set a new record in winning the Junior race in fine style.

D.Hughes

Editor: *Although it is sad to lose the 'old' Northern Counties Course, this race is, itself, a cracker. I was pleasantly surprised not to find any of the 'hype' allegedly surrounding last year's event, but, in its place, there was a typical, traditional fell race in a marvellous setting - most enjoyable. I noted that none of the Italians had decent footwear - if we are going to run against them, let's start on an equal footing! - perhaps a visit to Pete Bland's stall (before the race) would have been in order.*

1.	D.Cartridge	Bolton	1.26.23	11.	H.Jarrett	C.F.R.	1.33.06
2.	R.Bergstrand	Rochdale	1.27.26	12.	D.Hall	Kendal	1.33.12
3.	J.Broxap	Keswick	1.28.36	13.	D.Woodhead	Horwich	1.33.13
4.	W.Bland	Keswick	1.28.40	14.	H.Symonds	Kendal	1.33.31
5.	R.Whitfield	Kendal	1.30.01	15.	A.Hulme	Pennine F.R.	1.35.09
6.	P.Irwin	Rosendale	1.30.21	1 Vet:	D.Davies	Eryri	1.32.51
7.	L.Lazzarini	Italy	1.30.22	2 Vet:	P.Hall	Barrow	1.38.20
8.	G.Devine	Skyrac	1.30.53	3 Vet:	D.Spedding	Keswick	1.39.04
9.	D.Davies	Eryri	1.32.41	1 Lady:	S.Haines	U/A	1.55.03
10.	D.Lee	C.F.R.	1.32.51	1 U18:	C.Mustill	Pudsey & Bly	N/K

Opposite: (1 to r in foreground) - Tony Hulme, Pete Chapman, Peter Haines on the first climb at Sailbeck. (photo/E.Woodhead)

AM/9m/3,000ftFAIRFIELD HORSESHOE18th May, 1986

Another successful day, but how much more pleasant if we had had Monday's beautiful day on Sunday. I felt the superb setting was not seen to its best advantage.

The conditions on the tops meant that a record was extremely unlikely; soggy underfoot and a force 10 gale. Nevertheless, a tribute to you all - only three retirements out of a men's field of 387. None of the 29 women retired! (You might think a woman was writing this report!). Even with the poor conditions, there were some good performances - Robin Bergstrand is only an intermediate and I'm sure we shall see and hear more of him. Someone said "Don't they look young these days?" Peter Hall, first veteran and 10th over-all - a superb run. New Zealand air seems to have suited Sarah Haines - a good win and it was good to see my finish official of last year, Gill Wilkinson, in second place.

I hope you enjoyed your cup of tea and a pastie afterwards; Rydal Hall wondered if you liked the pasties or would prefer something else. If you would, please let me know. (Not a 4-course meal - we can't include that in the price!)

Sue Courchee

1. R.Bergstrand	Rochdale	75.29	1	V40:	P.Hall	Barrow	79.33
2. R.Ashworth	Rossendale	76.50	2	V40:	T.McDonald	Bingley	85.31
3. R.Pilbeam	Keswick	76.57	3	V40:	N.Berry	Holmfirth	37.17
4. G.Devine	Skyrac	77.46	4	V40:	A.Philipson	Gosforth	88.21
5. D.Hall	Kendal	77.51	5	V40:	K.Jones	Bingley	88.25
6. J.Broxap	Keswick	78.05	6	V40:	W.Harrison	Horwich	88.51
7. I.West	Border H.	78.21	1	V50:	G.Barras	Skyrac	91.15
8. M.Hoffe	CFR	79.12	2	V50:	A.Morgan	Gosforth	100.48
9. M.Seddon	Holmfirth	79.22	3	V50:	N.Soper	Dk.Peak FR	103.19
10. P.Hall	Barrow	79.33	1	Lady:	S.Haines	York Univ.	95.15
11. G.Read	Rochdale	79.55	2	Lady:	G.Wilkinson	Kendal	99.08
12. P.Haines	Mandale	80.00	3	Lady:	N.Lavery	Kendal	105.11
13. G.Webb	Halifax	80.36	4	Lady:	K.Taylor	Clayton	108.54
14. K.Manning	Clayton	81.28	5	Lady:	J.Ramsden	Loc.	109.05
15. G.Russell	Ambleside	81.43	6	Lady:	A.Harris	U/A	109.29



AS/3¼m/1,200ftBLACKSTONE EDGE21st May, 1986

I don't do as many short 'uns as I used to (mainly because of stiffening limbs) but this year's race really opened my eyes with regard to the growing standards of the juniors. Four under 18's in the first 13, together with a few intermediates confirms the success the new junior and intermediate championships have had in raising standards. Jack Maitland (no old man himself) and Dave Hall really had to 'bust a gut' to catch them up and establish superiority, whilst the 1st Vet., Tim McDonald, finished 40th, surrounded by runners less than half his age!

1.	J.Maitland	Pudsey & B'ley	28.11	1 U18:	M.Peace	Bingley	28.50
2.	D.Hall	Kendal	28.15	2 U18:	A.Peace	Bingley	28.58
3.	G.Devine	Skyrac	28.30	3 U18:	A.Jones	Pudsey	29.37
4.	M.Peace	Bingley	28.50	4 U18:	J.Taylor	Holmfirth	29.55
5.	A.Peace	Bingley	28.58	1 V40:	N.Berry	Holmfirth	32.26
6.	R.Pallister	Pudsey & B'ley	29.04	2 V40:	K.Jones	Bingley	32.51
7.	G.Read	Rochdale	29.07	1 V45:	T.McDonald	bingley	31.36
8.	M.Seddon	Holmfirth	29.11	2 V45:	K.Lodge	Halifax	33.11
9.	B.Brindle	Horwich	29.15	1 V50:	G.Spink	Bingley	33.37
10.	M.Prady	Glossop	29.31	2 V50:	P.Duffy	Aberdeen	34.03
				1 Lady:	D.Sharpe	Spensorough	35.32
				2 Lady:	L.Lord	Clayton	35.49
				3 Lady:	C.Walkington	Horwich	36.22



Jack Maitland at the top of Blackstone Edge

(photo/P.Hartley)

N/4m/850 ftTWO LADS RACE25th May, 1986

Out of the 44 runners who turned out for this new race from Horwich Leisure Centre, 29 were from the local club, Horwich RMI, as were all the placings listed below. Unfortunately, the race missed inclusion in this year's Calendar, but as it goes via road, track and rough moor to a height of 1,100 ft, and back the same way, it is likely to be given a 'B' category.

1. P.Massey	26.10	1 V40:	D.Vickers	30.01
2. B.Brindley	26.31	1 V50:	B.Rodgers	32.30
3. A.Hesketh	26.40	1 Lady:	P.Dickinson	38.43

N/14m/2,500 ftALWINTON FELL RACES31st May, 1986

It is good to see the continued growth of new races, especially in areas such as this one, where there is a decided lack of them, (the others being the Chevy Chase and Simonside).

Alwinton is a pleasant hamlet on the edge of the Northumberland National Park and the course goes northward via forestry tracks to Bloodybush Edge and Cushat Law before returning on different tracks through the forest to Alwinton. The race, well organised by Morpeth Harriers, is really one of two parts - very fast, rather monotonous track running, with a middle section of typical Cheviot bog and heather. Personally, I found there was far too much of the former and not enough of the latter, although the road runners amongst the 80 starters, will no doubt disagree. Andy Curtis eventually triumphed in a very fast time (just over 6½ minute mile pace over-all!) but exactly how fast will never be known, as the timekeeper was still in the pub when he finished! The atmosphere and hospitality were excellent, as was the ceilidh in the evening, which, unfortunately, I missed.

John Reade

1. A.Curtis	Livingston	1.31.45	1 V40:	J.Williams	Mardale	1.35.19
2. C.Lees	Elswick	1.32.17	2 V40:	D.Littlewood	Crook & D.	1.37.56
3. R.Musgrove	Burn R.	1.34.03	3 V40:	P.Overton	S.Shields	1.51.33
4. N.Dunn	U/A	1.34.40	1 V50:	W.Gould	Carnethy	1.52.34
5. J.Williams	Mardale	1.35.19	1 Lady:	P.Hawkin	Edinburgh	1.58.25
6. S.Murdoch	Jarrow & H.	1.35.42	1 Team:	Mardale		

Short Course (6m/1,100 ft)

1 S.Scott	Morpeth	52.22	3.	S.Sutton	U/A	54.07
eq I.Robinson	U/A	52.22	1 Lady:	F.Hendie	Livingston	59.43

LATE NEWS:ALWINTON FELL RACES

Ray Scott of Morpeth Harriers informs me that the third man, R.Musgrove, has been disqualified for missing out the Cushat Law checkpoint and that next year he hopes, subject to landowner's consent, to extend the fell section further via Wether Cairn, with an additional very steep descent.

LATE LATE NEWS:

Another new Northumberland fell race is the Kielder Yomp, 17m/4,000ft on 10.8.86
 Details from: Forestry Commission, West View, Bellingham, Hexham, Northumberland
 NE48 2AJ (Tel. (0660) 20242).

STOP PRESS:

21/6 Great Hill: 1. R. Shorrocks 2. P. Dugdale 3eq. A Adams & P. Campbell

N/5m/1,200ftCLITHEROE FELL RACE1st June, 1986

The sun shone on Pendle every day prior to the race, but on raceday itself, the hill was covered in mist, although it was warm and dry. The race is now run over a new, shorter course, cutting out the road sections and adding half a mile on the fell section. When the race started, visibility was down to 10 yards and this resulted in at least the first 50 getting lost with only Dave Cartridge and Geoff Gough being able to recover their mistakes. Len Farnsworth

1.	D.Cartridge	Bolton	53.03	1 V40:	I.Beverly	Clayton	55.34
2.	G.Gough	Blackburn	54.06	1 V50:	D.Talbot	Clayton	61.41
3.	R.Mitchell	Clayton	54.21	1 Lady:	E.Burnip	Clayton	61.51

AM/5½m/1,500ftPEN-Y-GHENT7th June, 1986

Good conditions and the status of an English Championship event, which attracted a top class field, saw records tumble in this year's Pen-y-Ghent race. Dave Cartridge not only sliced 1 min. 33 secs. from the record, with an impressive display of front running, but also pulled the first six finishers to times within the previous record. The Ladies' record was also well beaten by Jackie Smith, who reduced the previous record by nearly three minutes. Dave Hodgson

1.	D.Cartridge	Bolton H.	44.16	1 V40:	P.Hall	Barrow	47.38
2.	R.Pilbeam	Keswick	44.39	2 V40:	D.Cartwright	Penistone	48.57
3.	H.Symonds	Kendal	45.24	3 V40:	R.Asquith	Holmfirth	49.46
4.	R.Bergstrand	Rochdale	45.32	4 V40:	R.Toogood	Dk Peak FR	49.49
5.	R.Owen	Horwich	45.40	5 V40:	D.Kay	Bolton	49.57
6.	S.Livesey	Rossendale	45.43	6 V40:	J.Nuttall	Clayton	51.01
7.	G.Gough	Blackburn	46.06	7 V40:	D.Weatherhead	Bingley	51.44
8.	R.V.Rawlinson	Rossendale	46.50	8 V40:	C.T.Tremaine	ICL	51.47
9.	G.Devine	Skyrac	46.52	1 V50:	P.Duffy	Aberdeen	54.06
10.	G.Schofield	Blackburn	47.01	2 V50:	P.Dawson	Blackburn	54.16
11.	R.Pallister	Pud. & B.	47.17	3 V50:	B.Thackery	Dk. Peak FR	57.12
12.	R.Ashworth	Rossendale	47.26	4 V50:	W.Smith	Clayton	58.02
13.	P.Hall	Barrow	47.38	1 Lady:	J.Smith	Dk Peak FR	56.22
14.	J.Broxap	Keswick	48.03	2 Lady:	L.Lord	Clayton	58.39
15.	P.Irwin	Rossendale	48.11	3 Lady:	C.Walkington	Horwich	59.13
16.	P.Brownson	Altrincham	48.15	4 Lady:	C.Crofts	Dk Peak FR	60.02
17.	G.J.Bell	Rochdale	48.23	5 Lady:	B.Carney	Bingley	63.25
18.	A.Hulme	Pennine FR	48.27	6 Lady:	K.Taylor	Clayton	64.10
19.	M.Seddon	Holmfirth	48.29	7 Lady:	H.Bloor	Highgate	65.10
20.	P.Harlowe	Keswick	48.30	8 Lady:	W.Dodds	Clayton	65.22

N/8m/2,700ftBLENCATHRA FELL RACE11th June, 1986

This superb little race starts and finishes in the picturesque village of Mungrisedale, visiting 3 checkpoints - Bowscale Fell, Hallsfell Top and Souther Fell. It is run entirely on the fell, consisting mainly of relatively virgin grass, whinberry and bog. On race night, the views were stupendous, with Cross Fell in the Pennines and Criffel across the Solway Firth being easily discernible, but the most breathtaking view of all (in more ways than one) was the sudden panoramic impact upon reaching Hallsfell Top - absolutely magnificent - it may have been knackered, getting up there, but it was certainly worth it! It could also prove interesting should the 'clag' be down, as it must be easy to stray off the top in the wrong direction, assuming, of course, that Bowscale summit had already been successfully located!



Ray Owen (59), Shaun Livesey (48) and Geoff Gough (95) at Pen-y-Ghent

(photo/P.Hartley)

A friendly welcome at the Mill Inn, together with the hand pulled Theakston's added to the event and the latter proved to be too great an attraction for certain Lancastrians, who didn't manage to leave until the following morning! The race itself? Well, Rod Pilbeam dominated throughout, in a surprisingly classy field.

John Reade

1. R. Pilbeam	Keswick	60.45	6.	N. Lanaghan	Keswick	66.33
2. W. Bland	Keswick	62.52	7.	A. Richardson	Kendal	67.25
3. J. Broxap	Keswick	63.52	1 V40:	D. Spedding	Keswick	68.13
4. K. West	Border	64.15	1 V50:	A. Prater	Anqn.	103.16
5. P. Barron	Keswick	64.43	1 Lady:	J. Ramsden		83.46

BS/4m/1,000ftSKIPTON FELL RACES15th June, 1986

1. M. Newby	Rossendale	22.18	1 V40:	K. Summersgill	Skipton	23.37
2. G. Gough	Blackburn	22.54	2 V40:	R. Asquith	Holmfirth	24.00
3. G. Devine	Skyrac	23.26	3 V40:	D. Weatherhead	Bingley	24.30
4. K. Summersgill	Skipton	23.37	1 V50:	D. Lawson	Bingley	23.39
5. D. Lawson	Bingley	23.29	1 Lady:	M. Siddall	Skyrac	31.28
6. D. Webber	Fell & Dale	23.47	2 Lady:	H. Holland	Kendal	31.44
7. D. Woodhead	Horwich	23.49	1 U18:	A. Jones	Pudsey	23.50
8. P. Jarman	Clayton	23.53	2 U18:	A. Lange	Pudsey	24.39

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STOP PRESS:

21/6 Buckden Pike: 1. R. Rawlinson 1st. Vet: D. Cartwright

THE NASTY COLUMN

This new feature is not nice. Most of what's in it is true, and its contents include scurrilous personal attacks. If you don't like its scurrilous vein, write and complain. If you have something scurrilous to say, get your pen out. If you don't know what scurrilous means, read on....

*I see the Ben Nevis race organisers have surpassed themselves. Not content with breaking records for the most expensive entry fee, the berks are trying to get another £5 out of us all to 'sponsor' the event this year by sending out wads of raffle ticks. Their understanding of fell runners is typified by the picture of a pair of Dunlop Green Flash pumps as their letter head logo. How nice of them also to bring forward the closing date for entries from the publicised August to June. Rumour has it they have another bombshell on the way. Why don't you do a 'Dave Meek' fellas?

*It seems that Danny has been upset the FRA Committee again. when a majority vetoed his pet project for a 1986 World Cup in England, he stormed out, threatening to call an EGM to get the decision reversed.

*I'm sure we all wish Kenny the best now he's on the roads. He should make a fair bit of loot - more than he did by selling his and Pauline's spare complimentary ticks for the FRA dinner and presentation, instead of giving them back as not needed.

*Talking of which, I hear Billy wouldn't come to last year's event 'cos he didn't get a freebie for his wife. Causes problems, that event, as well as losing money.

*I hope the guy who ran the Kentmere with no cag., no whistle, no compass and no experience of fell running is reading this. You're an idiot!

*Not to mention those wallies who ran straight across the frozen-over reservoir at this year's Chew Valley!

*Ace navigator, Jack, was doing his stuff in the Kentmere! One of the top orienteers in these isles, he goofed beautifully coming off High Street in the mist and snow, taking a little group for a detour and letting Andy Styan through to win.

*Talking of Styan, did you hear his stupid motion at the AGM? Whether he had a point or not was lost in confusion in the vote - no-one knew what they were voting for or how to interpret the vote when it was made.

*Have you noticed the subtle preparation for international fell running that's going on? Everyone knows the foreigners won't run our traditional fell races (they're too tough and dangerous!), so the Committee are slipping in category 'B' races like Kinder Downfall and Mount Famine into the English championships to get us used to cross country races which we will have to put on when we entertain 'World' athletes. Can't you just see the bales of straw to jump over!

*Some interesting developments are appearing on the 'professional' and 'amateur' absurdity. Your correspondent is working on a 'scoop' for the next instalment of NASTY.

Editor: This anonymous contributor really lives up to his/her(?) name - what a nasty piece of work! Why should the publication of such nastiness remain his/her sole prerogative? Anyone else who has a similar nasty streak, please feel free to use this column to add your own vitriol.

LONG DISTANCE CHALLENGES

I set down below details of the current long distance challenge records, of which I am aware. I would, of course, welcome any further additions and I will, no doubt, be corrected for any inaccuracies! The subject provides an infinite variety of opportunities for long days in the hills, limited only by the individual's capabilities, organisation and imagination. Those listed below - notably the Bob Graham Round and, to a less extent, the Pennine Way - are established challenges which, each year, attract many new attempts, whilst others are 'one-offs' appealing to the individual's particular wish to attempt something new. Both aspects reflect the mountaineering side to our sport, in contrast to the more athletically-based racing scene.

Long may the two continue to run side by side. Also included within this section are a profile of Mike Cudahy, together with reports on challenges in Wales (Martin Stone) and Scotland (Ian Leighton).

Location	Challenge	Distance etc	Time	Holder
Lake District	Bob Graham Round	42 Peaks 72 miles 27,000 ft.	13 hours 54 minutes	Billy Bland
Lake District	24 hour Record	72 Peaks 105 miles 37,000 ft.	23 hours 11 minutes	Jos. Naylor
Lake District	Peaks over 2,500 ft.	61 Peaks 116 miles 42,550 ft.	43 hours 1 minute 40 seconds	Steve Parr
Lake District	All the summits 7 'Wainwright' Guidebooks	214 Peaks 391 miles 121,000 ft.	9 days 14 days 42 minutes	Alan Heaton
Lake District	Lakes, Meres & Waters	106 miles 18,000 ft.	17 hours 14 minutes 25 seconds	Jos. Naylor
Pennines	Pennine Way	270 miles	2 days 21 hours 34 minutes	Mike Cudahy
Pennines	Colne to Rowsley	70 miles	11 hours 44 minutes	Mike Cudahy
Pennines	Tan Hill to Cat & Fiddle	120 miles	26 hours 36 minutes	Mike Cudahy
N. England	Coast to Coast	190 miles	46 hours 49 minutes	Mike Cudahy

Rumour has it that Billy Bland is going to have a go at the Lake District 24 hour record this July.

Location	Challenge	Distance etc.	Time	Holder
Midlands	Staffordshire Way	96 miles	17 hours 57 minutes	John Britton
Yorkshire Dales/Cumbria	Dales Way	80 miles	13 hours 46 minutes	Denis Beresford
N.England	Hadrian's Wall	78 miles	10 hours 53 minutes	Jos. Naylor
Dartmoor/ Exmoor	Two Moors Way	106 miles 13,000 ft.	28 hours 14 minutes	Martin Stone
Scotland	Cuillin Ridge		4 hours 4 minutes 19 seconds	Andy Hyslop
Cairngorms	6 Cairngorm Peaks	40 miles 12,000 ft.	11 hours 39 minutes 4 seconds	Mel Edwards Dave Armitage PhilKammer
Cairngorms	Cairngorm 4,000's		4 hours 34 minutes 8 seconds	Mel Edwards
N.Scotland	Tranters 'Walk'	18 Munros 35 miles 25,000 ft.	13 hours 54 minutes	Martin Hudson
N.Scotland	Scottish 4,000's		22 hours 33 minutes	Stan Bradshaw Jr. ('Young Stan')
N.Scotland	Scottish Coast to Coast	10 Munros 230 miles 35,000 ft.	4½ days	Ian Leighton and Robin Price
Snowdonia	Welsh Classical Round	61 miles 28,000 ft.	23 hours 26 minutes	Martin Stone
S.Wales	Brecon Beacon Traverse	81 miles 15,000 ft.	21 hours 43 minutes	Derek Fisher & Andy Lewsley
Isle of Man	Bob Baxter Round	40 Peaks above 1,000 ft.	11 hours 34 minutes	Colin Donelly

Rumour has it that all the 1985/6 winter attempts at the Bob Graham Round failed although Steve Parr was only just beaten by a 'white out' on Skiddaw after reaching Great Calva in 22½ hours.

TALKING TO: MIKE CUDAHY

Mike Cudahy is aged 45 and is a Lecturer in the Department of Physical Education and Sports Science at Birmingham University. He is well known in mountaineering/walking circles as being one of the 'hard' men of the hills. His recent performances, especially in breaking the Pennine Way and Coast to Coast records, must rank him alongside Jos. Naylor and Alan Heaton as being one of the post war all time greats in long distance challenges. The fact that Mike would modestly dismiss this assertion, typifies his attitude to the sport. Also, whereas Jos. and Alan are mainly from a mountaineering background, Mike's 'athleticism' is probably unsurpassed by our current crop of top fell racers. I doubt if there are many who would be able to beat his best track times - (200m - 23.5 secs; 400m - 51.5 secs; 800m - 1.59 secs.).



A very fresh-looking Mike Cudahy being paced(?) by two of his sons at the end of his Coast to Coast record run.

Q: Which long distance fell records do you currently hold?

Ans: Colne-Rowsley (70 miles) - 11 hrs. 44 mins. (1982)
 Tanhill -Cat & Fiddle (120 miles) - 26 hrs. 36 mins. (1985)
 Pennine Way (270 miles) - 2 days 21 hrs. 34 mins. (1984)
 Coast to Coast (190 miles) - 46 hrs. 49 mins. (1985)

Q: Please outline a typical week's training.

Ans: I only have 'typical' (i.e. 'regular') training weeks between October and March, as in summer I regulate my running according to my particular long distance targets.

WINTER:

Mon.	a.m.	3/5 miles	p.m.	3/5 miles)	
Tues.	a.m.	3/5 miles	p.m.	5/15 miles)	
Wed.	a.m.	5/8 miles	p.m.	8/20 miles)	Twice per day as I
Thur.	a.m.	5/8 miles	p.m.	8/15 miles)	run in and out of
Fri.	a.m.	5/8 miles	p.m.	5/10 miles)	work, usually
Sat.	Either Rest or Easy 2 hrs. on moors with No. 3 son!					
Sun.	Between 3-6 hrs. over the moors.					

Q: Please outline your sporting background as a youngster.

Ans: Member of Stockport Harriers. I did events up to half-mile and helped out in the field events. In winter, I began to go out on 'pack runs' over the country and came to enjoy long runs exploring new ground. I spent some time in the Scouts and developed a love of camping and hill walking.

Q: How did you become involved in fell running?

Ans: Through Len FitzSimmons of Stockport Harriers and Ian Watson. Both were good cross country runners and had done the Three Peaks. My turning point came when I ran with them from Ian's home - Ashes Farm below Kinder - after this the only real running for me was on the hills. I was about 17/18 at the time. As soon as I was old enough (21) I raced in the Three Peaks and the Lake District Mountain Trial.

Q: Do you still compete regularly in races on the FRA Calendar?

Ans: I tend not to, as I find I can't really mix the fell racing with my long distance training. However, I usually do the Marsden-Edale and the longer 'almost'(!) fell races like the Haworth Hobble, High Peak Marathon and I always do the Mountain Trial and Karrimor.

Q: What are your favourite events?

Ans: Above all, the Lake District Mountain Trial, then the Karrimor. I also used to enjoy the Ennerdale very much.
(PS. Why don't you ask people which events they hate most?!
PPS. Mine's the High Peak Marathon).

Q: Do you prefer the long distance challenge events to the more athletically based fell races?

Ans: In the same way that I found cross country running more compelling than track running, I find the long distance challenge events demand even greater commitment and give commensurately greater satisfaction. Fell running is a compound of blood, sweat, tears and great - often unexpected - joys. For me, these factors seem to follow an exponential curve, plotted over increasing distance.

Q: Describe how you would prepare/train for one of your long distance attempts.

Ans: Here is what I did before my Coast to Coast:

April	Week 1	160 miles (approx. 5 x 32 miles)
	Week 2	120 miles (2 x 50; 1 x 20 miles)
	Week 3	156 miles (3 x 42; 1 x 30 miles)
(8 days)	Week 4	238 miles (5 x 45/50 miles)
	Week 5	Jogging + 1 x 50 miles
	Week 6	1 x 120 miles Tanhill to Cat & Fiddle (26 hrs.36 mins) (Record)
	Week 7	Easy running with longer jog weekend
	Week 8	L.D.W.A. Dalesman '100' 1st in 21 hrs. 45 mins. (very wet)
	Weeks 9/10/11	Easy running with longer runs at weekend - including helping a Bob Graham attempt.
	Week 12	Coast to Coast record; appalling conditions.

Q: Would you consider different qualities are required from a successful long distance challenge attempt as opposed to the shorter fell race events? - If so, what are they?

Ans: I'll answer from physical and psychological perspectives.

Physical: Fell racing, especially shorter ones, require the kind of physiology possessed by a good middle distance runner - i.e. mainly very good aerobic capacity.

Ultra distance probably 'only' requires a very strong constitution; i.e. the aerobic demands are not great, no great muscular strength or muscle speed is needed BUT you have to be able to absorb vast training mileages in all weathers; you can't afford sapping illnesses; you must be able to eat on the move at all hours and you must be resistant to sleep deprivation. It all adds up to having the constitution of a cart-horse rather than a race-horse!

Psychological: The demands on the 'short' fell runner are not much different to that of any 'athlete'. He needs the courage to knacker himself on the 'ups' knowing he can (hopefully) recover on the downs. Great concentration at all times to avoid falls. A 'long neck' to descend at speed on the shorter runs.

(I could write a book on the next one!). In brief: Determination, and resilience to reach low points and yet continue. An ability to develop a phlegmatic and calm acceptance of a physical condition which will vary from quite comfortable to overpowering fatigue. In some ways, it may be useful/necessary to transcend present self and move to another part of the mind - a form of zen, perhaps.

Q: Have you any particular favourite area in Britain for running?

Ans: I like any area which is reasonably free of people. I would like more time to explore Scotland, which has such infinite possibilities.

Q: Are there any further long distance challenges which you would like to attempt?

Ans: I have to wait until something 'grabs' me before I can summon the commitment a long event needs, but I have several things in mind: the Southern Uplands Way (Scotland); Solo, unsupported Pennine Way; a North-South Scottish traverse, planned by myself.

Q: How do you think some of the current top fell racers would cope in the long distance challenges?

Ans: They would probably do well if they spent time adjusting their training. In particular, they would need to develop a different frame of mind. Attempting an ultra-event off 'normal' fell training is not impossible - but it could prove quite shattering mentally and physically.

Q: Do you follow any particular diet during and before your long distance attempts?

Ans: Diet in Training: I let my running dictate my appetite both in terms of amount and type of food. I believe a working body can develop its own natural preferences. I find that I eat relatively modestly during training, but when 'easing down' I eat a lot more for about a week. I then become sated and for about a week before the 'big run' I'm down to about one meal a day and little else.

During Attempt: Up to about 24 hours I don't bother much - just plenty of liquids and some liquid food - rice pudding/tinned fruit. Beyond 24 hours, I plan to eat a fairly substantial meal in the evening to help me through the night (Fish and Chips, Stew). During the day, I go best on rice pudding, tinned fruit and - my recent great discovery - quiche! I try to eat a little and often and I never eat unless I feel hungry - but it is vital not to dehydrate.

Q: Do you think any of the established long distance records will be dramatically reduced?

Ans: The lowering of the distance records will reflect the amount (or lack) of interest in them. There aren't really very many attempts on them.

Q: What would you consider the likely optimum records for a) Bob Graham; b) Lake District 24 hr. record; c) Pennine Way and d) Coast to Coast.

*Ans: a) 12 hours
b) Might have been reached!
c) 2½ days
d) 1½ days.*

Q: What long distance achievements do you particularly admire?

*Ans: a) Jos's 24 hour fell record (nearly doubling the B.G.)
b) Billy's B.G. record (nearly halving B.G.'s time)
c) Roger Baumeister's double B.G. in under 48 hours.
d) Pete Dawes' and Brian Hamey's Pennine Way performances (3 days 1.48 and 3 days 0.48) If either had had better conditions, they would have broken 3 days.
e) The Crane brothers' Himalayan run, audacious, imaginative, courageous - the ultimate fell run and self-supported.*

Q: How long does it take you to fully recover from one of your long distance challenge attempts?

Ans: I don't honestly know! When I'm peaking, I can do 100 miles at race speed with a fortnight between and be ready for the 'big one' after a 3 week taper. After the 'big one' I feel recovered after a fortnight but either mentally or physically I feel drained for a month or more when I actually run or race.

Q: Would you consider there to be a maximum number of these challenges an individual should attempt in any one year?

Ans: Depends on the length of the event and level of motivation. There are physical limitations, e.g. one needs long daylight, reasonable weather, 3/4 weeks' recovery and time for another short 'build up' period - thus the season is short. In 1984, I set a Tanhill-Cat & Fiddle record (120) Pennine Way record (270) and did an 'easy' Bob Graham, this was enough. Perhaps one very long and two shorter ones in a season.

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Rumour has it that Jos Naylor who has recently reached super vet status is to try and lower Alan Heaton's record for the Lake District, "7 Wainwright guidebook" summits - an additional rumour is that he is aiming to do them in 6 days!

THE WELSH CLASSICAL ROUND - A SUB 24 HOUR RUNby Martin Stone

It's inevitable that comparisons are made between Paddy Buckley's Welsh Classical Round and the Bob Graham (BG). The Welsh round takes in 47 tops, is actually 2 miles longer and involves 2,400 feet more climbing. It probably requires about an extra hour of effort, which makes the magic time - 24 hours - a more elusive target for the average mountain runner to beat. The route is circular and, although it was never intended to have a fixed start/finish point, Plas Y Brenin, the Outward Bound School at Capel Curig, has taken on a role similar to the Moot Hall, Keswick. The route strays outside the Snowdonia National Park for just a couple of miles and divides naturally into five sections - the Moelwyns, a western ridge known as the Eifionydd, the Snowdon massif, the Glyders including Tryfan and the Carneddau. Unlike the Helvellyn ridge on the BG, there is no obvious night section, as tricky navigation and bad ground are spread quite evenly through the round. There are also fewer well-defined paths. A criticism often levelled against the route, is the large number of 'cheap' summits, especially on the Moelwyn section and one or two rather obvious omissions. Like Calf Crag and Steel Fell on the BG, the reason for including these blips is merely to define a classic line between the major summits. Peaks such as Crib Goch and the three 3,000 footers not included, can always be covered later in extended rounds.

I first heard about the Welsh round in 1981 and over the next few years followed closely the successes and failures of the early contenders. Until last July, there had only been 3 successful attempts, one of which broke 24 hours. In May, 1982, Wendy Dodds completed the first round in 25.5 hours. The following June, Ian Fox, an instructor at Plas Y Brenin, completed it in 23 hours and 36 minutes and in 1984, Sue Walsh just broke 25 hours. Unsuccessful attempts were made in the early years by Paddy, Bob Roberts, Ken Turner, Wendy Dodds and, more recently, by Rob Collister and Sue Walsh. Unlike the BG, these rounds were undertaken with the minimum of support and virtually no pacing. This has become the pattern for attempts since then and obviously makes the round even more of a challenge.

On a blazing hot Saturday in July, 1984, Angela Carson and I set off from near Capel Curig armed with a 23 hour schedule. We had organised good road support but decided against a full set of pacers. I ground to a halt with cramp and exhaustion after 10 hours and Angela carried on (paced by Kay Whittle) over the Snowdon range, but stopped at Llanberis. Had I been fit, we would both have probably completed the round.

A year later, Rob Collister, Alan Evans and I set off from the Brenin on Monday, 28th July, 1985. Rob is an instructor with the Brenin and had made an abortive attempt in 1983. Alan is a member of Kendal AC and, like Rob, has a formidable mountain background. I felt that even if we didn't succeed, we would spend a very enjoyable day in the hills. It was to be a low key venture with a minimum of pacing by Paddy and Sue Walsh, over the most complicated ground and support at each road point.

We left the Brenin at 9.30 a.m. and climbed the shoulder of Moel Siabod in perfect conditions, mild but breezy. The torrential rain of the previous 48 hours had left much surface water on the fells. We splashed contentedly across the bogs on the broad ridge running south from Y Cribau to Cerrig Cochion and chatted about subjects as diverse as climbing in the Alps and politics. It was a grand morning and the early summits fell easily. The pace was quick for the

beginning of a long run and we pulled back the odd minute on almost every top. After about two hours, we were rounding a knoll between Cerrig Cochion and Moel Meirch, when who should appear but our guru Paddy Buckley. It was a pleasant surprise, and more time was gained, as Paddy showed us some cunning routes along a few minor blips, which took us nearer to the two Moelwyns.

The first section takes about six hours and is the longest of the round. Because of this, we had arranged to meet Joy, Alan's wife, at the disused quarries above Blaenau Ffestiniog for a hot drink and snack. Descending the last few hundred feet to the quarry, we could see the picnic laid out ready for us. A few minutes relaxation and then off to climb the last few tops before the Moelwyns. Paddy would meet us on our way back and show us the line round a tricky contour leading to the foot of Cnicht. The weather by now was deteriorating and the early promise of fine weather gave way to mist and light drizzle.

Moelwyns Back and Mawr mark the most southerly points on the round and it was good for morale to turn north towards the final peak of the section, Cnicht. Paddy confidently took the lead and we contoured neatly round the head of Cwm Croesor, finding good sheep tracks on the steep craggy slopes, even though the visibility was poor.

We had been running for 4.5 hours and Alan was beginning to suffer. At the foot of Cnicht, he told Rob and I to carry on without him. Paddy stayed back with him until the end of the section, where Alan changed roles from contender to supporter. The climb up Cnicht is particularly savage and we clawed our way up steep heather for the last 400 feet. A fast run off the mountain and a mile of hilly minor road brought us Nantmor, the end of section one.

The short rest was over all too quickly and the climb began from the Pass of Aberglaslyn on to Bryn Banog and then Moel Hebog. It went well and we reached the top of Hebog within the hour. By now, it was late afternoon and the weather was clear again, giving spectacular views across the Snowdon range. Rob and I found that our pace matched perfectly on all types of ground and we kept within yards of each other throughout the whole section. The western ridge doesn't attract many walkers. In places it is still devoid of tracks and local knowledge is required to find good lines off Moel Yr Ogof and Moel Lefn. We met no-one else on the ridge that afternoon and I enjoyed the run north to Y Garn and then down into Beddgelert Forest more than any other part of the route.

Alan and Paddy plied us with food and drink. We left Pont Caergors at 18.50 (40 minutes up on schedule) and hoped to be beyond Snowdon, somewhere between Moel Cynghorion and Eilio when darkness came. It's a long drag up Craig Wen and along the ridge to Yr Aran; each section on this round begins with a big climb. On Yr Aran we both admitted to feeling a bit jiggered and feared that the early pace was beginning to tell. Half-way up the south ridge of Snowdon, Bwlch Main, we both felt queasy and were forced to take a short break - possibly bad water or maybe just plain tiredness. It was difficult to get any food down.

As we approached the summit of Snowdon, the weather clamped down badly, thick swirling cloud and drizzle. We hit a vicious hail storm on Crib Y Ddysgl and I felt glad that we didn't have to visit Crib Goch. Rob was beginning to struggle and dropped behind as we sped down the Snowdon Ranger path trying to get shelter from the storm. He suggested that we split up if he became any slower but I wasn't keen, especially as neither of us had ever been over the next few peaks. Darkness fell while we were on Moel Cynghorion and disaster

was averted, when we noticed in time that we were descending the north rather than west ridge off Foel Goch. More care and concentration rewarded us with good lines on to Foel Gron and Moel Eilio. Descending north off Eilio towards Llanberis, we emerged from the clouds. Below us, among the pinpoints of Llanberis lights, we could see a torchlight which jumped around as its bearer climbed towards us. It was Paddy and we were both delighted and relieved to see him. The tension eased as he shepherded us down Eilio and through the town to the support point near Dinorwic Power Station. Despite the weather, the way we felt and the route finding traumas, we had clipped another 25 minutes off the scheduled time.

Sue Walsh and Paddy fed us as we prepared for an unpleasant night on the Glyders, 'safe' in the knowledge that we had gained a 2 hour cushion the previous day. I packed a daysack to carry just in case I had to complete part of the section alone. The ascent of Elidir Fawr through the disused quarries above Dinorwic began with a cramp-inducing climb over a 6 foot wall. The quarries are composed of many levels, each connected by steep ramps or slate staircases which rise 1,800 feet above the valley. Paddy and Sue guided us through this mysterious industrial landscape of old railway lines, passing slate engine sheds and workers' huts which loomed out of the darkness. Leaving the lights of the town far below, we were once again swallowed up by low cloud and the visibility dropped to a few yards. As we climbed the final steps on to each new level, our guides would tell us which way to turn and for how many paces before looking for the next staircase. Progress was painfully slow and near the top of the 'heap' we were forced across piles of loose, slimy slate which wasted valuable time. Above the quarries, Paddy gave us a bearing for Elidir Fach, wished us luck and left us to carry on alone. Sue and he retraced their steps to Llanberis.

Rob and I climbed on to the flat top of Elidir Fach, and then diagonally up a scree slope on to Elidir Fawr, but reached the ridge too early. Rob was moving very slowly along the ridge, especially across the greasy slabs, as we approached the summit shelter. Descending off Fawr, we became disorientated on a flat grassy area and completed a wide 360 degree turn before relocating the faint path. By Mynydd Perfedd, we had lost 30 minutes in the space of two hours, and I began to hope that Rob would suggest we split up. It was sad that after such an enjoyable day together, things should turn out like this, but there was no alternative if one of us was to break 24 hours.

Coming off Foel Goch I made a bad error. By straying only 20 degrees off the bearing, I was drawn down the south east rather than the south ridge. It seemed too steep and, although the bearing showed me swinging to the left, I was probably too tired to realise that there was a problem. Soon after, beginning to feel uneasy, I heard a sound to my right that stopped me dead in my tracks - running water. But there shouldn't be a stream near the ridge, so where the hell was I? Frantic back bearings, close scrutiny of the map, and then it finally dawned on me that I was 400 feet down the wrong ridge. I suddenly felt lonely and very foolish for not having stayed with Rob on such a bad night. Half an hour later, I arrived on the next summit, Y Garn, to find Rob sitting by the summit cairn - the tortoise and hare syndrome! We exchanged greetings and I hurried on a bit embarrassed, but quite convinced that I wouldn't make a similar mistake again.

On the boggy col above the Devil's Kitchen, I made my way to the foot of Glyder Fawr, searching for Llyn Cwn, which is a guidepost to the main path on to the Glyders. Jogging over a hump, I tumbled head first into a pool. Standing up,

waist deep in water, I shone the torch around and broke into hysterical laughter, realising that my navigation was spot on and that I'd fallen into the Lake. Crossing the Glyders, the visibility was so poor that I ran with a permanent stoop to keep my torch just above the ground. It was impossible otherwise to pick out any sign of a path or cairns.

Descending Glyder Fach, I lost 30 minutes near the top of Bristly Ridge, looking for the scree chute to its right. Each gully I tried seemed too steep and although I knew the area well, I couldn't identify the pile of rocks which marked the top of Bristly. I scrambled back and forth along the edge of the crags four times, becoming more and more dejected. Just before 5.00 a.m. (at first light) I recognised the top of the scree descent. How could I possibly have missed it?

A quick look at the schedule as I was climbing Tryfan confirmed my fears. Since leaving Llanberis, I had squandered two precious hours and, even if I kept to the schedule across the final section, I would miss 24 hours by about 10 minutes. I dropped off Tryfan like a maniac, determined not to waste a second from now on. Sue Walsh had offered to pace on the last section and I was counting on her to regain those few precious minutes for me. At the A5 below Tryfan, I was met by Rob's wife and became fairly agitated when told that I didn't have a pacer for the Carneddau section. After they'd left us, Paddy and Sue had been lost for hours, while descending through the Dinorwic quarries but were now safely back at the Brenin, resting.

Annoyed and frustrated, I stormed up Pen Yr Ole Wen in 50 minutes, knocking 14 minutes off the schedule. Although the mist was still thick, navigation was a doddle, after the awful night on the Glyders. Gaining another 5 minutes to Carnedd Dafydd, I realised that sub 24 hours was a possibility. The one remaining question was whether the schedule (as yet untried) was realistic for the last section. I crossed to Llewelyn, 4 more minutes in hand, and felt stronger than at any time since leaving the Brenin.

At each summit I double-checked my timings and became aware that I might yet break Ian Fox's record. By now, I was running up the hills and at the start of the last climb, Pen Llithrig-Y-Wrach, I let out a triumphant scream of abuse aimed at the final obstacle. To my amazement, a voice answered me and to my right, Sue Walsh appeared, having witnessed me losing my marbles! A quick stop for coffee on the top and a speedy descent to the A5 at Bron Heulog, meeting Paddy as we passed the outflow of Llyn Cowlydd. The last half mile of road was a sprint and we reached the Brenin just before 9.00 a.m. in a time of 23 hours 26 minutes. By gaining 38 minutes over Carneddau, I not only broke 24 hours, but also beat Ian's record by 10 minutes.

My feeling on finishing was one of total elation. I had never before subjected myself to such pressures during a solo run at night or worked as hard for the last few hours of a long distance event. Experiences and memories of the round will remain with me for many years. The pity of it is that I under-performed by 2 hours and left a soft record for others to aim at.

The Welsh round is likely to become popular as fell runners look for new challenges and a number of groups have already expressed their intention to try the round in 1986. Obvious extensions could include the remaining 3,000 footers (Crib Goch and the peaks north of the Carneddau) and possibly Myndd Mawr. For anyone whose appetite has been whet, further details and schedules are available from either Paddy or myself.

OVER THE KNOYDART HILLSby Ian Leighton

The place: Kinbreack bothy in Glen Kingie. The time: well, it was about dawn on a May morning. I don't sleep well on bothy floors at the best of times and I had been waiting for a while for the first chinks of light to filter through the bothy window. Besides, both Robin and myself were eager to get moving - it's a long way from Gairich to Ladhar Bheinn over some of the hardest country in Scotland. All we needed were clear skies and dry rock.

A billy full of porridge and a brew of tea, sags packed and we were off, the grass still stiff and glistening with frost. Gairich itself is a nondescript little hill, but its situation makes it well worth a visit; to the south the Nevis hills, the Grey Corries and Meagaidh dominated the skyline; to the west Sgurr Mor blocked our view of what the day had in store, but beyond we could see the jagged teeth of the Cuillin rising to the sky; to the north lay the western highlands, ridge upon ridge, all the way to Torridon and beyond. How long, we wondered, before we would see Ben Hope, our final goal?

We had set out to run the western highlands 'Karrimor style' with running shoes and carrying no more than a 12 lb pack, but we realised as we started the long slog to Sgurr Mor that the Quoich hills were going to be a slow haul. I had reckoned 15,000 feet of climbing to Ladhar Bheinn and we would be lucky to jog down hill.

Seven munros to Ladhar Bheinn and each one with a personality of its own, each one a jewel among mountains - from the great pinnacle of Sgurr Mor to the slabs of Coireachan, to the rocks and cliffs of Garbh Chioch Mhor, to the great massif of Ladhar Bheinn, almost a range of hills in its own right.

It is a wide undulating ridge to Coireachan and worth two ticks in the Corbetts table. To the north, Loch Quoich was still and as the hills around us brooded their way through eternity, we too lost all sense of time. It was almost as if Garbh Chioch Mhor was there to lure us away from our time: it seemed to take an eternity to negotiate, its rambling rocky outcrops and cliffs bidding us to become part of its labyrinth. Then the way to Sgurr na Ciche was clear and we lingered a long time on the summit, with the sun riding high in the sky and admiring the view down Loch Nevis over the Hebrides. We marvelled at the beauty and the isolation. So easy, we mused, to take these wild and lonely places for granted, but so easy to lose them to the ravages of those who worship other gods.

Our view of Ladhar Bheinn was still blocked by other hills. The spell broke and we became aware of how late in the day it was. An undulating indeterminate ridge to Ben Aden and we were glad of the visibility for navigation. But not half as glad as we were when we crossed over the Ben Aden ridge to drop to the Carnoch river, threading our way down through cliffs and disturbing small herds of deer clearly not used to humans.

We reached the Carnoch in mid afternoon and our first water since leaving Glen Kingie 12 hours before. In its lower reaches, in spate, it is a savage river, but up here in a May drought, it was a mere trickle. So we ate and brewed and washed our socks and slept among the primroses. It was with great reluctance that we put on our shoes again and tightened our rucsac straps for the long climb to Luinne Bheinn. On the summit, we met our first human for two days - with the bothy at Barrisdale easily reached by boat, this has become a popular hill among the more adventurous English. It was straight over the top for our first run of the day down to the Mam Barrisdale with Ladhar Bheinn now towering above us.

This is one of the most massive hills in Scotland, with great ridges going out in all directions. Eagles had set up house that year on its northern crags and we disturbed one of them on the final push to the trig point. It was almost as if the mountain ruled the Minch and the two great sea lochs that guard it from the rest of the world. It was certainly a fine place to watch the sinking sun set the black Cuillin on fire. Time is of no consequence on the Scottish hills in May, but experience had taught us that bivvy's at sea level are warmer when you are not carrying much in the way of spare clothes. It was nearly dark when we stopped on a hill top above Barrisdale. I zipped up my bivvy bag as the midges closed in and drifted off to sleep with my legs wondering how they were going to cope with the south Cluanie ridge the next day.

Footnote: Robin is Robin Price of Dewsbury. As far as I am aware, we still hold the record for the Scottish coast-to-coast (18 munros) of 4 days. Anyone interested in that?

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ISAAC NEWTON FELL RUNNER?by J. Docherty

I was pondering the delights of the Haworth Hobble, when an intriguing thought struck me. It was while considering that the longer and more arduous the race, the more likely you are to remember nothing else about it but the quality and quantity of the food provided, that I realised that Newton's Laws of Motion were almost certainly the work of a fell runner. Hopefully, the logic behind this statement will become apparent as you read on. I have written the laws in full for the benefit of those whose memories are less highly tuned than their bodies.

Law 1. 'A body continues in a state of rest or uniform motion unless acted upon by an external force'.

Picture the scene A feeding station somewhere on the Haworth Hobble. A Competitor (body) with a blissful smile, reclines (state of rest) on a muddy verge, sipping hot sweet tea and munching biscuits/hot dogs/sandwiches/cake, while his partner (external force) begs, pleads, curses, kicks and otherwise encourages him to continue with the race.

Alternatively..... A competitor (body) cruising along at an easy pace (uniform motion) declaring to all and sundry that he could 'keep this going all day', puts his foot down a rabbit hole/trips over a rock/is ankle tapped by his flagging partner (external force).

Law 2. 'Force = Mass x Acceleration'.

The meaning of the above statement was made clear to me when I observed the fate of a spectator who, inadvertantly, impeded my 14 stone partner's progress along the finish funnel as we were desperately trying to break 6 hours (with seconds to spare).

Law 3. 'Action and reaction are equal and opposite'.

This requires very little explanation as it is a phenomenon experienced by all fell runners. The length and difficulty of a run (action) is equal and opposite to the amount of food consumed afterwards (reaction).

I must add that I do not think Newton was correct with this last law, as I feel the distance run is in an inverse proportion to the amount of food consumed. It was possibly the effect that this last theory had on his training that led Newton to retire from fell running and become a scientist.



AUSTRIAN ADVENTURES

by Sarah Haines

Pinned to the wall at last year's Sedbergh Hills race, was a poster advertising cross-country skiing holidays in the Austrian Tyrol. The idea of a week away from the British winter was very appealing, and so in January I joined thirteen others on a week's cross-country skiing trip. The party of fourteen, led by the indefatigable Ken Ledward, included several fell runners, a Field and Track representative, assistants from Glen Shiel Lodge and a correspondent for Climber and Rambler magazine.

On our first morning, we had the option of learning the basic techniques, or for those who had been before, rediscovering their cross-country legs on a short excursion. By the afternoon, everyone was able to propel themselves, more or less, across the snow. Peculiarities in style were not just the beginners' prerogative; even the more experienced members of the party displayed some novel - and often highly-amusing - skiing.

The cross-country tracks through the countryside are graded according to length and technical difficulty, and our earliest tours followed the less demanding courses. However, the fell running contingent, with their love of the hills, were very soon seeking out the steep slopes. Learning to descend successfully, without crashing, going off course, nose diving or sitting down, came with some difficulty, and many bruises! By the end of the week, we all had the confidence to attack a descent without too much fear of disaster.

The Austrian Tyrol is an ideal venue for cross-country skiing, with plenty of man-made tracks across open valleys, wooded hillsides and rolling pasturelands, and plenty of warm sunshine! These factors all added to the tremendous enjoyment we had from our daily tours. Each morning we would set out, after a leisurely breakfast, and either catch a bus or ski directly from the hotel. At lunchtime we would stop at a wayside inn and tuck in with great gusto to the local fare. There was always a choice of soups, cheese plates and meat and fish dishes, not to mention the very popular Austrian cakes! In the afternoon we would complete our tour and return to the hotel by dusk at around 5 p.m., often having covered about 30-40 kms.

The demands of the day's skiing were sometimes so great for some that the pre-planned evening's entertainment was missed, in favour of sitting talking and laughing to ease their aching muscles. For others, the apres ski was not to be missed, and these regular night time revellers would return in the early hours.

Our guest house was warm and comfortable and the atmosphere was good. I returned to the UK pleasantly exhausted after a really great holiday. My stomach muscles ached more from laughing than from skiing! I would recommend a holiday of this kind to any fell runners who want to get some stamina and distance training in away from the grey skies of a British winter.

'A 200ft rock face at Borrowdale has been named Scargill Crag after Mr. Arthur Scargill in a new climber's guide to the Lake District. Guide author, Mr. Ronnie Kenyon, said: "It looks a bit like a coalface"
(*Editor: What, the crag or Arthur?*) - Daily Telegraph, 11.6.86.

Editor: Anyone with some other bright ideas? Conversely, who gave their names to Great Cockup behind Skiddaw (no, not Errol, never) or Pisser Clough on the Widdop Moors, above Haworth?

CHALLENGES IN CORFUby Malcolm Robertsa) The Achilleon Fell Race

During my two week Easter vacation in Greece, I managed to do some training and regain some of my fitness after a long lay off through a leg injury from the November '85 Rombolds Fell Race. At 47 years of age, ailments linger on. As there were few holiday makers about, I only saw three British runners in the first week. Two were the Harkins of Bolton Harriers. This, however, gave me the idea of having a race and challenging some of the Greek lads.

By the time I had found a couple of race routes, the other British runners had gone home, so I informed the Grecian holiday representatives to pass the word around locally about my race challenge. The Greek lads did not want to know, but a few of the English lads working for Grecian showed interest.

The race was set for 6.00 p.m. on a warm Saturday eveing, but by the start time, the English lads had changed their minds. No race took place. Being disappointed, I decided to run the race the next morning, with or without other competitors.

At 8.30 a.m. on 6th April, I set off from the kiosk in Benitses Square, Corfu, on the climb around the back of the village, to descend later on to the Corfu road, where a minor road leads to the main gates of the Achilleon Palace.

The Palace dates from the late 19th Century, being built by the Austrian royal family and is named after the Greek hero, Achilles. In the Palace grounds, a tall statue of the warrior overlooks Corfu town, the Greek mainland, the Ionian Sea and the snow-covered tall peaks of Albania.

From the Palace, it's the same route back to Benitses. As there was no wind, the temperature started to rise from about the 60 degree mark, but still pleasant running in the warm sunshine.

My time at the finish for the 4-mile run was 40 minutes 27 seconds. Although my only competitor was the clock, I declare my time to be the course record until another runner takes up the challenge and improves on it by either racing against the stopwatch or against other competitors.

b) The Ag Dekka Fell Race

At 8.10 a.m. on the following day the sun's rays sparkled on the calm sea as I set off for Ag Dekka, the second highest peak in Corfu. From the start in Benitses Square, the outward route is the same as the Achilleon Race, but turns left rather than right after the first hill climb.

As one climbs the hill track into Ag Dekka village, women and donkeys can be seen heading for the fields and olive groves. The route goes through the village, past the central church, where a stony path leads to a yard with an old church and old house. This is the top of the mountain, and visible about 20 miles away is Pantokrator, the island's highest peak at 906 m.

My descent was slowed down for a few minor reasons; a dead snake on the path, a dog that challenged me to get past and to give way to an old woman on a donkey. Also, I paused to take in the panoramic view of the northern part of the island with both Corfu town and the Achilleon Palace in sight.

On the long track that leads to the finish of the race in Benitises Square, I was running into the warm sun's rays with the temperature rising towards its afternoon's peak of 77 degrees. The run is about nine miles, with 576 metres of climb (and descent) and my finish time was 1 hour 34 minutes 50 seconds.

For both races, the showers and bathing facilities are 25 metres from the finish - the Ionian Sea.

Once again, I was the only competitor, but with 85% of tourists visiting the island of Corfu being British, there could, perhaps, be some runners who would like to take up my challenge.

FELL RUNNERS RULE THE TOUR O.K.

By Neil Shuttleworth

Examine the recent results for the TOUR OF TAMESIDE and you'll probably agree that fell runners do extremely well in this classic six-day multi-terrain double marathon series of races held within the Metropolitan Borough of Tameside.

Double British Fell Champion (1981/1982), John Wild, won the event in 1985, wearing a Royal Air Force Vest and his team were outright winners, with 21 y.o. Craig Metcalf, a former Skipton Guides racer (who's raced Kenny Stuart in his teens) second over-all and Colin Donnelly, an Aberdeen graduate, now with Eryri H, placed eighth. In fact, Colin gained a trip to Italy the day before, by running in the Snowdon fell race. Six races in the next seven days was not enough, so he promptly won the Romiley Hill Race, totalling eight outings in nine days!

Horwich R.M.I. Harriers, runners-up in the 1985 British Fell Team Championship, and winners of the Tour Team title in 1984, had to be content with second place to the crack RAF team, gathered together by team manager Ian Sweet.

He himself competed in the event, which was devised five years ago by Dr. Ron Hill M.B.E., the former European (1969) and Commonwealth (1970) Marathon Champion and a Clayton-le-Moors Harrier.

As race director, he imposes an entry limit of 600, but welcomes all-comers who feel confident they can tackle this unique set of races affectionately known as 'THE TOUR'. One in three entrants is a non-club athlete and surprisingly the total drop-out is fairly low; once begun, runners are committed to the six races and invariably complete 'The Tour'.

There are six races, each from six to thirteen miles in distance, and they are:

1. The PUMA 7 mile Road Race
2. The GORETEX FABRICS 6 mile Hill Race
3. The ADIDAS 11 mile run Across Tameside
4. The BROOKS HALF MARATHON
5. The ATHLETICS WEEKLY 6 mile Cross-Country Race
6. The REEBOK 9 mile Canal Race.

Two races are, perhaps, especially suited to fell runners: the Hill Race, which, after a road start, climbs on tracks to Hobson Moor and suddenly plummets in one mile back to the start, and the 9 mile Canal Race, which descends 300 ft down on to Canal towpaths and roads to Hyde, from Mossley Football Club.

Last year's winner, John Wild, now based in Wales, took charge of the TOUR on the Run Across Tameside. He built up a good lead on the hilly climb out of Ashton. Certainly, Eire's Cath Rooney commented on the hilliness, as did Dutchman Peter Rusman in 1983.

He was defeated by Salford's Mike Deegan, a past Karrimor contestant, whilst Cheshire's Cedric Lawton, now O/50, and a regular long distance fells man, is a regular 'Tourer'. Magazine Front cover girl, Carol Walkington, was last year's second lady.

Race Results: SCOTLAND

N/4½m/1, 300ft

GLAS BHEINN HILL RACE

3rd August, 1985

The winning time was 32m 42; not 34m 42s as printed in the last mag. Lochaber's up and coming David O'Neil really did beat second man home, Tom McCulloch (Ayr) by a clear 2 minutes, and in so doing beat the previous record of 33m 09 held by Colin Donnelly. We've even got photographic evidence of this memorable occasion. Can you see McCulloch? No, he's nowhere in sight; miles back he is. You might be able to see a wee laddie in the background, though. That's Lochaber's Tommy Nixon, aged 13, who has just won the youngsters' race over the same course in a time of 40m 24s (the youngsters went off 15 mins. before the seniors). That's the winner's cup he's holding.

So inspired was our 'Egor' (as David is known to his mates), by this success, that he made history later in the year with the fastest descent of the Ben in the race's history. However, this could not be ratified, as it was power assisted - Egor was lifted off by helicopter.

Anyone who's ever run the Glas Bheinn will tell you the setting - Glen Elg - is pure, unspoilt West Highland magic; the '86 race will go ahead, as usual, on 2nd August, start 3-30 pm, entries free on the day from Glen Elg by Kyle, Ross-shire. No permit from the SAAA will be sought or granted - who cares? Held in conjunction with Glen Elg Gala. Details from Charlie Greelees, Forestry Cottages, Glen Elg by Kyle, Ross-shire. Tel. 059-982-285.

Roger Boswell



David O'Neil winning last year's race (photo/D.Murray)
but do cheer up, Roger, the SHRA might one day get its act together.

Editor: Printed below are the results so far received from Scotland. I would like to refer all members to Roger Boswell's very sensible views (see Letters Section), concerning the fell running scene North of the Border. I would agree with Roger, that also from down here in Pennine Country, the SHRA do not appear to want to let many people know of their Calendar and, more poignantly, their Championship. How can it be a true Scottish Championship, when details are primarily distributed by hand or word of mouth from an Edinburgh/Borders-based Association? As the SHRA doesn't have its own publication, I offer an invitation to the SHRA to use the pages of 'The Fell Runner' to let the rest of us know what is happening. If you think that I exaggerate, then compare the Scottish results with those from Wales, Ireland and the Isle of Man. Also, compare the field of 288 at the Carnethy (an event always well publicised), to that of 72 at the first SHRA Championship event a month later at Chapelgill, a race which appeared solely in that rare species, the SHRA Calendar.

AM/6m/2,500ft**CARNETHY '5'****15th February, 1986**

Snow drifts, cold and high winds contributed to this year's winning time being 17 minutes slower than last year. Anyone who ran this year, and managed to beat their previous best time, should lodge a claim for a prize of a year's supply of ice-cream.

In '85, Kenny Stuart won in 48.08; this year, Colin Valentine won in 64.40.

In the International Team Event, Scotland walloped England, with 6 runners in the first 9; Scotland also took 10th and 11th places. So, what with Scotland's 'Big Two' - Jack Maitland and Colin Donnelly - not running, this result indicates '86 could be a vintage year for Scotland. Mind you, England were missing a few runners too.

And who was that guy bashing up the first hill in the lead? Well, that was Steve 'Snow Plough' MacLeod - he slowed down a bit after hill one, finishing a very creditable 11th.

Roger Boswell

1. C.Valentine	Keswick	64.40	1 V40:	M.Edwards	Aberdeen	70.13
2. J.Broxap	Keswick	64.44	2 V40:	J.Shields	Clydesdale	70.35
3. A.Farningham	Aberdeen	64.45	3 V40:	C.Ramsay	Edinburgh	70.42
4. A.Curtis	Livingston	64.51	1 V50:	W.Gould	Carnethy	74.39
5. D.McGonigle	Dundee	64.54	2 V50:	R.Richardson	Scot. V.	75.57
6. R.Morris	Carnethy	64.59	1 Jnr:	R.Hope	Carnethy	66.58
7. D.Woodhead	Horwich	65.16	2 Jnr:	M.Fanning	Keswick	70.10
8. D.Bell	Haddington	65.17	1 Lady:	A.Salisbury	Stewarty	77.54
9. J.Stevenson	Irvine	66.09	2 Lady:	A.Curtis	Livingston	78.09
10. P.Dugdale	Dundee Univ.	66.30	3 Lady:	C.Taylor	Bellahouston	83.02



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STOP PRESS:

21/6 Eildon 2 Hills: 1. J. Maitland 2. D Cartridge 3. C. Donnelly

AS/2m/1,400ft

1. D.McGonigle	Dundee	20.51
2. D.Lee	C.F.R.	21.03
3. C.Valentine	Keswick	21.06
4. M.Lindsay	Carnethy	21.18
5. D.Bell	H.E.L.P.	21.35
6. A.Curtis	Livingston	21.38
7. A.Farningham	Aberdeen	21.51
8. P.Morris	Carnethy	22.07
9. P.Law	Fife	22.43
10. M.Johnston	Carnethy	22.45
11. H.Jarrett	C.F.R.	22.52
12. R.Boswell	Lochaber	22.55
13. R.Hope	Carnethy	23.12
14. A.Dytch	Clydesdale	23.35
15. M.Burton	Carnethy	23.38
1V40:R.Blamire	Stewarty	24.41
2V40:M.Edwards	Aberdeen	24.58
3V40:T.Stapley	Fife	25.17
1Ldy:C.Menhennet	Bellahouston	28.22

CHAPELGILL HILL RACE22nd March, 1986

Chapelgill winner, Dermot McGonigle, seen here at Blisco. (photo/E.Woodhead)

N/16m/6,200 ftPENTLANDS SKYLINE6th April, 1986

The weather for the first running of this horseshoe course of the 14 tops of the East Pentlands from Hillend Ski Centre was cold but dry, with one snow shower and light winds. After a 'Stewards' Inquiry', Colin Valentine was confirmed winner - he took a slower but shorter route through a sheep/lambing area that had been requested to be avoided by the farmer.

1. C.Valentine	Keswick	2.33.13	1 V40: T.Stapley	Fife	2.51.56
2. A.Farningham	Aberdeen	2.37.16	2 V40: P.Fettes	Lochaber	2.58.01
3. D.Buchan	Carnethy	2.42.56	3 V40: D.Armour	Inverness	3.04.24
4. M.Johnstone	Carnethy	2.47.03	1 V50: W.Gould	Carnethy	3.04.43
5. A.McKenzie	Inverness	2.49.09	2 V50: J.Tutt	U/A	4.02.13
6. I.White	Morpeth	2.49.29	1 Lady: L.Kirkwood	Carnethy	4.18.27

BS/5½m/800ftSCOLTY HILL RACE1st June, 1986

1. F.Clyne	Aberdeen	30.30	1 V40: M.Edwards	Aberdeen	34.58
2. C.Bell	U/A	31.49	2 V40: S.Mitchell	Aberdeen	37.27
3. A.Farningham	Aberdeen	32.03	1 V50: I.Morrison	Aberdeen	41.50
4. I.Matheson	Aberdeen	32.24	1 Jnr: J.Freel	Aberdeen	34.32
5. A.Reid	Coasters	32.59	1 Lady: M.McDonald	Aberdeen	45.26
6. J.Doig	Aberdeen	33.01	2 Lady: F.Loots	Grampian	48.14

Rumour has it that the Ben Nevis organisers are accepting entries on the day for their 1987 race (that is, on the 1986 race day, in order to get the cash in early!)

RACE GUIDE

Editor: *The second instalment of the race guide includes details of two Scottish races kindly contributed by Anthony Kay, together with description of four more better known races. Surely, there must be somebody in Wales and Ireland who would like to tell us about some of their lesser known races?*

1. GOATFELL RACE, ISLE OF ARRAN - 3RD SATURDAY IN MAY

Distance/Climbing/Category: 9 miles/2,866 feet/AM

Records: Male - 1 hr. 13 mins. 13 secs. Female - Not known

Map: O.S. 1:50,000 Sheet 69 "Isle of Arran"; or Harvey Map Services 1:40,000 Mountain Recreation Map "Isle of Arran"

Course: Start: Ormidale Park, Brodick (013360), then road to 009379, followed by tourist path and rough fellside to Goatfell summit (991415).
Return by same route.

Terrain: 1½ miles of flat road, then tourist path at runnable gradient to about 1,600 feet; from here, the direct route up the fellside is taken, becoming very steep and rather rocky about 2,000 feet. Very fast descent for the likes of Andy Styan.

Comments: Carnival atmosphere, helped by the fact that the sun always shines for this race. Plenty of free food for runners at the finish. Changing facilities rather basic, no showers. Start may be delayed if 12.30 Ardrossan-Brodick ferry is late.

2. LOMONDS OF FIFE HILL RACE, FIFE - 2ND OR 3RD SUNDAY IN JUNE

Distance/Climbing/Category: 9½ miles/2,200 feet/BM

Records: Male - 1 hr. 5 mins. 00 secs. Female - Not known

Map: O.S. 1:50,000 Sheets 58 "Perth of Kinross" and 59 "St. Andrews and Kirkcaldy"

Course: Start: Near Gateside (187078) Ch. 1: West Lomond (197066)
Ch. 2: East Lomond (244062) Ch. 3: West Lomond (197066)
Finish: Same as start.

Terrain: Three steep, grassy climbs and descents, with pleasant, undulating cross country running between them. The final descent from West Lomond is rather vertical, whereas the initial climb takes a more diagonal line up the north face of this hill.

Comments: Very low-key event. Starts and finishes in a field, with no 'facilities'. Excellent views from the tops of these rather isolated hills and from the long ridge between them.

3. THE THREE PEAKS RACE, YORKSHIRE DALES - LAST SUNDAY IN MAY

Distance/Climbing/Category: 22 to 24 miles/4,500 feet/AL

Records: The course changes so much that the 1986 winners are likely to be the current record holders!

Map: O.S. 1:25,000 Outdoor Leisure Map "The Three Peaks"

Course: Start: Horton-in-Ribblesdale (807728) via Pennine Way to Shooting Box (823743)
 (1986)
 Ch. 1: Pen-y-Ghent (838734), Shooting Box (823743) then flagged via Whitber Hill, Sell Gill Beck, Nether Lodge, B6479 to Ribbleshead (765793) then flagged on to fell - next checkpoint - Whernside (738814), Hill Inn (743776), Ingleborough (742746), then flagged off, Sulber Nick to
 Finish: Horton-in-Ribblesdale (807728)
N.B.: Flagged sections obligatory and not necessarily rights of way.

Terrain: A lot of fast runnable road and cross country sections with three good climbs to break up the monotony. Typical Dales contrast - limestone areas nearly always dry underfoot with the gritstone areas varying from very boggy to very very boggy.

Comments: A classic fell race that has become a victim of its own success. However, the race numbers pale into insignificance compared with the hordes of walkers who tramp the route each year. Understandably, landownership problems cause the biggest headaches for the organisers but they still manage to come up with a course each year! The organisation is good, with value for money, but they still persist with one of the silliest rules going - what's the use of having to carry a compass without a map? Hand pulled Theakston's XB in The Crown.

4. THE WASDALE FELL RACE - LAKE DISTRICT - 2ND SATURDAY IN JULY

Distance/Climbing/Category: 21 miles/9,000 feet/AL

Records: Male - 3 hrs. 25 mins. 21 secs. Female - 4 hrs. 45 mins. 39 secs.

Map: O.S. 1:50,000 Sheet 89 "West Cumbria" or Harvey
 1:40,000 "Scafell and the Langdale Fells"

Course: Start: Brackenlose Wasdale (184073) Ch. 1: Whinn Rigg (151035)
 Ch. 2: Seatallan (140094) Ch. 3: Pillar (171121)
 Ch. 4: Great Gable (211103) Ch. 5: Esk House Shelter (235083)
 Ch. 6: Scafell Pike (215072) Ch. 7: Lingmell Nose/Wall (192075)
 Finish: Brackenlose, Wasdale (184073)

Terrain: Grassy/path over Whinn Rigg, levelish cross country over private land to steep (endless) grassy climb to Seatallan; thereafter very rocky amongst the magnificent Lakeland giants.

Comments: Superbly organised, classic fell race - arguably the toughest in Britain. Good camp site at Wasdale Head, although the midges can be a problem. Wasdale Head Hotel provides good food and beer (choice was Jennings and Hartley's last time I was there).

5. THE SNOWDON RACE, N. WALES - 3RD SATURDAY IN JULY

Distance/Climbing/Category: 10 miles/3,300 feet/AM

Records: Male - 62 mins. 29 secs. Female - 80 mins. 29 secs.

Map: O.S. 1:50,000 Sheet 115 "Caenarfon and Bangor"

Course: Llanberis (587599) then via road and well trodden tourist path to Snowdon Summit (610543). Return to Llanberis the same way.

Terrain: Very fast, long, reasonably gentle climb and descent. Steepest section is leaving Llanberis on the road!

Comments: If you want to know what a continental hill race is like, then Snowdon is the race for you. This race probably ties with Skiddaw for the most unimaginative, uninteresting route up a major mountain in Britain. Organisationally, the race is top class with a large smattering of top cross country and continental hill runners. The entry fee of £4 is the second highest on the Calendar - funny how the highest mountains also rate the highest entry fees!

6. BEN NEVIS RACE, FORT WILLIAM - 1ST SATURDAY IN SEPTEMBER

Distance/Climbing/Category: 10 miles/4,400 feet/AM

Records: Male - 85 mins. 34 secs. Female - Not known

Map: O.S. 1:50,000 Tourist Map "Ben Nevis and Glen Coe"

Course: Start: Town Park, Fort William (115745), then via road (1 mile to Achintee), tourist path to Red Burn and then either straight up or follow zig zags to Ben Nevis Summit (166713).
Return to finish at Town Park

Terrain: Road then path, rocky in places, getting much rockier and steeper between the Red Burn and the Summit.

Comments: Any race up Britain's highest peak must inevitably be termed a 'classic'. However, the race also attracts a classic entry fee (£5), a very officious race organisation, not to mention the most incomprehensible entry form imaginable.
The course itself opts for the safest, most unimaginative way up the Ben. O.K., the climb and descent between the Red Burn and the Summit are superb, requiring real fell running skill, but wouldn't the course benefit by doing away with the road to Achintee and the badly eroded tourist track? How about replacing that section with a climb over Meall an t'Suide, descending via the Lochan and rejoining the existing route from the Red Burn. Now that would be a classic, worthy of the title 'the world's toughest race' and a fitting course for holding a true Mountain Running World Cup.
Just imagine the spectacle of the climb and descent on Meall an t'Suide as viewed from Town Park. Well, I live in hope.

ADVANCE NOTICE: 1986 FRA Dinner Dance + A.G.M. will be a repeat of last year - Langdale Weekend - 11th October, 1986

Details/Tickets from:

Jon Broxap,
34, Burneside Road,
Kendal,
Cumbria.
Tel. (0539) 27502.

COWBOYS ON THE FELLS (or the Cost of Fell Running 1985 -v- 1986)

In 1985, only four of the short Category A races cost more than £1. In 1986, eleven cost between £1 and £1.50 and a further three cost more than £1.50. For the Category C Mediums, instead of one race costing up to £1.50 and one up to £2, in 1986 we are faced with three costing up to £2, one at £2.50 and two at £3. The average cost of Category A Shorts is up 20p; of A Mediums up 26p; of B Shorts up 17p; of B Mediums up 13p and Category C Mediums an unbelievable 62p or 50%.

Of course, cost of entry does not directly equate with value for money. Some races offer meals or at least light refreshments to all competitors, others include the cost of results sent to all competitors with the entry fee and some, of course, give better prizes than others (not that that concerns most of us, unless they are spot prizes!). Even within races offering, apparently, much the same, there are marked differences in prices - e.g. Ben Lomond includes a meal and certificate on completion (including Polaroid finishing photograph) for £3, whilst Ben Nevis wants £5 for a meal and certificate - are the prizes so much better at Ben Nevis? (and Ben Nevis has the extra income from the sale of programmes and a paying audience). A similar price differential exists between Blisco Dash (5m/2000') on 20.4.86 for £2 and the Snaefell Race (5m/1900) on 26.4.86 for 50p - does the extra 100' really cost £1.50?

When I wrote an article in a similar vein on road running ('Who wants medals, anyway?' Athletics Weekly 18.1.86) I was taken to task by a certain Vince Regan who suggested that I belonged to the "Diehards that feel that a bit of chalk as a starting line, a drop of the handkerchief and a result sheet at a penny a sheet is the 'good old-fashioned amateur' way that things should be done". Yes, I still do. One of the attractions for me about fell racing (apart from the scenery) is the general informality. It may cost £7 per competitor to enter the Bolton Marathon with its £7,919 for its tented village, £10,552 for its invited runners and VIPs and £15,441 for office expenses, BUT I HAVE YET TO SEE A FELL RACE WITH ANY OF THIS UNNECESSARY GUBBINS.

Fell runners do not expect fancy facilities; they should not have to pay fancy entry fees. If you have travelled a long way, then a meal is nice but not essential. Fell running is a simple sport (even allowing for the very occasional need to refer to map and compass). The costs should be relatively simple too - race numbers (usually paid for by the sponsor, some card and sticky labels (surely the quickest and most efficient results' system), a donation to the local mountain rescue (or similar), hire of a schoolroom or local Village Hall (but many pubs will give the room free in lieu of the extra custom - and often donate a prize as well) and some prizes. Adopting this sort of approach, two races are advertised in the 1986 Calendar as FREE - (Langdale Gala and Slieve Donard) and to prove that longer races need not necessarily be more expensive, three of the Category A Long ones cost only 50p each (Axnfell, Ellan Vannin and Bob Baxter - or is there a hidden subsidy from the Isle of Man Tourist Board?)

Indeed, based on the experience of Bradwell and Bamford in 1984, one is given to ask whether prizes are necessary. Both these village galas offered what were effectively time trials for a very cheap entry fee (50p if I remember correctly) with plaques for the first ones in each category. Such parsimony did not seem to adversely affect their popularity in 1985; indeed, many runners seemed to appreciate a good, cheap race for a change. Nonetheless, it is possible to provide both a cheap race and prizes - the inaugural Meltham (West Nab) Fell race in 1984 with which I was associated, charged 75p and there were over twenty prizes.

Nonetheless, as the Table shows, we seem to be drifting towards the road racing situation where the cowboys have moved in in force, charging the earth for very little on behalf of who knows what. Hopefully, there is still time for fell running to fight them off. Protect them there hills, lads (and lasses),

A final thought - The Dales Traverse cost £5 in 1985, but only £3 in 1986; at this rate, by 1988 they'll be paying us to enter it! Ewen Rennie

TABLE - COMPARATIVE COST OF FELL RACES IN 1985 AND 1986

1985 costs in brackets. All figures extracted from relevant FRA Fixture Calendar.

Category	Free	Up to £1	Up to £1.50	Up to £2	Up to £2.50	Over £2.50	Average(*1)
A Short	1(1)	17(23)	11(4)	3(0)	0(0)	----	£1.23(£1.03)
A Medium	1(2)	12(7)	9(9)	3(0)	2(1)	3(1+Nevis)	£1.61(£1.35)
A Long	----	5(3)	5(6)	8(11)	8(5)	2(1)	£1.95(£1.91)
B Short	0(1)	26(24)	2(0)	----	----	----	£1.03(£0.96)
B Medium	----	6(7)	3(2)	3(1)	----	----	£1.37(£1.20)
B Long	----	2(2)	1(1)	2(1)	----	----	£1.50(£1.37)
C Short	----	10(10)	2(1)	----	----	----	£1.08(£1.05)
C Medium	----	4(5)	0(1)	3(1)	1(0)	2(0)(*2)	£1.85(£1.21)

* Notes (1) - Average based on all races in each grouping costing maximum for that band e.g. races at 75p weighted at £1 for the purposes of calculating the average costs.

(2) - Cairn Table, 15th June £3; Mamore, 5th July £3.



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FELL RACE

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Under FRA Rules

Navigational Skills - (OS Map SO 49/59)

12 noon Saturday, 6th September from Church Stretton School, Shropshire
20 miles, 4,200ft. climb

Record Times: Men: Ken West 2 hrs. 21 mins. 47 secs (1984)

Women: Janet Savage 3 hrs. 04 mins. 34 secs (1985)

Entries to: Ron Risbridge, 56, Lincoln Road, Wrockwardine Wood, Telford,
Shropshire TF2 6LG

Entry Fees: £1.50; £2.50 on the day; Teams £3.

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'1992: A WOMAN WINS THE BEN NEVIS RACE'

by Dave Ellison

Could this happen? Or are women inferior to men at sport? I read a book recently, called 'Catching up the men' by K.F. Dyer, which discusses this in detail. His conclusion was that the belief of female inferiority is almost wholly mistaken. In fact, in some sports such as cross-Channel swimming and long distance cycling (remember Beryl Bainbridge?), women have already beaten the men; and for roller skating at distances over 25 kilometres, women hold all the records.

Dr. Dyer calculates that by 1995, women's average performances in all major track events will be on a par with that of men, and that they might well have the marathon record by 1990!

The predominant reasons they have performed less well in the past are social and cultural, rather than biological; for example, it is only in the last ten years they have been allowed in the Olympic track events; again, they haven't had access to the same facilities and training as men. Biological differences such as height and weight play a less important role (you can see this is true merely by observing the field in any world-class track race). However, some physiological features are to the advantage of women - their extra layer of fat means they have an extra supply of energy, useful in endurance races.

Dr. Dyer has also compared men's and women's records and the differences between them over the years - hence his prediction for the marathon.

I wondered if I could find any similar trends in fell racing, so I selected a few races ranging from short to long, with records existing for male and female back to 1977 right through until 1985. The races analysed were Wansfell, Blisco, Ben Lomond, Skiddaw, Snowdon, Fairfield, Kentmere, Ben Nevis, Borrowdale & Moffat.

Editor: (Dave also provided a detailed tabular analysis of all these races, but, unfortunately, space prevents its full publication).

From my analysis, the first conclusion is that in 1985 the women's records on average differ by 27% from the men's, the closest being Ben Nevis (21%), with Borrowdale the furthest (32%). Secondly, the women are improving faster at the longer distances such as Ben Nevis and the Moffat Chase, and only slowly at the shorter end (Blisco, Wansfell). If they were to maintain this rate of improvement, they would achieve equality with the men as follows: Moffat, 1994; Ben Nevis, 1992; Borrowdale, 1999; Snowdon, 1996 and Blisco, 2001. However, it is worth stressing that these are not predictions; rather, they are extrapolations from the present data and there might well be considerable error.

Referring back to my analysis, there are a few curious features: why should the Skiddaw race have such a 'hard' record for both male and female? The differences between the records for the Kentmere have hardly changed; it is the only race in which the men have improved more than the women, though even that is very little.

Editor: Some interesting points, Dave, but I'll refrain from any sexist remarks, as no doubt some other members will wish to comment.

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A NEW IMPETUSby Frank Wilkinson

After 30 years venturing on to the fells, nearly always in search of rock or ice, I took up running in June, 1985, at the age of 42. I can't really put my finger on why. Perhaps I was looking for something different, something new; or may be it was because so many of my friends were competing in marathons, half marathons, fell running and the like, that I thought there might be something in it for me.

No matter. On a bad-weather day at Stanage in the Peak District, instead of struggling up greasy rock, we ran along the edge of the moor from Goliath's Groove to High Neb. The distance was a mile and the time nine minutes. I collapsed, knackered, over the trig point. Dave, a runner of a few years' standing, gave me a couple of minutes to recover before leading me back at the same pace.

It was tiring, but I was surprised at the rate of recovery. A minute's sit down and everything was back to normal.

Now, it says in all the running books, that you should take it easy and build up slowly. but I have always been short of patience - as my friends will tell you - and within six weeks I had run my first half marathon over a hilly course at Grassington (1.34).

I enjoyed running on the road those first few weeks, competing in tens and half marathons, and always striving for a PB, bringing the same competitive edge to running as I had done to my climbing.

Thankfully, the summer deteriorated into one long rain shower, eliminating any clash of interest with climbing; the crags were invariably out of condition. I concentrated on running and within three months I had managed 67 minutes for a ten and 1.29 for a half marathon. But there was always a missing ingredient - adventure.

Lingering at the back of my mind were the fells. I had spent three decades climbing and walking among them. Running them seemed the next logical step. So, in preparation for the October '85 Leeds Marathon, I entered last September's Three Shires.

This is the story of that first tentative step into fell racing and the story of the Marks and Sparks' trainers. It was like this. Since taking up running, I had bought two pairs of road shoes and now I had to lay out £35 for a pair of fell shoes. but could I justify the expense for what might be my one-and-only fell race?

I decided not - and neither was I going to ruin a good pair of road shoes. So I rooted around in the cupboard and found my old, perfectly ordinary M. & S. trainers, which still had some semblance of a tread. They had done sterling work already, even doubling as crag-approach boots. Honestly, they were quite good on dry ground.

But that Saturday of The Three Shires was about as far from dry as you could get. It was as wet as only the Lake District can be; every stream a torrent, every river a flood, fields awash and footpaths a quagmire. We gathered at the start outside the pub, the rain falling steadily, the tops hidden in thick mist and wondered what we were doing there.

I teamed up on the line with another Valley Strider, Ralph Barritt, of Ilkley, and as the field raced off up the Greenburn track for Wetherlam, Ralph, an old hand at this game, put me in the picture.

"Forget about the time", he said. "Just concentrate on finishing in your first race. Walk when you want to, and just dig in going uphill".

I was soon digging. The path branched steeply leftwards for Wetherlam's summit. Oh, God, I couldn't run up that! No need to fear. This was where fell running became fell walking. Everybody - including the just-visible leaders - were now reduced to a plod. This I could manage.

On the uphill I became aware of my shoes for the first time. Occasionally, I lost my footing, slithering down a step. It didn't seem much, but oh, the energy it expended. From behind came a rebuke: "What the bloody hell have you got on your feet?" I tried to explain. The anonymous runner gave me the kind of look reserved for idiots the world over - and disappeared into the mist!

We broke out on to Wetherlam's miserable, gale-lashed summit and the first checkpoint. The wind was wild, the rain horizontal and on went the cag. The descent to Swirl Hause was ahead. This was what I had been waiting for - the downhill. This was my forte. I started off pell-mell, determined no-one would pass. After a couple of hundred yards - wheeeee - up went both feet and flat on my back. Straight up and on, no slacking of pace.

Another 50 yards and the same again. Both feet in the air and CRASH but this time landing on a boulder and just clipping the coccyx at the base of the spine. It hurt! And it could have been serious. Time for discretion. By now I was using every trick in the book to stay on my feet, calling on 30 years' experience. I might as well have called for a miracle. I was all right on the rocky bits and dirt and gravel - and I sought these out eagerly - but mud was desperate and the close-cropped grass, where the sheep had been, was fatal.

The ascent of Prison Band brought relief from my torment. We emerged into a hurricane on Swirl How's broad summit. No chance of running here, just a drunken stagger off the back of the ridge to the shelter of Great Carrs and Wet Side Edge.

The plunge was on again, racing helter-skelter for Wrynose and the Three Shires Stone. Here, I took another heavy fall, slipping again on to a boulder. The palm of my hand split on impact and the spread of warmth from my elbow told the same story. Time for caution once more. People were dashing past and I found it almost unbearable. I had been well up the field and now, inexorably, I was being pulled back. How I wished I had spent that £35!

Seven or eight of us gathered at Wrynose summit and set out together for Blisco's hidden top. But which way? We took the steep ground head-on. The mist persisted, the rain grew heavier and for the first time I felt weary. I was ready for a bite. Out came the trusty Mars Bar and while the others gained ground, I sauntered up in my own ethereal world, enjoying my lunch, washed down by clear mountain water.

The Blisco checkpoint saw me much refreshed. My friend from Wetherlam caught me up again. "Hell's Bells, are you still on your feet?" Only just, friend, only just! He left me to my misery as I stumbled downwards. The descent was particularly bad for me because it was mainly grass. I took fall after fall - on my back, on my face, but always in the mud - as I tried to maintain maximum speed.

It was no good. I couldn't keep up and was soon on my own for the first time in the race. A lot of people got lost on Blisco's flanks that day, but I managed to keep hitting the right line to emerge from the clouds to the wonderful vista of Langdalehead and the Blea Tarn Road. A quick sprint and I caught three or four others for the ascent of the last obstacle, Lingmoor. Now, which way again? A spectator pointed out the route of a previous group, traversing below Side Pike. So off we went.

But I knew from reading Wainwright, we were wrong. The best route up Lingmoor is from Blea Tarn further along the road. Sure enough, after a few hundred feet, I saw three runners on the road below. I tailed off the back of the bunch, dashed down through the bracken, leapt the fence and jogged on tired legs up to Blea Tarn House.

The ascent of Lingmoor was straight forward from here, but unbelievably wearying. I went over the top on rubber legs. At the exposed summit cairn, the marshall told me I was 108th - but I lost ground from here on. The descent was the easiest on the circuit, but for me it was the trickiest. Why? Because it was all grass and mud. I was on my back from the word go.

A tiny girl in a Clayton-le-Moors vest - Vanessa Brindle, I discovered later - who I had overtaken on the ascent of Wetherlam, dashed past, racing away at breakneck speed, studded shoes biting deep. This was too much! I set off like a maniac in pursuit. It was all or nowt. Time after time, I slipped on the grass, sometimes glissading, sometimes just keeping my feet, but mostly hitting the deck - hard.

It was on Lingmoor I took my biggest fall. This time, the feet took off together sideways. I did half a twist and a forward somersault into the bracken, bounced to my feet at a tremendous rate of knots and continued forward rolling down, down the hill. Stuff this for a lark! It was time for total discretion. My pal from Wetherlam and Blisco caught me up again (how did I keep getting in front of him?). "I see you're still going, then?" Only just, friend, only just!

It was a relief to sample the flat for the final mile back to Little Langdale. The village - God bless it! - was alive with competitors and spectators, who raised a hearty cheer as No. 128 - as black as coal - trotted in for 113th place out of 186 starters (165 finishers) in 2 hours 58 minutes. I was disappointed. I had hoped for 2.30 - 2.40. The lost minutes were in the shoes. My friend was there again as I washed away the filth in the stream. "It's Pete Bland's for you," he said, pointing out the chap selling fell shoes from the back of a van. Next time, perhaps.

And, of course, there was a next time. Three weeks later, I called in at Pete's on the morning of the Langdale Horseshoe and bought a pair of PB racers. What a difference! A time of 2.48 was much better for the ego - and not one fall in 16 miles.

So to 1986, another year older and more grey hair showing. I had hoped to have improved sufficiently to pinch a point or two in the vet's championship, but a severe hamstring injury in the Leeds Marathon kept me out until the end of February. And, that's no way to approach a new season.

However, 1.49 at Kentmere suggested a glimmer of hope for the future. One thing is certain - fell running has taken over; this is the new impetus. Those big routes on Scafell will have to wait until I have worked it out of my system.

(Editor: Frank, after a plug like that, I would have thought Pete should give you a pair of shoes!)



Race Results: WALES & OVERSEAS

N/9m/2,000ftFFORD-y-BRNNIAN, WALES3rd November, 1985

1. P.Wheeler	Les Croupiers	52.52	1 Vet:	H.Parry	Eryri	56.35
2. R.Bullen	Les Croupiers	54.17	2 Vet:	P.Evans	M.D.C.	58.41
3. H.Parry	Eryri	56.35	3 Vet:	A.Morgan	CHSOB	62.03
eq L.Williams	M.D.C.	36.35	1 Lady:	J.Evans	CHSOB	77.38
5. P.Hexter	Les Croupiers	57.20	2 Lady:	V.Singleton	Les Cr'piers	78.11
6. G.Parson	CHSOB	58.21	1 Dog:	Coco	U/A	69.00

16m/13,000ftMOUNT CAMEROON RACEJanuary, 1986

'Short Mick' as the locals have christened him, returned to Buea in Cameroon to defend his race title, which he had won the previous two years. Mike was first to the top in a time of 2 hours 35 mins. 23 secs. with this closest rival, Timothy Lekunze, being 3 mins. behind. By the finish this 3 minute deficit was turned into an 8 mins. lead, proving that it is not just the Lakeland lads who know how to descend.

1. T.Lekunze	3.47.57	2. M.Short	3.55.06	1 Lady: E.Mojoko	6.20.02
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AS/2½m/900ftCARRAGHYN, ISLE OF MAN4th January, 1986

1. T.Varley	Boundary H.	19.29	1 Vet:	R.Callister	Manx	31.11
2. K.Callister	Manx	19.36	1 Lady:	S.Quirk	Kendal	23.48
3. S.Hull	Boundary	20.07	1 Jnr:	P.Plew	Manor	25.37

AM/10m/2,700 ftCREG-NY-BAA, ISLE OF MAN8th February, 1986

1. T.Varley	Boundary	1.26.04	1 Vet:	J.Tasker	Manx	1.44.36
2. K.Callister	Manx	1.26.21	2 Vet:	R.Callister	Manx	1.51.08
3. S.Hull	Boundary	1.32.47	3 Vet:	D.Collis	Manx	1.54.14

AS/2m/800ftMOEL y CI, WALES1st March, 1986

1. C.Donnelly	Eryri	17.10	1 V40:	D.Davies	Eryri	18.14
2. E.Griffiths	Eryri	17.25	2 V40:	D.Williams	Eryri	19.15
3. S.Hughes	Pennine F.R.	17.59	3 V40:	N.Fisher	Eryri	19.34
4. H.Griffiths	Eryri	18.09	1 V50:	A.Clarke	Eryri	25.22
5. D.Davies	Eryri	18.16	1 Lady:	A.Carson	Eryri	21.13
6. P.Stott	Eryri	18.57	1 U18:	A.Nicholas	Eryri	21.57

AL/21m/7,000ftAXNFELL, ISLE OF MAN9th March, 1986

1. S.Hull	Boundary	3.52.14	3.	R.Stevenson	Boundary	4.35.55
2. T.Varley	Boundary	3.58.44	1 Vet:	B.Baxter	Manx	6.59.31

Rumour has it that Les Croupiers are a AAA's affiliated club and don't all work in Casinos.

ROSTREVOR TO NEWCASTLE RELAY, N. IRELAND23rd March, 1986

This annual relay signals the start of the Fell Running season in Northern Ireland.

It crosses the Mourne Mountains and consists of 2 road legs and 2 fell legs. This year, it was a very close race between the 3 main fell running clubs in Northern Ireland: Newcastle A.C., Ballydrain Harriers and Mourne A.C., with only yards between the 3 runners as they finished down Newcastle's main street on the final leg. Newcastle won the event for the third successive time.

Brian Ervine

1. Newcastle A.C.	2.49.45
2. Ballydrain Harriers	2.50.13
3. Mourne A.C.	2.50.47
4. Derrigahy Running Club	3.23.25
5. Hilltrecker	3.52.25

AL/14m/4,500ftLLANBEDR TO BLAENAVON, WALES29th March, 1986

This, the first race in the new format for the British Championship, was also the first time the Championship had spread its wings down to South Wales.

Unfortunately, many did not travel down, which gave Eryri a 'flying' start to the team championship.

After the fast downhill start and the long steady climb, complete with tailwind, up Crug Mawr there was still a group of six together at the summit led by Jack Maitland and local favourite, Andy Darby.

By the top of Sugar Loaf, the field had begun to be strung out still led by Jack from Colin Donnelly and Andy.

The drop down into Abergavenny followed by the steepest climb of the race up Blorengel opened the gaps up further as Jack had two minutes to spare over Shaun and Colin as these pulled away from Dermott, Billy and Rod. For the crossing of the moor, the weather closed in for most of the field with driving snow. Jack extended his lead to almost three minutes by the finish, as Colin managed to sneak in front of Shaun.

After going off course on Crug Mawr, with Paul Brownson and Dave Hall, Jeff Norman came through well for first veteran by over two minutes from Del Davies. Bill Gould was first super-vet, although Barry Thackery closed the gap by two minutes from the top of Blorengel to the finish.

Dianne Ellerton opened up her first campaign for the championship with a six minute victory. Dianne had some notable results last year in the few fell races she ran in.

Alan Bocking

1. J.Maitland	Pudsey	1.50.17	1 V40:	J.Norman	Alt.	2.05.55
2. C.Donnelly	Eryri	1.53.09	2 V40:	D.Davies	Eryri	2.08.11
3. S.Livesey	Ross	1.53.23	3 V40:	J.Nuttall	Clayton	2.09.06
4. D.McGonigle	Durham Univ.	1.55.20	4 V40:	H.Parry	Eryri	2.09.50
5. B.Bland	Keswick	1.55.34	5 V40:	R.Toogood	Dk. Peak	2.13.08
6. R.Pilbeam	Keswick	1.55.49	6 V40:	P.Murray	Horwich	2.14.52
7. H.Griffiths	Eryri	1.57.37	1 V50:	B.Gould	Carnethy	2.25.29
8. A.Farningham	Fife	1.58.10	2 V50:	B.Thackery	Dk. Peak	2.27.54
9. G.Griffiths	Eryri	1.58.28	3 V50:	P.Duffy	Aberdeen	2.30.47
10. S.Breckell	Blackburn	1.59.29	4 V50:	G.Brass	Clayton	2.32.12
11. G.Read	Rochdale	1.59.43	5 V50:	C.Cravina		2.42.13
12. G.Gough	Blackburn	2.00.15	6 V50:	E.Alexis		2.44.37
13. A.Ormerod		2.02.15	1 Lady:	D.Ellerton	Newcastle	2.22.00
14. D.Cartridge	Bolton	2.02.49	2 Lady:	W.O'Neale	Keswick	2.28.06
15. M.Lindsay	Carnethy	2.03.07	3 Lady:	S.Quirk	Kendal	2.30.56
16. L.Williams	Les Croupiers	2.03.48	4 Lady:	A.Carson	Eryri	2.38.26
17. A.McGee		2.04.10	5 Lady:	W.Dodds	Clayton	2.44.59
18. D.Roberts		2.04.54	6 Lady:	S.Walsh		2.45.16
19. M.Jones	Eryri	2.04.59				
20. A.Darby	M.D.C.	2.05.43				

N/6m/1,300ftCOITY RACE, WALES30th March, 1986

1. J.Maitland	Pudsey	36.14	4.	D.Mogonigle	Durham Univ.	36.59
2. C.Donnely	Eryri	36.28	5.	A.Farningham	Fife	37.06
3. D.Hall	Kendal	36.34	1 Lady:	A.Carson	Eryri	51.21

AL/30m/8,000ftMANX MOUNTAIN MARATHON, ISLE OF MAN31st March, 1986

1. B.Brindle	Horwich	4.25.17	1 Vet:	B.Wilson	Dk.Peak	5.37.28
2. P.Irwin	Rosendale	4.29.25	2 Vet:	B.Harney	Dk.Peak	6.13.41
3. P.Stott	Eryri	4.37.05	3 Vet:	R.Baumeister	Dk.Peak	6.16.41
4. M.Rigby	Cambridge Univ.	4.42.46	1 Jnr:	S.Forster	K.H.viii	1.45.43
5. T.Varley	Boundary	4.57.46	2 Jnr:	S.Hull	Boundary	1.46.08
6. K.Shand	Rochdale	5.09.23	3 Jnr:	T.Gibson	Rochdale	1.49.52

AS/3½m/1,500ftSLIEVE MUCK NOVICE RACE, N. IRELAND6th April, 1986

This race is open to anyone who has not won a Northern Ireland Championship race. There was a close battle between experienced fell runners W.J. Brown and Davy Graham. Davy lead at the summit, but Willie-John closed the 50 yard gap on the descent and went on to win by 11 seconds.

1. W.Brown	Mourne	34.47	5.	M.Baker	Derriaghy	41.43
2. D.Graham	Ballydrain	34.48	6.	H.Cassey	Derriaghy	41.50
3. G.Geddis	Ballydrain	39.52	1 Vet:	G.Geddis	Ballydrain	39.52
4. R.Brown	Ballydrain	39.54	1 Lady:	S.Carson	L.v.O.	42.22

AM/9m/2,500ftMOELWYN PEAKS RACE, WALES6th April, 1986

The second annual Moelwyn Peaks Race was held in bright sunshine and light north easterly winds, the conditions at the summits were clear, but the snow that fell in the week made the going a bit slippery, especially on the easterly side of the summits.

With a winning time of 1.24.14 for nine miles of only 2,500 ft of ascent, the Moelwyn Peaks looks certain to attract experienced fell runners in the future.

Malcolm Jones

1. C.Donnely	Eryri	1.24.14	1 Vet:	D.Davies	Eryri	1.26.48
2. G.Griffiths	Eryri	1.24.58	2 Vet:	H.Parry	Eryri	1.28.03
3. H.Griffiths	Eryri	1.25.30	3 Vet:	D/Attwell	Alt'ham	1.34.15
4. P.Brownson	Altringham	1.26.00	4 Vet:	D.Williams	Eryri	1.40.12
5. D.Roberts	Eryri	1.26.47	1 Lady:	W.O'Neil	Keswick	1.50.05
6. D.Davies	Eryri	1.26.48	2 Lady:	S.Roberts	Eryri	1.55.07

BS/2m/700ftCAVE HILL, N. IRELAND30th April, 1986

This short steep race starts from Belfast Castle and climbs the Cave Hill which overlooks Belfast. Robin Bryson made a successful return after a knee injury and set a new record. Jim Patterson descended well to take second in a stronger field than usual.

Newcastle A.C. won the team prize by one point from Ballydrain Harriers, with Mourne A.C. third.

Brian Ervine

1. R.Bryson	Newcastle	14.12	4.	J.Hayes	Ballydrain	14.34
2. J.Patterson	Mourne	14.15	5.	D.Graham	Ballydrain	14.47
3. N.Douglas	Newcastle	14.29	6.	P.McCavana	U/A	14.54

Rumour has it that Kevan Shand did manage to keep his trap shut at this year's Welsh 1,000 metres presentation.



Competitors at this year's Moelwyn Peaks Race (photos/E.Woodhead)

BS/3m/850ftHEN MOUNTAIN RACE, N. IRELAND1st May, 1986

This was the first race in the 1986 Mourne Forest and Fell League series and the course had to be altered at the last minute because two peregrine falcons were nesting on the course. The old course was 1 3/4 miles/850 ft. Cat. A.

M.McNulty

(Editor: That's real conservation!)

1. N.Douglas	Newcastle	19.24	1 Vet: M.McNulty	Tollymore	20.22
2. D.Graham	Ballydrain	19.54	2. Vet: D.Watson	L.V.O.	23.04
3. M.McNulty	Tollymore	20.22	3 Vet: W.McNeilly	Newcastle	23.26
4. D.Connolly	U/A	20.33	1 Lady: B.Carey	Tollymore	34.09
5. W.Brown	Mourne	20.52	2 Lady: C.McGonigle	Tollymore	38.38

3 1/2m/900ftCURRAGHARD RACE, N. IRELAND15th May, 1986

Held in perfect weather in easily the most scenic surroundings of any race in Northern Ireland, at Tollymore Forest Park, Newcastle's Derek Ross was a surprise winner in his first fell race. Joanne McCrum smashed the Ladies' record by several minutes

Mike McNulty

1. D.Ross	Newcastle	21.41	1 Vet: M.McNulty	Tollymore	22.27
2. D.Graham	Ballydrain	21.51	2 Vet: D.Watson	L.V.O.	25.38
3. M.McNulty	Tollymore	22.27	3 Vet: J.Taylor	Newcastle	26.00
4. R.Rodgers	Newcastle	22.40	1 Lady J.McCrum	Tollymore	31.52
5. J.Savage	Newcastle	22.48	2 Lady: M.Warren	Tollymore	40.25
6. A.Callan	Tollymore	22.50	3 Lady: P.McNulty	E. & S.	40.39

AM/7m/2,500ftSLIEVE BEARNAGH, N. IRELAND18th May, 1986

This year's race was the first in the All-Ireland series and also the second in the Northern Ireland Championship.

It proved to be a two-horse race between Jim Patterson and Ian Parke. They shared the lead over all 3 summits with Jim eventually breaking away on the final 1,500ft descent. The winning time of 58.57 was just 4 seconds outside the record, despite very strong winds.

Northern runners filled most of the top positions, with the top Southern runners finishing 8th and 12th. Ballydrain Harriers won the team prize, well ahead of Mourne A.C. and Newcastle A.C.

Brian Ervine

1. J.Patterson	Mourne	58.57	9. P.McCavana	U/A	65.51
2. I.Parke	Ballydrain	59.30	10. W.Brown	Mourne	65.52
3. J.Hayes	Ballydrain	61.36	11. N.Douglas	Newcastle	66.06
4. D.Graham	Ballydrain	61.38	12. W.Young	Curragh	68.00
5. S.Graham	Newcastle	62.33	1 Vet: D.Watson	Mourne	
6. R.Rutherford	Ballydrain	64.50	2 Vet: B.McNeely	Newcastle	
7. B.Ervine	Ballydrain	65.10	1 Lady: S.Carson	L.V.O.	
8. W.McAuliffe	Ajax	65.13	1 Team: Ballydrain		

Rumour has it that :-

- fell running is alive and well in N. Ireland.
- there is a Northern Ireland Fell Runners' Association
- N.I.F.R.A. are doing a fine job.

AM/8m/3,000ft

MOEL ELIO RIDGE RACE, WALES

17th May, 1986

The British Championship returned to Wales and again the weather showed its darker side, with mist on the top and driving rain. Despite this, there was always the possibility of a record, given the class of field. The field, though, did not include many from the traditional fell running areas and under the rules this year, it will mean the elimination of many individuals and clubs from the Championship. From the Lakes, only Keswick sent a team, not to mention a scarcity from the Pennine area.

Back to the race, and Jack Maitland certainly intends sweeping all before him with another win cutting a path through the weather to lower Glyn Griffiths' record by two seconds. Behind him, there was an intense struggle for second, with Colin Donnelly just prevailing by the narrowest of margins over Dave Cartridge. Colin, together with Glyn and Hefin Griffiths, led Eryri to a team win over Keswick and Eryri 'B'.

No trouble for Del Davies in the veterans, being four minutes clear of John Clemens. Bill Gauld made the long journey worthwhile in the super vets with a ninety second win.

After a struggle between Angela Carson and Gillian Wilkinson up Moel Eilio, Angela opened up a decisive gap on the ridge to finish with over a minute to spare, well inside Bridget Hogge's record. Favourite, Dianne Ellerton, retired, not being fully recovered from the mumps. Alan Bocking

1.	J.Maitland	Pudsey & B'ly	1.01.45	1 V40:	D.Davies	Eryri	1.06.08
2.	C.Donnelly	Eryri	1.02.05	2 V40:	J.Clemens	Alrincham	1.10.39
3.	D.Cartridge	Bolton	1.02.06	3 V40:	D.Spedding	Keswick	1.11.07
4.	S.Livezey	Rossendale	1.02.20	4 V40:	J.Nuttall	Clayton	1.11.24
5.	H.Griffiths	Eryri	1.02.51	5 V40:	R.Toogood	Dk Peak FR	1.13.30
6.	R.Pilbeam	Keswick	1.02.58	6 V40:	N.Fisher	Eryri	1.13.41
7.	M.Patterson	Dk Peak FR	1.03.51	1 V50:	B.Gauld	Carnethy	1.20.11
8.	G.Griffiths	Eryri	1.03.55	2 V50:	B.Thackery	Dk Peak FR	1.21.37
9.	B.Bland	Keswick	1.04.12	3 V50:	P.Duffy	Aberdeen	1.21.54
10.	R.Owen	Horwich RMI	1.04.25	4 V50:	C.Cravina	Climbers C.	1.24.56
11.	J.Broxap	Keswick	1.05.07	5 V50:	C.Henson	Dk Peak FR	1.28.53
12.	G.Schofield	Blackburn	1.05.40	6 V50:	D.Charles	Eryri	1.33.43
13.	D.Davies	Eryri	1.06.08	1 Lady:	A.Carson	Eryri	1.18.34
14.	S.Hughes	Pennine F	1.06.34	2 Lady:	G.Wilkinson	Kendal	1.19.56
15.	D.Roberts	Eryri	1.06.54	3 Lady:	S.Quirk	Kendal	1.20.05
16.	G.Read	Rochdale	1.06.55	4 Lady:	V.Thornton	Kendal	1.22.39
17.	T.Hulme	Pennine F	1.08.16	5 Lady:	J.Smith	Dk Peak FR	1.22.56
18.	P.Barron	Keswick	1.08.20	6 Lady:	S.Roberts	Eryri	1.24.16
19.	G.Gough	Blackburn	1.08.31	1 Team:	Eryri		3.08.51
20.	R.Pallister	Pudsey & B'ly	1.08.39	2 Team:	Keswick		3.12.17



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SPELGA SKYLINE

31st May, 1986

A thick mist and very heavy going underfoot made for slow times. As expected, Jim Patterson and Ian Parke set the pace, closely followed by Jim Hayes. On the final descent, however, Jim and Ian went wrong, allowing Jim Hayes to win.

Brian Ervine

1.	J. Hayes	Ballydrain	2.11.25	4.	B. Ervine	Ballyd'n	2.14.47
2.	I. Parke	Ballydrain	2.13.40	5.	R. Rutherford	Ballyd'n	2.18.17
3.	J. Patterson	Mourne	2.13.55	1 Vet:	D. Watson	Mourne	2.51.40

"STUD MARKS ON THE SUMMITS"

What the reviews say!

“ a well-illustrated, fairly massive tome of 580 pages which seems to say almost everything there is to say about mountain and moorland running.

The detail is formidable – something like 1,500 fell runners mentioned by name, the histories of at least 160 races analysed in depth, every marathon and record described, all the big rounds like the “Bob Graham”, the Lakeland 24 Hour Record, and the Scottish Four-Thousanders and many others set down minutely down to the last dextrosol tablet.”

Harry Griffin

LANCASHIRE EVENING POST

“ ‘Stud Marks on the Summits’

Is destined to become a classic history of the sport. It is illustrated with 66 vintage and contemporary action shots in black and white. At £8.95 (plus £1.50 p. and p.) it is the bargain of the decade. Buy it.”

Frank Wilkinson
YORKSHIRE EVENING POST

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A history of fell racing



By Bill Smith

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BOOK REVIEWS'STUD MARKS ON THE SUMMITS' by Bill Smith (581 pages - cost £8.95)

As far as I am aware, this is the only book devoted entirely to fell running, covering the whole development of the sport up to 1981 (with further race result appendices up to 1983). The bargain price is probably half that which would have been charged if the book were distributed with more commercial motives in mind. It is, without doubt, an outstanding piece of work, detailing the sport's early growth and concluding with profiles of over 160 races and many of the foremost runners and officials, both past and present. As other reviewers have said, it is destined to become the classic reference work, with Bill's in-depth analyses of every aspect of the sport being truly remarkable. Already, though, further developments are taking place and, together with future generations of runners and officials, there will, perhaps, be the need in a few years' time for Volume 2 - what a daunting task!

'THE HIGH MOUNTAINS OF BRITAIN & IRELAND' by Irvine Butterfield (320 pages, published by Diadem Books - cost £15.95)

To quote the publisher's notes:

'This book describes interesting ways of ascending all the 3,000 ft. mountains in Britain and Ireland.....
The book is illustrated with over 300 colour illustrations and each walk has a supporting map. Although essentially a guidebook, it will be found most useful as a source of ideas and as a route-planner when used in conjunction with the relevant OS map. The succinct descriptions, the advice on starting points, times and technical problems, make it ideal for this purpose.
 Having embarked on an expedition, the walker will always rely primarily on the map for guidance.
 The book should also provide a valuable record of past achievements. It is a compendium of information and inspiration that keen walkers will wish to own and enjoy.'

As the 3,000 ft. mark is the operative height for inclusion, by far the greatest part is devoted to Scotland, with smaller sections on Snowdonia, The Lake District and Ireland. The photographs are quite magnificent and the whole book may be of interest to fell runners, either for armchair reading during the long winter months or as a guide when planning peak bagging holidays which could, of course, also be tied in with trying out one or two of the fell races in these areas.

'STUD MARKS' Bill Smith has written, thanking people for the support and loan which enabled him to get his book published. He also apologises for a number of errors which appear in the book. He points out a number of spelling and typographical errors with the 3 major mistakes being:-

Page 55, Para 4, Line 1: Eddie Leal retired as Secretary not Chairman. ✓

Page 256, Para 2, Lines 7 & 8: The reason why Wild holds the Kentmere record rather than Short's faster time in 1976 is that the course was changed in 1978. ✓

Page 336, Para 4, Line 4: It was actually Dolphin who was killed in the Alps, not Birch. ✓

A STATISTICAL ANALYSIS OF BRITISH FELL RACESby Dave Peck

There have been numerous articles in the athletics' press recently about "Which is Britain's Toughest/Steepest/Roughest Race?" Unfortunately, such articles are seldom well-informed. This article is intended to provide some relevant data, but it's up to you to draw your own conclusions.

The data below was taken from the FRA Calendar for 1985; races were included for analysis if the Calendar gave the following information: distance, height and records (preferably both male and female). Altogether, 113 races were finally included, but only 74 gave female records.

Editor: *All Dave's excellent analysis hinges on the assumption that the information as to height and distances given in the Calendar is correct - this is very doubtful, for surely Burnsall and Ramsey Gala (!) are in no way as steep as Gategill and Butter Crag!! - see Table 6.*

TABLE 1 - TIME PER MILE - MALE RECORDS

Category & No. of Races	A Long 23	A Med 18	A Short 25	B Long 4	B Med 7	B Short 20	C Med 7	C Short 9
Average time per mile (mins.)	8.71	7.44	8.30	7.34	6.58	6.02	6.05	5.67

Overall average over 113 races = 7.35 mins. per mile
Range from 4.53 to 17.55 mins. per mile

TABLE 2 - TIME PER MILE - FEMALE RECORDS

Category & No. of Races	A Long 12	A Med 12	A Short 16	B Long 3	B Med 4	B Short 15	C Med 5	C Short 7
Average time per mile (mins.)	11.67	9.75	10.15	10.50	8.15	7.17	7.68	7.18

Overall average over 74 races = 9.18 mins. per mile
Range from 5.12 to 19.84 mins. per mile

TABLE 3 - AVERAGE DISTANCE (MILES) ACCORDING TO CATEGORY

Category & No. of Races	A Long 23	A Med 18	A Short 25	B Long 4	B Med 7	B Short 20	C Med 7	C Short 9
Average miles	18.17	8.25	3.36	17.63	9.14	4.01	9.79	4.11

TABLE 4 - AVERAGE HEIGHT GAINED (IN FEET) ACCORDING TO CATEGORY

Category & No. of Races	A Long 23	A Med 18	A Short 25	B Long 4	B Med 7	B Short 20	C Med 7	C Short 9
Average height gained in feet	5417	2738	1354	3488	1721	888	1100	606

TABLE 5 - AVERAGE FEET PER MILE ACCORDING TO CATEGORY

Category & No. of Races	A Long 23	A Med 18	A Short 25	B Long 4	B Med 7	B Short 20	C Med 7	C Short 9
Average feet per mile	302	342	472	204	186	239	111	146

Using a statistical technique called multiple regression, it is possible to pick out those races which are unexpectedly faster or slower, relative to all the other races, taking into account distance and height. It emerged that the Coniston Fell Race record is faster than predicted, and that the Bens of Jura and the Trans-Fan Race records are slower than predicted. These differences may reflect difficult terrain, differing appeal to the top runners, or some other factors.

Which are the Steepest Races?

Excluding the 'To the Top Only' races, popular in Northern Ireland, the steepest races are shown in Table 6.

TABLE 6 - STEEPEST RACES IN BRITAIN

<u>Race</u>	<u>Feet per Mile (approx.)</u>
Chapelgill	840
Drinnahilly	600
Ramsey Gala	600
Burnsall Classic	600
Butter Crag	600
Gategill	530
Coniston	500
Wansfell	500

Which are the Longest Races?

Manx Mountain Marathon, Three Peaks, Ennerdale, Glossop

Which are the Fastest Races?

Otley Chevin, Skipton, Bradwell, Eston Nab, Barnoldswick, James Blakeley

Which are the Slowest?

Chapelgill, Spelga Skyline, Bens of Jura, Annalong Horseshoe,
Trans-Fan, Wasdale

Prediction of Winner's Times

Multiple regression analysis also provides a formula which permits one to predict the winners' times. It should be emphasised that the prediction will be accurate on average, but for individual races, there may be major discrepancies - we have already seen, for example, that the record time for the Bens of Jura race is considerably slower than predicted.

Men

To predict winning time for men, the formula is: Distance in Miles multiplied by 5.39; add to this height in feet multiplied by 0.012; and take away 8.65.

So, to predict the men's time for the new Pentland Race (approximately 16 miles and 6200 feet), the formula is applied as follows:-

$$\begin{array}{r r r}
 16 \text{ miles} \times 5.39 & = & 86.24 \\
 \text{Plus } 6200 \text{ feet} \times 0.012 & = & 74.40 \\
 & & \hline
 & & 160.64 \\
 \text{Minus} & & 8.65 \\
 & & \hline
 & & 151.99 \text{ or} \\
 \text{approx. } 152 \text{ mins. or } 2 \text{ hours } 32 \text{ mins.} & &
 \end{array}$$

Women

The formula for the women's winning time is different:

16 miles x 7.285	=	116.56
Plus 6200 feet x 0.017	=	105.40
		<u>221.96</u>
Minus		<u>15.45</u>
		206.51 or

3 hours 26 mins 30 secs.

Again, it should be emphasised that over many races, such predictions will, on average, be pretty accurate. They may be quite inaccurate for individual races. Incidentally, this article is being written one month before the Pentland Race; as you read this, the results will be known, and the comparison of predicted and actual times should be of interest.

If anyone would like any further details or information, please don't hesitate to contact me at:

24, Temple Village, by Gorebridge, Midlothian.

Editor: *Well done, Dave, the actual winning times were:-
Men 2.33.13 (prediction 2.32.00) and Women 4.18.27 (3.26.30) - we've
now got statistical proof - women are more unpredictable than men!*

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ANKLE INJURIES

by Steve Hodgson

Editor: Steve has recently started work as an Orthopaedic Registrar at Blackburn Royal Infirmary and has a special interest in Sports' injuries. He has kindly offered his services to any local fell runners who feel they would benefit from medical treatment. If anyone would like to contact him, please let me know and I'll forward your query to him.

Whilst fell running and training probably result in less of the typical 'over-use' type of injury associated with other forms of running, the price to pay is the ever-present risk of ankle injuries. The correct management of these injuries will both shorten the initial period of recovery and decrease the incidence of long-term problems. I will restrict the discussion to soft-tissue injuries, rather than fractures, the care of which obviously requires medical supervision.

The most common type of injury is the so-called inversion injury, in which the sole of the foot turns inwards, resulting in damage to the ligaments on the outside of the ankle. This is particularly liable to occur whilst descending over rough ground - not only because of the increased speed, but owing to the fact that the ankle is much more unstable with the toes pointing downwards.



Bones and ligaments of the right ankle view from the lateral side

The ligament complex on the outside of the ankle consists of 3 components - the anterior talo-fibular ligament, the calcaneo-fibular ligament and the posterior talo-fibular ligament; with more severe violence, there will be tearing of the calcaneo-fibular ligament. Treatment of ankle injuries is not aimed solely at curing the acute injury, but at preventing chronic pain and instability.

Having sustained an ankle injury, the first objective is diagnosis, initially to differentiate between a fracture and a soft-tissue injury. Immediately after an injury, this is not always easy, as fractures are not always immediately apparent and what may turn out to be a relatively minor sprain may be extremely painful. Useful indicators of a fracture are tenderness directly over the fibula, tenderness on both sides of the ankle or an inability to bear weight on the injured foot. If any doubt exists, a trip to the nearest Accident and Emergency Department for an X-ray or at least a medical opinion is advisable.

First-aid measures consist of the tried and tested formula of I.C.E. (Ice, Compression and Elevation). Ice should be applied to the tender area in 4-6 quarter-hourly spells, each day. This is best done by spreading a damp cloth over the affected area and over this placing a polythene bag of ice or frozen food (e.g. peas). Compression is applied with an elasticated bandage which can be obtained in various sizes from any chemist e.g. Tubigrip; it should extend from just below the knee to the base of the toes and extra compression can be obtained by doubling it up. Elevation is self-explanatory but it is important to avoid standing for long periods and use a foot rest when sitting. The use of anti-inflammatory tablets (e.g. Brufen, Nurofen) obtainable on prescription or over-the-counter at chemists, has been shown to speed recovery in ankle injuries. If access to a Physiotherapy Department is available, then ultrasound or megapulse treatment will be beneficial. It is worthwhile continuing these measures until the swelling has disappeared.

Rehabilitation of the injured ankle can be considered to begin from the day of injury. Weight-bearing should be avoided until comfortable - this will require a pair of crutches. However, even whilst non-weight-bearing, ankle movements should be begun as soon as pain allows, initially only in the straight up and down plane, then later - as pain allows - in a circular motion. Once weight-bearing is comfortable, balancing exercises should be begun, such as standing on the injured leg and later on, hopping. The key question for athletes is when to recommence running again. This obviously depends on the severity of the injury, but it should be remembered that most soft-tissue injuries take 3 weeks to heal fully. As long as pain and swelling are resolving, running should be commenced gradually (on average after about 1 week) initially on a flat surface with few sharp bends. This will be more comfortable with the ankle strapped. Whilst running is being increased, exercises to rehabilitate the ankle should be begun. Examples of useful exercises are:-

- (i) hopping on the injured leg;
- (ii) doing heel-raises on the injured leg;
- (iii) using a 'wobble-board' - Balancing on a flat board placed on a rolling-pin;
- (iv) calf-stretching exercises;
- (v) lifting weights over the foot.

Only when confident and pain-free (an injured ankle will feel unstable for several weeks) should running on uneven surfaces be considered and strapping of the ankle is advisable. This is best applied in the form of a 'stirrup' under the foot and up both sides of the lower leg, then this being secured by a couple of circular turns around the upper ends of the stirrup. The foot should be held so that the outer border of the foot is pulled upwards. Studies in the U.S.A. have shown that, whilst strapping does not prevent injury in a normal ankle, it does significantly lower the chance of recurrent sprains in ankles that have already been injured.

Suggested further reading - Sport & Medicine by P.A. Sperryn (Butterworths)
 - Running Injuries by V. Grisogono (Running Magazine)
 - Ankle Injuries by I.Yablon, D.Segal, (Churchill
 R. Leach Livingstone)

Rumour has it that Running Magazine only wrote about the lack of availability of Bill Smith's book because they were 'miffed' that they were asked to pay for it like the rest of us rather than being given a freebie!

DO YOU REMEMBER? - 1974

Editor: *Each issue, I intend publishing extracts of fell runners' exploits of previous years. As you can see, this issue takes a trip down memory lane to 1974. I intend to look at 1972 in the next edition, so if anybody has any photos, articles or other reminiscences relating to 1972, then please let me have them. I promise to take care of any contributions and return them to the senders. I am also indebted to Bill Smith for allowing me use of his collection of back issues of the 'Fell Runner', together with all the photographs used here.*

One of the main issues of the day on the Committee front, was the format of the 'Fell Runner of the Year Award Scheme'. It was eventually decided that the 1975 award be altered to consist only of Category 'A' races and that half of the total number of 'A' races on the calendar would count - (good job we don't have that one today!).

Other matters:- * International Fell Running - the majority were generally in favour.

* AAA's & Fell Running - AAA's would recognize an independent body governing the sport, but within their own laws. Sub-Committee set up (and nearly ten years later we made it!)

* Subs. were 50p (minimum).

The 1974 Championship was based upon 18 Category 'A' races (22 pts. - 1st; 19 pts. - 2nd; 18 pts. - 3rd; 1 pt. - 20th), and 13 Category 'B' races (16 pts. - 1st; 13 pts. - 2nd; 12 pts. - 3rd; 1 pt. - 14th) and over all 220 runners gained points.



Jeff Norman receiving the 1974 'Fell Runner of the Year' trophy at the 1975 Pendle race from FRA Chairman, Frank Travis, with (l to r) Jimmy Jardine, Gerry Charnley, Alf Case and Andy Harmer looking on. (photo/Bill Smith)

The top 10 in the 1974 Championship were:-

1st	Jeff Norman:-	286 pts.	- wins at Carnethy (B); Rivington Pike (B); 3 Peaks (A); Fairfield (A); Pen-y-Ghent (B); Chevy Chase (A); Skiddaw (A).
2nd	Harry Walker:-	269 pts.	- wins at Pendle (B); Lattigg (A); Thieveley Pike (A).
3rd	Martin Weeks:-	241 pts.	- wins at Creagh Dubh (A); Pendleton (B).
4th	Brian Finlayson:-	195 pts.	- wins at Ben Lomond (A); Cairngorm (B); Bens of Jura (A); Half Nevis (A).
5th	Mike Short:-	168 pts.	- won Langdale (A).
6th	Dave Halstead:-	148 pts.	-
7th	Ray Rawlinson :-	146 pts.	- won Barbon (B).
8th	Jos. Naylor:-	144 pts.	- wins at Manx Mountain Marathon (A); Welsh 1,000 metres (A); Ennerdale (A); Vaux (A).
9th	Bobby Shields:-	129 pts.	-
10th	Mike Nicholson:-	108 pts.	-



Ray Rawlinson and Martin Weeks on the climb at Burnsall, where they finished 5th and 3rd respectively behind a surprise winner, none other than newcomer, Andy Styan! (photo/Bill Smith)

Other notable wins were those of Andy Churchill at Wasdale in 3 hrs. 53 mins. 12 secs., which was only 5 minutes outside Jos's record; Alan Heaton in the Fellsman Hike; Pete Dawes in the Peakland 100 miles and Pete Walkington in the Lake District four 3,000 ft. Peaks.



Norman Carrington leads Jos. Naylor (3rd) in the Edale. Norman didn't place in the top 20, but had the consolation of being final counter in a victorious Sale Harriers, in support of two other fell running stalwarts, Denis Weir and Harry Blenkinsop. (photo/Bill Smith)

The main international race in that year was the Sierre-Zinal, and out of a field of 72 runners, the race was won by E. Hauser of Switzerland, with Harry Walker 3rd, Jeff Norman 5th, Jos. Naylor 8th and Pete Walkington 23rd, enabling the Fell Runners' Association to actually win the team race!

The surprise of the year must have been the Karrimor, when Harry Walker teamed up with the 1970 World Orienteering Champion and Karrimor winner of 1972 and 1973, Stig Berge. Unfortunately, space prevents me from publishing the whole of Harry's excellent report of the event, but here's a sample, with Harry's description of the preparations the night before:-

".....Stig and I were both partnerless, so Gerry Charnley arranged for us to do the race together, and that's how it all came about.

I was very honoured and excited at the prospect of partnering such a fine athlete.

I travelled up to Kirk Yetholm on the Friday evening with the Osborn family. We stayed in a very nice guest house there. Before the evening meal, I went for a 3 mile run, to relax after the journey. I ate as much as I could that evening, to stoke up for the weekend ahead. Later on, I met Stig Berge in the Border Hotel, where he was staying. I was apprehensive at meeting him and wanted to get a pint in first, but I was pushed into it by my friends.

I don't know what he had been told about me, but he seemed a little surprised when introduced to me! I suppose that will remain a secret. We immediately began to make plans for the next day, and we got on very well.

He then went for a meal and I took the opportunity of having another couple of pints and chatting with friends who were arriving. One or two people said that I'd never keep up with him, but I didn't have any worries about that. After Stig came back, he took me to his room to see his equipment. It was fantastic! The tent weighed 3 lbs altogether; he asked if mine was better and would I rather take that. I said that as mine weighed 7½ lbs I thought his was the best. We used most of his equipment. His sleeping bag weighed less than 2 lbs. We took one spoon each and ate and drank out of one pan. The fuel was liquid, but I think our fuel blocks are as good. This was the only part of my equipment which I thought was anywhere near as good as his. the food was Norwegian Army Rations - it was powdered stuff in a sachet. Water was added and then boiled. It looked like thick porridge and tasted like mushrooms. It had 400 calories per sachet. It was quite good. Stig also took Ryvita and salami and honey sandwiches, packed ready to eat. We took Rise and Shine to drink, which I provided, and Stig enjoyed....."



The Dales Junior Race at Burnsall in 1974. The winner was Brian Robinson, (White vest in 3rd position here). (photo/B.smith)

COMPETITION: RESULTS



- Winner: Alan Yates of Sheffield:
"Just one last turn of this tiny screw and then Mungrisedale, my robot fell runner, will be launched on to an unsuspecting world".
- Joint Runners Bryan Duffield of Todmorden:
"I said I've had two bad 'falls'."
- Up: Michael Farnworth of Ribchester:
"Umm, number 81, isn't it?"
- Some Others: Dip Stick is O.K., sir, I'll just check the water."
"They dropped off during the Chew Valley in '86."
"So that's a bonker!"
"Relax, No. 81, I think I've just found it."
"Cough! no, plenty of running left in both of them."
"O.K., I give in, what have you done with your compass and whistle?"
"Just got to check your credentials, son."
"Rabbi Cohenclips Dave's tally in the Mount Sinai Fell Race."
"Kev. Shand, FRA's dogged statistician, in his relentless pursuit of technical data."
"I knew we should have used 'Duracell' batteries."
"Would you believe it!! The de luxe sporting version with real hair - and the bloody bung doesn't fit!"
"Not another short-sighted race official?"
"I'm scoring with the ladies, not for them."
"So! You're known locally as 'Dick the Clip', are you? - That's what you said, wasn't it? (Phew!)."
"But it was long enough for the Burnsall!"
"It didn't say anything about an equipment check in the rules."
"81 millimetres is exactly right."
"AAA's official checking jock strap for unofficial advertising."
"I think I left one on that last barbed wire fence. - Well, it saves the trouble of being 'snipped'.
"Are these sex tests really necessary?"
"Just checking - we've heard you were a length ahead from the start!"
"Well, it does say in the instructions that spot checks will be carried out on all equipment, and you've definitely got a spot on it!"
"Dave Woodhead and coach limbering up for Manx All-comers Yodelling Championships."

Rumour has it that a certain member, Mr. Evans, was quite embarrassed to learn that the holiday cottage he had booked for the Llanbedr to Blaenarvan Fell Race was unfortunately the wrong Llanbedr - being 150 miles to the north - that surely must be the year's greatest navigational cock-up!

COMPETITION



Picture: Two of Clayton's quieter lady members, Vanessa Brindle and Linda Lord, perhaps discussing fell running's finer points at the Calderdale Way Relay? (Photo/P.Hartley)


Entries to: John Reade, 3, Wood Terrace, Simonstone, Burnley BB12 7HP, by 1st October, 1986

Name: FRA No:

Address:

Comments:

1st Prize: T Shirt and 1 year's membership 2nd Prize: T Shirt



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TODMORDEN FELL RACE - JUNE, 1949by Peter Travis

Editor: Peter informs me that as a result of his fall on the descent through the wood, he blacked out just before reaching the finish at Centre Vale Park, suffering from delayed concussion!!

There was talk of Johnson's stamina,
his strength to climb the cobbled hill,
reckless descents, devil-may-care speed,
like a boulder thrashing the earth.
His reputation was our fear as we looked
among the score of runners in Centre Vale's arena.

Perhaps he had missed the bus, too late to start.
But he was there, like some fair-haired Viking
plundering the town, for he was an outsider.
He came from down the valley, not one of us:
he must not win the prize, it must not leave the town.
"Keep 'him be'ind yer", came the crowd's command.

The elongated boating pond kept us apart
as we made the first gentle rise.
Then it was over the rustic bridge,
dense with rhododendron leaves, and the climb began.
We swung sharp round from behind the church
and hit the cobbled path, but soft were the stones
to me as I increased the pace.

"You've got 'im", came a shout from far behind.
I turned to see an agony of pain.
I smiled, cruel it might be, but I hoped
it hurt like hell, for I was tasting victory.
Across the level stony path where
lovers walked through quiet woodland,
and up the ever steepening rise.

"Give us yer 'and", as I turned the hawthorne tree.
A date, like some emerging rash, appeared upon my wrist.
I could see below the green open space,
a periphery of people looking up the hill.
I leapt, I swerved, as alien trees sped to impede my way.
I rose into the air and like a stone
dropped from some gigantic bird of fantasy
I crashed to earth, the great abyss.

I saw the face of victory smile unashamed
like some distant sun, but cold and ineffectual.
The world, the universe, turned drunkenly
as I climbed the rusting rails.
I surged through proudly kept allotments,
but I could not close the widening gap.

The crowd, distorted figures, voices garbled;
brain refused acknowledgement of their presence.
Dark clouds gathered above the level turf,
ominous blackness swept before my eyes;
then all was stillness, silence like a grave.
There were no crowds, no hills, nothing.

Tom Sykes informs me that South Ribble O.C. reduced the Charnley Way record on 10.5.86 to 10 hrs. 25 mins. This time didn't last long, as a team from Keswick A.C. have since lowered it to 7 hrs. 45 mins.

MEMBERSHIP APPLICATION FORM

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Membership Secretary,
Richard White,
3, Elmwood Grove,
Horbury,
WAKEFIELD WF4 5JH

(Please mark your envelope 'FRA')

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

1. Enquiries about membership, failure to receive magazine/calendar, change of address, payment of subscription should be sent to Richard White;
2. Enquiries/information about the British Fell Running Championships should be sent to Kevan Shand;
3. Enquiries/information concerning races should go to Tony Hulme;
4. All material for the magazine, including advertising, goes to John Reade.

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merely a sublimated
race memory of the
hunting instinct....



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