

THE FELL RUNNER    December 1988



# **WINTER SPECIAL OFFERS HELLY HANSEN LIFA SUPER**

**(SECONDS)**

NEW FLAT SEAMED, RECOMMENDED RETAIL PRICE £12.95

## **LONG SLEEVE CREW NECK**

- NAVY, SMALL, EXTRA LARGE, FITS 40" PLUS ..... Only £6.95  
ROYAL, EXTRA LARGE ONLY, FITS 40" PLUS ..... Only £6.95

## **LONG JOHNS**

- NAVY, MEDIUM ..... Only £5.95

## **PERFECTS (Old Style, greatly reduced)**

### **LONG SLEEVE CREW NECK**

- NAVY, WHITE/SKY PIN STRIPE, SMALL ..... Only £5.95  
GREY, EXTRA SMALL ONLY ..... Only £4.95

### **LONG JOHNS**

- GREY, MEDIUM ONLY ..... Only £4.95

## **PERFECTS (New Flat Seamed)**

- LONG SLEEVE CREW NECK, NAVY OR ROYAL, Sm, Med, Large Only £11.95  
LONG JOHNS, NAVY OR ROYAL, Small, Medium or Large .... Only £11.95  
SHORT SLEEVE, NAVY, Small, Medium or Large ..... Only £10.95  
POLO NECK, NAVY, Small, Medium or Large ..... Only £13.95  
BRIEFS, NAVY, Small, Medium or Large ..... Only £7.95  
BALACLAVA, NAVY, One size ..... Only £3.95  
SOCKS, NAVY OR WHITE, State Shoe Size ..... Only £5.50  
FASTRAX, THERMAL GLOVES, NAVY, Ex Sm, Sm, Med, Large Only £3.95

---

**WE ARE THE MAJOR STOCKIST OF WALSH FELL RUNNING SHOES (PBs)**

We are the Specialist Running Centre  
Fast, efficient Mail Order Service - ring or write for Price List  
Access or Visa welcome



## **PETE BLAND SPORTS**

34A Kirkland, Kendal, Cumbria. Tel: (0539) 31012  
Shop hours: 9.00 to 5.30, Monday to Saturday

# CONTENTS



<b>EDITORIAL</b>	<b>Page</b> 1
<b>LETTERS</b>	2-3
<b>GRIPPING YARNS</b>	3
<b>CHAMPIONSHIPS</b>	4-6
<b>COMMITTEE NEWS</b>	7
Meeting and AGM Reports, Officers	7
New Membership Form	8
Introduction to Fell Running Course, Elterwater	8
Training Weekend, Threlkeld	9
<b>CALENDAR UPDATE</b>	9
<b>INTERNATIONAL NEWS</b>	3
Three More Grand Slammers	9
Matterhornlauf	10
Fell Running in Tennessee	10
The Corsican High Level Route	10
The Ostrich and the Unicorn	11
<b>RESULTS</b>	12-25
<b>EXPERIENCES ON THE RUN</b>	25
Cwellyn	25
Memories of Fell Running	25
Carnedd Llewelyn	25
Faraway Hills are Green (and untrampled)	26
<b>LONG DISTANCE NEWS</b>	27
Bob Graham Dinner and Membership	28
The Swiss Karrimor	29
The Mourne Mountain Marathon	29
Final Fells KIMM	29-30
KIMM 88 Cheviots	30-31
The Cairngorms in one go	31-32
The Glamorgan 500 Metre Summit Traverse	32
The Welsh 3000ft Peaks	32
15 Peaks of Wales Record Run	32
<b>WORLD CUP SUPPLEMENT</b>	
Reports and Results	

Front Cover: Gary Devine, Ben Nevis winner, high on Griesdale Pike in Senior Men Long World Cup

## Editorial

### Bad Weather on the Ben

*Much discussion by on-lookers at the Ben Nevis Race has filtered through into the press and the runner-up has gone as far as to be quoted as saying the event should never have taken place in such conditions. It was obvious to me when I got out of the car for the race that conditions would be very unpleasant and I dressed accordingly; though I did wonder if I had overestimated something when I saw some friends on the startline without cagoules. The organisers did advise cagoules and tracksters but insisted that numbers were showing. It is easy to misjudge conditions and I was caught out on an evening run not long after the Ben, but it should be up to the organisers to insist on minimum equipment rather than expecting the mountain rescue to be anything except a final back-up for competitors.*

### Services to Members

*The World Cup is now over and the committee should now be in a better position to consider what additional services we can offer members. Do we need more safety and navigation courses? I was impressed with how much was covered in the one I helped with in September. What else? Do we need more developments on a regional basis? The Welsh have a separate sub-committee and some runners in Eastern Scotland have set up their own organisation. Are there other neglected areas? If you have strong, preferably coherent ideas about what the FRA could be doing please let a committee member know or write to me. There is of course something to be said for just letting things happen.*

### High Entry Fees — The Alternative View

*There may also be something to be said for just letting high entry fees happen. Until one, the one pair of Walshes, low expenditure, low profile, runner actually organises a race, the expenses both in quantifiable resources and in time, energy and commitment can not be realised. I have remarked before on the possible incursion of Thatcherism into the fell running scene and it may be argued that if all the real costs were included in entry fees some of them might be higher. The market force theory would suggest that if entry fees were too high no one would run in the races — a further point is that high entry fees are often considerably less than the cost in getting to the races.*



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

Navy and Grey, and bearing the 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, Medium and Large - £4.95.  
Long-Sleeved, Small, Medium, and Large - £5.95.  
(When ordering by post please add 45p for p.&p.)



**PETE BLAND SPORTS**

34a Kirkland, Kendal, Cumbria.

Tel: 0539 31012

World Cup  
T Shirts available

### Letters and Articles for Next Issue — deadline May 1st

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

### Results and Race Reports to:

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

### Advertising Copy to:

Martin Stone, 12 Moorlands, 103 Garstang Road, Preston,  
Lancashire PR1 1NN (0772 562395)

### Advertising Rates:

£90 Full Page £45 Half Page £23 Quarter Page £12 Eighth Page  
Classified £1 for first twenty words, then 10p per word thereafter.

# LETTERS

## THANKS TO ALL WORLD CUP SUPPORTERS

Dear John,

Reports and photographs of the World Cup appear elsewhere in the magazine.

Could I use the correspondence column to thank all those who have given encouragement and support and congratulations in connection with the event. They, and the evident huge success of the event made all the hard work over the past two years well worth while.

Danny Hughes  
World Cup Mountain Races  
Event Director

Dear John,

Congratulations are in order to all those who in some way or other helped to make the World Cup such a success. Everyone I've spoken to agreed what a fantastic weekend it was. The atmosphere on Latrigg on the Saturday, in bright sunshine, was warmly supportive of the home teams and the visiting teams. The open races on Sunday were popular and added to the interest in the weekend. There was again great support on the Coledale Horseshoe for the long World Cup Race. I fell that in the racing and the other aspects of the World Cup an excellent balance was found to satisfy the ordinary fellrunners of this country and the requirements of the I.C.M.R. for a World Cup.

Yours Sincerely,  
John M. Gibbison  
Lancaster and Morecambe.

## DRUG TESTING

Dear John,

I was a bit mystified to read that the Committee had considered the possibility of drug testing. I would hardly think it necessary in what is largely an amateur sport — the prizes would not justify the physical risk.

I am not in the World Cup class, but if was, it wouldn't worry me in the slightest to be beaten by someone on drugs. It's all about enjoyment when all's said done, so I would be happy in the knowledge that I stand a better chance of living longer, to continue to enjoy the fells, than the drug-takers

And since when do fell runners care how they, or their sport, are seen by outsiders? It's the least 'posey' sport that I've ever been involved in.

Surely this is one bandwagon that we don't need to jump on.

Yours sincerely,  
Reg Clucas

**Editor:** *Mountain Running in the rest of Europe is often taken far more seriously than here and shamateurism may very well lead to drug testing even in the Alps.*

## BEN NEVIS RACE CONDITIONS AND DATE

Dear Editor,

I am writing to you with reference to the 1988 Ben Nevis Race. I would like to comment on the race and also make a suggestion to the Ben Nevis Race Association.

I was running the race for the first time and shortly after the summit I had a bad fall. This effectively ended the race for me, as then I was only concerned with getting down safely in the gale conditions.

My father who finished in the top 10 six times between 1964 — 1970 was running the race for the 19th time. He described the conditions as the worst he had known for the and he suffered badly in the freezing cold.

However I don't criticize the organisers for allowing the race to go ahead. I think the conditions just got worse as the race progressed. It wasn't possible to foresee with certainty how bad the conditions might get.

For us and no doubt many others the event became a survival test and not a race. But this is one of the challenges of fell racing.

May I end this letter by suggesting to the Ben Nevis Race organizers that they bring the race forward from its September date. This would at least increase the chances of better weather

Yours faithfully,  
Robert Jackson  
Horwich RMI Harriers

## BNFL AND OTHER ENVIRONMENTAL FACTORS

Dear John,

I am sorry to see the BNFL debate continuing on your pages. perhaps we should view the question from a different angle.

I agree with Colin Wells and 'Boff' that we should care about our environment and I am sure most of us in fell-running do care. However, what the anti-BNFL letters assume, and perhaps what you assume in publishing these letters, is that BNFL is bad for the environment. There is in fact a large body of opinion which holds that nuclear power is much less harmful than the 'blanket' environmental destruction caused fossil fuels (acid rain, greenhouse effect etc. I apologise for trotting out these phrases, but my point is that the arguments for and against nuclear power would fill an encyclopaedia, and are more appropriate to a scientific journal than a sporting publication. Anyway, the possibility that nuclear power is not as black as it is painted should be enough to render all the letters in the last three issues irrelevant.

To Chris Knox I would say that BNFL is only controversial due to media coverage out of all proportion with the seriousness of the so-called 'incidents' To put it in perspective, the motor-car is probably one of the worst environmental disasters mankind has yet devised. But I am sure no-one would consider say, Austin Rover at Leyland 'controversial', if they offered to sponsor one of the nearby Lancashire races. If we really care so much for the environment, perhaps we should start walking or cycling to fell races, or boycotting those races which are not accessible by public transport.

Yours with tongue in cheek,  
Reg Clucas

## INFORMATION ON RACE VENUES

Dear Sir,

Today I have been disappointed by my failure to find the start of an event in time to compete in it. The event was the Gale Fell Race, the start was given as Gale Inn Todmorden in the FRA fixture list. I went to Todmorden therefore to look for Gale Inn. I finally asked a policeman who told me there was no fell called Gale fell near Todmorden, but that there was a public house called the Gale Inn in Littleborough. I drove to Littleborough and found the Gale Inn with no problem unfortunately I was too late. I suggest that Event organisers give addresses that are correct. I assume all people with

local knowledge had no problems or those who had entered in previous years like-wise. To all organisers:- A competitor assumes the information he is given to find the start of an event is sufficient and correct. An accurate address for the start helps when looking for it.

Yours Francis A. Inger

## BROXAP RECORD — 27 or 28 MUNROES

Dear John,

I hope that the statement "the circular Trig Point on the summit of the Saddle" in Jon Broxap's report on his round in Affric was a slip of the pen The Trig point (934131) is not a Munro but a Tor, the Munro lies 200 metres to the East (936131), although both are given the same height, (1010m). I hope John meant near when he wrote on — otherwise his tally falls to 27, as I doubt that he would have descended back to Glen Shiel down the Forcan Ridge thereby crossing the summit.

The Munros (note no E) are not "mountains over 3000' in Scotland," but major summits over 3000' as defined by Sir Hugh and those who consider themselves to be his descendants in such matters of arbitration. Thus distinct mountains such as Liathach and An Teallach have two Munros, and needless to say some Munros are considerably harder than others. See you on the Hill.

Jonathan Gibbon

## VIDEO VIDEO VIDEO VIDEO

4th World Cup  
Mountain Races  
Keswick, England  
15th-16th October

## VIDEO VIDEO VIDEO VIDEO

Spectel Communications  
0272 676863

### ORDER FORM

To: Spectel Communications,  
12-14 Cann Lane,  
North Common,  
Bristol BS15 5NH.

Please supply:

..... copies at £20 each.  
\*VHS / Beta (PAL Standard). (\*Please delete as applicable)  
+ £2.00 P & P outside U.K.

Name .....

Address .....

.....

.....

.....

.....

.....

Imperial Palace  
Amslow Ondeflat Spots Dept  
27th Septs 1988

Deer Mistfers Fish,

I ams lookin the mirrors today  
am disgest to see you athelets  
being naughtys.

This man Stan Ozen is infect on  
drugs on you fell races at Ben  
Nevis an Ben Jonsons.

Is not fare to inject inyerbolliks  
or in any other glands like Billy  
Petes or Dennis.

In our countrys all dees  
hemeroids is banned. We takes no  
Pillbeams and nevers injecting any  
pace.

I am telling you most sadlys we  
are stopped our Well Runners and  
Hairry Arts from compettings in  
world cups.

No doctord mens to give us a  
test tickle or takes the pee from  
our athletes.

Yours in Spirts Amadam  
Barlikman Chief Interprator  
Republic of Amslow Ondeflat

## HIGH RACE ENTRY FEES

Dear Sir,

With reference to a recent FRA  
Committee Meeting (ref. Sept. '88  
issue of the Fell Runner) and the  
threat by the Committee to  
investigate races that are deemed to  
be "profit making ventures," I find  
this statement of intent both curious  
and somewhat disturbing.

Surely race organisers should be  
free to set an entry fee at a level that  
they choose without fear of reprisal  
from the FRA Committee. Entry  
fees for races are given with race  
details in the FRA calendar thus  
enabling potential competitors to  
select those races which they  
consider offer the best value. As in  
every other commercial venture,  
market forces will prevail. An  
organ-iser who sets an entry fee that  
is deemed to be "expensive" will  
soon find that fewer runners will  
turn out to compete on the day.

In order to survive in the long  
term a race has to be a "profit  
making venture". Does the FRA  
Committee really expect race  
organiseers to make financial losses  
at the events they organise? If this is  
so, then is the Committee also  
prepared to pick up the tab for any  
losses incurred? Perhaps the FRA  
Committee, in their wisdom, might  
be so kind as to define what they  
consider to be an "acceptable" level  
of profitability that race organisers  
should aspire to.

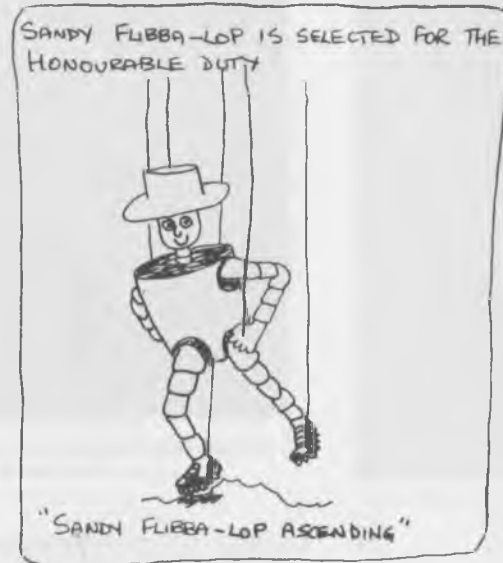
I fail to understand why it is that  
the FRA Committee finds the  
concept of profitability so  
abhorrent. Are we to assume that  
the FRA itself is not intended to be a  
"profit making" concern and  
financially responsible? One  
shudders to think what form the  
investigations into races deemed to  
be "profit making ventures" might  
take. Can race organisers expect to  
be awakened by "dawn raids" from  
the FRA Committee banging on  
their front doors demanding  
refunds from "excessive" profits, or

inspections of race accounts? Will  
"rogue" organisers be "struck off"  
the FRA list of events? I consider  
that such intrusions by the FRA  
Committee may receive a less than  
favourable reception from race  
organisers. More importantly, by  
alienating race organisers the FRA  
Committee will not really be serving  
the membership well and acting in  
the self interests of the sport.  
Furthermore, by adopting such  
attitudes, the FRA Committee is in  
danger of making an ass of itself. It  
would be a pity to negate the worthy  
efforts made by the Committee to  
further the interests of the sport.

Yours sincerely,  
Peter Griffies FRA (and race  
organiser)

## GRIPPING YARNS..... N°1.

IF THE SHOE FITS.....



## Three More Grand-Slammers

Add three more names to the very short list of those who have done the Old Dominion, Western States, Leadville and Wasatch 100-milers all in the same year — Martin Greaves from England, Wendell Robinson from Sheridan, Wyoming and Denis Hagele from Palos Hills, Illinois. They join Tom Green who accomplished this remarkable feat in 1986 and John Bandur and Herb Tanimoto who did it last year.

Still to be seen is whether Robison and Hagele can get the 'Grand Slam Plus One' when they take on the Angeles Crest 100-mile on October 1-2.

Reprinted from Ultra Running Magazine

Congratulations to FRA member Martin Greaves on this achievement.

## Rumour has it that . . .

The numbers game is not a problem if a stiffer Mountain Trial is devised to weed out Fell Running Clones with Road Running Hardware. Whole committees of these clones have been observed to produce error messages: "This is not a championship course; it is unrunnable."

# 1988 British Fell Racing Championships

## SENIOR MEN

POS	NAME	TOT
1	C. Donnelly Eryri	188
2	S. Livsey Ross	169
3	W. Bland Kes	162
4	G. Devine Pudsey	154
5	M. Fanning Kes	152
6	M. Whyatt Glos	113
7	G. Schofield B.B.	112
8	R. Pilbeam Kes	107
9	H. Symonds Ken	99
10	M. Patterson DPFR	94
11	M. Rigby Amb	94
=	G. Webb C.V.	90
12	D. Cartridge Bol	87
13	R. Whitfield Bin	81
14	A. Styan Holm	73
15	S. Hicks Amb	67
16	J. Maitland Pudsey	65
17	M. Wallis CLM	64
18	G. Gough B.B.	63
19	I. Davidson Carn	63
20	R. Rawlinson Ross	62
21	A. Trigg Gloss	61
22	M. Prady Glos	57
23	M. Campling U.A.	53
24	S. Hawkins Bin	51
25	A. Fanningham Gal	50
26	T. Laney CLA	49
=	P. Clark Ken	49
28	K. Anderson Amb	48
29	A. Schofield Roch	47
30	D. McGonigle Dun	45

## VETS O/40

POS	NAME	TOT
1	W. Bland Kes	132
2	A. Styan Holm	98
3	M. Walford Ken	77
4	T. Trowbridge DPFR	41
5	H. Parry Eryri	40
6	D. Spedding Kes	37
7	I. Greenhalgh Roc	35
=	J. Shields Cly	35
=	N. Mathews Hor	35
=	J. Nuttall CLM	35

## VETS O/50

POS	NAME	TOT
1	D. Hughes CFR	132
2	H. Blenkinsop Ken	119
3	P. Brooks Loch	114
4	R. Jacques CLM	82
5	B. Thackery DPFR	64
6	W. Gauld Carn	36
7	D. Hodgson Fell	29
8	W. Wilkinson CLM	27
9	P. Robinson CLM	21
10	A. Hope Loch	19

## LADIES

POS	NAME	TOT
1	C. Crofts DPFR	69
2	A. Carson Eryri	51
3	J. Derby Carn	25
=	S. Niedrum Cly	25
5	J. Smith DPFR	24
6	A. Watmore DPFR	21
7	P. Calder E.A.C.	19
8	J. Salvona Liv	15
=	S. Ratcliffe Sadd	15
10	P. Rother E.A.C.	14



British Champion Colin Donnelly seen descending Barrow in World Cup Long Course. (Photo Peter Hartley)



British and English Veteran Champion Billy Bland ascends Dale Head on his way to victory in the 1988 Borrowdale Race (Photo Bill Smith)



Claire Crofts, English and British Ladies Champion (top left), seen with her England World Cup colleagues Jacky Smith, Vanessa Brindle and Carol Haigh (Photo Peter Hartley)

## TEAMS

POS	NAME	TOT
1	Keswick	72
2	Pudsey	49
3	Clayton	30
4	Kendal	26
5	Rochdale	22
=	Ambleside	22
7	Carnethy	21
8	Lochaber	20
=	Bingley	20
10	Eryri	19

## ENGLISH CHAMPIONSHIPS SENIOR MEN

Pos	Name	
1	S. Livsey Ross	122
2	W. Bland Kes	111
3	G. Devine Pudsey	108
4	M. Fanning Kes	104
5	H. Symonds Ken	103
6	D. Cartridge Bol	100
7	M. Patterson DPFR	92
8	R. Pilbeam Kes	89
9	R. Bergstrand Roc	82
10	M. Wyatt Glos	81
11	M. Wallis CLM	77
12	G. Schofield BB	76
13	M. Rigby Amb	75
14	G. Webb Calder	65
15	A. Styan Holm	65
16	R. Whitfield Bin	62
17	S. Hawkins Bin	61
=18	G. Gough BB	51
=18	G. Taylor Holm	51
20	R. Owen Hor	48

## VETS O/40

Pos	Name	
1	W. Bland Kes	88
2	A. Styan Holm	76
3	A. Harmer DPFR	69
4	M. Walford Ken	61
5	B. Deegan Roch	56
6	C. Wilson Kes	39
7	J. Nuttall CLM	34
8	T. Trowbridge DPF	29
9	P. Lyons Bury	27
10	K. Taylor CLM	25

## VETS O/50

Pos	Name	
1	D. Hughes CFR	88
2	H. Blenkinsop Kes	76
=3	B. Thackery DPFR	69
=3	R. Jacques CLM	69
5	J. Soper DPFR	36
6	D. Hodgson Amble	26

## LADIES

Pos	Name	
1	C. Crofts DPFR	48
2	A. Watmore DPFR	33
3	S. Ratcliffe Sad	28
4	J. Smith DPFR	23
5	C. Haigh Holm	17
6	R. Pickvance CLM	15

## TEAMS

Pos	Name	
1	Keswick	48
2	Pudsey	30
3	Rochdale	28
=4	CLM	24
=4	Bingley	24
6	Kendal	20
7	DPFR	19
8	Horwich	18
9	Rosendale	17
10	Ambleside	16

## SHRA CHAMPIONSHIP RESULTS

SENIOR MEN		
1	ALAN FARNINGHAM	
GALA		
2	DENNIS BELL HELP	114
3	DES MCGONIGLE	108
DUNDEE HH		
4	DAVID RODGERS	98
LOCHABER		
5	IAN DAVIDSON	94
CARNETHY		
6	JOHN WILKINSON	93
GALA		
7	PETER MARSHALL	85
HELP		
8	BRIAN POTTS	83
CLYDESDALE		
9	COLIN DONNELLY	72
CAMBUSLANG		
10	JACK MAITLAND	63
PUDSEY		
		57

## LADIES

1	PENNY ROTHER EAC	64
2	TRICIA CALDER EAC	62
3	JANET DARBY	
CARNETHY		
4	JOYCE SALVONA	47
LIVINGSTONE		
5	SUSANNE NEIDRUM	40
CLYDESDALE		
		37

## VETERAN MEN

1	PETER MARSHALL	
HELP		
2	JIMMY SHIELDS	64
CLYDESDALE		
3	TOM ROSS FIFE AC	47
4	BOBBY SHIELDS	46
CLYDESDALE		
5	IAN JACKSON	45
LIVINGSTONE		
		29

## YOUNG ATHLETES

1	BILLY RODGERS	
LOCHABER		
2	HAYDEN LORIMER	24
DUNS		
3	TREVOR HUGHES FIFE	16
AC		
4	PAUL FETTES	11
LASSWADE		
		7

## WELSH CHAMPIONSHIP including parts

1	COLIN DONNELLY	
ERYRI		
2	HUGH PARRY ERYRI	86
3	HEFIN GRIFFITHS	80
HEBOG		
		64
VETERANS		
1	HUGH PARRY ERYRI	48
2	LES WILLIAMS NDC	33
3	DEL DAVIES ERYRI	30

## LADIES

1	ANGELA CARSON	
ERYRI		
2	SUE ASHTON NDC	28
3	RUTH PARRY ERYRI	17
		11

## NORTHERN IRELAND CHAMPIONSHIP 1988

1	JIM PATERSON NORTH	
DOWN AC		
		V.40 140
2	JIM HAYES	
BALLYDRAIN		
		V.40 128
3	GORDON MURRAY	
BALLYDRAIN		
		117
4	BRIAN ERVINE	
BALLYDRAIN		
		109
5	BARNEY FARRELLY	
MOURNE AC		
		107
6	BILLY MCKAY	
ALBERTVILLE		
		103

## ALL IRELAND CHAMPIONSHIP 1988

Judged over the results of 3 races:  
Short: Errigal (5 miles, 2,400 feet)  
Medium: Slieve Bearnagh (7 miles, 2,700 feet)  
Long: Annalong Horseshoe (13 miles, 5,200 feet)

1	ROBIN BRYSON	
NEWCASTLE AC		
		4
2	JIM PATERSON NORTH	
DOWN AC		
		V.40 5
3	BRIAN ERVINE	
BALLYDRAIN		
		9
4	JIM HAYES	
BALLYDRAIN		
		V.40 12
5	WILLIE MCAULIFFE	
AJAX		
		20



*Jim Hayes, 2nd NIFRA 1988 and 7 times 1st, seen ascending Slieve Donard (Photo N. Ervine)*



*First Three in the 1988 All-Ireland Championship  
Left to right: Jim Patterson (2nd), Robin Bryson (1st), Brian Ervine (3rd)  
Picture taken after Annalong Horseshoe by N. Ervine*

## ISLE OF MAN FELL RUNNING LEAGUE

### SENIORS

- 1 Allan Gage, WAC
- 2 Tony Rowley, WAC
- 3 Ian Callister, MAC
- 4 Tony Varley, BH
- 5 John Quinn, Bolton
- 6 Richie Stevenson, Fellrunner
- 7 Peter Corbett, MAC
- 8 David Callister, UA
- 9 Steven Hull, BH
- 10 Phil Cain, BH

### VETERANS

- 1 Robbie Callister, WAC
- = Dave Corrin, MAC
- 3 George Hull, BH
- 4 John Wright, MAC
- 5 Eddie Breur, NAC
- 6 Bob Baxter, MAC
- 7 David Young, UA
- 8 Mitch Jughin, BH
- = John Tasker, MAC
- 10 Len Carr BH

### JUNIORS

- 1 David Knowles, WAC
- 2 Karl Breur, NAC
- 3 Chris Bargeny, Fellrunners

### HAYFIELD CHAMPIONSHIPS

There was little doubt this year about the likely winner, once Andy Trigg had entered. However, local and fellow Glossopdale runner, Mike Whyatt pressed hard to the end and was only 1 minute and 22 seconds behind. A very close result after four races, and a total time of just over four hours of racing.

The first lady was Sylvaine Boler of Penistone who just pipped Judy Johnston of Denby Dale with everything changing after the last race! It was very refreshing to see six ladies completing the series when last year no ladies entered. The difference in the ladies top two places was 1 minute 49 seconds.

A growing number of locals now enter, prizing their T shirts as hard won symbols of effort. They are not all in the same class as Mike Whyatt, but very welcome nonetheless. All of this is very encouraging as we are totally dependant on local support and goodwill. A hearty and sincerely meant thank you is offered to all the many marshalls, people who help at registration, timekeepers, and general helpers without whom the races and the championship could not take place. Finally, a big thank you to Mel Cranmer who thought up and designs the T shirts, and to Derek Bickley whose company prints and sells us the T shirts at cost.

The championship comprised of the four races based in or around Hayfield, those are: Kinder Downfall, Kinder Trog, Mount Famine, and Lantern Pike. To partake in the championship runners have first to register for the championship and successfully complete all four races. This year, all successful contenders received a free "footprints" T shirt — an exclusive design which is rapidly developing cult status. This year the tread was the Reebok fellrunner — next year who knows! The aim is to tell the year from the tread pattern! Only people who have completed the series and entered are able to

obtain a T shirt. The message is simple, if you want one, come and win one! (Anyone who believes they should have got one and didn't — let me know.)

### RESULTS

- 1 A Trigg (Glossop) 4.07.13
- 2 M Whyatt (Glossop) 4.08.35
- 3 M Slater (Buxton) 4.35.21
- 4 M Holmes (CUFR) 4.40.10
- 5 M Cudajjay (Buxton) 4.40.20
- 6 P Holmes (ASJAC) 4.43.58
- 7 P Buttery (D Dale) 4.47.32
- 8 J Sage (Leeds) 4.47.38
- 9 G Berry (DPFR) 4.49.27
- 10 J Wathey (Pennine) 4.51.36

### LADIES

- 1 S Boler (Penistone) 5.35.50
- 2 J Johnstone (V) (DD) 5.34.39
- 3 J Town (D Dale) 5.37.18

### 1988 ENGLISH JUNIOR AND INTERMEDIATE CHAMPIONSHIPS

#### FRA ENGLISH CHAMPIONSHIPS 1988 INTERMEDIATE CHAMPIONSHIP

- 1 J Taylor (Holm) 145 pts
- 2 S Hawkins (Bing) 144 pts
- 3 W Gaunt (Leeds U) 124 pts
- 4 S Willis (Bing) 117 pts
- 5 A Schofield (Roch) 113 pts
- 6 S Watson (Pad B) 83 pts
- 7 M Fanning (Kes) 60 pts
- 8 J Rutter (Clay) 51 pts
- 9 P Round (Cal V) 42 pts
- 10 A Illingworth (Pad B) 38 pts
- 11 A Peace (Bing) 37 pts
- = D McCauley (Blae) 37 pts
- 13 M Peace (Bing) 35 pts
- 14 T Gibson (Roch) 30 pts
- 15 D Lucas (Roch) 19 pts

36 Teams scored points

No team finished 7 complete teams

#### JUNIOR CHAMPIONSHIPS

- 1 G Hall (Holm) 148 pts
- 2 M Rice (Tod) 142 pts
- 3 R Lawrence (Bing) 131 pts
- 4 W Styan (Holm) 120 pts
- 5 J Taylor (Clay) 115 pts
- 6 C Walker (Pad B) 100 pts
- 7 J Kennedy (Clay) 93 pts
- 8 S Brophy (Holm) 92 pts
- 9 M Whittaker (Chor) 88 pts
- 10 D Coleman (Clay) 73 pts
- 11 P Daccus (Pad B) 69 pts
- 12 P Targett (Clay) 53 pts
- 13 G Davidson (Pad B) 49 pts
- = S Hudson (Pad B) 49 pts
- 15 D Smith (Pad B) 46 pts
- = A Lee (Pad B) 46 pts
- 17 C Jones (Cal V) 45 pts
- 18 J Bulman (Kes) 42 pts

75 Juniors scored points

#### UNOFFICIAL JUNIOR WOMENS CHAMPIONSHIPS

- 1 S King (Hallam) 154 pts
- 2 K Dobson (Hynd) 81 pts
- 3 J Trickett (DPFR) 35 pts

#### JUNIOR MENS TEAM CHAMPIONSHIPS

- 1 Pudsey & Bramley 103 pts
  - 2 Holmfirrh H&AC 135 pts
  - 3 Clayton-le-Moors 159 pts
- 7 clubs finished at least one team

#### WORLD CUP 1988

- 2 Mark Rice
  - 3 John Taylor
  - 10 Geoff Hall
- DNF Willy Styan  
England Team 2nd  
See Souvenir Pull-out KSM

Holmfirrh harriers were a dominant force this year, providing both individual champions, three members of the World Cup team and pushing Pudsey and Bramley hard for the junior team championship. Geoff Hall and John Taylor built up substantial leads in the junior and intermediate championships respectively, but were put under pressure later in the season.

Geoff won six of his first seven races, when a twisted ankle at Gunson allowed Todmorden's Mark Rice to close to within six points, by registering three wins in his first season of Fell running. Robin Lawrence and Jonathan Taylor performed consistently well and young Willy Styan found competing against lads several years his elder, no problem. Pudsey and Bramley retained the team title and showed strength in depth when Holmfirrh often struggled to find a third counter. Clayton-le-Moors had no such problem, finishing a team in all eleven races. Seven clubs finished at least one team and a total of 75 juniors managed to score points in the championship (which go to the first 20 finishers in each race.)

Victories in the Intermediate Championship races were more evenly spread and a closer battle ensued between John Taylor and Steve Hawkins. Both won four races each with Steve taking the last

two and coming to within one point of catching John, who has two more years in this category. Willy Gaunt improved considerably over the season to take third place ahead of 1985 Junior Champion Sean Willis, whilst Scoffer took time out from painting the Forth Bridge to finish fifth. (36 intermediates scored points). Several junior women ran in races this year and Sarah King is an outstanding prospect, winning seven races, along with Kirsty Dobson, who won two. In 1989 I will again count women separately in an unofficial junior womens championship and I am eager to receive suggestions for the encouragement of juniors.

The training weekend was again very successful and will be repeated next year. In addition a pre-early season weekend may take place in the Pennines with the help of Malcolm Patterson and to ensure you hear about this promptly please forward a SAE Konrad Manning, 15 Churchill Road, Sheffield. S10 1FG (0742 662770)

1989 CHAMPIONSHIP RACES (Subject to confirmation)  
JUNIORS: Chew, Kentmere, Pen-y-ghent, Coniston, Buttermere, Saddleworth Stanbury, Latrigg, Burnsall, Blackstone Edge, Half Tour of Pendle. INTERS: Chewx, Edale, Kentmere, Kinder Downfall, Buttermere, Saddleworth, Stanbury, Latrigg, Burnsall, Blackstone Edge, Scafell Pike.

ICL Athletic Club  
present the Eighth Annual

# MOW COP KILLER MILE

(alias 'the Fell Runners Revenge')

The original measured mile uphill road race.  
Every step is uphill. 550 feet climb. As usual,  
races for all ages and sexes, plenty of good prizes.

**Wednesday 26 April at 6.45pm onwards**  
**Under AAA/WCCA Laws.**

Entries by 20 April to John Pointon, 18 Shelley Close,  
Kidsgrove, Stoke-on-Trent ST7 4JB. Tel. Kidsgrove 3256.  
Still only 50p per entry, plus 50p per address for numbers  
and results. Entries on the day £1.00, but must run in the  
last batch of (not-a-lot-of) Fun Runs.

**Amazing Special Prizes for 1989**

*ICL OPD (One-per-Desk) Personal Computer/  
Clever Telephone to both Mens and Ladies Winners*

**£100 subvention**

**for breaking either mens or Ladies record:**

6.17 Roger Hackney (1987)

8.16 Caroline Walton (1985)

**Plus free entry to the Poetry Competition**

*Its tough at the top so they say,  
But the top is nearly a mile away.  
I start with ease, don't want to rush,  
It would be easier to take a bus.  
Although its tough on legs and feet,  
This Killer Mile I must defeat.*

*(Last year's winner — 11 years old)*



# FELL RUNNERS ASSOCIATION

## OFFICERS AND COMMITTEE MEMBERS 1988-89

<b>Chairman</b> Dave Hodgson 197 Hall Lane Horsforth Leeds LS18 5EG H - 0532 585586 W - 0532 441244 x2343	<b>Secretary</b> Selwyn Wright 4 Brade Street Broughton-in-Furness Cumbria H - 065 76 797	<b>Treasurer</b> Barbara Carney 16 Birchlands Grove Wilsden W Yorks BD15 0HD 0535 273508
---	--	---

<b>Membership Secretary</b> Pete Bland c/o Pete Bland Sports 34A Kirkland, Kendal Cumbria LA9 5AD H - 0539 821688 W - 0539 31012	<b>Fixtures Secretary</b> David L Jones 12 Victoria Avenue Cheadle Hulme Stockport SK8 5DL H - 061 485 1639 W - 061 776 1977 x247	<b>Editor</b> John Blair-Fish 28 Howden Hall Cres Edinburgh EH16 6UR H - 031 664 8425
--	---	--

<b>Statistician</b> Kevin Shand 13 Chichester Close Smithy Bridge Littleborough, Lancs H - 0706 70080	<b>Press Officer</b> Andy Styan Wentworth Farm Wessenden Head Rd Meltham, Huddersfld H - 0484 850770	<b>Welsh Representative</b> Jonathan Gibbon 53 St Fagan's Rise Fairwater, Cardiff S Glamorgan CF5 3EZ H - 0222 555369
--	---	--

<b>Club Representatives</b> Tony Hulme 140 Altrincham Road Wilmslow Cheshire SK9 5NQ H - 0625 529874	<b>Member Representatives</b> Danny Hughes Hallsteads, Gosforth Cumbria LA20 1BS H - 0940 5366 W - 0940 27726	<b>David Weatherhead</b> 47 Clarendon Road Eldwick Bingley BD16 3DL H - 0274 5567589 0422 43798
---	--	--

<b>Norman Berry</b> 165 Penistone Road Kirkburton Huddersfld HD1 0PH H - 0484 602922	<b>Roger Baumeister</b> 51 Shepperson Road Sheffield S6 4FG H - 0742 347203	<b>Kath De Mengel</b> 85 Marsh Lane, Crosspool Sheffield S10 5NP H - 0742 680016
--	--	--

**Scottish Representative**  
John Hampshire  
3 Greenbank Crescent  
Edinburgh  
H - 031 447 3230

**Fell Runners Association — Welsh Regional Committee**  
The following Officers and Committee members were elected at the AGM on Saturday 28th October 1988.

**Chairman**  
Les Williams, 30 The Fairway, Cyncoed, Cardiff CF2 6RE (0222 752876)

**Deputy Chairman**  
Malcolm Jones, 42 Isgraig, Tremadog, Porthmadog, Gwynedd LL49 9PT (0766 513876)

**Secretary and FRA Committee Representative**  
Jonathan Gibbon, 53 St Fagn's Rise, Fairwater, Cardiff CF5 3EZ (0222 555369)

**Treasurer**  
Eilir Evans, Rowen, Dinas, Y Felinheli, Gwynedd LL56 4RX (0248 671150)

**Statistician**  
Martin Lucas, Chestnut View, St Brides Major, Near Brigend, Mid Glamorgan CF32 0SY

Robert Benjamin, Frewd Parry, Chas Ryder, Huw Parry, Ruth Parry, Kay Lucas, Francis Uhlman

# Committee Meetings

**Fort William. 3.9.88**  
The main item on the Agenda was the choice of Championship Races for 1989. This is always a knotty problem as there are so many factors to take into account, as Andy Styan has pointed out in an article in a previous Fell runner. The final provisional choice was as follows:

British: Short: Y Garn, Kaim Hill and Blackstone Edge (to take place in September.) Medium: Kentmere, Dollar and Elidir Fawr. Long: Edale, Wasdale and Arrochar Alps. Initially Moel Hebog was chosen instead of Elidir Fawr but it was later discovered that Hebog did not qualify, not having been in the Calendar this year. English: The English races above plus: Saddleworth (short) and Scafell (medium).

The organisers of these races will now get a letter asking whether they have any objections to being in the Championships, prior to the final list appearing in the Calendar. The Committee also approved the Selectors' choice of teams for the World Cup. The fact that this meeting took place in Fort William fulfilled a pledge given at last year's AGM to hold meetings in Wales and Scotland.

A.G.M. Langdale. 8.10.88. The meeting was attended by just under 50 members and there were no matters of great controversy. Two motions were passed reopening Life membership at a fee of £100 and

making an alteration to the Rules For Competition. From now on runners retiring from a race MUST notify not only checkpoint officials but also those at the finish.

The Officers and Committee members were elected and retiring Chairman Norman Berry was presented with a clock by the Committee in thanks for all his work over three years in the chair. Dave Hodgson was elected in his place and Barbara Carney of Bingley took over the Treasurership. As usual there was time for general discussion after the end of formal business. Two main issues emerged. The prospect of the FRA investigating Race finances in some circumstances was met with apprehension by some members and after a good discussion it was agreed that the Committee would proceed with caution. Chris Knox of Keswick raised the subject of possible profits from the World Cup suggesting that a donation to charity would go some way towards salving the conscience of those members who object to the Association accepting sponsorship from BNFL. This proposal was hotly debated and it was decided that the decision would be left to the next AGM. On a personal note I feel it's a pity that there were no motions from the membership before the AGM. We can only hope it shows that you are broadly in agreement with what the Committee is doing in your name!

## COMMITTEE NEWS

### AGM 1988 SECRETARY'S REPORT

Jon Broxap said: "It's a piece of duff, the Secretary just writes up the Minutes and a few letters". Then he went off to Australia and now I can understand why. It's taken up on average one eight hour day a week over the last twelve months. I can't say I haven't had time to do it: since

last years AGM I've managed to break my left leg twice: never broke a bone in my body before I was Secretary!

I believe there are 3 basic things that members want the Committee to do. Firstly produce a Calendar so you know when and where the events are. Secondly produce a Magazine that provides information

## APPLICATION FOR MEMBERSHIP TO THE FELL RUNNERS ASSOCIATION

The Fell Runners Association was formed on the 4th April 1970, to look after the interests of fell running throughout the British Isles. The Association now has its own governing status within the AAA's structure.

### MEMBERSHIP BENEFITS

Three magazines per calendar year, containing race results, reports, photographs, articles etc.

A very comprehensive calendar listing over 200 events.

Membership runs from January 1st to December 31st

Anyone joining after October 1st will get 15 months membership.

Club affiliation: one nominated member will receive the above information, plus that club will be eligible to score in championship races.

Return to Membership Secretary: P Bland, c/o PETE BLAND SPORTS, 34A Kirkland, Kendal, Cumbria LA9 5AD (Tel. 0539 31012)  
Please mark envelopes 'FRA' and enclose remittance as follows:

Name _____	Life Membership	£100.00
Address _____	Annual Membership	£6.00
_____	Junior Membership	£3.00
_____	Affiliated Clubs	£1.00
Post Code _____ Tel. _____	Donation	£
Club _____	Amount Enclosed:	
Date of Birth _____	Signature:	
	Date:	

and lets people have their say. And thirdly organize a Championship to add a bit of spice to the competition.

We've been very lucky in having Tony Hulme as Fixtures Secretary for several years who's made a tremendous job of the Calendar. For the amount of information it contains there are surprisingly few errors; that's thanks to Tony and his wife Ruth. They were even working on the Calendar on Christmas Day! No wonder he wants a change now. Well done Tony!

John Blair-Fish took on the role of Magazine Editor last year when we were moving up to 3 magazines a year. This is of course virtually a full time job John has managed to produce 3 mags of, I believe, an excellent quality. John will be standing for election as Editor again. I hope you elect him.

The Championships have been organised on the same format as last year. Once the Committee's made sure these 3 basic tasks are accomplished it can move on to develop other areas of the sport. But woe betide it if it strays too far from the Fell runners single bottom line. Above all things, and after we've done trying to improve the sport what I think most runners really want is for Fell running to stay just the same — that is to keep the relaxed, low-key atmosphere with as few rules and regulations as possible. To keep the sport friendly.

What I've set as my target is to achieve a compromise between the need for progress and this underlying feeling that things are pretty much O.K. as they are. Progress is of course summed up this year by our staging the World Cup. It was fairly controversial when it was first mooted several years ago and to be honest I wasn't enthusiastic and said so. I do not think however that our top runners need international competition and that without something further to aim at the sport generally would stagnate.

I'm proud to say that some 15 countries will contest the World Cup next week and in addition to that we've had over 600 entries for the Open races. What that means to

#### FRA 'INTRODUCTION TO FELL RUNNING' COURSE ELTERWATER SEPT 17/18.

The 7th annual course was arguably the best yet with a good level of attendance (25), five permanent instructors and superb weather, the latter a bit too good in terms of visibility.

On Saturday morning the participants were split into 5 groups, to spend the day on Lingmoor using the Harvey Langdale map and with a lunch-break watching some of the 3 Shires race. During the afternoon as the navigation exercises became more difficult and participants were given short solo sorties, at least two instructors were observed sweeping the woods above Elterwater trying to bring their groups together to make an elegant return to the Youth Hostel!

Discussions were held on equipment, race preparation, safety

me is that a large proportion of the membership are solidly behind the World Cup. We're pleased to have Reebok and the Sports Council as sponsors and in addition we've raised over £10,000 ourselves. I think it will be a good weekend and I'm looking forward to seeing you all in Keswick. Yet for a great many members the World Cup will have no impact at all.

What will worry the is if the favourite races start to be affected by a sudden increase in Fell runnings popularity. The fells will only take so many! I don't think there's any sign of that happening — race entries are still rising, but in a controlled way even in pressure areas like here. As Norman has said we're working closely with the National Trust on these environmental issues in several areas.

For next year I'd like to see a couple of projects get off the ground which will be of benefit to the general membership. Firstly the Committee is keen to set up an Equipment Pool for race organisers. Money may be available from the AAA but if not I'd like to see us using some of our own money in this way. This might be a topic for the Discussion afterwards: as might the suggested FRA investigations into "rip-off races".

Secondly we're committed to strengthening the Introduction to Fellrunning courses which Peter Knott, John Gibbison and Ken Ledward have been organising so well. We'd like to see more Courses and more people going on them.

Also next year the reorganisation of Athletics in the UK is likely to be completed. We have been keeping a close eye out for the interests of Fell Runners over the last year and will continue to do so. It seems likely that we shall have one body in charge of FellRunning in the UK which will be a great step forward. We think the FRA should be that body but we shall certainly have to carry out negotiations with the SHRA and the Welsh Regional Committee to ensure that we are united about the way ahead.

Selwyn Wright

and long-distance and 2-day navigation events, the latter session led by Mark Rigby and Martin Stone generating much interest.

By mid-day on Sunday the adrenalin was flowing as the start time for the big test drew near. At 12.50 the first competitor set off to unravel the mystery of the 10 Km, 9 control "Silver Howe Chase".

After only one day's refresher course on navigation the participants coped very well with the complexity of the Lang Howe/Silver Howe area. Is this a tribute to the instructors' skills or more a measure of the participants prior experience?

Judging by the response at the end of the two days the majority thought that their time had been usefully and enjoyably spent. As a result the instructors likewise felt well satisfied with their efforts and there is little doubt that at least one course will be held again next year.

Thanks are due to all who helped and particularly to the sustained efforts from Ken Ledward and John Gibbison for making it all happen, to Yvonne Armitage and Geoff Hall (junior) for providing the necessary additional instructors and to Alan and Mrs Grant, Elterwater Y.H., for making us so welcome and bending a few rules here and there to accommodate our programme.

Look out for details of next year's plans.

Peter G. Knott (Course Organiser)

#### SILVER HOWE CHASE — RESULTS — SUN 18TH SEPT. 1988

1 Robin Berestrاند	1.14.16
2 William Gaunt	1.21.31
3. Jon Taylor (Holmfirth)	1.24.00
4. Guy Russell	1.34.17
5* Paul Jameson	1.34.53
6 Geoff Hall (Sen)	1.35.50
7* William Styan	1.39.46
8* Mark Grice	1.55.43
9* Simon Brophy	1.58.57
10* Linda Lord (L)	1.59.25
11* Peter Hamilton	2.00.18
12* Kate Jonas (L)	2.04.50
13* Andrew Cowley	2.10.59
14* Sidney Cobain	2.11.54
15* Michael Jones	2.18.46
16* Chris Harwood	2.25.42
17* Mark Hayler	2.28.05
18* Sally Vaudin (L)	2.29.20
19* Keri Wilson (L)	2.30.10
20* Robert Huntbach	2.33.16
21 Mike Rose	2.39.40
22* Kevin Omerod	2.39.47
23* Anne Brunger (L)	2.40.33
24* Chris Woulham	2.40.30
25* Helen Charleton (L)	2.40.45
26* Fiona Harper (L)	2.52.12

Neil Wilkinson  
Missing 2 controls Jon Taylor (Clayton)  
Missing 3 controls \* Austin Fry  
Missing 3 controls \* Ann Sagar (L)  
Missing 3 controls \* Nathan Matthews  
Missing 3 controls

\*Course Students

#### TRAINING WEEKEND 16-18th SEPT — THRELKELD

Q : When does it take 7 hours to drive from Sheffield to Threlkeld?

A : When your picking up eleven people, making stops in Denby Dale, Meltham, Baildon, Todmorden, Great Hanwood, Blackburn and Elterwater.

Following last year's successful weekend in Staveley-in-Cartmel, a second junior and intermediate training weekend was organised, based at Threlkeld Village Hall, east of Keswick.

This year transport was provided in the form of an unreliable minibus, the most dilapidated of the fleet. Performing well until Bradford, the indicators were the first to go, remaining intermittent all weekend, necessitating hand signals. Willy Styan and Simon Brophy supplied us with confectionery until they were dropped off at Elterwater to attend the Safety and Navigation course. Willy Gaunt was the most relieved, as it prevented further damage to his knuckles, which later went septic, as a result of losing a number of card games ?!

We reached Threlkeld at 10pm to find a building open, illuminated and empty, assuming this to be the Village Hall we took residence. This was confirmed when the caretaker arrived by which time we had made ourselves at home, using the available badminton and hockey facilities. Mr. Robinson was most interested in the fact that we were fell runners and proceeded to tell us, at length, about his tenuous relation to a promising runner called Kenny Stuart. He could tell us all about the special shoes, special diet, special training, special haircut . . . needed to become a class athlete.

John Taylor and a few sheep were the only ones around at 7.45am for the first run of the day, a mere 6 miles (John assures me he runs this far to the bus stop each morning anyway). At a more respectable hour the rest (minus minibuser-driver) set off for the four mile run to Keswick at a rather unsociable pace. A run over the junior World Cup course followed with the quicker group preparing for the afternoon's orienteering by going OFF course.

We paused briefly to direct the Scottish Woman's team to the foot of Latrigg. ("Which one is Latrigg then?" Scottish Women's team manager) avoiding their direct route through the town's indoor tropical fun pool. Next, lunch and a competitive game of pitch and putt won by John Taylor in 3 over par, although he did admit to working on a golf course! We left the carpark and an extraneous rucscas was brought to our attention and in the nick of time Robin Bergstrand, in a blaze of colour (Have you seen those Lycra tights) arrived astride a meaty looking mountain bike. For the rucscas was his and strapping the bike on the roof rack we drove up to Whinlatter where an afternoon's orienteering was planned. Some got lost and some didn't and Robin and myself scorched around the forest tracks on the bikes rounding people up. Robin Lawrence and Mark Rice were perhaps the most adventurous, realising they might have gone wrong when they reached the outskirts of Glasgow. There were two sittings for the evening meal firstly a potato pie, peas and pint pot of tea for the Clayton Crew (Alf Tupper and Ron Hill weren't bloody vegetarians!) and a brown rice and veggie special for the more health conscious. After finally persuading a crack Clayton-le-moors washing up team into action, Threlkeld demi-god, Kenny Stuart joined us for a drink but found no takers for a 22 mile run the following day. Pete Targett and Dave Colman led an evening assault on Gategill, as if the day's exertions weren't enough.

Sunday morning's run was out through the fields towards Skiddaw House returning for breakfast when the shop, obviously run by off-comers, eventually opened. Mr. Robinson was soon round to wish us all the best and in particular John Taylor and Mark Rice who would be running in the World Cup. Cleaning up completed we drove over to Elterwater as the day developed to be warm and sunny.

The Silver Howe chase is a rather contrived 10km orienteering event and of the juniors only Jonathan Taylor and Neil Wilkinson felt confident enough to take part. The elder members of the group, Messrs Bergstrand, Gaunt and Taylor (John) proved to be the fastest over the course which is organised for the benefit of those attending the Safety and Navigation course. Those without the energy or experience were content with a game of cricket and a spot of sunbathing.

The journey home took even longer than the outward journey as we overheated due to the loss of the Fan belt. John Taylor showed no hesitation in asking for a pair of tights from the nearest house, but we patiently waited for the appearance of the AA. As we were in the middle of the M6/M55 traffic jam he was a considerable time coming. After fish and chips in Todmorden we drove the last 20 or 30 miles with very little petrol and the thought of running out haunted me until we eventually pulled up in Sheffield at 1am in the morning.

QUOTE: "I've done more this weekend than in the past month" Willie Kennedy.

#### CALENDAR ADVANCED NOTICE

##### CLASS 'BS'

**Saturday January 28th 1989**  
Stanbury Fell Race 5M/1000  
From Ponden Mill, Stanbury nr Haworth  
West Yorks 11.30am.  
Records M. 30-36 M. Hawkins '86

F. 37-31 C. Haigh '85  
Marked Course  
£1 on day only. Teams Free (4 man)  
Details: D. Woodhead  
166 Hainworth Wood Road  
Keighley, BD21 5DF  
West Yorkshire  
Tel: (0535) 669100

##### Over 15

##### FIXTURE UPDATE

Loggerheads Country Park Fell Race  
Sunday 6th November. AM 10 miles 2600 feet  
From Loggerheads Country Park near Mold  
£2.50

##### Nine Standards Race

Sunday 1st January 1989. 10 a.m.  
CM 8 miles 1800 feet  
From Market Square Kirkby  
Stephen Cumbria  
Entry £1.00 on day. Teams free.  
Details P.N. Denby (07683-71671)

### Rumour has it that:

Unleaded petrol helps you drive home safely after bonking in a long race.

### Rumour has it that:

A Lady Fell runner will take any horse on over the Mountain Trail for £30,000.

### Rumour has it that:

There were many jokes made about a certain sponsor at the World Cup.

# International News

## MATTERHORNLAUF

A strong British contingent turned up in Zermatt to enjoy the experience of running part way up the Matterhorn in this the 122nd year since Whymper was the first to climb that famous mountain.

1987 winner Mike Short was displaced as pre-race favorite by Jay Johnson (USA) who has continued his winning ways in Swiss mountain races after his World Cup victory in 1987.

Zermatt is one of those magical Alpine towns nestling below several 4000 metre peaks at the head of the valley. There are mountain paths in abundance winding up the steep slopes, with cable cars for the less energetic.

The very name "Zermatt" probably conjures up images of an

expensive tourist resort full of hotels. It can be expensive but not necessarily so. (£12/night for a hotel room with self catering facilities.) It is full of hotels but they blend in splendidly with the old mountain buildings of traditional Swiss style and the overall impression is very pleasing. They all face the hugely impressive and dominant Matterhorn which thrusts up into the sky to what seems an incredible height. First sight is quite staggering but after that one is always looking to the mountain to see what is happening. It is a place of rapidly changing moods, colours and mists which is a lure to anyone with a love of high places. The complete absence of the internal combustion engine keeps

Jack Maitland 2 kilometers from the finish in the Matterhornlauf



the mountain air sweet and noise limited to the rushing glacial river sweeping through the town centre, or the tinkle of bells from horse drawn coaches.

The race starts at 9.30 in the town and climbs 12km/950m to the Schwarzsee hotel on the Matterhorn ridge. Spectators watched Wolfgang Munzel (Germany) lead the charge up the mountain with Short, Devine, Maitland and Taylor (all GB) in the following group. Spectators then jumped into a cable car while the rest of us toiled up the steepening track into the hot morning sunshine.

Jack Maitland, runner-up in the Sierr-Zinal two weeks earlier, and suffering the effects of a nasty fall from his bike in a triathlon the previous weekend challenged the leaders all the way to finish third behind Munzel who was never headed. Mike Short showed his continued top form in 7th overall and 1st veteran in front of Albrecht Moser. A surprise Brit in the first 10 was Keith Miller, on detachment with the RAF in Germany, and sharing camp with John Wild who had been giving him some advice on fellrunning. Keith's performance in 10th encouraged him so much that he talks of taking up fell-running when he leaves the forces later this year.

The remainder of Jack's team mates from Pudsey and Bramley were led home by Gary Devine in 15th position. Race favorite, Jay Johnson could only manage 27th, explaining afterwards that his legs had "popped"!?

John Taylor was not pleased with his run as he finished 35th and 3rd junior. Just a few seconds behind was first lady (and English) Sally Goldsmith, probably unknown to fellrunners in England. She slashed 2.5 minutes off the previous best after cycling 70km that morning to arrive for the race. Winner also of Sierr-Zinal, she is a remarkable athlete and a place must surely be found for her in the English ladies team in future years.

Carol Haigh had (for her) an indifferent run and could probably blame it on too much training the previous week — at least, that is the reason I offer for my own poor run (5th supervet). She (or was it John Taylor) dragged the three of us out twice a day for some very brisk runs.

#### British Results.

3 J. Maitland	60min 23secs
7 M. Short	62 01
10 K. Miller	63 21
15 G. Devine	64 49
34 L. Presland	68 20
35 J. Taylor	68 47
37 Sally Goldsmith	68 53
72 Carol Haigh	74 16
85 A. Schofield	75 19
100 D. Hughes	77 05
112 B. Stevenson	78 48
148 A. Haigh	81 58
162 A. Illingworth	83 24
173 B. Devine	84 32
183 J. Conron	84 58
195 B. Edmunds	86 18
199 Janet Darby	86 56
258 A. Greenwood	91 13
318 J. Darby	100 16
382 ran	

## Fell Running in Tennessee, Georgia and the Great Smoky Mountains

Imagine, if you please, an egg. Cut it in half along its greatest length, put the cut face on to flat ground, enlarge it to about 1600 ft, convert to granite and then you have Stone Mountain, Georgia. This curious hill has a chairlift to the summit which has a restaurant, a railway round its base and a giant carving of three Civil War generals on horseback. There is an official summit route which is marked in yellow for walkers and in white for cars. I decided to run the official route following, very approximately, the yellow line marked on the clean, smooth grey granite with little or no vegetation, in a state whose forests cover the majority of the land.

The temperature was about 95°F and the humidity was high giving an equivalent temperature in the 100's, hence in America tee shirts are called sweatshirts. I set off in these conditions, after chatting with a 60 year old who was doing his regular 3 mile walk at the foot of the mountain. He warned me that he'd walked up once and decided he would never do it again — too hard. This mountain would appeal to the road running fell runner (if he or she exists) since underfoot is hard, dry and fairly even for virtually the whole route. By half was up I was becoming thirsty so I tried the drinking fountain in the wooden shelter. I expected cool water; I got hot water which was drunk nevertheless. In this part of America, drinks are added to ice rather than ice being added to drinks. I continued up the mountain and eventually reached the top, which was cooler, after passing numerous pock marks in the rock about 6" in diameter. There were apparently the results of lightning strikes on the mountain. The summit was fairly crowded (the cable car!) and was fenced off to prevent people wandering down the mountain over the curved surface until it became vertical near the generals' carving. The yellow route descent was, of course, easy and I finished the run without getting my shoes, legs or anything else, dirty.

Whilst in America, I stayed with my sister and family in Signal Mountain near Chattanooga in Tennessee. There I tried some of the trails on the mountainside but they were almost impassable or very slow for running because of the under- and over-growth. Remember, trees grow in great preponderance in this area. Whilst on one of these local trails, I saw a black snake slithering off a tree into the undergrowth. Since I wasn't sure whether this was poisonous or not and because of the vegetation, I was put off the local trails. Instead I decided to run up Signal Mountain (about 2000 ft high) from the Tennessee Valley using 'W' (shaped like a W at the top), the original road to the top. This was a bit of a slog mainly because of the traffic, limited though it was and I found that the

safest place to run was in the large, concrete drainage channel at the edge of the road. Again, any views were limited as the way up by the forest but once at the edge of the plateau, the Tennessee Valley looked spectacular. Just as impressive was the large black and white eagle soaring on the updrafts from the cliffs.

Like most things in America, the wildlife was bigger and better than in the UK the eagle being a fine example, and as I was to find outdaring a visit to the Smoky Mountains, there are many trails through the forests in this area including the Appalachian Trail but I chose to go up the 6,500 ft Mount Le Conte. Running in the Peak District or the Lakes or Scotland or the Swiss Alps generally gives a changing perspective, the higher you go. However in the Smokies, the forest makes free choice routes almost impossible as the fixed, even gradient trails must be followed. So, apart from three or four viewpoints on the way up I saw little but trees and Alum Cave, a large undercut cliff. There were, however, a few viewpoints on the summit ridge (which took about an hour and a half to reach from which more forested ridges could be seen through the perpetual mists which give the mountains their name. Having looked around on the summit, I set off down the mountain only to find about half a mile further on a black bear with its cub on the trail about 50 yards in front. I stopped. I photographed them. They ambled slowly towards me. I photographed them again panicked and ran back to the summit where I had met a couple of walkers. Their advice was to keep together so we then all walked down together passing a clearing where again we found the two bears. They were rummaging around a bear-proof bivvy shelter looking for food. Suddenly, they disappeared into the undergrowth so, after taking further advice from the local walkers to run uphill (or was it downhill) and make as much noise as possible next time I met a bear, I carried on down the trail rather hurriedly to meet and tell of my experience to a disbelieving family.

The following day, not deterred I ran up Cove Mountain on a very similar trail, except this time I saw no-one. At the top there was no view apart from trees) but I climbed tentatively up the lookout tower where I saw more tree covered ridges stretching for miles. I started the descent and had run about half a mile when I heard a crashing sound in the trees behind me. Bearing (!) in mind the previous day's experience, I set off in a bit of a panic and such was the fear that I covered 3 miles of descent in less than 15 minutes. On retrospect, the noise could also have been caused by deer which I saw fleetingly further down the mountain.

These were my experiences of fell

running in America and although I only made four major expeditions to the fells, the variety of experience was wide and sometimes thrilling. This all happened in three small areas of two states. I can't wait to go back and explore the other states when I can afford to go back.

**FOOTNOTE** Whilst I was in Chattanooga I was fortunate to be shown around the Viscolas factory. Viscolas is an alternative to Sorbothane and is claimed to be

superior to Sorbothane in its shock attenuating properties according to independent UK and US tests. Various products are available including insoles, heel cushions and heel spur cushions.

More details and the products are available in the UK from:

The Chattanooga Corporation (UK) Goods Road Belper Derbyshire DE5 1VU

Phone 0773 — 82011

Graham Berry

## The Corsican High Level Route — a race against starvation

The Corsican High Level Route, or GR20, is an official long distance footpath which traverses the entire length of the Corsican mountains — from Calenzana (near Calvi) in the north, to Conca (near Porto Vecchio) in the South East of the island. The route seldom descends below 3000ft and passes through magnificent and varied scenery — with a generous amount of scrambling over granite slabs and boulder fields. Other European long-distance paths are liberally bestowed with watering holes and flesh pots; the GR20 has very few — just one source of supplies in the first two-thirds. Heat, shortage of water and remoteness from "civilisation" combine to make the GR20 the most serious of the classic European walks. Consequently it has become a popular challenge to Continental backpackers and to increasing numbers of Brits.

There is an English guide book (Cicerone Press) which gives a normal backpacking time of 14 days for the complete route — fine if you have two weeks holiday to spare. John Amies, Geoff Pettengell and I set out in the last week of August to run the GR20. Our speed depended on keeping pack weight to a minimum, which in turn provided added incentive to reach the next supply point quickly, before malnutrition set in. We intended to stay in the huts, but carried bivi kit in case of bad weather — a pack weight of about 10lb each plus a litre or so of water. For nourishment Geoff relied on rice pudding tied up in plastic bags; John and I had a more varied diet including some rather sweaty cheese.

After some serious carbo-loading and dehydration-avoidance in the bars and beaches of Calvi, we set off from Calenzana at 8am and reached the ridge surrounding the famous Circe de la Solitude some 10 hours later, having crossed some very rugged country. The clouds were down and it was cold and damp — just like Wales. I was expecting to have to bivouac but after a quick look at the map, Geoff announced that it was only a mile to the hut. That mile, however, included a 700' descent on fixed ropes, an 800' ascent protected by ladders and chains, and a final descent to the hut over boulder fields. We arrived rather late.

The following day the granite gave way to some superb running country fortified by a "Choky" at the bar on the Col Verghio — half a French loaf filled with ham. I stopped at the Pietra piana hut that evening with a chronic attack of fell-runner's foot, while the others carried on to the Onda hut. Unfortunately they took the supper with them so I dined on Choky soup. It had an energising effect, and next day I flew over a couple of ridges to catch them up for lunch at Vizzavona — the only village on the GR20. They were a bit embarrassed having lost their way on the main road. After lunch and setting off shortly after the others, it was my turn to lose the path — wandering about a hot hillside in a haze and eventually going beserk and bombing straight up about 2000ft through the forest. I overtook a team of wild fell-running pigs on the way, they were practising hill intervals. These pigs are popular in Corsican restaurants; the retaliate by rifling rucksacs, tents and huts for food.

We stopped at Col Verde that night — roaring fire and beer (but no food) and had a hot, clear day running through fine remote country — grassy hills, cool rivers and rocky ridges. Near the top of Monte Incudine we overtook a party of RAF Brits who rose to the challenge and gave us a hard time to the summit.

By this time I was down to my last 3 pieces of fudge — 3 hours to the gourmet paradise of Col Bavella. I thought Bonking was in China until I discovered the GR20 ... At Bavella Geoff and John went for the fast food — chip omelettes — while I tucked into a Sheep Soup containing about half a sheep. Staggered into the woods to sleep, woke up later and moved some of the large pine cones I was lying on. From here it was a pleasant 4 hours jog to Conca, and the end of the GR20. Our time — 4 1/2 days from Calenzana. The proprietor of Le Refuge at Conca filled us full of wine and told us that the record for running the GR20 had recently been broken, and now stands at 2 1-2 days ... Must go back some time, it's worth another crack.

## The Ostrich and the Unicorn

Francois Heenen claims to have run down the Ostrich in 12 minutes — and I believe him! Francois, a Belgian now resident in Iceland, was the leader of one of this year's "Torfajokull" walking tours, organised by Dick Phillips, the Icelandic Travel specialist. The Ostrich, or Strutur in its native Icelandic is a prominent mountain to the north of the ice-cap Myrdalsjokull in South-Central Iceland; its sharp north-west ridge has fearsome slopes of rock and screen on both sides. However, it is possible to find a route down on the east side, steep but covered by the springy moss which is the main form of vegetation in this region; it was this way that Francois descended from the 968-metre summit to Strutsdalur (the valley below, altitude about 540 metres) at a vertical speed of over 35 metres (115 feet) per minute — not bad for someone who had never run a fell race.

Although we were carrying full packs for most of the tour, there were some occasions when we stayed in the same hut for two successive nights, and could therefore go into the hills with only a day-sack — I did therefore get a bit of running in. While I did not attempt to break the Strutur descent record (my route-finding was not good enough to prevent me ending up on the highly unstable scree), I did notice in the visitor's book at the nearby Strutslaug hut a reference to a certain Michael Ede, who had run from The Cairn (in the valley bottom, about 40 metres below) to the hut in 60 seconds. My main preparation for an attempt on this record was to weigh myself down with an enormous breakfast (porridge, eggs, bread). Soon after this meal, I set off from the cairn, timed by another member of the party: I was probably going to slowly on the gentle lower part of the climb, and my eye-balls out effort on the steep upper section was only sufficient for me to equal the record.

My only other timed run in Iceland was on Einhyrningur, the Unicorn, so-called because of the remarkable pointed rock outcrop on the north slope. With a good dinner of Icelandic fish pudding inside me, I set off up the mountain from the hut on the south side. There was an obvious line of ascent, a vegetated ramp up the otherwise scree-covered south-east slope. I was soon walking, and it got even steeper after I passed between two rock outcrops half-way to the summit ridge. Once onto the this ridge, there was still more climbing before I arrived at the summit cairn, 17 minutes and 36 seconds after leaving the hut. The distance is less than a mile, and there is over 300 metres (1000 feet) of climbing. (It is difficult to be more precise, since the map does not give a summit height and the contour interval is quoted as 20 — 100 metres); there is definite room for improvement my time! The 12 minutes 49 seconds

which I spent descending is even worse, and should be halved by any decent descender who knows where to leave the ridge; my other excuses are the glorious sunset which distracted my attention on the ridge, and the bad light after I had eventually found my way off it.

If asked whether I would recommend this part of Iceland for fell running (other parts are probably very different), I would say "Yes, but not for fell-RACING". The area is very inaccessible; those roads that do exist are of the type described as

"passable in summer for four-wheel drive vehicles only" — frequently they are nothing more than a pair of tyre tracks across the moss or tephra\*. Furthermore, the mountains are very unstable — whether you are on a rhyolite\* boulder-scaree or as smooth tephra slope, the mountain will tend to move when you put your feet down on it.

Quite apart from the obvious dangers of running in masse in such terrain, it would not take long for horrendous erosion scars to appear. However for the sort of person who goes off alone into the Highlands to knock off 20 Munros in a day and wants something more challenging,

Iceland has a lot to offer: snowfall in August, ice patches at surprisingly low altitudes at any time of year, deep and fast-flowing rivers, hot springs with poisonous hydrogen sulphide steaming up, and not much hope of anyone coming along to rescue you when you break a leg on the boulder-scaree.

### \*Geological Glossary

**Rhyolite:** an acidic volcanic rock, usually yellow but also takes on various other colours. Tephra: the stuff that is ejected into the air by a volcano, usually black or grey, and with texture varying from fine sand to pumice blocks.

Anthony

Kay

## FINE TUNING FOR SPORT



# DEEM

CHAMOIS OINTMENT  
 MASSAGE CREAM  
 WARM-UP BALM  
 MASSAGE OIL  
 SPORTS WASH

**DEEM WARM-UP BALM** Will help warm up your muscles prior to exercise, thus reducing the chance of injury. It will help to protect exposed skin against wind and rain. It's warming properties will also help soothe aching muscles afterwards.

£3.95 per 250 gm tub.

**DEEM SPORTS WASH** An inseparable companion of Deem Warm-Up Balm, will cleanse, refresh, and tone you up thanks to its anti-bacterial and moisturising agents; it is a must for all sports people especially when shower facilities are not available.

£3.42 per 500 ml bottle

**DEEM MASSAGE CREAM** Is a dermatological massage cream formulated specially for the sports person. It is non greasy and non dragging. It contains the Aromatherapeutic properties of Chamomile blossom boosted with a special Chamomile derivative. These combine to produce a soothing, lightly perfumed cream which when massaged over aching muscles helps restore muscle condition. Deem Massage Oil can also be used prior to exercise in warm conditions due to its beneficial cooling effect.

£4.59 per 250 gm tub

**DEEM MASSAGE OIL** Is a massage oil formulated especially for the sports person. It contains a special non smelling Chamomile derivative in a blend of mineral oils to give a soothing, light oil which when massaged over aching muscles helps restore muscle condition. Deem massage oil can also be used prior to exercise when an oiled effect is required on the skin.

£6.88 per 500 ml bottle

**DEEM CHAMOIS OINTMENT** Is a safe ointment formulated to keep cyclists chamois shorts supple both during use and after washing. It can also be safely applied direct to the skin. It contains an anti-microbial agent combined with an emollient which helps prevent skin rashes developing. They also soften the chamois and prevent bacteria and moulds growing during storage.

£4.32 per 250 gm tub

Cheque with order to:

Please supply

ASPHARM SPORTS LTD.  
 Unit 16a,b,c, Randles Road  
 Knowsley Industrial Park  
 Prescott, Merseyside, L34 9HX  
 Tel: 051 - 549 - 1255  
 Fax: 051 - 549 - 1064  
 VAT 482 - 6997 - 84

	Warm-Up Balm at £3.95	
	Sports Wash at £3.42	
	Massage Cream at £4.59	
	Massage Oil at £6.88	
	Chamois Ointment at £4.32	
	Postage & Packing	1 - 00
	TOTAL	

Allow 28 days for delivery.

# RESULTS

## SHINING TOR RACE DERBYSHIRE

AS 5m 1450ft 11 May 1988

A record entry of 200 (199 finishers) started the race with Andy Trigg recording his first victory in the event from local Paul Brownson, Jeff Norman again being first veteran.

### RESULTS

1: A. Trigg Gloss	34.54
2: P. Brownson Altrinch	35.18
3: M. Whyatt Gloss	35.36
4: J. Norman Altrinch	35.38
5: N. Stone Unatt	35.52

### VETERANS

1: J. Norman Altrinch	0/40	35.38
2: T. Keller Manch		36.40
3: A. Adams ICL		37.19

### VETERANS

1: B. Thackray DkPk	0/50	44.23
2: J. Soper DkPk		46.23

### LADIES

1: B. Murray Maccles	42.16
2: P. Davies MidChes	45.50
3: K. Martin DkPk	48.21

## GREEBA FELL RACE I.O.M. AM 9m 2500ft 20 July 1988

The biggest local field of the year so far started this evening race and with conditions perfect, the course record was in danger of being bettered. This turned out to be so with the two top local fell runners Tony Rowley and Allan Gage, having a ding dong battle over the ten mile course. Allan just took victory by 20 seconds from Tony, knocking some 4 minutes off the course record. Bolton runner John Quine continued his run of bad luck on the Island losing his way in the last few miles to lose a comfortable third place to Phil Cain and eventually finishing seventh. Ritchie Stevenson

### RESULTS

1: A. Gage	1.10.22
2: T. Rowley	1.10.42
3: P. Cain	1.17.08
4: I. Callister	1.18.40
5: R. Stevenson	1.19.06
6: R. Callister	1.19.31

### VETERAN

1: R. Callister	1.19.31
-----------------	---------

## KINNISIDE FELL RACE CUMBRIA

AM 9m 3000ft 16 July 1988

The race attracted a field of 42 runners including last years winner G. Clucas and for the first time two lady competitors. The event was again a counter in the Cumberland Fell Runners Club Championship and consequently attracted a good turn out of club athletes including last years champion D. Lee. On a very wet race day G. Byers led the field along the short section of road and upto the first check on Kinniside Cop but was then joined by A. Bowness, D. Lee, and

G. Clucas. By Latterbarrow it was clear that the race would be decided between these three and H. Jarrett, with the mist lifting off Dent it was possible to see the full descent to the finish. The best finish for a long time saw D. Lee and A. Bowness racing together with the latter just having the edge on speed and setting a new course record. B. Hillon.

### RESULTS

1: A. Bowness CFR	1.08.52
2: D. Lee CFR	1.09.08
3: G. Clucas CFR	1.10.46
4: H. Jarrett CFR	1.12.49
5: G. Byers CFR	1.13.03
6: D. Stuart Keswick	1.16.57

### VETERANS 0/40

1: K. Bartley Copeland	1.21.57
2: K. Lindley BCR	1.25.02
3: R. Davis CFR	1.25.15

### VETERANS 0/45

1: B. Johnson CFR	1.29.50
2: J. Finlay Camb	1.45.40

### VETERANS 0/50

1: D. Hughes CFR	1.21.19
2: D. Rigg CFR	1.29.10

### LADIES

1: F. Cole CFR	1.34.09
2: J. Graham Amble	1.39.56

## PEAK FOREST FELL RACE DERBYSHIRE

CS 6m 650ft 17 July 1988

The race is run on tracks and fields, although undulating there are no hard climbs or descents, hence it is a fast course and being on limestone, it is well drained to give firm going. Carol Haigh took advantage of the course, breaking the ladies record with a comfortable win. The mens record stayed intact at 35m 50s set by Dave Cartridge in 1987. P. M. Denver

### RESULTS

1: M. Whyatt	37.40
2: M. Prady	39.16
3: A. Kirk	39.21
4: A. Gibbons	40.48
5: G. Berry	40.52
6: K. Robinson	40.56
7: I. Campbell	40.58
8: P. Axon	41.27
9: C. Murdoch	41.40
10: L. Shaw	41.45

### VETERANS 0/40

1: G. Berry	40.52
2: P. Axon	41.27
3: B. Wheatley	41.56

### VETERANS 0/50

1: D. Eyre	50.22
2: J. Feist	51.13

### LADIES

1: C. Haigh	42.59
2: G. Goldsmith	51.42
3: A. Linsley	54.45

### JUNIORS 4m

1: P. Proudman	48.39
----------------	-------

## DAVID SHEPHERD MEMORIAL GLAMAIG HILL RACE ISLE OF SKYE

AM 4.5m 2500ft 23 July 1988

Glamaig is 2,537ft high and is part of the Red Coolins of Skye. It is a conical shaped mountain consisting of fine loose scree at the top and descends approximately 2 miles to the shores of Loch Slichagan over very rough moor and heather. The present record, so history has it, is held by a Ghurka soldier by the name of Harkabair Tharpa, set in 1899 at 55 minutes up and down from the Slichagan Bridge. The story was rediscovered last year by a young hill runner David Shepherd of Carnethy Hill Running Club, just before he tragically died. His family and friends along with much local support have organised this first event in his memory.

Perfect weather on race day saw 57 athletes including a dozen or so locals start from the Slichagan Hotel. John Hampshire was first to the summit, inside 37 minutes, but lost out in a very close finish, going off course near the end. Billy Rodgers the seventeen year old from Fort William, surely a real prospect for future honours, won a sprint finish from former Scottish International Ross Hope. This was a memorable race for all who made the long journey, not least for the generous hospitality from the Campbell family at the Hotel. David's parents and family all attended (his brother ran) and presented a trophy to the winner. R. Morris

### RESULTS

1: B. Rodgers Lochaber	55.10
2: R. Hope Gala	55.13
3: A. Mackenzie Inverness	55.18
4: J. Maitland Lochaber	55.19
5: J. MacRae Lochaber	55.40
6: J. Hampshire Carnethy	55.45
7: G. Brooks Lochaber	56.08
8: R. MacNiven Oban	56.23
9: A. Spenceley Carnethy	56.28
10: N. MacDonald Edinburgh	57.23

### VETERANS

1: M. Walford Kendal	57.51
2: D. Lord Kintyre	62.20

### LADIES

1: H. Paddy Unatt (Struan)	87.55
----------------------------	-------

### LOCALS

1: N. MacDonald Edinburgh	57.23
2: J. Gilles Unatt (Portree)	77.45
3: I. Campbell Unatt (Slichagan)	79.21
4: G. Speed Skye	79.30

## STOODLEY PIKE FELL RACE YORKSHIRE

BS 3.5m 700ft 6 July 1988

### RESULTS

1: R. Ashworth Ross	17.26
2: G. Kerr Clayton	17.33
3: R. Jackson Horwich	17.37
4: T. Rutherford Clayton	17.43
5: M. Wallis Clayton	18.01
6: G. Kirkbright Skyrac	18.13
7: P. Livesey Ross	18.17
8: G. Wilkinson Unatt	18.27
9: A. Green Unatt	18.29
10: N. Weaver Clayton	18.32

Bob Ashworth heading for the finish with a clear lead in Stoodley Pike  
(Photo Peter Hartley)



**VETERANS O/40**

1: B.Deegan Rochdale	19.57
2: K.Munton FRA	21.01
3: P.Kelly Ross	21.06

**VETERANS O/45**

1: K.Lodge Halifax	20.35
2: C.Gledhill Holmfirth	20.53
3: J.Dean Salford	20.56

**JUNIORS**

1: M.Rice Todmorden	19.27
2: A.Lee Roch	21.00
3: D.Coleman Clayton	21.23

**LADIES**

1: C.Haigh Holmfirth	21.08
----------------------	-------

**BAMFORD CARNIVAL FELL RACE YORKSHIRE**

**CS 3.5m 600ft 20 July 1988**  
An overcast but warm evening gave ideal conditions for the race which was dominated by Glossopdale athletes.

**RESULTS**

1: M.Prady Gloss	21.13
2: D.Ibbetson Gloss	21.15
3: M.Whyatt Gloss	21.20
4: A.Walker Felldale	21.30
5: M.Senior P'stone	21.43
6: T.Farnell DkPk	22.04
7: C.Stanley Plessey	22.14
8: K.Everson Steel City	22.15
9: D.Cartwright P'stone	22.18
10: N.Pugh SHHOC	22.23

**VETERANS O/40**

1: T.Farnell DkPk	22.04
2: D.Cartwright P'stone	22.18
3: G.Berry DkPk	23.00

**LADIES**

1: S.Boler P'stone	25.28
2: S.Taylor Felldale	26.02
3: M.Martin Barnsley	28.00

**MOEL SIABOD RACE WALES**

**AM 8m 2100ft 23 July 1988**  
A mainly fine afternoon for the race, which is run in conjunction with Capel curig Carnival, saw 127 runners start. Colin Donnelly dominated the event but the soft going prevented him getting within 4 minutes of the course record. Mike Cousins

**RESULTS**

1: C.Donnelly ERYRI	49.57
2: M.Whyatt Gloss	51.06
3: D.Roberts Hebog	51.21
4: H.Parry ERYRI	51.32
5: M.Jones Hebog	51.37
6: H.Griffiths Hebog	51.57
7: D.Woodhead Horwich	52.22
8: G.Owen ERYRI	52.29
9: D.Davies ERYRI	52.37
10: B.Brinkle Horwich	52.45

**VETERANS O/40**

1: H.Parry ERYRI	51.32
2: D.Davies ERYRI	52.37
3: D.Williams ERYRI	53.19

**VETERANS O/45**

1: E.Knight Mercia	62.10
2: L.Griffiths Rhedwr	66.23
3: L.Pollard AchRatt	68.20

**LADIES**

1: S.Roberts Hebog	61.28
2: C.Kenny AchRatt	65.02
3: R.Parry ERYRI	66.49

**GIRLS**

1: N.Wilson Notts	39.27
-------------------	-------

**JUNIORS U/16**

1: C.Jones ERYRI	24.24
2: R.Hope Horwich	25.17
3: M.Hughes	26.01

**JUNIORS U/12**

1: J.Baylis ERYRI	15.20
2: I.Parry ERYRI	16.48
3: S.Buckley Blaenau	16.58

**GIRLS**

1: C.Jones ERYRI	18.32
------------------	-------

**SLIEVE DONARD FELL RACE N.IRELAND**

**AM 7m 2800ft 23 July 1988**  
Down District Chairman Gerry Douglas started this years race with 37 runners taking part. The field contained a number of competitors from Scotland including 1984 winner Andy Curtis and 1986 winner Dermot McGonigle. Ian Davidson lead the field up through the forest and by the summit he and Ian Parke were together ahead of Jim Patterson (now running for North Down A.C.). On the rough descent over heather and boulders Jim caught the leading pair. Ian Parke was unlucky to take a heavy fall near the bottom of the descent and retired. Andy Curtis and Jim Hayes also came through strongly on the descent and were next onto the road at Bloody Bridge. On the final road section to the finish Jim and Ian ran stride for stride until Jim edged in front with about a mile to go, to cross the line just ahead. This was Jim Patterson's first win in the "Donard" and was just reward, as he has always been well to the fore over the past ten years. In the ladies race, Paula Hawtin and her clubmate Diane Kirk were together at the summit, but on the descent Paula's fell running experience enabled her to take the lead and win comfortably, finishing 25th overall. Brian Ervine

**RESULTS**

1: J. Patterson N.Down	1.10.36
2: I. Davidson Carnethy	1.10.40
3: A. Curtis Liv'stone	1.12.23
4: J. Hayes Ballydrain	1.14.34
5: D.McGonigle Newcastle	1.15.31
6: R.Rogers Newcastle	1.16.01
7: W.McKay Alb'ville	1.16.29
8: D.Graham Ballydrain	1.20.54
9: B.Farrelly Mourne	1.21.24
10: G.Murray Ballydrain	1.21.56

**VETERANS O/40**

1: J.Patterson N.Down	1.10.36
2: J.Hayes Ballydrain	1.14.34

**LADIES**

1: P.Hawtin N.Down	1.37.26
2: D.Kirk N.Down	1.51.12

**TEAMS**

1: Ballydrain	3.57.24
2: Newcastle	3.58.03
3: North Down	4.12.04

**BLENCATHRA RIDGES FELL RACE CUMBRIA**

**AL 21m 10500ft 24 July 1988**  
This unique race involves the triple 2800ft ascent of Blencathra using the three central ridges, each lap starting and finishing at Threkeld village. An extension of the event to include the two outer ridges-Blease Fell and Scales Fell-provides an

additional optional challenge! The idea for the race stemmed from a local organist/publicans father having climbed the mountain three times in one day as a youth. Rod Pilbeam led after lap one but pulled out because of the danger of injury—he had an event in Switzerland shortly afterwards followed by the World cup—the weather was also very rough with gales and slippery conditions. Colin Valentine took over the lead and stayed in front to win the three ridges in 2h 41m, and then continued to run the extra two ridges, finally finishing with a time of 5h 21m. Local postman David Loan finished second in the three ridges despite getting lost. D.Hume

**RESULTS—(Three Ridges)**

1: C.Valentine Keswick	2h.41m
2: D.Loan Keswick	3: G.Barras Skyrac
4: C.Knox Keswick	5: C.Wilson Keswick

**WIDDOP FELL RACE YORKSHIRE**

**BS 7m 850ft 27 July 1988**  
This years race enjoyed much drier conditions and twice the number of runners than last years inaugural event. The river crossing was also easier without competitors having to swim. The fast pace saw a battle all the way between Mike Prady and Steve Hawkins with a photo finish—both clocking the same time— but M.Prady taking the honours. Last years winner Mike Wallis took a minute off his own record but still had to make do with 5th place. An interesting result was J.Riley of Clayton who finished with a time of 83m 58s to win the over 65 age category.

**RESULTS**

1: M.Prady Gloss	44.25
2: S.Hawkins Bingley	44.25
3: G.Hall Holmfirth	45.01
4: M.Whyatt Gloss	46.21
5: M.Wallis Clayton	46.40
6: G.Kerr Clayton	47.00
7: M.Speight Bingley	47.22
8: D.Nuttall Clayton	47.32
9: T.Rutherford Clayton	47.36
10: A.Styan Holmfirth	47.40

**VETERANS O/40**

1: A.Styan Holmfirth	47.40
2: K.Taylor Ross	47.59
3: G.Hall Holmfirth	50.28

**VETERANS O/45**

1: T.McDonald Bingley	53.05
2: G.Webster VallStr	55.26
3: D.Tomkinson Roch	62.37

**VETERANS O/50**

1: R.Barker Red Rose	53.05
2: D.Brown Clayton	56.30
3: J.Soper DkPk	59.12

**LADIES**

1: V.Brinkle Clayton	58.39
2: D.Kenwright	59.46
3: M.Ashton Clayton	62.20
4: E.Busnip Clayton	64.48
5: J.Lawrence	66.30

**VETERANS O/65**

1: J.Riley Clayton	83.58
--------------------	-------

**JUNIORS**

1: W.Styan Holmfirth	18.15
2: S.Taylor Ross	18.19
3: E.Ives Holmfirth	18.34

*Climbing out of the river valley at the start of the Widdop Race. Photo Peter Hartley*



## MOEL HEBOG RACE WALES AM 5.5m 2650ft 30 July 1988

In 1987 this was a British Championship Race and whilst the quality of the course was never in doubt the exorbitant entry fee and a paltry prize list led to much adverse comment. This year the event was organised by the new Hebog Club and previous faults were rectified - although the race featured on the Welsh calendar only. Misty conditions on top with the scree and rock very wet meant fast times were out of the question. Hefin Griffiths had a big lead at the summit which brother Glyn was able to eat into but not challenge. Sian Roberts after some very promising races won the ladies category in what was a fast time, given the conditions.

### RESULTS

1: H.Griffiths Hebog 47.00  
2: G.Griffiths LesCroup 47.16  
3: H.Parry ERYRI 49.51  
4: D.Davies ERYRI 50.07 5:  
D.Roberts Hebog 50.35 6:  
D.Davies Blaenwyr 53.33

### VETERANS O/40

1: H.Parry ERYRI 49.51  
2: D.Davies ERYRI 50.07

### VETERANS O/50

1: L.Griffiths Hebog 65.58

### LADIES

1: S.Roberts Hebog 58.37  
2: R.Parry ERYRI 66.28  
3: A.Moore Prestatyn 83.05

## GLOSSOPDALE FELL RACE DERBYSHIRE

### AL 22m 4200' 31 July 1988

A new ladies record by Sue Ratcliffe and an agonising miss by Andy Trigg marked this years race over the moors around Glossop. The course takes in Doctor's Gate (for those questioning their sanity), Shelf stones, Bleaklow, Crowden Little Brook, Laddow Rocks, Lad's Leap, the Maggot Farm and Torside plus various twists, turns and countless peat hags if the route choice is not just right. After the wettest July for many years it was heavy going across Bleaklow bogs. This did not prevent Andy Trigg from coming within 5 seconds of the race record set by Hugh Symmonds in 1984. Local runners Prady, Whyatt and Ibbetson fought hard for second place with Prady pulling away on the descent from Glossop Low. Andy harmer winner in 1985 took the veterans over 40 trophy. Of the 101 finishers 44 were veterans! Pete Griffies and Alan Bocking.

### RESULTS

1: A.Trigg Gloss 2.43.38  
2: M.Prady Gloss 2.49.52  
3: M.Whyatt Gloss 2.50.22  
4: D.Ibbetson Gloss 2.50.41 5:  
G.Kerr Clayton 3.04.27 6:  
P.ValentineKewick 3.04.45 7:  
C.Brownson Altrinch 3.05.53 8:  
D.Woodhead Horwich 3.07.11 9:  
A.Harmer DkPk 3.07.35 10:  
K.Harding HHOC 3.09.12

### VETERANS O/40

1: A.Harmer DkPk 3.07.35  
2: J.Norman Altrinch 3.16.18  
3: A.Jones DkPk 3.29.22

### VETERANS O/50

1: G.Barrad Gloss 3.31.09  
2: B.Thackery DkPk 3.36.33  
3: D.ClutterbuckRoch 4.23.51

### LADIES

1: S.RatcliffeSaddle 3.41.35  
2: S.Watson VallStr 4.36.56  
3: J.Anthony MDOC 4.45.15

### TEAMS

1: Glossopdale 8h 23m 52s  
2: Altrincham 9h 53m 54s  
3: Dark Peak 10h 7m 20s

## MEALL AN'T SUIDHE RACE SCOTLAND

### AS 3.5m 1500ft 30 July 1988

Colin Donnelly did'nt mess about and right from the gun he opened up a big lead. By the time the steep climb commenced he was well clear and came home an easy winner. Local runner Dave Rodgers surprised many with his run in fifth place. Lochabers up and coming 17 year old Bill Rodgers had a brilliant run to finish tenth. Pudsey and Bramley just sneaked the team from Lochaber.

### RESULTS

1: C.Donnelly Cambus 29.22  
2: G.Devine P&B 30.29  
3: M.Fanning Keswick 30.35  
4: S.Livesey Ross 30.45 5:  
D.Rodgers Loch 30.49 6:  
A.Farningham Gala 30.53 7:  
G.Schofield Black 31.28 8:  
W.Bland Keswick 31.46 9:  
D.McGonigle Dundee 32.02 10:  
W.Rodgers Loch 32.06 11:  
I.Davidson Carnethy 32.18 12:  
B.Potts Clydes 32.34 13: R.Pallister  
P&B 32.46 14: S.Hicks Amble  
32.48 15: J.Hampshire Carnethy  
32.52 16: D.Shieff Carnethy 32.56  
17: P.Haddington HELP 32.59 18:  
A.Whalley P&B 33.01 19:  
A.Schofield Roch 33.25 20:  
M.Camplung Unatt 33.18 21:  
G.Webb Calder 33.21 22:  
T.RutherfordClay 33.27 23:  
J.McRae Loch 33.38 24:  
J.Maitland P&B 33.45 25:  
M.Dixon Loch 34.19 26: D.Crowe  
Dundee 34.21 27: S.Bennet Wester  
34.22 28: A.Curtis Living 34.37 29:  
S.ligunas Living 34.41 30:  
R.Boswell Loch 35.01

### VETERANS O/40

1: W.Bland Keswick 31.46  
2: P.Marshall HELP 32.59  
3: T.Ross Fife 26.33  
4: M.Walford Kendal 36.48 5:  
I.Jackson Living 36.56

### VETERANS O/50

1: H.Blenkinsop Keswick 38.32  
2: P.Brooks Loch 38.47  
3: R.Barker Red Rose 40.19

### LADIES

1: P.Calder Edin 37.36  
2: J.Salvona Living 40.10  
3: S.Hiedrud Clydes 40.15  
4: J.Darby Carnethy 40.20 5:  
P.Rother Edin 40.54

### JUNIOR

1: W.Rodgers Loch 32.06  
2: A.Banks Loch 35.09  
3: P.Fettes Lasswade 35.50

## BRADWELL FELL RACE DERBYSHIRE

### BS 4.5m 750ft 3 August 1988

A record 219 competitors took part which made the course rather congested over the first sections, although this situation will be eased for next year. The race winner G.Hull created a new record beating the previous best of M.Wilson of 24m53s. D.W.Eyre.

### RESULTS

1: G.Hull Leeds 24.23  
2: M.Patterson DkPk 25.29  
3: M.Brady Gloss 25.42  
4: J.Taylor Holm 25.51 5:  
M.Whyatt Gloss 26.07 6:  
I.Higginbottom 26.08 7:  
D.Hibertson Gloss 26.14 8: T.Papp  
Notts 26.29 9: T.Tett DkPk 26.49  
10: P.Ranyard Hallam 26.56

### VETERANS O/40

1: A.Gratton Buxton 27.23  
2: C.Todd Harro 28.23  
3: D.Grayson Stain 28.31  
4: J.Armstead DkPk 29.14 5:  
K.Keech Manch 29.22

### LADIES

1: C.Haigh Holm 29.21  
2: S.Boler P'stone 31.53  
3: A.Watmore Totley 32.07  
4: K.Martin DkPk 36.09 5:  
C.Piddington 36.33

### JUNIORS

1: G.England Sheff 20.35  
2: C.Gibbins P'stone 21.17  
3: P.Tomlinson P'stone 21.42

## HALF NEVIS HILL RACE SCOTLAND

### AM 6m 2200ft 31 July 1988

Karen Skog of the British Ski Team sliced nearly 2 minutes off the ladies record (held by Ross Coates for the last 7 years) despite a fall at the Red Burn! Mark Croasdale leading at the stile above Achintee twisted an ankle and took 20 minutes to get down to the finish. For a change, celebrity Jimmy Saville turned his hand to fell running, adding a touch of colour to the field.

### RESULTS

1: C.Donnelly Camb 50.01  
2: S.Livesey Ross 50.23  
3: G.Devine P&B 52.11  
4: D.Rodgers Loch 53.27 5:  
G.Schofield Black 53.38 6:  
R.Pallister P&B 53.57 7:  
R.McNiven Oban 54.25 8: G.Webb  
Calder 54.27 9: J.MacRae Loch  
54.35 10: K.ManningSheffU54.42

### VETERANS O/40

1: T.Ross Fife 58.44  
2: A.MacGillivray Fife 64.00  
3: G.Clark Arbroath 64.56

### VETERANS O/50

1: R.Barker Red Rose 67.54  
2: B.Bennet Penicuik 82.06  
3: E.Campbell Loch 83.29

### LADIES

1: K.Skog BriSkIT 61.51  
2: S.Heidrum Clydes 68.50  
3: A.Crabb Cumb 75.26

## COW HILL RACE SCOTLAND BS 2m 900ft 1 August 1988

### RESULTS

1: R.Bergstrand Sheff Univ 17.55  
2: G.Schofield Black 18.17  
3: M.Camplun Unatt 18.23  
4: K.Manning Sheff Univ 18.38 5:  
G.Webb Calder Vall 18.43 6:  
S.Hicks Amble 19.01 7: D.O'Neill  
Loch 19.03 8: A.Reid Coasters  
19.04 9: D.Shieff Carnethy 19.07  
10: A.Banks Loch 19.31

### VETERANS O/40

1: G.Clark Arbroath 21.58  
2: R.Cant Loch 22.14  
3: C.Chrystal Loch 23.56

### VETERANS O/50

1: A.Hope Loch 29.23

### LADIES

1: A.Crabb CFR 25.33  
2: L.Hope Loch 25.49

### YOUTHS U/17

1: A.Banks Loch 19.31  
2: S.McColl Loch 22.38

### SENIOR BOYS U/15

1: S.Burns Loch 20.01  
2: A.McGregor Oban 23.03

### JUNIOR BOYS U/13

1: J.Brooks Unatt 21.28  
2: A.Brooks Unatt 27.13

### TEAMS

1: Sheffield University 18 Pts  
2: Lochaber 'A' 21 Pts

## NORTH BERWICK LAW RACE SCOTLAND

### CS 3m 600ft 3 August 1988

### RESULTS

1: G.Wilkinson GALA 17.54  
2: A.Farningham GALA 17.57  
3: D.Bell HELP 18.06  
4: R.Hope GALA 18.22

### VETERANS O/40

1: P.Marshall HELP 18.22  
2: G.Armstrong HELP 19.42  
3: S.Balfour Living 19.55

### LADIES

1: T.Calder EAC 20.58  
2: A.Curtis Living 22.46  
3: C.Gray EAC 23.07

### BOYS U/15

1: M.McNaughton HELP 22.45  
2: C.Munro HELP 23.00  
3: S.Innes Unatt 23.23

### GIRLS U/15

1: D.Campbell Living 24.47

## TROSTRAN TRAIL N.IRELAND

### BL 16m 3000ft 7 August 1988

Conditions were far from ideal for the longest race in the Northern Ireland Championship as temperatures soared and it turned out to be one of the hottest days of the year. By the first road crossing a group containing Jim Hayes, Brian Ervine, Jim Patterson and Billy McKay were clear of the rest. On the long run out to Tievebullagh, the site of a stone age axe factory, Jim Hayes retired leaving Jim Patterson and Brian Ervine in the lead. They were together at the final summit but on the long run in to the finish Jim pulled away easily to win by over 2 minutes.



**RESULTS**

1: J.Patterson N.Down	2.30.45
2: B.Ervine B'drain	2.32.55
3: G.Murray B'drain	2.44.38
4: W.McKay A'ville	2.46.47
5: J.Sloan N.Down	2.56.28
6: S.Graham N'castle	3.09.40

**VETERANS O/40**

1: J.Patterson N.Down	2.30.45
2: J.Sloan N.Down	2.56.28

**DOWNHAM FELL RACE LANCASHIRE****AM 5.5m 1700ft 13 August 1988**

Run in breezy, overcast conditions, this race provided Trevor Rutherford of the host club with his second fell race victory - and a quite decisive one it was too. He looked in command as he jogged up Worsaw Hill, after the crossing of Pendle, and gave nothing away with a swift, sure-footed descent and concluding strong surge over the flat fields to the finish. Dave Cartridge's 1987 record of 43m 28s remained intact. Dave Woodhead and Steve Breckell, first and second respectively in 1986, were together on top of Worsaw Hill with Dave again having the edge to finish second. Hilary King (nee Matthews) had an easy win in the ladies category and Nathan Matthews scored a clear victory in the junior race to the top of Worsaw Hill and back. Bill Smith.

**RESULTS**

1: T.Rutherford Clayton	43.28
2: D.Woodhead Horwich	43.57
3: S.Breckell Black	44.00
4: P.Harlowe Keswick	44.16
5: A.Schofield Rochdale	44.36
6: C.Lyon Horwich	44.43
7: K.Taylor Ross	44.52
8: M.Keys Ross	45.39
9: J.Parker Ilkley	45.48
10: P.Harley Ross	45.52

**VETERANS O/40**

1: K.Taylor Ross	44.52
2: G.Duckworth Horwich	47.38
3: B.Mitchell Clayton	48.00

**VETERANS O/50**

1: R.Barker Red Rose	52.45
2: G.Brass Clayton	53.56
3: B.Speight Felldale	56.49

**LADIES**

1: H.King Bolton	55.42
2: E.Thackray Felldale	58.50
3: E.Woodhead Clayton	64.02
4: D.Gowans Accrin	65.35
5: L.Batty Clayton	66.27

**JUNIORS**

1: N.Matthews Horwich	10.17
2: M.Moorhouse Salford	10.30
3: D.Coleman Clayton	11.06

**MELBREAK TWO TOPS FELL RACE CUMBRIA****AS 4m 1400ft 13 August 1988****RESULTS**

1: A.Bowness CFR	34.41
2: J.Wicker Unatt	35.56
3: J.Ritson Derwent	37.06
4: H.Parry ERYRI	37.40
5: T.Houghton CFR	39.35
6: J.Hawksley Kendal	39.58

**VETERANS O/40**

1: H.Parry ERYRI	37.40
2: G.Barras Skyrac	41.41

**VETERANS O/50**

1: H.De-Moss W.Vall	54.08
---------------------	-------

**LADIES**

1: P.De-Moss W.Vall	47.08
2: R.Parry ERYRI	48.44
3: C.Ross CFR	57.34
4: P.Kingsland CFR	59.31

**JUNIORS**

1: T.Hilton Bury	51.21
2: K.Pearson Rich&Zet	52.04

**BUTTERMERE HORSESHOE FELL RACE CUMBRIA****AL 20m 8000ft 13 August 1988**

Although the weather forecast was poor, conditions during the race were reasonably good. The finish was almost a re-run of 1986 - Valentine, Haines and Hudson this year being split by Donald Lee. All were well inside their previous times, and a sharp contest between Colin and Donald produced a new record some 9 minutes better than the old one. Ruth Pickvance knocked a few minutes off Sarah Haines' old record.

**RESULTS**

1: C.Valentine Keswick	3.37.03
2: D.Lee CFR	3.38.08
3: P.Haines Ilkley	3.46.31
4: M.Hudson Hoad Hill	3.46.59
5: G.Clucas CFR	3.48.41
6: J.Worwich Horwich	3.58.09
7: A.Low Preston	3.59.42
8: B.Berzins DkPk	3.59.46
9: K.Hagley DkPk	4.01.44
10: T.Richardson Kendal	4.06.42

**VETERANS O/40**

1: M.Hudson Hoad Hill	3.46.59
2: T.Richardson Kendal	4.06.42
3: R.Futrell Holmfirth	4.23.55
4: P.Blagborough S'worth	4.24.36
5: A.Jones DkPk	4.24.55

**VETERAN O/50**

1: D.Rigg CFR	4.53.45
---------------	---------

**LADIES**

1: R.Pickvance Clayton	4.26.44
2: S.Haines Ilkley	4.38.26
3: F.Cole CFR	4.43.32

**TEGGS NOSE FELL RACE CHESHIRE****BM 6.5m 1100ft 13 August 1988**

Held annually in conjunction with the Sheep Dog Trials the race is very tough in its own way as it is one of those courses that you can just manage to keep running on. Holmfirth brought a raiding party across the Pennines, headed by John Taylor, and easily took the team awards and individual title. John defeated Rob Pearson by 30 seconds but did not trouble Allan Adam's record of 43min. 39sec. set in 1985. Alan Bocking.

**RESULTS**

1: J.Taylor Holmfirth	45.15
2: R.Pearson DkPk	45.48
3: T.Hesketh Horwich	46.22
4: A.Hauser Holmfirth	46.51
5: A.Whalley Maccles	47.02
6: M.Seddon Holmfirth	47.23
7: N.Bramwell Stockport	47.34
8: A.Hulme Pennine	47.41
9: D.James Unatt	48.04
10: M.Fowler Holmfirth	48.17

**VETERANS O/40**

1: T.Hesketh Horwich	46.22
2: T.Hulme Pennine	47.41
3: R.Bradley Holmfirth	48.50

**VETERANS O/50**

1: R.Walker Unatt	60.50
2: J.Feist DkPk	63.21
3: C.Goalen Unatt	65.49

**LADIES**

1: B.Murray Maccles	55.04
2: A.M-Jones Altincham	56.09
3: S.Exon Stretford	58.25
4: R.Gillick Stone	61.46

**TEAM**

1: Holmfirth	11 Pts
--------------	--------

**JUNIORS U/18**

1: R.Atkinson Maccles	54.52
2: J.Robertson Maccles	58.50
3: A.Gilliland Maccles	61.28

**GRINDLEFORD FELL RACE DERBYSHIRE****CS 4m 550ft 16 June 1988**

A large entry of over 260 enjoyed a warm evening and carnival atmosphere with a river crossing near the finish for added spectator interest! Andy Trigg and Mike Wyatt had a close race with Andy just getting the better of his clubmate at the finish. Frank Galbraith

**RESULTS**

1: A.Trigg Gloss	28.16
2: M.Wyatt Gloss	28.21
3: M.Farrell Sheff	28.53
4: T.Tett DkPk	28.53
5: D.Nevell DVO	29.07
6: R.Rogers Horwich	29.32
7: C.Stanley Plessey	29.32
8: T.Barrable Matlock	29.34
9: T.Farnell DkPk	30.09
10: S.Charlesworth Buxton	30.12

**VETERANS O/40**

1: T.Farnell DkPk	30.09
2: A.Judd Leeds	30.52
3: D.Cartwright P'stone	31.06

**LADIES**

1: C.Haigh Holm	33.19
2: N.Hodgson Unatt	34.19
3: W.Lightfoot DkPk	35.10
4: S.King Hallam	35.18
5: S.Boler P'stone	35.59

**HATHERSAGE FELL RACE DERBYSHIRE****BS 4m 380ft 4 July 1988****RESULTS**

1: M.Wilson Hallam	17.38
2: T.Parr Notts	17.26
3: D.Ibbotson Gloss	17.51
4: C.Stanley Plessey	18.00
5: M.Seddon Holm	18.02
6: S.Charlesworth Buxton	18.12
7: D.King Hallam	18.22
8: D.O'Brien Buxton	18.44
9: K.Everson Steel C.	18.55
10: R.Toogood DkPk	18.58

**VETERANS**

1: R.Toogood DkPk	18.58
2: G.Berry DkPk	19.15
3: R.Bradley Holm	19.22
4: W.Wilson Hallam	19.41
5: S.Mayfield Hallam	19.43

**LADIES**

1: S.King Hallam	21.12
2: J.Johnson Denby Trav	21.18
3: S.Boler P'stone	21.54
4: A.Whatmore Totley	22.03

**TURN SLACK FELL RACE LANCAS****BM 8m 1500ft 23 July 1988**

After 10 years on the same course, this year I had to change it due to land owners and the Water Authority putting fences up everywhere. As it happens I managed to find a much better course, which was harder and more demanding. The mileage is about the same but the climbing goes upto near 2000ft. On the day we had a major problem, it poured down none stop. The first time it has rained since the event was started, nevertheless it kept the runners cool on a humid day. In such conditions I had a feeling the winning time would be just over the hour. It was,

just, by Ray Owen, mind you I think it would have been under if he had not stopped near the finish to talk to the trout fishermen. Well done Ray, hope you find a club to run with!

I see Jeff Norman is still pegging away and finished first veteran in 15th position. On the old course he was ninth fastest of all time. Chris Lyon and Bob Jackson had a personal duel, both being in the running for the Blackstone Edge and Turnslack overall aggregate trophy which Bob won by a couple of seconds.

Kevan Shand

#### RESULTS

1: R.Owen Unatt	60.13
2: S.Hawkins Bing	60.15
3: G.SchofieldBlack	60.17
4: C.Lyon Horwich	60.35
5: R.Jackson Horwich	61.23
6: T.RutherfordClay	61.36
7: I.Holloway Roch	62.37
8: K.Shand Roch	62.50
9: S.Willis Bing	63.19
10: A.Walley P&B	63.27

#### VETERANS O/40

1: J.Norman Alt	64.10
2: A.Judd Leeds	66.34
3: R.Deegan Roch	67.24

#### VETERANS O/45

1: D.Ashton Black	71.18
2: K.Lodge Halifax	71.23
3: K.Burgess Alt	74.13

#### VETERANS O/50

1: D.Lawson Bing	67.58
2: R.Barker RedRose	74.55
3: D.Brown Clay	78.29

#### LADIES

1: V.Brindle Clay	76.54
2: J.Johnson D'Dale	78.34
3: A.Jones Alt	78.47

#### LADIES VETERANS

1: E.Burnip Clay	85.13
2: K.Etherden S'worth	85.48
3: M.Ashton Clay	86.36

#### TEAMS

1: Rochdale	42 Pts
2: Clayton	64 Pts
3: Bingley	69 Pts

#### JUNIORS

1: R.Lawrence Bing	27.54
2: M.Whittaker Chorley	29.13
3: J.Parsons Tadcast	29.22

#### BORROWDALE FELL RACE

##### CUMBRIA

##### AL 17m 6500ft 6 August 1988

The 15th Borrowdale Fell Race attracted at last, a nice warm day, at least on the finish field. Conditions on the tops were different however, with low mist on much of the course. Billy Bland won his 10th race but was given a run for his money by clubmate and protege Mike Fanning. Anne Bland and Pete Barron.

#### RESULTS

1: W.Bland Keswick	2.42.50
2: M.Fanning Keswick	2.44.12
3: M.Hoffe Amble	2.44.45
4: R.Whitfield Bing	2.50.51
5: P.Clark Kendal	2.54.15
6: M.Whyatt Gloss	2.54.56
7: B.Brindle Horwich	3.00.26
8: M.Campling Unatt	3.00.33
9: D.Spedding Keswick	3.00.52
10: D.Loan Keswick	3.02.02
11: D.Woodhead Horwich	3.03.27
12: J.Holt Clay	3.04.56
13: P.Haines Ilkley	3.08.50
14: J.Winder Calder	3.09.04
15: K.Shand Roch	3.10.15

#### VETERANS O/40

1: W.Bland Keswick	2.42.50
2: D.Spedding Keswick	3.00.52
3: R.Futrell Holm	3.40.54
4: B.Jackson SROC	3.46.22

#### VETERANS O/50

1: D.Brown Clay	3.51.41
2: R.Booth Keswick	3.54.31
3: C.Gravina Amble	4.09.17

#### LADIES

1: S.Haines Ilkley	3.38.26
2: V.Brindle Clay	3.55.16
3: R.Pickvance Clay	4.03.29
4: B.Carney Bing	4.26.16
5: E.Wright Amble	4.27.37

#### GATEGILL FELL RACE

##### CUMBRIA

##### AS 4m 1500ft 14 August 1988

A small but enthusiastic field gathered for this years race with the wet weather making the underfoot conditions very slippery. Some runners appeared after the previous days hard Buttermere round and a few to disappear South to compete the Gunson Knott!

#### RESULTS

1: G.Gough Black	31.47
2: A.Bowness CFR	32.23
3: G.Moffatt Unatt	33.20
4: D.Stuart Keswick	33.21
5: D.Frampton Keswick	33.34
6: D.Loan Keswick	33.37
7: ?.Smith Australia	33.38
8: S.Booth Keswick	34.50
9: M.Davies Keswick	35.42
10: W.Hawksley Kendal	36.19

#### VETERANS O/40

1: J.Stout CFR	37.10
2: A.Evans Amble	39.10
3: V.Monaghan Bella	39.30

#### LADIES

1: J.Laverick Amble	44.20
2: K.Taylor Clay	51.57
3: J.Sewell Kendal	53.37

#### CAERKETTON HILL RACE

##### SCOTLAND

##### AS 2m 800ft 17 August 1988

#### RESULTS

1: P.Dymoke Liv'ston	13.12
2: D.McGonigle Dundee	13.26
3: J.Wilkinson GALA	13.29
4: A.Farningham GALA	13.33
5: R.Hope GALA	14.12
6: A.Curtis Liv'ston	14.14
7: M.Lindsay Carnethy	14.33
8: D.Shiell Carnethy	14.34
9: M.Ilgunas Liv'ston	14.41
10: D.Buchan Carnethy	14.57

#### VETERANS

1: P.Templeton Liv'ston	15.54
2: A.Lorimer Duns	16.34
3: J.Hutchinson Peebles	16.42

#### LADIES

1: J.Smith Penicuik	18.37
2: S.McCraw GALA	18.43
3: A.Curtis Liv'ston	19.01

#### JUNIOR

1: H.Lorimer Duns	15.08
-------------------	-------

#### WERNETH LOW HILL RACE

##### CHESHIRE

##### BM 5m 800ft 17 August 1988

Run as a very informal event from the Cricket Club on the summit of Low Hill the race this year had an increased entry of seventy. John Taylor made another sortie across the Pennines in search of a race to treat as a training run. What hope for the rest of us mortals when he does that and wins the race as well! A convincing win it was with a gap of two hundred yards to Alan Kirk who is slowly returning to his former self after being out of the sport for a while.

#### RESULTS

1: J.Taylor Holm	31.40
2: A.Kirk Gloss	32.27
3: K.Lomas M'chester	33.27
4: C.Johnson E.Ches	34.02
5: A.Hulme Pennine	34.05
6: R.Wilde M'chester	34.15

#### VETERANS

1: A.Hulme Pennine	34.05
2: R.Wilde M'chester	34.15
3: S.Keech M'chester	35.14

#### LADIES

1: J.James	43.15
2: C.Greasley	44.30
3: F.Jones	45.20

#### GREEBA FELL RACE I.O.M.

##### AM 9M 2500ft 20 July 1988

#### RESULTS

1: A.Gage Western	70.22
2: T.Rowley Western	70.42
3: P.Cain B.H.	77.08
4: I.Callister Manx	78.40
5: R.Stevenson Fellrunners	79.06
6: R.Callister Western	79.31
7: J.Quine Bolton	79.53
8: D.Milligan	79.57

#### VETERANS

1: R.Callister Western	79.31
2: D.Corrin Manx	80.03
3: L.Carr B.H.	87.42

#### LADIES

1: I.Corlett B.H.	103.19
-------------------	--------

#### JUNIORS

1: D.Knowles	29.13
2: K.Brew	35.31

#### LATRIGG FELL RACE

##### CUMBRIA

##### AS 3m 950ft 7 August 1988

Blisteringly hot and sunny, over 150 runners race out of the park and towards the foot of Latrigg. Pine needles, sweat and heavy breathing as the leaders contest the places for the England World Cup Team - Dugdale a comfortable winner from Bergstrand. A lot of young runners here with the event also being part of the Junior and Intermediate Championships; again Carol Haigh first woman home after several altitude training sessions at Otley Chevin! D.T.Menace

Borrowdale: Rod Futrell (Holmfirth) begins the climb up Dale Head (Photo Bill Smith)



# WORLD CUP

## Reports and Results

### EDITOR'S REPORT

Despite all the Meteorological statistics, the October weekend for the World Cup was settled. Saturday was sunny and the cross country-style Lattrigg loop course was ideal for spectators. Mist on Sunday combined with missing flags on Griesdale Pike caught competitors in the Open Race unawares. I saw sheep where I expected to see flags but it has yet to be established whether the sheep, one-off vandals, or the campaign to keep courses unmarked were involved. The atmosphere and "ambiance" were more in keeping with racing in Switzerland than the genuine fell race but even those sceptical of this sort of event were seen to be watching and enjoying themselves, some even competing in the Open Race or helping (!). Danny can be thanked for persisting with the idea of holding a World Cup here against the opposing forces and ideas on International competition. The rest of the organising Committee, Donald Booth for his attention to detail as announcer, Jim Darby for his military precision in arranging the opening and closing ceremony, and all others involved in seeing the event through to fruition, also deserve a mention in future FRA archives. John Blair Fish

### ENGLAND CAPTAIN'S REPORT

The 4th Worldcup Mountain Races were held on the weekend of 15-16 October with Keswick as the event centre. 170 runners representing 17 countries came to take part making this the largest World Cup to date. In addition, over 500 runners took part in the Open and Veterans races on the Sunday, affording a marvellous opportunity for international and club runner alike to savour the unique atmosphere of this event.

It was a remarkable weekend for everyone, and a showpiece of British fell running. Immaculate weather on the Saturday, and a fairytale combination of mist in the valleys and sunshine on the mountain tops on the Sunday, certainly helped in guaranteeing the event's success.

It proved to be a very successful weekend for Britain's international runners. There were individual medals, with a marvellous bronze for England's Rod Pilbeam in the Long Men's event, and silver and bronze for compatriots Mark Rice and John Taylor in the Junior Men's race. There were silver medals for the English teams in both the Long Men's and the Junior Men's events, and bronze for their compatriots in the Short Men's event. Bronze too,



Rod Pilbeam leading the England team through Keswick to the Opening Ceremony at the World Cup. Photo Peter Hartley

World Cup Scottish Team. Photo Peter Hartley



for the Scottish Women's team in their first World Cup. A brilliant team performance by the English men gave them bronze medals in the overall World Cup Competition, decided on the aggregate scores in all three Men's races. Added to these, there were many fine individual performances shared amongst all the British teams.

Much credit for the success of the event must go to Danny Hughes and his organising team, but praise must also be given to you, the runners and the supporters, for all the tremendous support and encouragement which you gave to the World Cup competitors.

On behalf of all the international teams, Many Thanks. Malcolm Patterson.

### JUNIOR RACE

The juniors had the dubious honour of being guinea pigs for the deceptively tough Latrigg circuit. As they came up the lane towards the sunlit open fell British runners were prominent in the leading pack, and as they emerged onto the fell it was England's Geoff Hall who forged ahead. His boldness wasn't enough to take him away from his pursuers and by the second climb he had been swallowed by the pack. In his place it was the Swiss Woody Schoch who led the field. Right behind him were Mark Rice and John Taylor of England, with Geoff losing ground after his early prominence.

As they left the summit of Latrigg for the second time and began the final descent, Schoch and the two English runners began a desperate struggle for victory. The Swiss eventually triumphed and a very close finish saw Mark snatch the silver medal from John in his finest run of the season. Both had performed brilliantly, and with Geoff giving them excellent support by finishing 10th, the team were guaranteed second place, just behind the Swiss, and 5 clear points ahead of the Italians.

First Welsh junior was Gito Eames in 12th, and Robert Taggart of Northern Ireland in 15th led home a five-strong bunch of British runners.

The bravest junior, for me, was William Styan who, at fifteen years old, found himself very much the youngster of the team, and of the event. Undeterred, he gave it all he had, and although he didn't finish, I am sure he will learn from the experience and use it to his advantage in future years.

1 Woody Schoch	
Switzerland	34.22
2 Mark Rice England	34.34
3 John Taylor Englaand	34.41
10 Geoff Hall England	36.38
12 Gito Eames Wales	37.08
15 Robert Taggart N. Ireland	37.55
16 Alan Young R. Ireland	37.59
17 Bedwyn Hughes Wales	38.03
18 Jonathan Lewis Wales	38.04
19 Paul Fettes Scotland	38.05
21 Paul Grant Wales	38.23
22 Seamus Waters R. Ireland	38.54

<b>Teams</b>	
1 Switzerland	12
2 England	15
3 Italy	20
4 Wales	47
6 N. Ireland	66
7 R. Ireland	67
9 Scotland	77

### WOMEN'S RACE

34 runners made up what was arguably the strongest field ever assembled for a women's race. The English quartet were the same runners as in 1987; in contrast the Scots were contesting the race for the first time. There were full Welsh and Irish teams too, but all knew that they would be facing the challenge of defending champion Fabiola Rueda, from Columbia.

Carol Haigh, spearheading the domestic challenge, was near the front on the first climb, behind Isabelle Guillot of France. She was unable to sustain her pace, however, and by the second climb she was clearly struggling. In contrast Rueda was forging ahead in dramatic style. She sustained and stretched her lead all the way to the finish, coming home over a minute clear of Gaby Schutz of Switzerland and Guillot of France. Angela Carson of Wales, having her best run ever in this event, was first Briton in 6th place. Next behind her was Trish Calder, who led the Scots to 3rd place overall, behind the Swiss and Italians. Penny Rother in 11th and Joyce Salvona in 13th completed the team's outstanding performance. Carol's brave run gave her 12th place, still an excellent run if a personal disappointment. Behind her Clare and Vanessa fought a desperate battle resolved only by a sprint finish, won by Clare. Their 17th and 18th places gave England a fine 4th place and Jacky Smith, hard on their heels in 21st completed an excellent all-round team performance by the English. A great run by Ireland's Ann Reidy put her in 14th place and Dawn Kenwright was second of the Welsh in 20th.

1 Fabiola Rueda Columbia	8.11
2 Gaby Schutz Switzerland	39.24
3 Isabella Guillot France	39.30
6 Angela Carson Wales	40.02
7 Patrica Calder Scotland	40.34
11 Penny Rother Scotland	40.56
12 Carol Haigh England	41.13
13 Joyce Salvona Scotland	41.32
15 Ann Reidy R. Ireland	41.50
17 Claire Crofts England	42.15
18 Vanessa Brindle England	42.18
21 Jacky Smith England	42.50

### Teams

1 Switzerland	19
2 Italy	19
3 Scotland	31
4 England	47
5 Wales	50
6 R. Ireland	75

*Fabiola Rueda — Columbia  
Womens World Cup Winner.  
Photo Peter Hartley*



**SENIOR MEN (SHORT RACE)**

On the slopes on Latrigg, the crowd, which had been growing in size all afternoon, must have numbered close to a thousand when the senior men set off for their three gruelling circuits of the hill. As the massed spectators waited expectantly, it was no surprise to see the powerful figure of Italian Alfonso Vallicella at the front with Yugoslavia's Franci Teraz. First of the English to show was Paul Dugdale, closely followed by Robin Bergstrand. The pace seemed agonisingly slow to spectators on the upper slopes and the pain of the effort showed vividly on the runners' faces.

After the brief respite afforded by the curving descent from the

summit, the runners were back to face the long climb for the second time. Vallicella, and the Swiss runner Hans-Peter Nopflin, had pulled away, to be followed by Wolfgang Muenzel of Germany. Dugdale, clearly beginning to struggle, was in 8th, with Bergstrand just behind him, now joined by Ray Owen. Dave Cartridge, who had struggled in the early stages, was regaining ground on those ahead.

Re-emerging for the final climb, Vallicella had taken a decisive lead, with Nopflin and Muenzel holding their places, and so it remained to the finish. Behind them Bergstrand was in the pack with the Italians and running the race of his life. Up to 4th

at one stage, he fought bravely on the descent but had to settle for 5th, splitting the Italians Fregona and Galeazzi. Defending champion Fausto Bonzi was pushed back to the 7th, and out of the Italian scorers. Ray Owen ran magnificently to take the 9th place and with Cartridge coming through strongly for 13th, the England team were 3rd, two points behind the Swiss, but well behind the Italians. Paul Dugdale, in such pain that he was almost walking at one stage on the descent, hung on bravely for the 15th, being pipped at the post by John Ferrin of Northern Ireland. Dermott McGonigle led the Scots home in 19th, with Angus O'Clairigh first of the Irish in 22nd and Gwynfor Owen first Welshman in 28th.

Symonds, had been marred by the removal of a vital section of flags beyond Grizedale Pike. Playful children, hungry sheep, or saboteurs ?? Fortunately remedial action was taken in time for the Veteran's Race, won by John Nixin of Achille Ratti after a confident and determined run.

As the tailenders in the Veteran's race came gallantly home, the 50 international runners set off in the Race that would decide the overall winners of the World Cup. Scotland's Colin Donnelly took an early lead on the long climb to the Pike, but was overhauled by the three Italians, Tadello, Milesi and Bortoluzzi, all looking ominously strong. England's Rod Pilbeam was with them, the red and white hope amongst the mass of blue. This was the position at the Pike, with Malcolm Patterson joining Donnelly in pursuit of the leading group.

After the steady climb to the highest point at Crag Hill it was Tadello in the lead, with Pilbeam second, pursued by the other two Italians. Donnelly looked strong, ahead of Swiss runners Lischer and Bovier, with Robin Bryson just

		Teams		
1	Alfonso Vallicella (Italy)	44.25	1 Italy	11
2	Hans-P Nopflin (Switz)	45.00	2 Switzerland	25
3	Wolfgang Muenzel (Germany)	45.07	3 England	27
5	Robin Bergstrand (England)	45.20	7 N Ireland	74
9	Ray Owen (England)	45.49	8 R Ireland	75
13	Dave Cartridge (England)	46.52	10 Scotland	89
14	John Ferrin (N Ireland)	47.17	11 Wales	98
15	Paul Dugdale (England)	47.40		
19	Dermot McGonigle (Scotland)	48.09		
20	Paul Rogers (N Ireland)	48.16		
22	Angus O'Clairigh (R Ireland)	48.28		

**SENIOR MEN (LONG COURSE)**

As the international runners arrived in Braithwaite on the Sunday morning to prepare for the last race of the competition, drama was already in the air. The open race, contested by over 250 runners, and won in decisive style by Hugh

*Alfonso Vallicella (Italy) — Senior Mens Short Course winner descending from Latrigg. Photo Peter Hartley.*



*Dino Tadello (Italy) — Winner Senior Mens Long Course. Photo Peter Hartley.*





*Mens Short Course Winners. Photo Peter Hartley*

*Rod Pilbeam starting the descent from Barrow pursued and later passed by Davide Mileti (Italy). Photo Robert Howard*



*Angela Carson — 6th in Womens World Cup  
Photo Peter Hartley*



*Robin Bergstrand (England) (3) finished 5th  
Claudio Galeazzi (Italy) (48) finished 6th  
Senior Mens Short. Photo Peter Hartley*



*Alan Heaton — Veterans Open Course, 3rd V60  
Photo Peter Hartley*

*John Taylor (England)  
3rd in Junior Mens World Cup (closely followed by Mark Rice, 2nd)  
Photo Peter Hartley*

ahead of Patterson. All the leading runners seemed to cope well with the initial tricky descent and positions remained unchanged as they stretched their legs on the easier section around Outerside, and tackled the gradual ascent to Barrow. It was here that the crowds were gathered, and in scenes reminiscent of the previous day, they lined the sides of the route to scream their welcome words of encouragement.

Tadello kept his lead to the end, even permitting himself the luxury of waving to the crowd on the final descent, like Steve Ovett of old. After a long and arduous battle Milesi came through to take second, and Pilbeam finished a magnificent third, the best ever performance by

a Briton in this event. Bortoluzzi, in 4th, set the seal on the Italian team victory, which also assured them of 1st place overall. Donnelly kept his place to take 5th, his best ever World Cup performance. The Swiss runners were next, ahead of Malcolm Patterson. Robin Bryson, fading somewhat on the long descent, took 11th with Jack Maitland in 13th. Shaun Livesey's fine run took him to 14th, and one place ahead of the third Swiss counter Fassler, enough to ensure the England team of silver medals. Gary Devine in 17th completed another sound team performance by England. Hefin Griffiths, one place behind, was the first of the Welsh.

**Teams**

1 Dino Tadello (Italy)	68.53	1 Italy	7
2 Davide Milesi (Italy)	69.31	2 England	25
3 Rod Pilbeam (England)	69.39	3 Switzerland	
5 Colin Donnelly (Scotland)	70.25	4 Scotland	39
6 Malcolm Patterson (England)	71.40	7 R Ireland	69
7 Robin Bryson (R Ireland)	72.25	9 Wales	84
13 Jack Maitland (Scotland)	72.45	12 N Ireland	121
14 Sean Livesey (England)	72.56		
17 Gary Devine (England)	73.35		
18 Hefin Griffiths (Wales)	73.35		
19 John Lenihan (R Ireland)	74.13		
21 Denis Bell (Scotland)	74.48		

**World Cup (Men) Overall**

1 Italy	38
2 Switzerland	65
3 England	67
4 Germany	176
5 Austria	203
6 Scotland	205
7 Ireland	211
8 Wales	229
9 France	253
10 N. Ireland	261

1st Lady V. BrindleClayton	92.17
2nd Lady J. Darby Carnethy	03.04
3rd Lady S. Taylor	
Fellandale	100.19
4th Lady J. Smith Dark	
Peak	100.39

**VETERANS RACE**

1 J. Nixon Horwich	75.05
2 P. McWade Clayton	76.19
3 P. Marshall Haddington	77.15
4 K. West Border	77.18
5 A. Styan Holmfirth	80.14
6 J. Patterson North Dour	80.44

**OPEN RACE**

1 Hugh SymondsKendal	73.16
2 H. Schofield Blackburn	76.44
3 A. Bouness CFR	75.16
4 M. Whyatt Glossopdale	76.14
5 M. Farning Keswick	76.15
6 D. Lee CFR	76.53
7 W. Nock Halesowen	77.29
8 P. Dymoke Livingston	77.56
9 R. Jackson Horwich	78.03
10 A. Alderson Ambleside	78.53
11 P. Shelton Keswick	79.16
12 H. Jarret CFR	80.52
13 P. Clark Kendal	80.53
14 M. Steiner Switzerland	81.12
15 G. Webb Calder Vally	81.16
16 J. Blair Fish Carnethy	81.24
17 D. Woodhead Horwich	81.28
18 T. Laney Clayton	82.03
19 M. Lindsay Carnethy	82.22
20 A. Hauser Holmfirth	82.28

1st Vet 45 D. Kay Bolton	81.45
2nd Vet 45 M. Stochenegr	
Switzerland	83.57
3rd Vet 45 R. Toogood Dark	
Peak	84.12
1st Vet 50 J. Jackson	
Rochdale	85.09
2nd Vet 50 R. Hird	
Macclesfield	85.14
3rd Vet 50 D. Weir Horwich	88.08
1st Vet 55 W. Gauld	
Carnethy	88.11
2nd Vet 55 G. Barras Skyrac	89.39
3rd Vet 55 B. Thackery Dark	
Peak	90.20
1st Vet 60 W. Fielding U-A	97.32
2nd Vet 60 J. Mastrand	
Lochaber	103.58
3rd Vet 60 A. Heaton	
Clayton	107.52

*John Nixon — Winner Long Open Course (Veterans)  
Photo Peter Hartley*

*World Cup Open Race — Hugh Symonds crosses the bridge in Braithwaite near to finish (winner). Photo W S Bateson.*



# Jeux Sans Frontieres

## The CMR Meeting

It was all too apparent that the small number of nations represented at the I.C.M.R. Meeting held at Keswick were divided into two camps, the European Alpine nations on the one hand, and the British Isles and Eire on the other. As a result the two divisive issues that were discussed and voted upon saw no real movement towards a consensus because the European nations held the greater number of votes.

As a way of introduction it should be pointed out that Mountain Running is a financially impoverished sport. The Yugoslavians were not present at the meeting because they were still travelling overland in a minibus. Even such affluent nations as West Germany and Austria, who were represented at the meeting, had travelled in the same fashion. It was therefore not surprising that some of the European nations should not want to come to another World Cup in Britain, when they only have to travel a fraction of the distance to such an event in the Alps.

At the last meeting in Switzerland the 1990 World Cup had been offered to Scotland or Austria on the basis of a Presentation to be made at Keswick. The Scots had gone to a great deal of time and effort in producing a magazine that showed what they could offer at Aviemore, the Austrians due to a series of mishaps, were unable to offer any indication of what they could put on. What little discussion there was, despite a relevant point from the voteless Cameroonian delegate, was soon terminated by a truculent contribution from the San Marino Representative. The vote saw Eire, Wales, England, and Scotland (for Aviemore), being outnumbered by France, West Germany, Austria, San Marino and Switzerland. One hopes they will not regret their decision as the Austrians who obviously have limited finances, have no plans for the event as yet.

The second major issue was the guidelines for future World Cup Events. Although the minutes will show that these were passed unanimously this was because the British and Irish who opposed them realised that they did not have the voting power to change them in any way, and therefore reluctantly agreed to accept them in the "Spirit of Compromise".

The Mens Competition will comprise two Races, one winning time of 30-45m, start and finish at the same place, the second 60-90, "to be mainly uphill and finish at or near the top of the mountain". "In Countries where this is not a possible Race no 1 may be used" (as the Uphill). It was pointed out that hardly anywhere in Britain can conditions to suit these requirements be found, Snowdon, Cairn Gorm, and possibly the Glenshee Hills being the only exception.

Downhill running was not outlawed but was restricted to having no "Rock Steps", "not consisting of loose rock/terrain", "and not exceeding 30% rate of descent, averaged over each kilometre from the starting point of the descent". These terms of definition, seemingly quite wide are to be at the discretion of the Technical Committee of the I.C.M.R. The implication is however that descents as the British know and love them are out of order.

I left the meeting in a somewhat pessimistic frame of mind — as the chairman had pointed out there were very few nations taking part, despite the hard work of the organizing Committee of the World Cup Meeting. Secondly because of the voting strength of the European nations it is highly unlikely that the World Cup will leave the Alpine area and its associated conditions, and therefore the World Cup will remain an event for ascenders rather than descenders.

Jonathan Gibbon

select committee is that radioactive waste can be disposed of safely. Therefore everyone prepared to accept the facts should be persuaded that BNFL is involved in a legitimate and safe enterprise. However to many laymen, "nuclear = radiation = cancer", and it is not a simple or easy task to dissuade them from their belief that BNFL are therefore involved in a cancer producing industry. Grossly distorted and dramatic media coverage (designed for the greater profit of that media) persuade them of the rightness of their belief.

A vociferous anti-nuclear lobby confuse the issue further by making no distinction between nuclear weapons and civil nuclear power.

So far as nuclear weapons are concerned, it is a political decision by the democratically elected government of the day that determines whether or not nuclear material is extracted from nuclear reactors. It is in effect a decision by the people of this country and not that of any company, least of all BNFL.

Dealing with civil nuclear power, it is my belief that this is the only viable worldwide source of power available to man in the long term and its further development is a matter of urgency. All renewable sources of power, whilst admirable and in need of development, can never economically supply man's appetite for energy.

The burning of fossil fuels for energy production is a criminal waste of the earth's precious resources. Only 30% of the energy released can be converted to electricity. Oil will run out within the lifetime of many living and running the fells today. Coal will last a few hundred years — what then? Further, there are enormous adverse effects on the environment compared to which the nuclear industry is whiter than white.

At least two important and alarming results of burning fossil fuels (oil and coal)

must be considered. Acid rain from the emission of sulphur is destroying Europe's forests. Carbon dioxide emissions are contributing to a greenhouse effect around the earth to such an extent that, already, we shall see a rise in the temperature of the oceans by 2 to 4 degrees centigrade by the end of the century with resulting melting of the ice caps and disastrous flooding of low lying ground.

Prevention of sulphur and carbon dioxide emissions is technically feasible but hugely expensive taking the cost of conventional power well beyond that of nuclear power — and you are still left with massive and short term depletion of resources that could be used much more beneficially for mankind.

Such is the case for nuclear power, now how about sponsorship?

Modern sport is dependent on sponsorship which can vary from free services offered by volunteer helpers, to prizes, to competition numbers to cash for big events. Most people welcome sponsorship for the benefits it bestows provided the sponsors demands are not onerous (BNFL made no demands). There is nothing intrinsically wrong about sponsorship in fellrunning.

It is right and proper to examine the credentials of a potential sponsor and to decide their suitability not on the basis of what a vociferous minority may believe, but on the information available.

There are certain sponsors I would be unhappy with and so I have every respect for those who are disturbed by BNFL sponsorship. However they cannot have all the say. The plea made above is in support of an FRA committee decision, and to make certain readers are aware of the valid and reasoned position of nuclear supporters of which I am sure there are many (but silent) among the fellrunning fraternity.

Danny Hughes

## BNFL Sponsorship

British Nuclear Fuels has been the subject of much comment in the Fellrunner of late. BNFL are an integral and important part of the civil nuclear power programme throughout the world, and one of their main purposes is to treat and dispose of fuel from nuclear reactors once it has been discharged at the end of its

useful life. The safety record of the company in dealing with waste fuel is exemplary, exceeding by far that of any other branch of the chemical industry of which it is a part. The technology covering all aspects of nuclear waste treatment has improved significantly in recent years and the unanimous verdict of a House of Lords all-party





*"The ambience was more in keeping with racing in Switzerland". John Blair-Fish cheers on Paul Dugdale of England in the Short Race. Photo W S Bateson.*

**RESULTS**

1: P.Dugdale Horw 17.31  
 2: R.Bergstrand Roch 17.40  
 3: D.Cartridge Bolt 17.42  
 4: R.Owen Unatt 17.57 5:  
 G.Devine P&B 18.20 6:  
 M.Croasdale Marines 18.24 7:  
 S.Livesey Ross 18.30 8: J.Taylor  
 Holm 18.34 9: G.Hall Holm 18.39  
 10: M.Prady Gloss 18.42

**VETERANS O/40**

1: R.Bradley Holm 20.26  
 2: G.Brooks Bing 21.25  
 3: I.Charlton Kesw 21.27

**VETERANS O/50**

1: D.Hughes CFR 21.53  
 2: H.Blenkinsop Kesw 22.35

**LADIES**

1: C.Haigh Holm 22.04  
 2: C.Crofts DkPk 23.06  
 3: V.Brindle Clay 23.15

**INTERMEDIATES**

1: J.Taylor Holm 18.34  
 2: S.Hawkins Bing 19.38  
 3: S.Willis Bing 20.01  
 4: M.Peace Bing 20.08 5: S.Booth  
 Kesw 20.366: R.Smith F'dale 21.26

**JUNIORS**

1: G.Hall Holm 18.39  
 2: G.Bland Unatt 19.48  
 3: W.Styan Holm 20.19  
 4: C.Walker P&B 20.47 5:  
 R.Lawrence Bing 21.22 6:  
 J.Kennedy Clay 21.49

**UPTHENABRACE ENGLAND  
 CS 4.5m 750ft 10 August 1988**

Tony O'Kell made a rare excursion onto the fells to record a fine victory in this evening race from Charlesworth Rugby Club. An added bonus was that he lowered Mike Prady's record of 25m 00s set in 1984. Mike himself finished second in a race that is runnable all the way round. John Taylor made up the first three in a rare defeat this side of the Pennines. Dave Cartwright was first veteran in 12th position and R.Gee was first lady, finishing 85th, claiming the first lady veteran as well. Alan Bocking.

**RESULTS**

1: T.O'Kell Sale 24.53  
 2: M.Prady Gloss 25.08  
 3: J.Taylor Holm 25.21  
 4: D.Gibbons Unatt 25.31 5:  
 R.Taylor Stockport 26.00 6: A.Kirk  
 Unatt 26.11 7: K.Lomas M'chester  
 26.30 8: A.Haigh Holm 26.38

**VETERANS**

1: D.Cartwright P'stone 27.30  
 2: R.Bradley Holm 28.38  
 3: S.Keech M'chester 29.06

**LADIES**

1: R.Gee E.Ches 33.52  
 2: J.James Unatt 34.27  
 3: K.Martin DkPk 34.34

**BARNOLDSWICK WEETS  
 FELL RACE ENGLAND  
 CS 6m 800ft 14 August 1988**

**RESULTS**

1: P.Dugdale Horwich 33.01  
 2: R.Brewster Clayton 33.07  
 3: A.Chew Clayton 34.32  
 4: M.Aspinall Ross 34.49 5:  
 G.Russell Amble 35.07 6:

1.Windsor Harrogate 35.19 7:  
 J.Hartley Clayton 35.24 8: P.Hands  
 Leic Cor 35.59 9: A.Hauser Holm  
 36.06 10: R.Hargreaves Clayton  
 36.12

**VETERANS O/40**

1: R.Hargreaves Clayton 36.12  
 2: R.Bradley Holm 37.09  
 3: J.West Clayton 37.30

**VETERANS O/45**

1: K.Summersgill N.Vets 37.20  
 2: D.Scott Clayton 39.07  
 3: R.Hill Clayton 39.34

**VETERANS O/50**

1: R.Barker Red Rose 40.11  
 2: R.Dearden Clayton 43.17  
 3: M.Seward Louth 45.11

**VETERANS O/55**

1: J.Daley Clayton 47.03  
 2: W.Clegg Clayton 48.22  
 3: J.Verney Clayton 49.24

**VETERANS O/60**

1: J.Riley Clayton 53.58  
 2: A.Briggs Clayton 58.23

**LADIES**

1: K.Drake Spen 41.21  
 2: V.Brindle Clayton 42.04  
 3: A.French Clayton 45.55  
 4: T.Lewis Clayton 47.18 5:  
 L.Bostock Clayton 49.42 6:  
 S.Rogers Abbey 50.38

**LADIES**

1: P.Rother Edin'gh 4.20.43  
 2: R.Pickvance Clayton 4.49.14  
 3: S.Haines Ilkley 4.49.14  
 4: H.MacPherson W'lands 5.23.17

**TEAMS**

1: Carnethy 38 pts  
 2: Mandale 56 pts  
 3: Lochaber 62 pts

**WITCHES CLOUGH FELL  
 RACE LANCAS  
 AS 4m 1100ft 20 August 1988**

Slow going in the wet, muddy conditions did not make for record breaking performances, nevertheless it was a sprint for the finish with Trevor Rutherford narrowly defeating Bob Jackson. There were good results for the veterans also with Brian Deegan triumphant in 14th position overall. Proving that there is life after the pension book, Albert Ashworth easily won the over 60 age category. John Kennedy won the Stan Bradshaw Trophy for the first under 20 age group. The proceeds of 150 pounds were donated to the Mayor of Ribble Valley's Appeal Fund. Peter Lord

**RESULTS**

1: T.Rutherford Clay 34.37  
 2: R.Jackson Horw 34.40  
 3: C.Lyon Horw 35.01  
 4: D.Nuttall Clay 35.23 5:  
 G.Wilkinson Clay 35.29 6: J.Rutter  
 Clay 35.52 7: D.Woodhead Horw  
 35.54 8: K.Shand Roch 35.56 9:  
 M.Keys Ross 35.58 10: K.Lilley  
 DkPk 35.58

**VETERANS O/40**

1: B.Deegan Roch 36.54  
 2: S.Furness Black 37.19  
 3: J.West Clay 38.16

**VETERANS O/50**

1: R.Barker RedRose 39.50  
 2: G.Barras Skyrac 40.12  
 3: D.Brown Clay 42.08

**VETERANS O/60**

1: A.Ashworth Clay 45.32  
 2: J.Riley Clay 56.04  
 3: D.Mason EscVets 57.34

**LADIES**

1: F.Thompson Unatt 45.00  
 2: D.Gowans Accr 48.16  
 3: E.Woodhead Clay 48.40  
 4: L.Bostock Clay 52.05 5: J.Keys  
 Ross 53.02

**LADIES VETERANS**

1: K.Taylor Clay 48.33  
 2: J.Taylor Clay 55.28  
 3: C.Nuttall Ross 58.36

**INTERMEDIATES**

1: J.Kennedy Clay 40.13

**JUNIORS 7-11**

1: R.Williams Hynd 16.17

**GIRLS**

1: R.Beesley Horw 19.45

**JUNIORS 12-15**

1: D.Coleman Clay 22.17

**GIRLS**

1: K.Hawcroft Unatt 31.40

**GREEN BELL FELL RACE  
 CUMBRIA**

**BS 6m 1200ft 20 August 1988**  
 The race was a new innovation for this years Ravenstonedale Show. The course takes a fairly direct line up Green Bell, but descends by a more Easterly route via Knoutberry. The ground is grassy and the gradients are all runnable. A truly International field of fifty turned up, including a contingent from the U.S.A., Northern Ireland and Wales, not to mention an assortment of South East English Clubs. Hugh Symonds was seen walking around Newbiggin, the local village, but was apparently saving himself for the following day's Sedbergh race; Robin Bergstrand on the other hand, decided to go for the double. He led the field onto the fell in the company of Ambleside's Keith Anderson but soon moved clear to take an unassailable lead at the summit. Billy McKay just pipped Keith to the summit but it was then that his glasses started to steam up and he lost places on the descent. The organisers decided, quite rightly to award an equal number of prizes for ladies and men. Unfortunately the fairer sex did'nt respond by producing equal numbers of runners.

Anthony Kay

**RESULTS**

1: R.Bergstrand Roch 40.26  
 2: K.Anderson Amble 40.47  
 3: M.Fleming Amble 42.31  
 4: G.Moffat Unatt 43.00 5:  
 B.McKay A'ville (NI) 43.05 6:  
 B.Ervine B'drain 43.29 7:  
 P.Bateman Kendal 43.46 8:  
 T.Richardson Kendal 43.55 9:  
 A.Kay ThamesH&H 44.41 10:  
 A.Taylor Springf's 45.16

**LADIES**

1: P.Demoss USA 53.14  
 2: J.Steele Leam'ton 57.17  
 3: P.Symonds Unatt 58.53

**TEAMS**

1: Kendal 28 pts  
 2: Ambleside 30 pts  
 3: Blackpool&Fylde 131 pts

**BURNSALL CLASSIC FELL  
 RACE YORKSHIRE**

**AS 1.5m 900ft 20 August 1988**  
 With conditions wet and consequently difficult the winning time was very good and compares well with Gary Devine's 14m 20s in 1987. Steve Hawkins was also first to the summit in 9m 56s which was understandably well outside Mike Shorts 1977 time of 8m 42s. Andy Styan was first veteran but the hoped for Father and son double did not come off with William Styan finishing third to Robin Lawrence and winner C.Walker in the junior event. T.P.Campbell of Salford winner of the race in 1936, 37 and 38 was a surprise guest at 80 years old and has been invited to start the 1989 race. Jim Maxwell.

**RESULTS**

1: S.Hawkins Bing 13.55  
 2: G.Schofield Black 14.29  
 3: G.Gough Black 14.30  
 4: A.Whalley P&B 14.40 5:  
 R.Whitfield Bing 14.46 6: J.Taylor  
 Holm 14.49 7: A.Styan Holm 15.02  
 8: A.Walker F'dale 15.14 9:  
 P.Lanaghan Keswick 15.23 10:  
 G.Kirkbright Skyrac 15.32

**VETERANS O/40**

1: A.Styan Holm 15.02  
 2: D.Cartwright P'stone 15.41  
 3: R.Bradley Holm 16.56  
 4: c.Wilkinson Bing 17.16 5:  
 D.Rhodes ASVAC 17.56

**LADIES**

1: S.Taylor F'dale 18.29  
 2: K.Drake Spen 19.08  
 3: B.Carney Bing 19.57  
 4: C.Porrirt Ilkley 21.32 5: J.Clark  
 P&B 24.06

**INTERMEDIATES**

1: S.Hawkins Bing 13.55

**JUNIORS**

1: C.Walker P&B 7.15  
 2: R.Lawrence Bing 7.20  
 3: W.Styan Holm 7.45

**SEDBERGH HILLS RACE  
 ENGLAND**

**AL 14m 6000ft 21 August 1988**  
 Conditions were clear, cool and Breezy for this year's race and Robin Bergstrand was expected to complete a hat-trick of victories. He was still in the reckoning at Carlin Gill but then faded badly, perhaps feeling jaded after his triumphant effort in the Green Bell Race the previous day. Meanwhile local star Hugh Symonds was involved in a tussle with clubmate Graham Huddleston, Hugh pulled away on the ascent of The Calf to win comfortably. Vanessa Brindle added another record to her collection by reducing Angela Carson's 1986 time to 2h 29m 26s

Mark Rice led all the way in the junior race to defeat Robin Lawrence by the wide margin of over 3 minutes. Bill Smith

**RESULTS**

- 1: H.Symonds Kendal 2.02.53
- 2: G.Huddleston Kendal 2.05.18
- 3: R.Whitfield Bingley 2.05.43

**JUNIORS**

- 1: M.Moorhouse Salford 16.04
- 2: E.Crowther Salford 16.32
- 3: D.Meath Clayton 17.07

**GIRLS**

- 1: T.Gibbins P'stone 20.44
- 2: L.Firth Local 21.11

**RAMSEY GALA FELL RACE I.O.M.**

**AS 3.5m1750ft 18 August 1988**  
A record number started this years North Barrule race held over a three mile out and back course, starting and finishing at Ramsey Hairpin which is a well known vantage point on the world famous T.T. course. Alan Gage and Tony Rowley continued their season long tussle for the Manx Fell Championship, with victory again going to Alan after a tremendously close race with both breaking the old course record. John Quine of Bolton led at Barrule summit but could not hold the pace and slipped to third.  
Ritchie Stevenson

**RESULTS**

- 1: A.Gage 34.45
- 2: T.Rowley 34.59
- 3: J.Quine 35.54
- 4: J.Crellin 37.52 5: T.Varley 37.55
- 6: I.Callister 38.28

**VETERANS**

- 1: R.Callister 39.11
- 2: D.Young 42.36
- 3: G.Hull 44.36

**LADIES**

- 1: S.Anderton 52.21

**JUNIORS**

- 1: D.Knowles 31.05
- 2: K.Brew 37.40

**PORT ERIN REGATTA I.O.M. CS 7m 700ft 11 August 1988**

**RESULTS**

- 1: I.Callister Manx 45.00
- 2: R.Musgrave Unatt 45.26
- 3: R.Stevenson Fellrunners 45.50
- 4: R.Corkish Manx 46.09 5: D.Callister Unatt 46.10 6: M.Gellion SAC 47.50

**VETERANS**

- 1: J.Wright Manx 47.50
- 2: I.Costain Unatt 51.02

**JUNIORS 4m 500ft**

- 1: D.Knowles 28.23
- 2: R.Watterson 35.23
- 3: C.Woolnough 35.55

**ARROCHAR ALPS SCOTLAND**

**AL 13m 7900ft 20 August 1988**  
The last event in the Scottish Championship series started with cloud at 2000 feet and a fresh breeze to create a more daunting task than in 1987. Due to a prolonged period

of rain the conditions were also heavy. Mark Rigby led the race from early on and by checkpoint two had built up a lead of 5 minutes which he extended towards the finish. Out of 93 starters 20 retired, indicating the arduous nature of the course. The organisation was not helped by three retired runners who did not report at the finish! A. Dyth

**RESULTS**

- 1: M.Rigby W'lands 3.20.16
- 2: I.Davidson Carnethy 3.29.01
- 3: D.Davies ERYRI 3.40.25
- 4: C.Valentine Keswick 3.44.00 5: J.Aitken Unatt 3.45.00 6: I.McIntyre Living 3.54.09 7: P.Haines Mandale 3.55.20 8: P.Marshall HELP 3.56.01 9: H.Richmond Loudon 4.00.16 10: D.Bell HELP 4.00.22

**VETERANS O/40**

- 1: D.Davies ERYRI 3.40.25
- 2: P.Marshall HELP 3.56.01
- 3: T.Ross Fife 4.00.51

**VETERANS O/50**

- 1: R.Richardson Scot.Vets 4.05.44
- 2: P.Brooks Loch 4.10.30
- 3: B.Gauld Carnethy 4.15.15
- 4: D.Woodhead Horwich 2.07.18 5: K.West Border 2.07.31 6: R.Bergstrand Rochdale 2.09.11 7: R.Jamieson Amble 2.09.24 8: P.Clark Kendal 2.11.23 9: D.Barnes Keswick 2.11.40 10: S.Hughes ERYRI 2.14.09

**VETERANS O/40**

- 1: K.West Border 2.07.31
- 2: J.Nuttall Clayton 2.15.30
- 3: D.Davies ERYRI 2.17.09

**VETERANS O/50**

- 1: R.Orr Clayton 2.38.53
- 2: J.Jackson Rochdale 2.43.23
- 3: D.Clutterbuck Rochdale 2.47.40

**LADIES**

- 1: V.Brindle Clayton 2.29.26
- 2: L.Hughes Ab'wyth 2.52.00
- 3: S.Clark Kendal 3.04.55

**INTERMEDIATES**

- 1: W.Gaunt Leeds 2.32.49
- 2: E.Cotton Kendal 2.58.46

**JUNIORS**

- 1: M.Rice Tod'den 1.31.24
- 2: R.Lawrence Bingley 1.34.50
- 3: J.Taylor Clayton 1.35.49
- 4: J.Kennedy Clayton 1.37.13 5: M.Whittaker Chorley 1.37.27

**TEAMS**

- 1: Kendal 11 pts
- 2: Keswick 39 pts
- 3: Ambleside 50 pts

**LORDS SEAT RACE CUMBRIA**

**BS 5.5m 1000ft 23 August 1988**  
Dave Swanston from Cockermouth won a fast race to set a new record of 32m 54s, but was pushed hard by Keith Anderson and Chris Beetcham. Angela Carson also set a new course record of 38m 36s. A true International event with runners from the U.S.A., New Zealand and Bermuda! Peter Skelton

**RESULTS**

- 1: D.Swanston C'mouth 32.54
- 2: K.Anderson Amble 33.15
- 3: C.Beetcham Oxford 33.25
- 4: T.Davies Keswick 33.50 5: S.Baker Horwich 35.03 6: J.Inman P&B 35.04 7: R.Wood Helsby 35.13 8: P.Skelton Keswick 35.27 9: M.Fleming Amble 35.32 10: D.Loan Keswick 35.49

**LADIES**

- 1: A.Carson ERYRI 38.36
- 2: P.Demoss USA 44.14
- 3: S.Lewsley Border 45.30
- 4: J.Laverack Amble 46.21 5: E.Wright Amble 47.14

**GRISEDAL GRIND CUMBRIA**

**AS 4m 1600ft 25 August 1988**  
On a cold, wet and windy evening eighty five runners ran up Grisedale Pike. Rod Pilbeam won again but was slower than last year due to the windy conditions however Angela Carson set a new ladies record.

**RESULTS**

- 1: R.Pilbeam Keswick 28.44
- 2: K.Anderson Amble 29.21
- 3: D.Lee CFR 30.29
- 4: G.Clucas CFR 31.00 5: T.Davies Keswick 31.09 6: N.Lanaghan Keswick 31.27 7: D.Loan Keswick 31.31 8: P.Skelton Keswick 31.33 9: B.Ervine B'drain(NI) 31.46 10: D.Stuart Keswick 32.02

**LADIES**

- 1: A.Carson ERYRI 33.31
- 2: R.Pickvance Clayton 36.35
- 3: F.Cole CFR 38.01
- 4: J.Ramsden LOC 39.06 5: J.Laverack Amble 40.47

**WHINLATTER KING OF THE FOREST (LORDS SEAT AND GRISEDAL COMBINED)**

23 & 25 August 1988

**RESULTS**

- 1: K.ANDERSON Amble 62.36
- 2: T.Davies Keswick 64.59
- 3: P.Skelton Keswick 67.00

**LADIES**

- 1: A.Carson ERYRI 72.07
- 2: J.Laverack Amble 87.08
- 3: S.Lewsley Border 87.24

**CROAGH PATRICK FELL RACE COUNTY MAYO**

**AS 5m 2500ft 21 August 1988**  
The most relaxed race I've ever been to "we'll give them 10 minutes - they said they'd be here. This signpost looks like a good place to start - we'll finish here too". A total of 10 arrived for the first Croagh Patrick Race. Straight up the Pilgrims' path, round the Chapel on the summit, a quick leap in the air and a wave to indicate to Douglas in the bottom that you'd reached the top, and a fast descend the same way. Croagh Patrick is on the beautiful West coast of Ireland near Westport. Take your bike and visit Achill Island, climb the Maum Turk Mountains and the Twelve Pins of Connemara and much, much more; and pray for good weather. Silvia Watson

**RESULTS**

- 1: P.Higgins 49.06
- 2: M.Deasy 53.25
- 3: A.Gallagher 58.04
- 4: J.Devenney 60.02 5: S.Watson (L) 61.44 6: M.Diskin 64.06

**GUNSON KNOTT FELL RACE CUMBRIA**

**AS 5m 2200ft 14 August 1988**  
Surrounded by farmers getting slowly drunk and dogs being urged to leap six-foot gates, just fewer than 100 runners start the race, out and up to Gunson Knott, it's rocky summit invisible in the low cloud. A steady start along the river bank with Colin Donnelly straight to the front, Billy Bland off to the right on a different route, and a hard slog up to the rocks and crags of the steeper section of the race. Loose boulders tumbling down through lines of weary runners, too knackered to get out of the way; a summit marshalling shouting "Hello!" out of the thick mist to runners scrambling over rocks and scree. Gary Devine, in his element over rough descent, slowly broke down Donnelly's lead on the way down until he caught the leader close to the finish. A shocked Donnelly sprinted off to win and take the course record as did Clare Crofts in the ladies category. Andy Styan reputedly caught a freak gust of wind at the top which carried him bodily to the bottom, thus accounting for his fast descent. D.T.Menace

**RESULTS**

- 1: C.Donnelly ERYRI 45.56
- 2: G.Devine P&B 46.11
- 3: W.Bland Kesw 46.17
- 4: S.Hawkins Bing 46.32 5: M.Fanning Kesw 46.42 6: S.Livesey Ross 46.57 7: R.Whitfield Bing 47.21 8: K.Anderson Amble 47.38 9: M.Whyatt Gloss 48.01 10: P.Clark Kend 48.13 11: D.Cartridge Bolt 48.15 12: J.Taylor Holm 48.26 13: A.Styan Holm 48.37 14: G.Schofield Black 48.39 15: P.Bateson Kesw 48.40 16: M.Rigby Amble 49.07 17: H.Griffiths Hebog 49.35 18: G.Gough Black 49.53 19: K.Shand Roch 50.03 20: M.Prady Gloss 50.25 21: G.Webb CaldV 50.40 22: M.Campling Unatt 50.47 23: D.Barnes Kesw 50.53 24: A.Whalley P&B 51.06 25: R.Pallister P&B 51.15 26: B.Ervine B'drain 51.31 27: N.Lanaghan Kesw 51.43 28: M.Jones Hebog 52.06 29: D.Waterworth Clay 52.26 30: D.Beels Roch 52.54

**VETERANS O/40**

- 1: W.Bland Kesw 46.17
- 2: A.Styan Holm 48.37
- 3: C.Wilkinson Bing 54.25
- 4: M.Walford Kend 57.28 5: A.Letzer Unatt 60.09

**VETERANS O/50**

- 1: D.Hughes CFR 57.17
- 2: R.Jacques Clay 61.26
- 3: B.Thackery DkPk 65.30
- 4: L.Pollard Achil 69.48 5: R.Berry Achil 78.48

**LADIES**

- 1: C.Crofts DkPk 59.38
- 2: A.Watmore DkPk 66.34
- 3: S.Anderton Achil 80.05

**INTERMEDIATES**

1: S.Hawkins Bing	46.32
2: M.Fanning Kesw	46.42
3: J.Taylor Holm	48.26
4: S.Willis Bing 54.01 5: T.Smith Aust. 55.26 6: A.Schofield Roch 58.06 7: A.Illingworth P&B 59.21 8: R.Haddow Unatt 61.37	

**JUNIORS**

1: P.Reid Unatt	19.30
2: M.Rice Tod	19.42
3: W.Styan Holm	19.58
4: R.Lawrence Bing 20.15 5: J.Bland Unatt 20.28 6: J.Kennedy Clay 20.56 7: C.Walker P&B 21.03 8: M.Whittaker Chor 21.12	

**JUNIORS U/14**

1: K.Myers Furness	15.30
--------------------	-------

**JUNIORS U/12**

1: A.Sellers Lost	9.14
-------------------	------

**JUNIORS U/10**

1: S.Guest Lang	9.36
-----------------	------

**GUNSON KNOTT FELL-RUNNERS TUG-O-WAR 14/8/88**

After a hard afternoon's fell-racing there's few things more relaxing than wrapping yourself round a rope and slithering around in mud for twenty minutes. Thus the local studded-boot heavyweights from the Langdale Valley weren't surprised to see two teams of (to be honest) wimpy, stringy fell runners entered in the local gala tug-o-war contest. First: to pull, Pudsey & Bramley against a team of local farm-hands in studded boots and check shirts. Derisory laughs turned to shock as P&B, ably anchored by the elder Devine and featuring a team whose combined weight was less than the day's prize-winning sheep, managed to slither the rope in the right direction. Through to the next round! "Over the moon," said young Adrian Illingworth, so happy that he contemplated running back up-and-down Gunson Knott. The other team of fell-runners watched aghast before

*Pudsey & Bramley Tug of War Team**Devine, Illingworth, Whalley, Greenwood, Stephenson (hidden), Devine Senior*

hurriedly discussing tactics. The motley crew of runners from clubs all over the north quickly ran to change into PB's and set their faces in fierce grimaces. Urged on by team-mates and assorted supporters (pull! pull! pull!), they faced a crack team of young farmers who'd spent the afternoon getting drunk and hitting each other on the nose. The combined pulling-power of Whyatt and Shand was balanced by Scoffer's fine display of mud-wrestling at the back. Andy Styan's speed on the fells seemed of little use against six red-faced heavies until, little by little, the rope edged it's way over the centre-line towards the puffing, panting runners. Surprise no. 2! Inevitably, the two teams of runners met each other in the semi-final to decide who would contest the final against the Dungeon Ghyll team: six blokes who would have fared well in the prize bull contest earlier in the day. Pudsey & Bramley huffed and puffed and all fell down into the sticky mud; the Assorted Fell-runners team tugged their way into the final. Both teams sat on the floor, eyes rolling and chests heaving. Burn-marks and blisters on hands, aching shoulders and a bad back for the next three days. So to the final. By now Scoffer had discarded his posh red jacket and Kev Shand (as a member of the FRA Committee) and forcibly recruited John Taylor (Holmfirth) and Mike Prady (Glossop) as cheerleaders. The final began. For a while the rope stayed, stretched, where it was, inching one way and the other: until finally brawn beat stupidity and the fellrunners were unceremoniously tugged several yards across the mudbath by the grunting semi-professional Dungeon Ghyll bouncers. A polite round of applause. Everyone seemed to have gone home. Undaunted, there was talk of getting in training for next year. Pull! Pull! Pull!

Reports etc, by D.T.Menace

*Kendal's George Vinestock tackles the mud path in Pendleton (Photo Dave Woodhead)***METLEX RYDAL ROUND FELL RACE CUMBRIA AM 8m 3000ft 28 July 1988****RESULTS**

1: G.Devine P&B	1.13.28
2: W.Bland Kesw	1.13.36
3: R.Pilbeam Kesw	1.13.41
4: M.Whyatt Unatt 1.13.44 5: K.Anderson Amble 1.16.04 6: G.HuddlestoneKend 1.16.13 7: H.Jarrett CFR 1.17.16 8: R.Jamieson Amble 1.17.37 9: R.Pallister P&B 1.17.43 10: C.Lyon HRMI 1.17.46	

**MUSBERRY HEIGHTS FELL RACE LANCASHIRE AS 5.5m 1000ft 25 August 1988**

The leading positions may have been different if the leading group had not gone wrong through the quarries. A fine evening and pleasant course made for an enjoyable event. Mervyn Keys

**RESULTS**

1: C.Lyon Horw	38.55
2: M.Prady Gloss	39.00
3: M.Whyatt Gloss	39.01
4: B.Ashworth Ross 39.35 5: G.WilkinsonClay 39.38 6: D.Woodhead Horw 39.59 7: P.Hartley Ross 40.01 8: S.Sunter Horw 40.05 9: A.Sunter Horw 40.08 10: S.Parker Unatt 40.24	

**VETERANS O/40**

1: K.Taylor Ross	40.28
2: B.Deegan Roch	42.02
3: T.Crook Bolt	43.15

**VETERANS O/50**

1: R.Barker Red Rose	45.42
2: M.Houghton Chorley	47.33

**LADIES**

1: K.Drake Spen	47.06
2: W.Dodds Clay	50.18
3: K.Etherden Saddle	50.38

**PENDLETON FELL RACE LANCASHIRE****AS 5m 1500ft 27 August 1988**

It was another fine day but conditions underfoot were heavy ruling out any possibility of Kevin Cappers 1983 record being broken. The race quickly developed into a duel between Geoff Gough and Mark Croasdale, with Geoff dictating the pace to the finish. After taking out expenses £25 was donated to Pendleton Village Hall and £27 to the Sudan Appeal.

**RESULTS**

1: G.Gough Black	30.56
2: M.Croasdale Marines	31.02
3: S.Hawkins Bing	31.34
4: C.Lyon Horw 32.03 5: D.Baskerville Spen 32.08 6: P.Harlow Kesw 32.08 7: T.RutherfordClay 32.10 8: M.Wallis Clay 32.15 9: W.Gaunt Leeds 32.28 10: G.Wilkinson Clay 32.50	

**VETERANS O/40**

1: J.Nuttall Clay	34.05
2: A.Judo Leeds	34.37
3: S.Furness Black	35.12

**VETERANS O/50**

1: G.Barras Skyrac	37.09
2: M.Houghton Chorl	39.02
3: D.Brown Clay	39.07

**LADIES**

1: S.Boler P'stone	39.34
2: C.Cook Clay	42.20
3: E.Thrackray F'dale	42.55
4: J.Makinson Clay	44.49
5: C.Kenny Achil	45.34

**JUNIORS**

1: R.Lawrence Bing	34.16
2: J.Kennedy Clay	35.36
3: P.Targett Clay	36.07

**WREKIN FELL RACE SALOP  
AS 5.5m 1700ft 27 August 1988**

The 12th race from Wellington resulted in an epic duel from start to finish between Paul Dugdale and International Dave Cartridge. Both men were out to impress the selectors for the World Cup. The early leader was Bill Nock but the two heroes were into the lead before the first summit - The Ercall. Still together at the top of Wrekin but Cartridge got a slight on the descent only for Dugdale to pull him back on the return short road section. The prospect of an exciting finish materialised right to the last few hundred yards when Dugdale kicked for home to put his name on the winners trophy. The times were fast and only course record holder John Wilde has run faster. J.Read.

**RESULTS**

1: P.Dugdale Horw	35.30
2: D.Cartridge Bolt	35.35
3: M.Patterson DkPk	36.28
4: R.Bergstrand Roch	36.35
5: R.Owen Black	36.55
6: J.Hornby Spen	37.03
7: H.Symonds Kend	37.10
8: W.Nock Hales	37.38
9: M.Ligema Elsw	38.57
10: R.Cudworth Hales	39.10

**VETERANS O/40**

1: A.Hulme Penn	40.05
2: A.Thompson Mercia	43.53
3: A.Trowbridge DkPk	43.56
4: R.Hyman Mercia	44.02
5: A.Peacock Clay	44.09

**VETERANS O/60**

1: H.Soper Vaux	48.39
-----------------	-------

**LADIES**

1: C.Crofts DkPk	45.46
2: V.Brindle Clay	46.19
3: J.Smith DkPk	48.39
4: E.Evans N.Derby	51.15
5: A.Capp Telf	52.11

**LAXEY GLEN HORSESHOE  
I.O.M.**

**BM 12m 3200ft 28 August 1988**  
Allan Gage maintained his unbeaten record on the Manx fells this year but could not afford to ease the pace until the finish as he was hotly pursued by visiting Martin Hudson, a former winner of the event and now a veteran. Third place went to Stockport runner Alan Bagley who was competing in his sixth race in eight days! A fine weather start saw conditions

deteriorate on the hills with competitors and officials being drenched in the latter stages. Local veteran Robbie Callister did well to Knock 9 minutes off his previous best. A.C.Jones

**RESULTS**

1: A.Gage West	1.44.58
2: M.Hudson Hoad	1.47.15
3: A.Bagley Manx	1.52.53
4: I.Callister Manx	1.54.28
5: R.Stevenson Unatt	1.54.29
6: C.Halsall Manx	1.55.12
7: D.Ashton Manx	1.57.05
8: R.Callister West	1.57.06
9: D.Corrin Manx	2.00.20
10: D.Collister West	2.01.43

**VETERANS O/40**

1: M.Hudson Hoad	1.47.15
2: R.Callister West	1.57.06
3: D.Corrin Manx	2.00.20
4: D.Young North	2.07.58
5: G.Hull Bound	2.13.57

**SHELF MOOR RACE  
DERBYSHIRE****AM6m 1500ft 4 September 1988**

The race climbs to Higher Shelf Stones via James Thorn before a long descent back down Liteside to the track at the end. Despite all the recent rain the moor was remarkably dry making for fast running and Andy Trigg made good use of this to lower his record of 43m 28s, set last year, by a convincing margin of nearly a minute. Dave Cartwright continued his local veteran domination, being two and half minutes clear of Tony Keller - who is better known for his road racing exploits. Alan Bocking

**RESULTS**

1: A.Trigg Gloss	42.26
2: R.Lee Macc	42.55
3: M.Whyatt Gloss	44.25
4: C.Lyon Horw	44.30
5: M.Prady Gloss	44.42
6: M.Seddon Holm	45.05
7: D.Thompson Cald	45.09
8: D.Cartwright P'stone	45.17
9: D.Ibbetson Gloss	45.21
10: H.Waterworth S'worth	45.29

**VETERANS O/40**

1: D.Cartwright P'stone	45.17
2: T.Keller Manch'r	47.38
3: G.Berry DkPk	48.16
4: P.Lyons Bury	48.36

**VETERANS O/50**

1: T.Eckersley S'worth	50.28
2: B.Thackray DkPk	52.42
3: H.Thornton Esc Vets	62.56

**LADIES**

1: S.Boler P'stone	53.12
2: P.Mee Alt'ham	55.23
3: G.Town D'dale	55.27
4: A.Bedwell MDC	55.42
5: K.Martin DkPk	57.39

**ANNALONGHORSESHOEN.I.  
AL13m 5200ft 4 September 1988**

This years event took on an added importance as it was the third and final race in the All-Ireland Championship and included the annual NIFRA versus IHRA Inter-Association Challenge. Conditions were far from ideal with strong winds, cloud and wet underfoot. Robin Bryson, Gerry McGrath and Brendan Hillard were first to the summit of chimney rock, but by Sieve Commedagh Jim Patterson

and Brian Ervine had joined the leading group. Jim, Robin and Brian reached Cove Mountain together with Brian taking the lead on the descent of lannagan but took a fall. Robin ran strongly to reach the summit of Binnian first, however there was no stopping Jim as he overhauled Robin on the descent and went on to break the record by 10 seconds. NIFRA were clear winners of the team challenge with six in the first nine.

**RESULTS**

1: J.Patterson N.Down	2.02.44
2: R.Bryson N'castle	2.04.38
3: B.Ervine B'drain	2.05.36
4: J.Hayes B'drain	2.14.27
5: W.McKay A'ville	2.18.04
6: G.McGrath Bray	2.19.33
7: G.Murray B'drain	2.20.55
8: W.McAuliffe Ajax	2.27.12
9: B.Farrelly Mourne	2.32.14
10: K.Quinn Tullyree	2.32.55

**VETERANS**

1:	J.Patterson
2:	J.Hayes

**TEAMS**

1: NIFRA	29 pts
2: IHRA	54 pts

**BEN NEVIS RACE Scotland  
AM/10m/4400ft/4 Sept 1988**

Grumbles about high entry fees fade into the pre-race drizzle. Herded around the sports field in biting wind and stinging rain, just under 500 runners listen to the Tannoy announcement: at the summit of the Ben its below freezing with almost gale-force winds and very low visibility. "The worst conditions for the race in living memory" said someone who knows about these things. Off along the road which winds its way to start the stony climb to the Red Burn. A big bunch at the front, huddled together to escape the wind and spectators crouched behind rocks. Not even half-way up yet! Conditions worsen as the climb to the summit unwinds. Can't see who's in front of who but suddenly, out of the mist, race favourite Colin Donnelly appears descending ahead of Rod Pilbeam and Gary Devine. Everyone is now desperate to get out of the icy wind and down to the relative calm of Fort William. By the time the leaders reach the sports field Gary is in front, putting his training on the treacherous, rocky, scree covered lanes of downtown Pudsey, to good use. Further back up the mountain there are worried marshalls turning back runners at the Red Burn without full body cover. Finishers are wet, cold, exhausted and occasionally bloody. Hours later, at the presentation, there are still rescue helicopters out searching for missing runners...and finally, thankfully, an announcement that all are accounted for and safe.

D T Menace

**RESULTS**

1: G.Devine (P&B)	1.30.10
2: C.Donnely (Cambus)	1.30.15
3: R.Pilbeam (Kesw)	1.32.15
4: G.Griffiths (Les Croup)	1.32.54
5: M.Whyatt (Gloss)	1.33.53
6: K.Anderson (Amble)	1.34.44
7: 1	

Davidson (Carn) 1.35.30; 8: M.Rigby (West'lands) 1.36.05; 9: R.Whitfield (Bing) 1.37.43; 10: M.Prady (Gloss) 1.38.13; 11: P.Mitchell (Bing) 1.38.58; 12: H.Griffiths (Hebog) 1.39.00; 13: S.Hicks (Amble) 1.39.07; 14: R.Pallister (P&B); 15: J.Maitland (Loch) 1.40.25; 16: A.Whalley (P&B) 1.40.38; 17: M.Wallis (Clay) 1.40.44; 18: A.Schofield (Roch) 1.41.07; 19: D.O'Neill (Loch) 1.41.38; 20: G.Webb (Calder) 1.41.48; 21: G.Schofield (Black) 1.32.29; 22: P.Hartley (Ross) 1.42.54; 23: G.Kirkbright (Skyrac) 1.43.40; 24: R.Jamieson (Amble) 1.43.48; 25: T.Laney (Clay) 1.43.53; 26: P.Skelton (Kesw) 1.44.01; 27: R.Rowlands (H'fax) 1.44.27; 28: A.Styan (Holm) 1.44.37; 29: J.MacRae (Loch) 1.45.22; 30: G.Huddleston (Kend) 1.45.46

**HODDER VALLEY FELL  
RACE Lancashire  
BS/5m/1200ft/10 August 1988**

This is now a different and superior course to the one from Dunsop Bridge up Beatrix Fell as described in 'Stud Marks on the Summits'. From the showfield, the route enters the Trough of Bowland road for a very short distance before turning left to ford Langden Brook and launch into the steep climb up Mellor Knoll (turning point in the Junior race), and beyond that, Totridge Fell. Mellor Knoll being the objective of competitors in the old professional race, last run about 40 years ago. The show was spoiled for the villagers by non-stop pouring rain which did not, however, deter competitors in the fell race. Sean Livesey and Dave Cartridge dominated the event, with Dave having the advantage going up, while Sean took over coming down and eventually winning by one second.

Bill Smith

**RESULTS**

1: S.Livesey Ross	31.49
2: D.Cartridge Bolt	31.50
3: M.Whyatt Gloss	32.52
4: S.Hawkins Bing	33.03
5: M.Prady Gloss	33.33
6: J.Taylor Holm	33.36
7: T.Rutherford Clay	34.06
8: M.Wallis Clay	34.11
9: C.Lyon Horw	34.56
10: R.Lawrence Bing	35.36

**VETERANS O/40**

1: A.Judd Leeds	37.16
2: D.Kay Bolt	37.22
3: R.Bradley Holm	38.21

**VETERANS O/50**

1: M.Houghton Chorl	41.26
2: R.Orr Clay	42.15
3: B.Thackeray DkPk	42.55

**LADIES**

1: C.Haigh Holm	42.09
2: A.Thorpe Hynd	46.13
3: M.Ashton Clay	47.16
4: J.Makinson Clay	47.26

**TEAMS**

1: Bingley	25 pts
2: Clayton	28 pts

**JUNIORS**

1: S.Brophy Holm	20.30
2: N.Matthews Horw	20.31
3: M.Moorhouse Salf	20.45

**HADES HILL RACE**  
**LANCASHIRE**  
**BS 5m 1200ft 8 September 1988**

**RESULTS**

1: G.Wadsworth Ross	29.22
2: M.Aspinall Ross	29.36
3: M.Prady Gloss	30.06
4: G.Devine P&B	30.22
5: M. Whyatt Gloss	30.27
6: R. Ashworth Ross	30.43
7: T. Rutherford Clay	30.51
8: R. Jackson Horw	30.54
9: J. Maitland P&B	31.01
10: I. Holloway Roch	31.05

**VETERANS O/40**

1: J.Nixon Achill	32.35
2: R.Bradley Holm	33.07
3: B.Deegan Roch	33.25
4: R. Wilde Manch'r	33.49
5: J. West Clay	34.13

**VETERANS O/45**

1: D.Kay Bolt	33.48
2: B.Jackson Horw	34.31
3: W.Buckley Gloss	36.45

**VETERANS O/50**

1: G.Spink Bing	34.59
2: T.Eckersley S'worth	36.22
3: R.Barker Red Rose	37.05

**LADIES**

1: C.Haigh Holm	34.46
2: K.Drake Spen	36.58
3: S.Niedrum Clydes	38.51
4: P.Mee Alt'ham	38.52
5: B.Carney Bing	40.00

**VETERANS**

**O/60**

1: B.Crook Bury	40.47
-----------------	-------

**INTERMEDIATES**

1: M.Rice Tod	31.10
2: P.Harwood S'worth	32.54
3: S.Brophy Holm	34.32
4: J.Burns Salf	34.58
5: W.Styan Holm	36.35

**TEAMS**

1: Rossendale	35 pts
2: Pudsey & Bramley	72 pts
3: Rochdale	74 pts

**SHEEPSTONES**  
**YORKSHIRE**

**RELAY**

**3x3m 100ft 3 August 1988**

**RESULTS**

1: Pudsey & Bramley	71.53
G.Devine	23.04
A.Whalley	24.26
R.Pallister	24.23
2: Fellandale	73.28
M.Speight	24.21
D.Britton	25.23
A.Walker	23.44
3: Bingley	74.09
I.Holmes	24.50
T.Lofthouse	25.31
I.Ferguson	23.48
4: Horwich	74.49
S.Sunter	25.30
M.Harrison	24.12
A.Sunter	25.07

**KIELDER**  
**NORTHUMBERLAND**

**BL 17m 3000ft 6 August 1988**

The sun came out and the clouds stayed away along with many of the runners. With the absence of wild goats to pace the field, times were slow this year. However, a fierce battle for first place developed with S.Young just edging out Ray Scott. M.J.Sanderson.

**RESULTS**

1: S.Young CFRA	2.58.45
2: R.Scott Morpeth	2.59.30
3: T.Deall Kendal	3.04.00

**LADIES**

1: W.Dodds Clayton	4.05.00
--------------------	---------

**BRECON BEACONS FELL RACE**  
**WALES**

**AL 19m 4500ft 27 August 1988**

**RESULTS**

1: J.Nixon Achill	2.53.33
2: K.Hagley DkPk	2.55.56
3: G.Woods Bath	2.57.29
4: L.Williams MDC	2.57.43
5: D.Thomas MDC	2.59.08
6: R. Ansell DkPk	2.59.59
7: G.Wood Unatt	3.04.38
8: R.Owen ERYRI	3.04.54
9: F.Thomas DkPk	3.15.02
10: J.Jameson Cirencester	3.16.22

**VETERANS**

**O/40**

1: J.Nixon
2: K.Hagley
3: D.Thomas

**VETERANS**

**O/50**

1: A.Smith MDC	3.20.25
----------------	---------

**LADIES**

1: A.Bedwell MDC	3.36.16
2: S.Ashton MDC	3.53.22
3: A.Comely DOC	4.02.00

**BIRDS EYE HANDICAP FELL RACE**  
**I.O.M.**

**AL 27m 7000ft 11 September 1988**

This final event of the 1988 fell season is held over half of the 54 mile Bob Baxter Round, finishing at the summit of Snaefell. John Quine of Bolton took advantage of his handicap to take the lead by Sartfell some five miles from the finish, and was never headed. Interest then switched to see if Alan Gage could record a faster actual time and so take maximum championship points. The result was in doubt until the final couple of miles where Alan showed great determination to open a four minute winning margin, and so take the Manx Fell Championship with a perfect seven wins from seven starts. The veterans championship was to be decided at this event with Robbie Callister and Dave Corrin equal on points. Both started at the same mark so it was first past the post to decide and as neither was prepared to give in to the other, they crossed the finishing line together to tie for the championship. Ritchie Stevenson.

**RESULTS**

1: J.Quine Bolton	5.52.25 (4.37.25)
2: A.Gage Western	6.03.39 (4.33.39)
3=R.Callister Western	6.13.22 (5.43.22)
3=D.Corrin Manx	6.13.22 (5.43.22)
5: R.Stevenson Fellrunners	6.16.12 (5.31.12)



Sarah Haines, winner of OS Mountain Trail Ladies seen at Simon Seat (Photo Peter Hartley)

**THE ORDNANCE SURVEY LAKES MOUNTAIN TRIAL**

**O 20m 7000ft 11 September 1988**

*Due to an extensive area found to be inaccessible because of the deer forest the length of the course was rather longer than usual, fast in the early stages but with rough, steep ground later. It was hoped that the choice of check-points would encourage some variation in route options. The times of the leading runners were impressive with the ladies first two places being closely contested but Mike Fanning making sure with a comfortable margin in the mens category.*

**RESULTS**

1: Mike Fanning Kesw	3.42.48
2: H.Symonds Kend	3.50.11
3: W.Bland Kesw	3.58.02
4: P. Clarke Kend	4.01.56
5: D.Barnes Kesw	4.05.47
6: M. Hudson LOC	4.05.54
7: P. Haines Ilkley	4.14.19
8: G.Kerr Clay	4.17.13
9: M.Seddon SELOC	4.18.44
10: J.Nixon Achill	4.20.06

**VETERANS O/40**

1: W.Bland
2: M.Hudson
3: J.Nixon

**VETERANS**

**O/50**

1: M.Hayes DkPk	4.44.14
2: J.Naylor CFR	4.49.27
3: R.Richardson Scots	5.19.51

**LADIES**

1: S.Haines Ilkley	3.41.10
2: C.McNeill LOC	3.44.38
3: K.Parker MDOC	3.51.36
4: R. Pickvance Clay	3.57.46
5: A. Crabb CFR	4.07.42

**LADIES VETERANS**

1: C.McNeill LOC	3.44.38
2: W.Dodds Clay	4.16.30
3: S.Walsh ERYRI	4.26.25

**JUNIORS O/15**

1: G.Cudahy Buxton	20.24
2: J.Bland Borrow	20.56
3: N.Marston Rother	23.05

**JUNIORS 12 to 15**

1: P.Singleton Amble	11.25
2: R.Hope Horw	11.51
3: D.Marston Rother	12.14



Climbing Prison Band heading for Swirl How in the Three Shires Race  
(Photo Peter Hartley)

Graham Webb, Calder Valley, on Wetherlam Summit in the Three Shires Race  
(Photo Dave Woodhead)



**THREE SHIRES FELL RACE  
CUMBRIA  
AL 13m 4000ft 17 September  
1988**

The marvellous weather which had been forecast duly arrived, along with a record turnout of 362 runners. Once on the fell a variety of routes were taken to the summit of Wetherlam and there was plenty to talk about at the finish with regard to route choice between Pike O'Blisco and Lingmoor-this section proved to be the sting in the tail for a lot of runners. It was a close finish as Colin Donnelly, Ian Ferguson and Bob Whitfield were all spotted together coming of Lingmoor. Colin managed to open up a lead and held on to it with Ian and Bob not far behind. There was a very good entry of lady runners this year and Ruth Pickvance put up a new record beating Vanessa Brindle's old record by eight seconds. Ian Holmes' sixth place helped Bingley to clinch the team prize. I.K.Stephenson

**RESULTS**

- 1: C.Donnelly ERYRI 1.50.07
- 2: I.Ferguson Bing 1.50.12
- 3: R.Whitfield Bing 1.50.36 4: D.Lee CFR 1.52.13 5: R.Jamieson Amble 1.53.25 6: I.Holmes Bing 1.54.00 7: M.Rigby Amble 1.54.08 8: A.Bowness CFR 1.54.32 9: M.Wallis Clay 1.54.48 10: S.Hale Perth 1.56.04

**VETERANS O/40**

- 1: J.Nixon Achill 1.57.11
- 2: J.Nuttall Clay 2.02.17
- 3: A.Judd Leeds 2.05.39
- 4: C.Wilkinson Bing 2.06.32 5: D.Spedding Kesw 2.07.12

**VETERANS O/50**

- 1: G.Barras Skyrac 2.14.13
- 2: H.Blenkinsop 2.18.06
- 3: R.Orr Clay 2.21.56
- 4: D.Rigg CFR 2.27.18

**LADIES**

- 1: R.Pickvance Clay 2.12.49
- 2: N.Lavery Unatt 2.19.23
- 3: V.Brindle Clay 2.22.30 4: F.Cloe CFR 2.30.10 5: S.Haines Ilkley 2.30.24

**ELIDIR FAWR RACE  
GWYNEDD**

**AS 5m 2800ft 17 September 1988**

The race was a runaway success for Hefin Griffiths who led from start to finish in ideal running conditions. The highlight was Angela Carson's effort when she knocked nearly seven minutes off her own record and finished seventh overall out of 61 starters. K.Jones

**RESULTS**

- 1: H.Griffiths Hebog 43.26
- 2: D.Roberts Hebog 45.52
- 3: D.Davies ERYRI 47.15
- 4: G.Owen ERYRI 48.45 5: M.Jones Hebog 49.05 6: H.Pa.ry ERYRI 50.15 7: A.Carson ERYRI 50.36 8: D.Davis Blaen 51.16 9: T.Jones ERYRI 53.14 10: E.Evans ERYRI 53.31

**VETERANS O/40**

- 1: D.Davies ERYRI 47.15
- 2: H.Parry ERYRI 50.15
- 3: M.Edwards Wrex 59.02

**VETERANS O/50**

- 1: L.Griffiths Hebog 62.37

**LADIES**

- 1: A.Carson ERYRI 50.36
- 2: S.Walsh ERYRI 62.01
- 3: S.Farrar ERYRI 63.16



Dale Head Race Junior Start from Rosthwaite Show Ground  
Gavin Bland (268) 1st Junior, Jonathan Bland (269) 2nd Junior,  
J Edmondson (480) 1st Girl, R Matteson (478) 1st Boy

**SCAFELL PIKE RACE  
CUMBRIA**

**AM 5m 300ft 24 September 1988**

This year there was no glorious sunshine to welcome runners to Wasdale but the early bad conditions did improve for the race itself. It was a much smaller field than last year, made up of mostly local runners, with only a few exceptions. Don Lee and Mike Whyatt were first to the summit but Keith Anderson stormed past them on the descent to finish a comfortable winner. Because of the conditions a notice was displayed saying that full body cover must be carried and caused great panic - it seemed most runners had'n't even brought bad weather protection with them!! Norma Hughes

**RESULTS**

- 1: K.Anderson Amble 55.46
- 2: M.Whyatt Gloss 56.25
- 3: D.Lee CFR 57.13
- 4: G.Clucas CFR 58.18 5: H.Jarrett CFR 59.59 6: S.Hicks Amble 60.17
- 7: M.Campling Kend 62.59 8: M.Fleming Amble 63.11 9: J.Hey Unatt 63.32 10: P.Boulton Staffs 64.44

**VETERANS O/40**

- 1: P.Boulton Staffs 64.44
- 2: J.Stout CFR 69.01
- 3: G.Hall Holm 70.07

**VETERANS O/50**

- 1: G.Barras Skyrac 66.52
- 2: H.Blenkinsop Kesw 71.03
- 3: J.Marstrand Loch 80.26

**LADIES**

- 1: F.Cole CFR 72.56



**DALE HEAD FELL RACE  
CUMBRIA**

**AS 6m 2200ft 18 September 1988**

Incorporated in the Rosthwaite Show, among the Borrowdale fells, a good day greeted the small field of 26 for the out and back route to the top of Dale Head. A river crossing of the Derwent then a free route choice, although most went via Tounge Gill and Dale Head Tarn, returning the Borrowdale Fell Race route. Mike Fanning had a good lead off the summit but Billy Bland descended to within yards by the fields, the basic speed of Mike enabled him to hold the lead. The field was strong but lacked depth however with the reserection of the show after 100 years it will certainly attract a bigger field next year. Seymour Hills

**RESULTS**

- 1: M.Fanning Kesw 44.20
- 2: W.Bland Kesw 44.30
- 3: I.Ferguson Kesw 47.51
- 4: G.Moffat 49.15 5: P.Harlow Kesw 49.31 6: N.Lanaghan Kesw 49.38 7: S.Booth Kesw 49.44
- 8: S.Hicks Amble 49.49 9: A.Beck Warton 51.16 10: D.Woodhead Horw 52.13

**VETERANS O/40**

- 1: W.Bland Kesw 44.30
- 2: R.Stephenson Kesw 56.21
- 3: C.Wilson Kesw 57.15

**THIEVELEY FELL RACE  
LANCASHIRE**

**AS 3.5m 900ft 24 September 1988**

The event was once again blessed with good weather but torrential rain over the previous days meant that despite the presence of the England World Cup squads none of the existing records were broken. Peter McWade being closest in the veterans category, just two seconds behind Ray Aucott's 1984 time. Kenny Stuart's 22m 57s of 1983 looks better and better as the years pass. Gary Devine ended Dave Cartridge's three year run of victories, and the other major prizes in both the ladies and under eighteen categories were also taken by England squad members. Peter Browning

**RESULTS**

- 1: G.Devine P&B 24.31
- 2: D.Cartridge Bolt 24.34
- 3: M.Patterson DkPk 24.45
- 4: R.Pilbeam Kesw 25.02 5: S.Hawkins Bing 25.40 6: R.Bergstrand Roch 25.46 7: J.Hornby Spen 25.52 8: J.Taylor Holm 26.01 9: P.McWade Clay 26.10 10: G.Webb Calder 26.21

**VETERANS O/40**

- 1: P.McWade Clay 26.10
- 2: A.Styan Holm 26.48
- 3: K.Taylor Ross 27.35

**VETERANS O/50**

- 1: D.Ashton Black 30.29
- 2: R.Barker Red Rose 31.43
- 3: M.Houghton Chor 31.57

**LADIES**

- 1: V.Brindle Clay 32.13
- 2: D.Lucas Roch 33.26
- 3: J.Smith DkPk 33.56
- 4: G.Cook Roch 34.44 5: L.Lord Clay 34.50 6: M.Ashton Clay 35.35
- 7: E.Thackray Fdale 35.39 8: S.King Hallam 35.50

**INTERMEDIATES**

- 1: S.Hawkins Bing 25.40
- 2: J.Taylor Holm 26.01
- 3: W.Gaunt Leeds Un 26.24
- 4: A.Illingworth P&B 29.30

**JUNIORS**

- 1: M.Rice Tod 26.26
- 2: W.Styan Holm 27.11
- 3: C.Walker P&B 28.03
- 4: P.Daccus P&B 28.19 5: R.Lawrence Bing 28.45

**JUNIOR WOMEN**

- 1: S.King Hallam 35.50

**JUNIOR U/15**

- 1: S.Beaumont Keigh 22.11
- 2: B.Taylor Ross 22.23
- 3: D.Coleman Clay 23.17

**JUNIOR U/15 GIRLS**

- 1: C.Chidsey P&B 27.50

Thieveley Pike —  
Peter Hartley minus camera  
(Photo W S Bateson)



**BLACK MOUNTAINS FELL RACE CUMBRIA**  
**AL 17m 5200ft 24 September 1988**

A new circular course incorporating most of the original route except the finish saw 46 runners set off on a very wet and claggy day. Last years winner Adrian Belton had no problem navigating unlike some competitors including local M.D.C. members. Veterans seem to thrive in the tough, long races with six in the first supervet in eleventh place. John Darby

**RESULTS**

1: A.Belton MDC 2.41.30  
 2: D.Thomas MDC 2.42.00  
 3: D.Davies Hebog 2.52.30  
 4: L.Williams MDC 2.52.30 5:  
 R.Ansell DkPk 2.57.30 6: F.Parry  
 MDC 2.58.00 7: M.Mair Bath  
 2.58.30 8: M.Lucas MDC 3.04.30

**VETERANS O/40**

1: D.Thomas 2: D.Davies 3:  
 L.Williams

**VETERANS O/50**

1: A.Smith MDC 3.15.30  
 2: A.Breakwell Kesw 3.30.00

**LADIES**

1: P.Shore Brit Air 4.13.30

**PERIS HORSESHOE MOUNTAIN RACE GWYNEDD**  
**AL 16m 7500ft 1 October 1988**

Considering that the race was a British and Welsh Championship event it was a very select 62 runners who left the Royal Victoria Hotel (which is an organisers way of saying that a lot of championship runners were absent!). The weather was dry but extremely windy, even so it didn't stop Colin Donnelly breaking the course record by 11 minutes. Perhaps a sub 3 hour time is attainable after all. The early part of the course through the old slate quarries was flagged for safety reasons. As most race organisers are aware the best laid plans can go astray and sure enough most of the runners reached the check-point on Elidir Fawr before the marshall! This year the runners were required to visit Y Garn in the hope that this would funnel them over the stiles on the descent to Llyn Cwm. At Pen Y Pass Youth Hostel (reached in 1h.28m) Colin Donnelly was being closely shadowed by Mike Whyatt and it was on the last top that Colin managed to drop Mike. The superveterans record time was smashed by Peter Brooks who knocked 57 minutes off last years time. A.B.Clarke

**RESULTS**

1: C.Donnelly ERYRI 3.08.09  
 2: M.Whyatt Gloss 3.18.51  
 3: G.WebbCald 3.21.41  
 4: T.Laney Clay 3.23.15 5: A.Triss  
 Gloss 3.24.18 6: H.Parry ERYRI  
 2.24.31 7: D.Davies Hebog 3.24.48  
 8: G.Schofield Black 3.34.43  
 9: M. Prady Gloss 3.36.36 10: A.  
 Haines ERYRI 3.43.06 11: M.  
 Campling Kend 3.47.03 12: S.  
 Skelton Cald 3.54.07 13: E. Evans  
 ERYRI 3.56.01 14: E. Harwood  
 Mercia 3.57.31 15: R.Ansell DkPk  
 4.01.12 16: A.Carson Eryri 4.05.08

17: M. Roberts ERYRI 4.13.21 18:  
 P. Brooks Loch 4.18.33 19: J. Hey  
 Unatt 4.19.08 20: M.Brook S'worth  
 4.19.33 21: H. Chambers S'worth  
 4.19.34 22: J. Brockbank Amble  
 4.20.48 23: S. Farrar ERYRI  
 4.23.09 24: B. Nicholas Mercia  
 4.25.14 25: G. Poole Roch 4.28.35  
 26: F. Uhlman Unatt 4.30.38 27: R.  
 Williams Barns 4.33.42 28: R.  
 Brown Herne 4.40.41 29: L. Owen  
 ERYRI 4.41.30 30: S. Walsh  
 ERYRI 4.42.04

**VETERANS O/40**

1: H.Parry  
 2: D.Davies  
 3: B.Nicholas  
 4: F.Uhlman

**VETERANS O/50**

1: P.Brooks Loch 4.18.33  
 2: M.Seward Louth 4.44.38  
 3: A.Barber S'worth 5.45.22

**LADIES**

1: A.Carson ERYRI 4.05.08  
 2: S.Farrar ERYRI 4.23.09  
 3: S.Walsh ERYRI 4.42.04  
 4: S.Ashton MDC 5.27.20

**TEAMS**

1: Glossopdale

**TOUR AND HALF TOUR OF PENDLE LANCASHIRE**

**AL 16m 4200ft 1 October 1988**  
 A field of 146 starters set off on a fine sunny morning. Dave Cartridge, Peter Mcwade and Dave Woodhead taking up the early running but it was the Bolton Harrier who led from check-point three to win in a new record time. The veterans were prominent in the leading places but the ladies were conspicuous by their absence. The Half Tour was a close run thing for first place between Allan Whalley and Geoff Wilkinson with Allan coming home first by eight seconds. Dave Scott led home the veterans and D.Ashton the superveterans. D.Southern

**RESULTS**

1: D.Cartridge Bolt 2.14.02  
 2: J.Nixon Achill 2.16.47  
 3: P.McWade Clay 2.18.20  
 4: S.Breckell Black 2.24.51 5: D.  
 Thompson Cald 2.26.18 6: D.  
 Woodhead Horw 2.27.46 7: K.  
 Robinson Black 2.28.02 8: A.  
 Schofield Roch 2.28.17 9: M.  
 Seddon SELOC 2.29.15 10: M.  
 Addison Clay 2.34.16

**VETERANS O/40**

1: J.Nixon Achill 2.16.47  
 2: P.McWade Clay 2.18.20  
 3: S.Furness Black 2.35.48

**VETERANS O/50**

1: B.Thackray DkPk 2.48.01  
 2: R.Barker Red Rose 2.53.46  
 3: R.Jaques Clay 2.56.07

**LADIES**

1: W.Dodds Clay 3.01.48

**JUNIORS**

1: A.Lee Roch 3.14.26

**COMMEDAGH-DONARD N.I.**  
**AM 7m 3500ft 1 October 1988**

To describe conditions as very windy would have been an understatement, as competitors had to battle into the teeth of a gale on the mountain tops above Newcastle. Jim Patterson confirmed his position as Northern Ireland Champion with yet another win, although his time was six minutes outside the record. Ballydrain clubmates Jim Hayes and Gordon Murray had a close battle for second position, with Jim Passing Gordon on the final descent. Brian Ervine

**RESULTS**

1: J.Patterson Nth Down 73.42  
 2: J.Hayes B'drain 75.20  
 3: G.Murray B'drain 75.41  
 4: D.Graham B'drain 80.00 5:  
 B.McBurney N'castle 81.32 6:  
 P.Holmes Killowen 82.09 7:  
 C.O'Hara Unatt 82.14 8: J.Sloan  
 Nth Down 87.56

**VETERANS**

1: J.Patterson  
 2: J.Hayes  
 3: J.Sloan

**RAS LLYN Y FAN DYFED**  
**AS 5.25m 2000ft 11 September 1988**

**RESULTS**

1: J.Griffiths Aber 45.03  
 2: L.Williams MDC 45.18  
 3: I.Davies Lland 45.20  
 4: D.Beith Mt Rescue 45.52 5:  
 D.Thomas MDC 46.18 6: M.Lucas  
 MDC 47.08 7: A,Abbot Sarn Helen  
 48.52 8: J.Wilson MDC 50.09 9: C.  
 Ryder MDC 50.21 10: M. Saunders  
 MDC 50.30

**VETERANS O/40**

1: L.Williams MDC 45.18

**VETERANS O/50**

1: A.Smith MDC 51.08

**LADIES**

1: S.Ashton MDC 57.48

**JUNIORS**

1: A.Abbot Sarn Helen 48.52

**LANGDALE HORSESHOE FELL RACE CUMBRIA**  
**AL 16m 4000ft 8 October 1988**

**RESULTS**

1: R.Whitfield Bing 2.06.10  
 2: W.Bland Kesw 2.06.22  
 3: A.Ligema Amble 2.15.00  
 4: I.Holmes Bing 2.15.04 5:  
 A.Styan Holm 2.17.44 6:  
 R.Jamieson Amble 2.17.53 7: D.  
 Nuttall Clay 2.18.06 8: M. Stone  
 Clay 2.23.19 9: D.Davies Hebog  
 2.23.24 10: G.Clucas CFR 2.23.32

**VETERANS O/40**

1: W.Bland Kesw 2.06.22  
 2: A.Styan Holm 2.17.44  
 3: D.Davies Hebog 2.23.24  
 4: J.Nuttall Clay 2.28.51  
 5: C.Wilkinson Bing 2.31.04

**VETERANS O/50**

1: L.Pollard Achill 3.26.51  
 2: C.Gravina Amble 3.30.13  
 3: E.Coope Horw 3.32.31

**LADIES**

1: R.Pickvance CLAY 2.42.40  
 2: H.Diamantides DkPk 2.53.24  
 3: S.Lewsey Border 3.05.32  
 4: L.Lord Clay 3.15.17 5:  
 J.Laverack Amble 3.16.39

**LADIES VETERANS**

1: L.Lord Clay 3.15.17  
 2: J.Graham Amble 3.31.37  
 3: C.Porritt Ilkley 3.46.33

**TEAMS**

1: Bingley 19 pts  
 2: Clayton 31 pts  
 3: Ambleside 40 pts

**TWO BREWERIES FELL RACE SCOTLAND**  
**AL 18m 5200ft 24 September 1988**

The brainchild of Frank Smith and Dick Wall, it is the ultimate challenge in the perfect setting, some eighteen miles plus six summits sandwiched between two breweries. The first half of the race is the toughest with most of the ascent taken in early on and through ankle grabbing heather. Things do start to improve once over Stob Law with some fast tracks, a diversion up whitelaw, then it's back on the tracks for the long drag round to the final climb up Trahenna. Jack Maitland remains unbeaten in the individual race and Horwich are unbeaten in the team race

**IAN HODGSON MOUNTAIN RELAY CUMBRIA**  
**25m 8500ft 2 October 1988**

Once again weather talk dominated the race as steady rainfall and thick mist persisted through the day. The event has yet to be held on a good day so the stage times should have potential for significant improvement. However the "clag" does make the event more interesting and the smile on certain Keswick members faces showed that not everyone hoped for good weather. For the second year Keswick dominated the race, winning in a time slightly down on last year but by a margin of 8 minutes 25 seconds over Ambleside, who achieved their best placing ever. Bingley maintained second place until they were pushed into fourth after a navigational error on stage. Bingley did however, have the consolation of recording the fastest time on leg three, all other legs went to Keswick, with a new record on section four of 3 minutes 3 seconds. Clayton took the ladies team and as a club finished five teams on the day. Livingstone won the mixed team category for the second time. Dave, Shirley, Michael, Neil and Chris Hodgson

**RESULTS total Leg 1 Leg 2 Leg 3 Leg 4**

1: Keswick 3.46.02 1.11.28 34.49  
 1.08.43 51.02 2: Ambleside  
 4.04.27 1.16.56 38.03 1.17.01 52.27  
 3: Kendal 4.05.07 1.16.56 38.03  
 1.10.40 56.07 4: Bingley 4.08.18  
 1.15.00 38.28 1.08.32 1.06.18 5:  
 Rossendale 4.08.58 1.20.04 39.19  
 1.15.37 53.58 6: Keswick  
 'B' 4.10.26 1.25.00 39.22 1.10.38  
 55.26 7: Skyrac 4.10.44 1.17.48

40.24 1.15.48 56.44 8: Horwich  
4.10.50 1.18.16 36.34 1.20.10 55.50  
9: Fellandale 4.23.58 1.22.32 42.32  
1.17.56 1.00.58 10: Lanc & Morc  
4.30.53 1.24.49 41.21 1.22.50  
1.01.53

#### MIXED TEAMS

1: Livingstone 4.39.45 1.17.45  
44.52 1.19.23 1.17.45 2: Bingley  
5.07.11 1.51.02 52.10 1.22.48  
1.01.11

#### LADIES TEAMS

1: Clayton 5.23.58 1.34.56 51.19  
1.33.45 1.23.58

#### BUTTER CRAG FELL RACE CUMBRIA AS 1.5m 900ft 9 October 1988

#### RESULTS

1: J.Maitland P&B 13.39  
2: D.Lee CFR 13.50  
3: W.Bland Kesw 14.00  
4: I.Holmes Bing 14.04 5:  
G.Wilkinson Clay 14.07 6:  
S.Hawkins Bing 14.24 7:  
M.Croasdale Marines 14.32 8:  
K.Anderson Amble 14.40 9:  
N.Lanaghan Kesw 14.43 10:  
P.Clark Kend 14.45

#### VETERANS O/40

1: W.Bland Kesw 14.00  
2: M.Walford Kendal 16.48  
3: C.Wilson Kesw 17.04

#### VETERANS O/45

1: A.Evans Amble 17.29  
2: B.Hillon CFR 17.52  
3: R.Dewhurst Clay 18.44

#### VETERANS O/50

1: H.Blenkinsop Kesw 17.26  
2: S.Winstanley Horw 19.53

#### VETERANS O/55

1: G.Brass Clay 19.37  
2: P.Dibb L'wood 22.46

#### LADIES

1: S.Clark Kend 20.06  
2: E.Thackray F'dale 20.26  
3: R.Sharpley Bing 21.05  
4: D.Priestley Kend 21.05 5:  
E.Burnip Clay 21.59

#### JUNIORS

1: R.Lawrence Bing 10.36  
2: J.Bolman Kesw 10.59  
3: J.Walker Kend 11.18

#### MELTHAM COP HILL RACE YORKSHIRE

#### CM 7th 900ft 16 October 1988

This years race was run in fine weather but muddy in places. The entries were down, probably partly due to the World Cup races being held on the same weekend. Most of the runners coming from local clubs.

#### RESULTS

1: H.Waterhouse S'worth 45.02  
2: R.Rodgers Horw 45.47  
3: R.Harbishier Holm 45.56  
4: M.Addison Clay 46.28 5: S.Ward  
S'worth 46.44 6: C.Beever Holm  
47.02 7: E.Rennie Aberdeen 47.16  
8: D.Beels Roch 47.20 9: M.Egner  
Denby 47.23 10: R.Waterhouse  
S'worth 47.30

#### VETERANS O/40

1: C.Beever Holm 47.02  
2: C.Todd H'gate 49.03  
3: R.Hardcastle L'wood 50.11

#### VETERANS O/45

1: P.King Denby 52.20  
2: G.Webster Vall Strds 53.29  
3: R.Cutts L'wood 61.41

#### VETERANS O/50

1: K.Bamforth Holme Vall 49.37  
2: E.Muxworthy Holm 55.32  
3: P.Dibb L'wood 57.09

#### LADIES

1: K.Drake Spen 52.55  
2: J.Johnson Denby 54.44  
3: J.Town Denby 54.59  
4: S.Watson Vall Strds 57.23 5:  
W.Wilson ASVAC 61.42

#### JUNIORS U/17

1: S.Beaumont Keigh 23.46  
2: P.Garside L'wood 24.05  
3: R.Lawrence Bing 25.16

#### JUNIORS GIRLS U/17

1: G.Hardcastle L'wood 28.51  
2: R.Cartwright P'stone 31.44  
3: J.Hardcastle L'wood 35.25

# Memories of Fell Running

*About forty years ago I first ran  
the moorland hills above a town  
where cotton mill commanded all;  
their chimneys, black fingers spread  
across a calloused hand of terraced streets.*

*How I savoured the sweetness of the air,  
the feel of softness beneath my feet,  
the sense of freedom — all barriers gone.  
We ran the hills because we loved them,  
a fidelity that has not been severed.  
The legs were strong, the lungs capacious  
as we thrust ourselves up steep and rugged climb.*

*Still I return to those hills  
and memories that are often distant  
return again — their clarity undiminished;  
I watch the wraiths of others  
as they silently slip by — no rasp of breath,  
no pounding feet, just figures of the past.*

*And still I run the high hills,  
the legs respond with belated spring,  
the lungs are less inclined,  
but above all the ageing process  
there are things that do not diminish;  
that sense of freedom, the love of fell,  
the depths of friendships we have forged,  
all these remain — they are eternal.*

PETER TRAVIS

## CARNEDD LLEWELYN Summer — 1984

*Drawn on long whaleback heights,  
Broad and open, bare to the noon-day sun  
That heavy makes our worn and weary climb  
On soft, warm, willowy mountain grass.  
Here the fading hope of every mocking brow  
Lies still and mute, ever higher,  
Wide and summer burnt,  
Rock and purple heather bound.  
Dry stoned and empty the monolithic summit dawns,  
Lightens, gently, slowly lifts our eyes  
On to nearing, tempting, shimmering hills.  
Easy now, the swiftly lowering top is sent  
Tumbling, falling, twisting  
Down the brown beaten highland path  
Where laughing, running, rushing on and on  
We seize those stolen moments cherished, to pass,  
To keep, as broken flashes of a long ago dream.  
A halting moment, held, high above the rocks of painful memory  
On startling crystal crags that empty lie, yet  
Once filled our hopeful days, past now, I knew their leaving.  
The dark and beckoning llyn, sparkling,  
Cooled and cradled our swift descent, but still  
Too quick, too quick we part, the years of long divide.  
The soft, saddening valley etched deep in our hearts,  
We held. I knew my loss, I stumbled -  
"We must do this again — soon — someday."*

GRAHAM JONES

## CWELLYN — Winter 1985

*Show me a still circled moon  
Pale in a black, starbound sky  
Mirrored, fractured in  
Cwellyn lake  
Deep below the silent sleeping  
house,  
Stone built and gently cradled  
Near to the growing side.  
A crystal bound llyn, light  
In the shadow of cwm  
Of rising, darkened steps.  
A darting snowy ermine  
That peeks its disbelief  
and is gone*

*Amidst hoary icebound rocks.  
The sun thrice born  
Through lowering clouds on  
distant hills  
And lights this weary darkness.  
The curving, falling whiteness  
Of the drifting homeward path.  
Fasat to the forgiving ground.  
The low, early light that gently  
warms  
And frees the bonded stream.  
The day begins.  
Our journey over.*

GRAHAM JONES

# Faraway Hills are Green (and untrampled)

British fell runners who are bored with the fluorescent orange traffic jams which build up on the heavily used English mountains could do worse than turn their gaze and holiday plans towards the sunset and uncrowded Ireland. Ireland, as I'm sure you've all read, is the place for perfect holidays — empty unpolluted beaches, pleasant pubs, no stangers, just friends you haven't met, and, of course, deserted mountains of all shapes and sizes. Yes, you could do much worse!

I was over on your shores recently with the Irish teams at the World Cup in Keswick and we stayed at Barrow House beside beautiful Derwentwater. While the scenery was superb and the people very pleasant, none of the Irish runners could get over the number of walkers on your hills for a quiet month like October. One of the assistant wardens said that he regularly saw a solid line of walkers along Cats Bells across the lake from the hostel. This is a manifestation of the population pressures brought on by 56.5 million people living in 244,100 sq. km., or a density of 231 people per sq. km. This figure includes Scotland, Wales, and Northern Ireland. In the Republic of Ireland, our population density is the lowest in the E.E.C. at 51 people per sq. km and most of them haven't been near a mountain in their lives.

Ireland's mountains are the loneliest in Western Europe and with their corrie studded sides are a fell runners delight. The principal mountain areas in the Republic are those where the Irish Munroes (over 3,000 feet) are:- Wicklow, Tipperary, and Kerry. Here Lugnaquilla 3,039 ft, Galteemore 3,018ft, and Ireland's highest mountain 3,414ft Carrauntoohil are the lords of their domain, seldom bothered by the aggressive scatchings of puny homo sapiens.

Other mountain areas in Ireland are at least as impressive — the Connaught region where the Mweelrea horseshoe dominates one of the finest salmon and seatrout fisheries in Europe is a magnificent empty playground packed with hills. Mweelrea's quartzite neighbour Crough Patrick 2510 ft is the most climbed mountain in Ireland as it is regarded as a holy place — a shrine to St. Patrick who established christianity in Ireland. The "Reek" as it is known locally sees up to 20,000 people climb it to hear Mass on the last Sunday in July. This is an incredible sight as a line of people of all ages, many barefoot and, including a high proportion of old people in their eighties, struggle upwards over the rocky scree strewn slope to the summit chapel. This ritual is a continuation of the pagan worship of the god Lugh which was prevalent over Western Europe in ancient times and represented the annual victory of the hero god over Crom Dubh the demon god. Many

of the mountains in Ireland have pagan associations and, on the Cork/Kerry border, the twin 2,250ft "Breasts of Anu" or Paps are still rich in folklore. However, bar that one day a year, Croagh Patrick remains very seldom climbed and the general reaction of most British and foreign visitors is undisguised glee at the discovery of a relatively virgin wilderness right on the doorstep of one of the liveliest cities in Europe.

The Irish mountain racing scene is organised by the Irish Hill Running Association who have up to 30 races in their calendar. The sport of hill running as it is known in Ireland is mainly concentrated in the Dublin/Wicklow area where the population is greatest. Any visiting runner during the months of May, June, July, and August will be guaranteed a race somewhere in the Republic, as frequently we have two races a week during this period. In fact if you send the sum of £4.00 to the undermentioned contact name — payable to the I.H.R.A. — you will receive a calendar and get a free entry to one of our races.

Many Irish people run — mostly on roads — as evidenced from the 14,000 entrants in the Dublin Mini Marathon (ladies only) and the 11,000 entrants in the Dublin City Marathon. So, some of our races are short easy ones as the I.H.R.A. uses them as bait in a constant battle to entice the average Irish road runner away from his beloved tarmac. However, generally our blandishments fall on deaf ears and entries in Irish hill races are small. The average field varies from 15 to 60 runners and covers all age groups. Yet, despite the relatively low level of participation, we managed to field a mens team of 12 runners which finished 7th in the World Cup and a ladies team which went one better and finished 6th. A week later, two of the mens team members Robin Bryson and Aengus O'Cleirigh who had entered the Karrimor Mountain Marathon with different partners were forced to team up at the last moment and won the event by 25 minutes — the first time an Irish combination has done it!

Major races that visiting runners might like to try in 1989 to get a flavour of the Irish mountains are:-

4th June Carrauntoohil 8.5mls 3,960ft Rec. J. Lenihan 71min 43sec  
2nd July Croagh Patrick 4.8mls 2,500ft Rec. P. Higgins 49min 06sec  
6th Aug Galtees Ridge 11mls 4,600ft Rec. J. Lenihan 93min 46sec  
27th Aug Lugnaquilla 7.5mls 2,660ft Rec. J. Lenihan 58min 25sec

the above races are located in ideal walking/running country, and most of these areas are empty of other people throughout the year. The exception is Lugnaquilla which is only 40 miles from Dublin and has the occasional small groups of walkers on the weekends.

Accordingly, visitors must take extreme care when venturing on the Irish mountains alone as, in the event of an accident, you could be waiting for days for help. Needless to say, sensible precautions like leaving details of your intended route at your base, and your estimated time of arrival, should help to minimise risks.

I would recommend that runners considering coming over here would try to get hold of the book "IRISH PEAKS" by Joss Lynam, published by Constable which is a most useful little opus and covers many routes which are used by the I.H.R.A. The Irish Tourist Board "Bord Failte" at Baggot St. Bridge, Dublin 2 will supply information on hotels, guest houses, B & B's, and sundry other methods of shelter. It has offices in Britain which may prove handier to you. By the way, Bord Failte means the "welcome board" and they'll try to prove it to you — so come over and be prepared to enjoy yourselves!

Information on Irish Hill Races from:- Frank Murphy 169 Wedgewood Dundrum Dublin 14. Phone Dublin 953790 or phone me (no letters — I'm a lousy and lazy correspondent) Dublin 868180 after 7.00pm.

**DOUGLAS BARRY**

#### Great Mountain Races

The Carrauntoohil race was first mooted in 1985 and included in the Irish Hill Running Association calendar in 1986. Following a revolt at the I.H.R.A. AGM when disaffected members, who were up in —

arms at the thought of having a race over such a 'dangerous' route, brought along their wives and friends — some of whom joined the Association on the night — and voted the existing committee out of office and dropped the race, the idea lay dormant for a year. However, sanity prevailed the following year, and the inaugural Carrauntoohil race was held in 1987.

The race starts at Breanlee, near Lough Acoose in the Glencar District which is 12 miles from Killarney, Co. Kerry (190 miles from Dublin). The 8.5 mile route goes to, and returns from the highest mountain in Ireland as follows:- One and a half miles of stoney dirt track to Lough Eigher in Coomloughra with a height gain of 1,000 feet. Up a heather and grass slope before a half mile of scree and the first top of the intermediate mountain Caher, 3,200 feet. Up and down the other two tops of Caher and the narrow, airy, rocky, and exciting ridge to the top of Carrauntoohil, 3,414 feet. distance one and a half miles. The views from the summit on a clear day are marvellous and 100 mile vistas are possible.

The 1987 race had a thick mist along the summit ridge and the writer had the good fortune to profit from the same. I won in a slow time of 118 mins 23 secs. In 1988 reality was restored and local runner John Lenihan — a former Irish National Half Marathon Champion — turned up and set the current record of 71 mins 43 secs which will take some beating.

## THE SECOND EVEREST MARATHON NEPAL 1989

*The highest marathon in the world*

After a 14 day trek to Gorak Shep, just below Everest Base Camp, and 3 days high altitude training, the race will be run from Gorak Shep (5184m) to Namche Bazaar (3446m), capital of the Sherpa region.

**Entry limited to 50 foreign runners;  
previous fell running experience essential.  
Selection 30 April 1989**

**29 day package London-London  
4 November - 2 December 1989  
£1500**

Send 14p stamp for details and application form to:

**BUFO VENTURES LTD**

3 Elim Grove, Bowness-on-Windermere, Cumbria LA23 2JN

Telephone 09662 5445

# The Bob Graham 24 Hour Club *Biennial Dinner*

Shap Wells Hotel was again the venue for the Bob Graham biennial dinner, held on 8th October 1988. Over 300 members and friends attended the function organised with great enthusiasm by the Club's Chairman Fred Rogerson. The Devil's Gallop group from Windermere greatly enlivened the occasion, providing the music for country-style dancing.

This year 76 people, including 6 ladies, achieved membership of the Club by completing the round of 42 peaks within 24 hours. The new members, together with the 55 who were successful last year, were presented with certificates of membership by Alison Wright and Mark McDermott. Mark is the new holder of the 24 hour fell record having covered 76 summits on 18/19 June this year. Total membership is now 577.

The "Achievement of the Year" trophy was awarded to Martin Stone for his outstanding performance in climbing 26 munros within 24 hours. The round, which took place in the Lochaber District, is an extension of the Ramsay Round and entailed 31,000 feet of ascent in a journey of some 70 miles. Martin accomplished this feat solo and unsupported in June 1987. Within a 12-month period, in addition to the above event, Martin broke the record for a traverse of the Scottish 4000 foot peaks, again solo and unsupported, and became the first person to complete a solo winter round of the Bob Graham peaks within 24 hours. The guest of honour, Eva Graham, niece of Bob, made the presentation. A limited number of copies of the booklet "The Story of the Bob Graham Round" are available at £1.75 (inclusive of postage) from: F. Rogerson, Tether's End, Lindeth, Windermere, Cumbria, LA23 3NH.

Brian Covell

## NEW MEMBERS 1988

- 502 Ruth Pickvance
- 503 Adrian Love
- 504 Mike Kelly
- 505 Peter Rogerson
- 506 Robert Hall
- 507 Peter Jones
- 508 Peter Whitehead
- 509 Miriam Rosen
- 510 Judith Makinson
- 511 Tim Edwards
- 512 Keith Wilson
- 513 David Donald
- 514 Hew Fraser
- 515 Rory Longmore
- 516 Philip Newton
- 517 Jim Barton
- 518 Dave Peck
- 519 Phil Corris
- 520 Mike Wood
- 521 Ken Greenall
- 522 Chris Lyon
- 523 Kevin Walbank



*Bob Graham Awards go West to Workington (Photo Neil Shuttleworth)*

- |                         |                       |                      |
|-------------------------|-----------------------|----------------------|
| 524 Ian Opelt           | 542 Andrew Howarth    | 560 Roy Monk         |
| 525 John Simpson        | 543 Andy Howie        | 561 Jonathan Shaw    |
| 526 Reg Amor            | 544 Wayne Harrison    | 562 George Foot      |
| 527 Geraldine Goldsmith | 545 Julian Holdsworth | 563 Charles Anderson |
| 528 David Holmes        | 546 Andrew Connolly   | 564 Bob Smith        |
| 529 Bill Kenyon         | 547 John Vaughan      | 565 Nigel Harper     |
| 530 Kevin Lilley        | 548 Andrew Taylor     | 566 Andrew Bond      |
| 531 Terry Sayles        | 549 Kevin Harding     | 567 James Ward       |
| 532 Kay Wittle          | 550 Quentin Harding   | 568 Graham Richmond  |
| 533 Karen Alimchandani  | 551 Steve Libby       | 569 Stephen Skelton  |
| 534 Chris Davies        | 552 Peter Waddington  | 570 Brian Done       |
| 535 Mike Donough        | 553 David Wilson      | 571 Barrie Laycock   |
| 536 John Dutton         | 554 Ewen Rennie       | 572 Colin Sandham    |
| 537 Chris Sowden        | 555 Paul Mitchell     | 573 Andy Murphy      |
| 538 Jim Bispham         | 556 Paul Sharples     | 574 Tim Houghton     |
| 539 Michael Perryman    | 557 Chris Wilkinson   | 575 Jim Kelly        |
| 540 Paul Potter         | 558 Tim Kelly         | 576 Robert Tressider |
| 541 Gerald Orchard      | 559 Matthew Slack     | 577 Andy Sheath      |

*Presentation of Achievement of the Year Award to Martin Stone (right). Also shown Mark McDermott and Fred Rogerson. (Photo Neil Shuttleworth)*



# The Swiss KIMM

## August 6/7th

The classic 2-day KIMM continues to attract runners in their thousands, but surprisingly few of them are aware that there is another Kimm held every year in the Swiss Alps. However, the Swiss KIMM is now in its 13th year, attracts around 500 runners from all over Europe, and has had British winners in the past.

It was started by Dieter Wolfe, the Swiss orienteer, after his runs in the British KIMM, and though it had a strong orienteering bias to begin with the courses are now set in higher mountainous terrain rather than down in the forested valleys, and with less emphasis on technical navigation. The attractions of a genuine KIMM style race set in the Alps are obvious, and every year they are sufficient to lure a few British runners over to compete.

This year 'Karrimor' took over Ken Taylor & Pete Irwin, and Steve Nicholson & Pete James to represent the current British Elite and 'A' class winners, and, among others, they were joined by David & Miriam Rosen, Tim Laney & Mike Targett and Robert Sanby & Pete Rogers, who all competed in the Elite. Only 8 other British pairs ran in the remaining classes, including several of the 'Karrimor' staff.

The only organisational difference in the race is the large number of classes. There are the familiar Elite, 'A' & 'B' grades, but also senior, junior, mixed, ladies, family and novice classes! Both the Elite and the 'A' promised to be very tough (4500m of ascent/48 Km in the Elite), but the other classes were considerably less challenging; so much so it was almost 2 separate races.

The venue was the resort of Melchsee Frutt, situated just south of Lucern and at an altitude of 1900m. This was roughly the base altitude for the checkpoints but the highest reached 2589m. The competition area covered a plateau around the lake of Melchsee, a series of impressive limestone escarpments and summits, and, for the longer courses, some of the surrounding valleys to ensure a lot of tiring ascent and descent. There were continuously changing views, the most impressive being towards the Eiger, and in the brilliant sunshine which lasted the whole weekend everyone had the opportunity to enjoy the best in Alpine scenery.

The atmosphere of the whole event was relaxed and family oriented, but while those in the easier classes enjoyed the setting and the weather, the "A" and Elite class runners were suffering. Surprisingly, no one was feeling the altitude too much, but the heat and the terrain were causing problems. Pete Irwin was ill with heat stroke almost from the start and many of the Elite runners were finding routes involving a lot of rock climbing and perilous scrambling

on the cliffs. Route choices were difficult and although the map was generally good, its unfamiliarity and the complexity of the terrain made life difficult.

The end of day 1 brought everyone to a campsite on a grassy knoll with mountain panoramas all around, but most of the British runners were just glad to get there. Tim Laney and Mike Targett were lying 3rd in the Elite with a time of 8.31 while the remaining U.K. runners were well down the field. Pete Irwin had struggled to get around at all. In the "A" class Steve Nicholson & Pete James were 3rd despite a major navigational error and thought they could catch up on day 2. The feeling at the camp was that this was tougher than the British KIMM as sustained effort over very difficult terrain was required. Day 2 started abruptly with a volley of fireworks at 5 a.m., and while the Swiss prepared for the day ahead the British rolled over and slept some more.

Everyone had a difficult start climbing to 2500m up a valley composed of shattered limestone pavements and boulders, but at

least a shorter day was promised. It was still too much for an ailing Pete Irwin and he was forced to retire despite the planned course being shortened due to a lack of drinking water. Unfortunately, the leaders in the Elite were so far ahead they were not redirected and completed the full course. Even so they finished 2nd only 6 minutes down and were justly given the title. Mike Targett & Tim Laney finished in a fine 3rd place in 15 hrs 22mins. There were problems in the "A" class too. James & Nicholson together with the 2nd placed pair overnight, caught up with the leaders who were frantically searching for a checkpoint. Eventually all agreed it was missing and continued, after which the overnight leaders finished 3rd behind James & Nicholson, who were second to the other pair. After a protest all 3 were declared joint winners so James & Nicholson won despite never having lead at any stage!

None of the other British runners achieved high positions but all agreed it was a tough and spectacular event and well worth the effort of travelling over to compete. (Anyone interested in doing so next year should write to Remy Steinegger at Casella Postale, CH-6955, Oggio, Switzerland next May. His English is near perfect so language is no problem.)

**SWISS KIMM RESULTS**  
 Elite. 1. Matthias Ramsauer & Oliver Buholzer 13.59.06  
 2. Roland Arbter & Martin Arbter 13.53.35  
 3. Tim Laney & Michael Targett 15.22.17  
 "A" 1. Andrea Godly & Raoul 12.22.07  
 2. Steve Nicholson & Pete James 12.40.07  
 3. Beat Hinterman & Max Hinterman 12.44.11  
 "B" 1. Stefano Maddalena & Gigi Pedrini 6.52.29  
 33. Mike Parsons & Bill O'Connor 12.15.14  
 40. Glenn Andrews & Eileen Irwin 13.52.49  
 TRIM. 1. Andrea & Eugenio Pedrazzini 5.42.48  
 16. David Pugh & William Prinn 10.31.46

*FULL RESULTS NOT AVAILABLE.*

*Steve Nicholson and Pete James on their way to victory in the Swiss Karrimor A. Photo Robert Howard.*



# The Mourne Mountain Marathon

## September 17/18th

This years Andersons Mourne Mountain Marathon was a great success for the organisers and regular mountain marathon competitors, used to the large numbers in the mainland events and the problems this creates, were unstinting in their praise. According to most it was the best race of its type for many years.

The entry was slightly down this year but more runners made the effort to travel across from the mainland and they made up most of the 'A' class, which comprised only 7 teams of the 107 entered. The remainder were equally divided between the 'B' & 'C' classes. Irish hospitality for the visitors was, as usual, generous, though there was a slight suspicion that the huge B & B breakfasts were intended to slow down the competition.

In recent years the trophies have usually been carried off by pairs from the mainland, but this year the main competition in the 'A' class was expected to be between Ken Taylor & Brian Ervine and Jim Patterson & Martin Hudson, both Irish/English pairings.

The venue was the Silent Valley Reservoir grounds, a superb site right in the heart of the Mournes, and the mild overcast weather produced near perfect running conditions. Robin Bryson set the courses and as a past winner with considerable mountain marathon experience some testing courses were expected of him.

This was exactly what everyone got. Locating most of the checkpoints wasn't too technical but the navigational challenge was selecting from the many possible route choices Robin had ensured were available. With such a small field ranging over most of the Mournes this mountain marathon became a true test of both running and navigation as there were none of the usual crocodiles of runners playing 'follow the leader'. Most of the routes were also very runnable so everyone was happy.

In the 'A' class it was no secret that Jim Patterson was intent on winning a title he last won in 1981 (with current race organiser Dennis Rankin).

As a result Ken Taylor & Brian Ervine forced the pace early on and succeeded in gaining a 37 minute lead at the end of Day 1. The 'B' class was closer with just 3 minutes separating the top 2 pairs but it was proving a challenging course. Many pairs were finishing late in the day and the last in had a time of 12.10. In the 'C' class Donald Powell & Paul Harwood surprised themselves to lead by 42 mins in Pauls first mountain marathon. In second place was Dons wife Janet running with Harry Waterhouse.

A very comfortable mid-camp ensured a good rest for most and in the morning the B.B.C. arrived to

film the activity going on. Ken and Brian put in a fine ham acting performance for the sake of the cameras before imposing themselves on day 2 to secure their lead. Martin Hudson & Jim Patterson did stay with them for a while, but they were in irresistible form and won by nearly an hour in the end.

In the 'B' class London Orienteers Byron Davies & Tim Denton pulled away from Neil Speers & Andrew Gibson to win comfortably and as expected the Powells retained first and second place in the 'C' class with their respective partners to make it a family affair and a very successful outing for the Saddleworth Club. At the final count 81 teams got round (76%) and 17 of the 26 non-finishers were in the 'B' class.

As usual the visitors claimed most of the prizes but at least this year Brian Ervine gave the Irish a share in the 'A' class. It seemed everyone who travelled across from the mainland to run was delighted with the courses and the friendly low key nature of the race so anyone tiring of the bigger mountain marathons should consider crossing the water

next September to experience the Mourn Mountain Marathon. Its well worth the effort.

(To enter contact Dennis Rankin, 18 Cranmore Gardens, Belfast BT9 6JL July.)

### RESULTS

#### 'A' Class

- 1 105 Kev Taylor (V)  
Brian Ervine
- 2 113 Martin Hudson (V)  
Jim Patterson (V)
- 3 109 Gordon Murray  
Gary Murray
- 4 107 Peter Wilson  
Dugald Mackie
- 5 101 David Topliss  
Paul Parker
- 6 111 Derek Tyers  
Neil Tyers

#### 'B' Class

- 1 352 Byron Davies  
Tim Denton
- 2 314 Neil Speers  
Andrew Gibson
- 3 317 Chris McCann  
Keith Kilpatrick
- 4 343 Keith Tonkin  
Kay Whittle
- 5 360 Robert Ferry  
Noel Murray
- 6 361 Chris Cartwright  
Tom Todd

#### 'C' Class

- 1 548 Donald Powell  
Paul Harwood
- 2 541 Janet Powell  
Harry Waterhouse
- 3 551 D Ni Challanain  
Jon Nash

## KIMM 88 Cheviots

22nd/23rd October 1988

From an Organiser's View  
by Peter Knott

The 21st two day Mountain Marathon was held, for the second time, in the Cheviots. The event started full of promise with a very fine, warm and sunny day emerging from swirling high mist in the early morning. The weather, however, gave poor compensation for some very second rate course planning, which offered no real route choices between check points — at least for the E and A classes, on which I can pass comment. Several longstanding E competitors were unanimous that never before in the history of the event had they been condemned to such a tedious procession, which over the two days involved covering some stretches of ground twice, sometimes even three times.

On Day 1 the E class trek spread itself from the start at the River Alwin just N of Clennel Hall across the Kidland Forest (two checks on E and W perimeter) over the shoulders of Windy Gyle, then skirted the flanks of Score Head and the Cheviot across the Lamoden Burn Valley to two points near Easter Tor and Humbleton Hill, finally turned S again to the overnight camp.

The views on the perfect autumn day were magnificent and the route offered a tempting introduction to the Cheviots for those who did not know them at all or, like me, have never foraged beyond the Pennine Way. As another small recompense, the camp site for E and A classes, situated near the head of the Lamoden Burn Valley, was very comfortable and scenic, a tranquil haven from which to contemplate the glorious sunset colours.

Day 2 dawned misty and grey, the humid clag thickening to rain at times over the higher ground as the snake of human figures wound its way disjointedly to the finish. The route trended W from the camp towards the farm of Old Halterburnhead, then S and SE in a very long haul to Wether Cairn, from where it was a weary valley plod back to Clennel Hall, relieved only by a short, steep climb to collect the penultimate checkpoint.

Summary verdict based on a small opinion poll at the finish: a fairly 'soft' KIMM with little strenuous climbing and some uninspired courses in a splendidly wild piece of country with tremendous, sadly unrealised potential for challenging navigation.

Thick mist and drizzle enshrouded the cheviots for the three days preceding the even while the planning team were placing and checking controls. On Saturday morning the clouds rolled away to give a perfect day which resulted in a very low retirement rate. Robin Bryson and his new partner Aonghus O'Cleirigh soon set about stamping their mark on the event by



Taylor and Ervine running into the finish beside Silent Valley Reservoir.  
(Photo Robert Howard)



A cheerful winning pair in the Mourne Mountain Marathon. Taylor and Ervine flanked by Jim Patterson (R) and Martin Hudson (L). (Photo Robert Howard)

taking a 24.5 minute head in the Elite then at the overnight camp.

Day 2 saw the clouds down again and emphasis on navigator but the British pair held their overnight advantage to finish 25 minutes ahead of Mark Rigby and Martin Stone who had moved up on day 2 from their 3rd place overnight. The new C2 Class trophy presented by the start and finish organising team from Pendle Forest orienteer was given to Mark Brotherton and Paul Hagan by prize presenter Alistair Patten. This new trophy is to be known as the "Roger Wilson Trophy" in memory of their late team leader who sadly died just before this year's event after a long and gallant struggle against cancer. At the presentation Alistair amused the gathering with anecdotes from the first event that Gerry Chambley, he and Lol Clarke organised back in 1968. Some amusing incidents that occurred over the week-end

included the horse at the E/A site that liked the taste of one of the organisers tents, the young fox hound that decided to link up with Mark and Martin to make a threesome on day 2 (could this account for their day 2 success?), the competitor who took the slogan "Take your rubbish home" too literally, dumping his clothes in the bin at Chennel by mistake and the farmer at the Muir mid-way camp whose attempt to burn the rubbish sacks on the day after the event resulted in periodic explosive gas canisters hurtling in all directions. Other incidents included two rescue/hospital accidents, one tenant complaint and three teams banned from future events for infringing safety rules. With possibly the best ever Event Centre at Chennel Hall and the hard work of all the teams the event with off with few problems.

## RESULTS

### A Class

1 John Taylor  
Andrew Trigg

2 No. 349

3 Neil Conway  
Pete James

### Vet

Hawkins  
Jeff Boswell

### Mixed

Tony Peacock  
Vanessa Brindle

### Ladies

Geraldine Goldsmith  
Kay Whittle

### C2

1 Mark Brotherton  
Paul Hagan

2 Trevor Dibben  
Gary Atkins

3 Neil Tipping  
John Tipping

**Veterans:** Cameron McCready & John Eaton

**Ladies:** Katherine Thomas & Jill Tweedie

**Mixed:** Will Robins & Sue Allen

### B Class

1 P Hyman  
Penny Rother (mixed)

2 Simon Thompson

John Kenley  
3 Roger Hardon  
Nick Lees

David Hodgso  
John Sykes

As 1st

Jane Wingham  
Alison Comley

### C1

1 Philip Lumley  
FJN Barr Constigan

2 Sarah Taylor

David Taylor  
3 Peter Eccles  
Susan Eccles

John Dalton  
John Bailey

As 2nd

Christine Mideley  
Vivien Large

### Score

1 Colin Webb 554 pts  
Peter Skelton

2 Mike Elliott 554 pts  
Martin Ward

3 Ifor Powell 550 pts  
Alun Powell

Pos	Team	time at camp	position at camp	time at finish	total time
1	120 Aonghus O'Cleirigh Robin Bryson	5.56.55	1	5.18.01	11.14.56
2	90 Mark Rigby Martin Stone	6.23.43	3	5.16.08	11.39.51
3	54 Tim Laney Colin Valentine	6.21.26	2	5.24.57	11.46.23
4	121 Matthias Ramsaureer Oliver Buholzer	6.33.33	4	5.35.02	
5	95 Philip Clark Graham Huddleston	6.45.14	8	5.32.00	12.17.14
6	75 Andy Ligema Colin Dulson	6.42.36	6	5.36.05	12.18.41
7	108 Ian Ferguson Paul Mitchell	7.03.58	13	5.20.58	12.24.56
8	40 Mike Walford Hugh Symonds	6.37.25	5	5.47.32	12.24.57
9	55 John Gibbison David Rosen	6.53.42	10	5.34.39	12.28.21
10	82 Bob Berzins Andrew Harmer	6.59.13	12	5.30.39	12.29.52
<b>1st Vet</b>					
13	88 Rory Gregory (Vet) Bob Toogood	7.17.33	15	5.40.28	12.58.01
<b>1st Mixed</b>					
18	58 Denis Barnes Ruth Pickvance	7.17.36	16	6.05.40	13.23.16

**1st Ladies:** Sue Walsh & Wendy Dodds

# The Cairngorms in one go: an alternative approach

Original long-distance rounds are becoming more and more difficult to come by and harder to set up. I've long admired the individualist approach of the Martin Stones of this world and felt it was high time I did my own thing. The challenge could be made more spicy, with just me to consider, by making it unsupported, and, as an added extra, un-reconnoitred. Infact, the antithesis of the trend towards down-to-minute planning. I'd had my eyes on the Cairngorms as a suitable area, as it was completely unknown to me and respected as a testing playground in terms of terrain and weather. Also there were 17 new Munros for the culling. Not that I'm a Munro-bagger of course . . .

Others (except at Pudsey and Bramley?) had ideas for their own epics, as an ear close to the ground among the long-distance fraternity revealed. As usual, no-one talked specifically about their plans, but to my horror I did hear the word 'Cairngorms' on one occasion. A chance meeting with Nick Crane on a train south of Inverness, when I blurted out my plans as we sped past Aviemore, finally stirred me into action before it was too late, but even so, from then on I was half-expecting news of Nick's successful completion of the round on a pogo-stick.

Route choice was a tricky business: Loch Morlich/Glen More was an obvious centre, but the hills are spread rather unhelpfully. An essentially west to east traverse seemed the most plausible, joining all the summits between each pair of north-south glacial troughs to reduce the total climb but thereby leaving a rather contrived return skirting north of the whole massif unless I saved some summits for that leg also.

I considered myself fit enough after the Wasdale and helping with the two big long-distance jamborees of the season (Mark's and Jon's) but even with just my own work schedule to consider there was a relatively small 'window' to aim at among other events planned and the prevailing mediocre weather. Come the 24th July, it had to be then or never despite the unpromising forecast for the second half of my intended time out.

In deference to the mist and rain outside the carriage window, I spent the journey north marking my map with a confusion of bearings and altering the planned route and schedule yet again. 76 miles in this? I made a start on the fruit jellies, essential allies in long-distance attempts. At least it didn't rain as I cycled to the hostel. There, the warden became my first and only confidante; he thought one hour for the first five miles would be tough going until I pointed out that a little running was intended.

I don't think I slept more than two hours. It was a very still night and I

wished I was out there. Were the men at the met. One day out? Would their forecast front come earlier than Monday morning? Next morning I had the small matter of sweeping out the drying-room to attend to, and found myself wondering what the Italian World Cup team would be given in similar circumstances in October.

At 8am I jogged to the edge of the forest and happily continued thus most of the way to the Sinclair hut. It was unexpectedly dry underfoot and also ridiculously clear, with the cloud oscillating around the 3500ft level all day. Even Ben Macdui cleared occasionally, so the dreaded plateau navigation might yet not prove too difficult. Braeriach fell quickly, and I got my usual kick out of overhauling a pair of over-clad hikers as they toiled upwards. The ridge run to Cairn Toul was a delight in the swirling mist. I had planned to leave half my food at the col before Monadh Mor to ease the passage of the next four hills. In fact this proved to be a featureless location and could later have been difficult to find again in mist. A confusion of tiny lochans, necessitating frequent back-tracking, hindered the traverse to Sgor Gaoith, but then an unexpected contour path led round Carn Ban Mor to the incongruous landrover track from Glen Feshie.

I left this to head for Beinn Bhrotain where I littered the summit cairn with the first of my notes that would help localise my dead body to a specific section if necessary.

Back at the food-dump I welcomed the opportunity for a break and a faceful of fruit jellies before heading for the Devil's point. Here I met again the two walkers, but resisted the temptation to tell them what I'd done in the meantime. At Corour bothy I left another visiting card before tackling the rough slope of Carn A'Mhaim and the slog up Taylor's burn beyond (more jellies) to Ben Macdui, my highest point. Mist on the plateau and a heavy shower made things tricky to Derry Cairngorm, but just as quickly the weather changed again, and ascending Bheinn Mheadhoin I was treated to a superb spectacle as the summit stacks shone a brilliant bronze in the evening light. The highest of these provided my first opportunity for a scramble, and from the top I temporarily forgot the schedule and surveyed this, the finest view of the round, with Macdui, Cairngorm and Bhuid all crystal clear. However, the effect of the shower on my timekeeping proved more than temporary, as my watch ceased to function, leaving me with a flashing array of nonsensical symbols.

From the Lairigh an Laiogh, I detoured south to Bheinn Bhreac, the only summit below 1000m, before ascending Bheinn a'Bhuid to the accompaniment of a fine herd of hinds and the last rays of the

glorious sunset, but in front the skies looked ominous and the path was soon in thick mist that had me searching for the summit cairn: Just my luck at this the flattest of the seventeen. A strong wind had also got up which bore me down to the exciting col at the head of Slochd Mor and up onto Ben Avon. The combination of deepening gloom, high winds and a fumbling scramble on the summit tor was interesting to say the least and I was glad to head down into the glen.

However, the wind continued to increase on the way to Faindouran bothy, where I popped in to put on more layers, surprising the sole occupant (who hadn't a functional watch either!). It was now pitch dark, and as I stumbled further along the non-existent path it began to rain heavily, so that I was glad of more shelter at the Fords of Avon refuge. Here I considered my position: It must be 2.30am or so, with 14 miles and 4000ft still to do, in a now raging storm and pitch dark. And running low on fruit jellies. I decided to gamble by sitting it out for an hour or so until first light, thus ridding at least one adversary but allowing only 4 hours to get back comfortably within 24, as obviously I no longer knew when that deadline would elapse.

Now or never. I opened the iron door and was immediately bowled sideways. At least it blew vaguely from the right quarter, so that Bynack More went comfortably if not quickly. But turning at the summit, my planned height-saving route down the south ridge was immediately cancelled as I could barely move directly into the driving rain, so I set a contrived bearing west over and down into Strath Nethy. The map showed masses of crags on the opposite flank of Cairngorm, but I managed to sneak up between them, on over the first snowfield and up to the weather station, which unfortunately was out of action so I'll never know how strong the wind really was. My relief at the summit cairn was tempered only by a nagging doubt as to the time I had left. Two hours? One hour? The leg from Bynack had been painfully slow.

The neat line of outsized cairns and well made hand-railed path seemed out of place after the earlier wildernesses, but I was glad to be led safely to the chairlift station.

Unfortunately, this hadn't opened for the day yet, so I had to follow its line on foot. Infact, embarrassingly, I followed the wrong set of wires off towards Coire Cas, having to traverse back through a maze of piste fences to regain the path down to the road. My only concern was the time. I panicked at the sight of campers stirring at the Loch site, but they had merely been forced to rise early, the puddled pitches and limp canvasses telling of the awful night they had even down here. Only when I found the hostel still firmly locked did I know I'd done it within 23 hours, and I could check the actual time on the dashboard clock of one of today's better off 'young people of limited means'.

So that was it. Happy as I was, stopping after the battle of the last few hours seemed a bit of an anticlimax, and all too soon I was heading south back to the routine. It was great to have achieved my target despite the conditions, never mind the time taken: For my ethic, going back simply to improve the time seems too much like hard work, but that challenge is clearly there for someone, weather permitting. Purists might even add the 'tops'. No prior recesses allowed, though! I'd be glad to supply details to anyone interested. Most satisfying was to hear later of another epic acted out on the same foul night, as three of my Ambleside Clubmates staggered round to a Bob Graham success. One is never truly alone in one's madness.

## The Glamorgan 500 metre Summit Traverse

The valleys of South Wales do not at first glance appear to offer much in the way of long distance fell running challenges, but hidden away amongst the moors and forests are some interesting possibilities which may appeal to runners from further afield who are looking for new opportunities in unfamiliar terrain. One such route is the traverse of all the summits over 500 metres in the old County of Glamorgan (to avoid numerous minor tops, a summit is defined as having at least 20 metres of ascent on all sides). Close scrutiny of the latest 1:50 000 map gave 14 peaks, scattered around the Rhondda, Ogwr, Garw and Afan valleys, which could be worked into a satisfactory 33 mile circuit with just under 4000 feet of ascent. Just the thing for a Mynyddwyr e De Cymru day out.

So a typically wet and windy October Sunday found Joe Baldry, Chas Ryder, Derek Thornley and

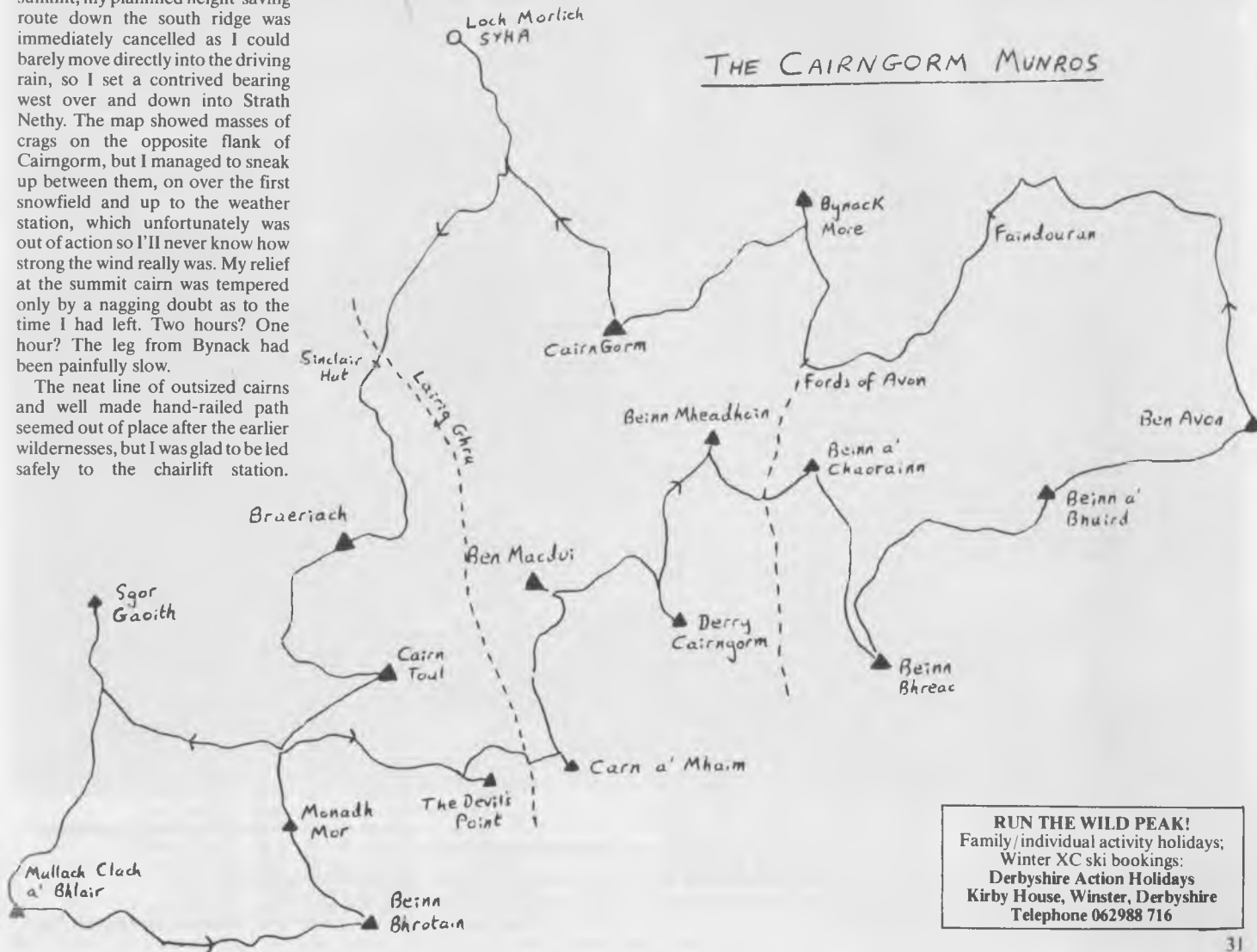
myself heading east from Blaenrhondda over tussocky ground towards Craig y Bwlcyh and Mynydd Bwlffa. This is the toughest part of the circuit, with long grass and hidden peaty hollows ensuring turned ankles and a thorough soaking within the first mile. Derek and I had abandoned an earlier attempt here in the face of horizontal rain and gales — and that was in July!

The going improved once across the Llyst Wen dam, and after visiting Y Garn Bica the long descent to Treorchy passed quickly, apart from some navigational uncertainties amongst the hillside pigeon lofts.

The long climb to Mynydd William Meyrick involved halting a clay pigeon shoot while we passed, and then Derek's prior reconnaissance paid off with an excellent line to the trig. Here we must take issue with the Ordnance Survey, as Garh Fawr to the south, supposedly 18 metres below us, appeared some metres higher! But that would involve an extra three miles . . .

At Craig Ogwr rock-face paintings of Andy and Flo Capp welcomed us bilingually to the valleys. On to Werfa, the half-way point both in distance and number of summits. From here, the weather deteriorated, with the dog-leg out and back to Mynydd Caerau being done in thick cloud. After crossing the A4107 the heavens opened and the ascent of Craig Fawr was hurried over in heavy, icy rain,

### THE CAIRNGORM MUNROS



**RUN THE WILD PEAK!**  
 Family/individual activity holidays;  
 Winter XC ski bookings;  
 Derbyshire Action Holidays  
 Kirby House, Winster, Derbyshire  
 Telephone 062988 716



occasional respites for the remainder of the run, and caused tired legs to stiffen quickly in the later stages.

The final section of the route is on forest tracks, but careful navigation is needed as often the tracks bear little resemblance to the map. Three of the summits are obscured by dense trees, but were approached as closely as possible. Eventually, after much mud-running and mutual encouragement meant the circuit was completed at the Blaenrhondda ice-cream van in just under 6 hours.

A memorable day in good company — now who's for the 500 metre summits of Gwent? MARTIN LUCAS

### GLAMORGAN 500 METRE SUMMITS TRAVERSE 9th OCTOBER 1988

	TIME	HEIGHT
BLAENRHONDDA	0.00.00	
1 CRAIG Y BWLCH	13.11	510+ metres
2 MYNYDD BWLLFA	22.11	510
3 Y GARN BICA	47.28	516
4 MYNYDD.		
W. MEYRICK	1.57.48	535
5 CRAIG OGWR	2.17.50	520+
6 WERFA	2.30.30	568
7 MYNYDD CAERAU		
	2.51.30	556
8 GRAIG FAWR	3.29.00	558
9 M. BLAENGWYNFI	3.55.00	528
10 M. YNYSORRWG	4.15.00	502*
11 CARN Y WIWER	4.37.00	510+*
12 PEN Y COETGAE	4.45.00	530+*
13 M. PEN-Y-CAE	5.23.40	580+
14 CRAIG-Y-LLYN	5.43.00	600
BLAENRHONDDA	5.57.58	
54km — 33.5 miles	1150m —	
3775ft ascent		

### THE WELSH 3000ft PEAKS — A SUCCESSFUL RECORD ATTEMPT

AN ACCOUNT by Colin Donnelly (Enyri Harriers, Llanberis).

The night before the attempt I went to bed with an over-full stomach following a determined effort at "carbo-loading". A busy mind also precluded sleep for a while. Had I left out any information for the pacers when I 'phoned them earlier in the evening? Where would be the best opportunities to take food and drink? How would the pacers get back to their transport? Would the mist really be at 500 — 600ft. as the met office at nearby RAF Valley had forecast? ...

The alarm went at 7 a.m. — no Saturday morning lie-in to-day! — we had to be in Llanberis by 9 a.m. to collect some Reebok kit which Angela, my wife, would later distribute to each pacer. Then up Yr Wyddfa (Snowdon) the easy way on the 9.30 train. This journey, in the company of Ken Jones (Snowdon Race organizer and Chairman of Eryri Harriers) turned out to be one of the highlights of the day for, as well as giving a running commentary on every detail of the changing view from the window his influence spurred the driver to a record 40 minute ascent, allowing 32

20 minutes for photos and a warm-up under a cloudless sky at the summit trig point.

With a 10 sec countdown I broke the Reebok plastic tape startline exactly on schedule at 10.30 and the race was on!

As I sweated up Carnedd Ugain I thought how conditions could hardly have been better for the attempt, although it was a trifle hot. At least a cool north-easterly breeze did help a little.

Near the summit of Ugain I was almost waylaid from my course by the sight of a couple of £1 coins, lost by somebody, glinting on the hillside and had to curb my natural Scottish reactions!

4 1/5 minutes to Ugain — already 1/2 a minute inside my record schedule. Despite having a bad reputation in some quarters the ridge off this summit, the Crib y Ddysgl ("dish ridge" un English) is quite runnable if you have had a prior reconnaissance and I whizzed down, feeling on top of the world. I had no problems on the less runnable Crib Goch, bagged the 923m summit and doubled back around the pinnacles in a sort of high contour (a better path goes much lower) and made speed down the scree at the top of Bwlch Coch (red pass). At the foot of the scree you enter the grassy (and boggy) bowl of Cwm Uchaf and the descend by a small path to Cwm glas Mawr from where a large path leads to the road. A downhill stretch of road running to Nant Peris follows. Down in the valley there was no breeze — I felt hot and uncomfortable and drank some Staminade in Nant Peris as I started the biggest climb of the day, Elidir Fawr. My proposed pacer on the first section had let me down, advising me only on the previous afternoon that he could not help. My next pacer, Don Williams had been told to leave Nant Peris about a minute before me and he had certainly done that — all I could see was a white vest in the far distance. Near the summit I managed to signal to Don to slow down — for one thing he had the Staminade and mint cake!

The schedule up Elidir was maintained and at the top Emyln Roberts waited to set the pace to Glyder Fawr. We were 1 minute ahead of split time a Y Garn, level at Glyder Fawr, but I cursed myself on the latter for missing the "good" path I had found on a previous recon and picking up the northernmost of the other two loose scree paths. This made hard work of the climb and ended Don's part in the pacing. Del Davies was at the summit and blazed the trail to Glyder Fach. We deviated from the path, taking the most direct route over the huge stable boulders which made good running. The summit of Glyder Fach is an untidy pile of huge slabs and picking the best way up is a time-saver. Del's route was perfect. Emyln left us on top and I followed Del at a steady pace down to Bwlch Tryfan and at a slow pace up Tryfan which was dotted with sunbathers. No time to claim the freedom of Tryfan by leaping from "Adam" to "Eve" but a touch of the highest rock sufficed.

2 minutes up on the schedule between the two Glyders and another 2 up to Tryfan. Del scorched down, descending to the A5 in 13 minutes by the gully route. The thigh muscles had a hard time here and I wondered how my body would cope with the daunting 2200 foot climb up Pen-yr-ole-wen; but first some grub! Angela was on the A5 with cake, tea and a mixture of honey and rice pud as well as the inevitable Staminade. Having drunk at least two pints of the latter on the Glyders I was beginning to tire of it's sickly taste but the tea was like nectar. Although I did not feel hungry I knew that my body must require food. In retrospect not eating at Nant Peris was a mistake — half a bar of mint cake had been my only sustenance on the Glyders. Pacing was also on my mind; remembering the problem on Elidir I was praying that Huw Parry had not started up Pen-yr-ole-wen 30 seconds before me as I had suggested the previous evening — another stupid idea! Thankfully he was by the road and waited patiently while I ate before leading off, carefully picking his way up the winding path by the Afon Lloer.

A further 800ft. of climbing leads to a stile and beyond that I found it difficult to maintain any sort of a run. A fast walk had to do. No surprise to be 8 minutes down on split time at the summit. It was not a tough climb either, I was just very tired. The news of this disaster from Huw spurred me up Carnedd Dafydd without further time loss but I was too tired even to curse a group of walkers who had stopped in the middle of the path, forcing me onto the rocks. I was tired, under pressure and irritable. Huw incurred my displeasure by keeping to the rocky ridge and taking me needlessly up and down over a tiny hillock rather than keeping to my preferred route on a grassy ramp just south of the rock. Although I was O.K. on the flat or downhill I was very rough on the climbs and a 10 foot bump felt like 100 feet! By now I was being dragged along by Huw who I certainly could not catch and my spirits even lower I was could not catch and my spirits were quite low. He told me we had lost 4 minutes on the split time up to

Dafydd although the schedule was only 11 minutes. He climbed a bit too much on the contour of Llewelyn and his name was mud when that precious height was lost in descending to the Bwlch before Yr Elen. Then, to grind my spirits even lower I was informed as we approached Yr Elen that we were a mere 5 minutes ahead of overall schedule. The attempt must surely fail now ... but NO!! ... the marshal on Yr Elen, Mike Pepper, saved me from jumping over the cliffs (after pushing Huw!) by telling me that I was, in fact, 19 minutes inside schedule. A new pacer was taken on here. Huw led up Llewelyn and Mike Pepper made it a foursome. But the drama was not over. I developed a massive cramp in my left thigh which forced me to slow and then stop. Fortunately it was short lived and we managed to make Llewelyn in 2 minutes under split time — I do not know how. It now seemed I had cracked it. Only some 1-2 miles and 500 feet of climbing remained to the last peak. More importantly my spirits had soared. My legs did not feel so bad. Foel Grach, Garnedd Uchaf and Foel Fras were all taken at a run with a net gain of 2 minutes for the three peaks and I even managed a mini-sprint to Foel Fras to record an elapsed time of 4 hours 19 minutes and 56 seconds.

The biggest shock here was to find a gathering of some 15 to 20 of my clubmates instead of the expected 2 or 3. A terrific atmosphere, a hero's welcome and the champagne was cracked open.

Once stopped my legs began to cause considerable pain and it was good to know that transport awaited at the Llyn Anafon reservoir only a few hundred feet below.

\*A complete schedule of the run is shown below.

### ACKNOWLEDGEMENTS

My thanks to the pacers mentioned above and on the race schedule, to Eryri Chairman Ken Jones for organization, to all the marshals and other helpers, to REEBOK for sponsorship and last but certainly not least, to The Royal Victoria Hotel, Llanberis for the very welcome summit champagne.

## THE 15 PEAKS OF WALES RECORD RUN

11th June 1988 — All peaks of over 3000ft in height

Runner — Colin Donnelly (Eryri Harriers)

Organised by the Eryri Harriers and sponsored by Reebok

Pacers — Don Williams, Emyln Roberts, Del Davies, Huw Parry, Fon Williams

Previous Record — Joss Naylor — 17th July 1973 — 4.46.22

NB — The new record includes the Summit of Carnedd Uchaf

Peak	Location	Time of day	Time from start	Split Time	Marshall
1	Yr Wyddfa	10.30.00	00.00	00.00	Ken Jones, Dafydd Ellis
2	Carnedd Ugain	10.34.56	4.56	4.56	Dic Jones
3	Crib Goch	10.44.27	14.27	9.33	Allan Allport
	Blaen Nant (A4086)	10.59.23	29.23	14.54	Mike Pepper
	Nant Peris Post Office	11.06.54	36.54	7.32	Henry Stansfield
4	Elidir	11.43.00	1.13.00	36.06	Doug Pritchard
5	Y Garn	12.05.00	1.35.00	22.00	Nia Hughes, Dennis Northfield
6	Glyder Fawr	12.24.00	1.54.00	19.00	Derek Thomas
7	Glyder Fach	12.33.18	2.03.18	9.18	Guto Parry
8	Tryfan	12.50.00	2.20.00	16.42	Nigel Fisher
	Ogwen (A5)	13.03.00	2.33.00	13.00	Angela Carson
9	Pen Yr Olewen	13.41.00	3.11.00	38.00	Malcolm Bee, Melvyn Morris
10	Carnedd Dafydd	13.52.00	3.22.00	11.00	Henry Stansfield
11	Yr Elen	14.12.00	3.42.00	20.00	Mike Pepper
12	Carnedd Llewelyn	14.24.12	3.54.00	12.00	Charlotte Orr
13	Foel Grach	14.34.52	4.04.40	10.40	Eilir Evans
14	Carnedd Uchaf	14.40.56	4.10.44	6.06	Debbie Evans
15	Foel Fras	14.49.56	4.19.56	9.12	I Simpson, Julie Evans, K Jones



*Adequately clad editor chased down Ben Nevis by advertising editor Martin Stone. Photo W S Bateson*

**ADVERTISERS SHOULD CONTACT MARTIN  
THOSE WORRIED ABOUT THEIR SAFETY ON THE BEN OR WETHERLAM  
SHOULD ATTEND AN FRA SAFETY AND NAVIGATION COURSE**



