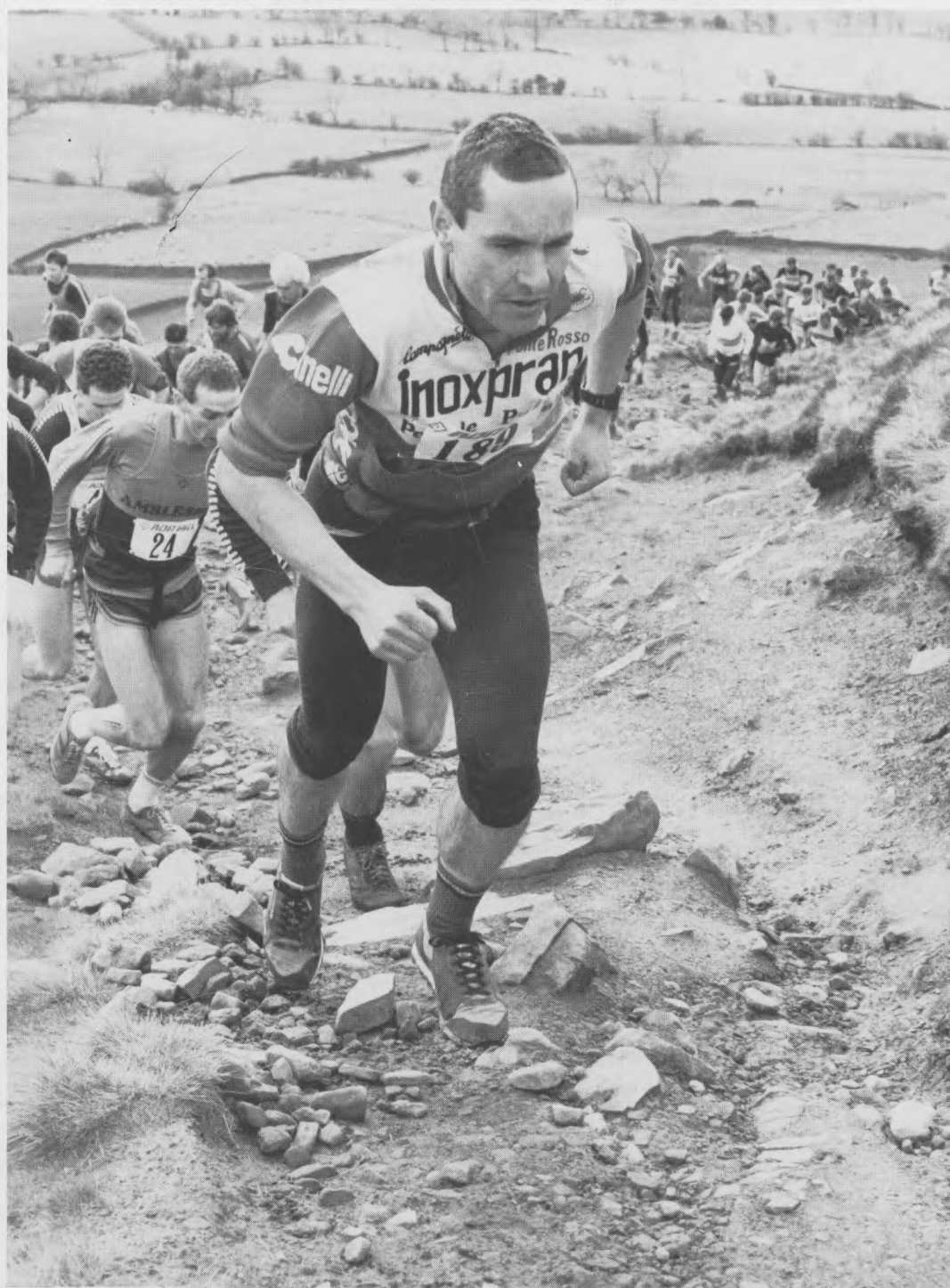


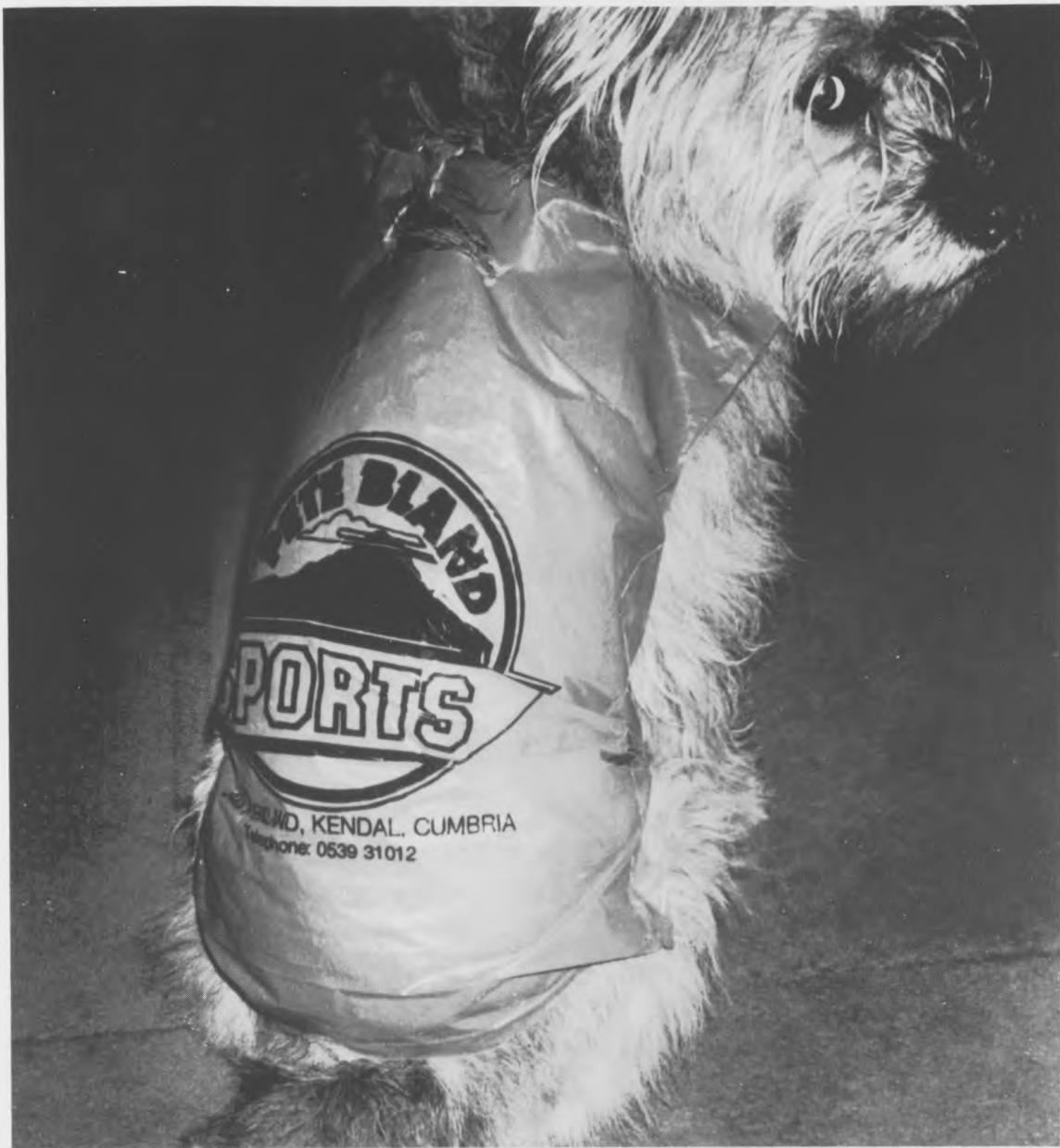
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June 1990



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EDITORIAL

Thought for the day

As I sat with sticky fingers eating toast and marmalade one morning I was very struck by a few sentences in Danny Hughes article on the history of the Ennerdale race:

"I do know of people who simply depart from the summit of Green Gable by jumping off onto the scree and descending. However, I've always found the safest and quickest route to be down to Windy Gap and down the path onto the contour route under Great Gable."

The former approach encompasses the traditional mad fell runner approach but there is also room in the sport for the more cautious. This principle on route choice or attitude to running races may be extended to other spheres of fell running and administration of the sport. Recently we have had a new influx of committee members who feel they need to check that the committee are taking the cautious route when the full route description has not been given in the minutes.

The International Competition Debate Revisited

In International Competition too there is the different approach between following the footpath through selection races to the World Cup and choosing a race from a list and flying out there. The European Mountain Running Championship, (CIME) centred around 50 races IS taking place this year again and the details recently received from Noel Tamini are included below. With demise of the "SPIRIDON" magazine and national championships and the World Cup assuming more and more importance in individual European Countries this information was not easy to find. There is now a real danger that the CIME championship may die. The CIME championship provides a focus for international competition and a selection of races at which one is sure to be welcomed. It is my personal opinion that international mountain running should be developed primarily through championships like CIME and selected existing races rather than through a World Cup. With 1992 looming we should think as Europeans rather than as English, Scots or Welsh.

In the letters page I include a letter from a Frenchman who travelled by training to the Roaches race with a friend and enjoyed himself so much running in bad weather that he wants another fixture list. I hope he receives a special welcome at any race he participates in here and that this important aspect of international competition is not neglected.

International Training for all

I will concede that if there is a World Cup and we are sending teams from the "Home Countries", whatever they may be, then we had better take it seriously and not assume that the Italians are invincible. I welcome the appointment of Jim Darby as England team manager whose methods I have learnt about and some of whose ideas I have myself "taken on board" as a result of "insider dealing". Jim intends to set up an FRA Training Squad (FRA TS or FARTS to those suffering from Fell Running dyslexia) open to anyone interested in international competition, both those who follow the long and painful path to the World Cup and those who wish to fly out and join the queue at the layby at the start of the Sierre Zinal race.

The Best of British Amateur Fell Running at Edale (Front Cover) Colin Donnelly takes an early lead up Grindslow Knoll. (Back Cover) Ruth Pickvance between Edale Cross and Grindslow Knoll. Photo: Peter Hartley.

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It is hoped that the response from members will justify the continuation of this column. So why not get rid of those spare shoes, fill that seat in the car to races or advertise your B & B availability etc.?

Letters and Articles for Next Issue - deadline

22nd August

John Blair-Fish, Five The Screens, 28 Howden Hall Crescent
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Results and Race Reports to:

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

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LETTERS

Frenchmen seek more races here after Incontinent Roaches Race

Vous servit-il possible, comme en 1988, de m'adresser le calendrier des courses de montagne pour l'année 1990 (fell run 1990). En 1988 (le 20 novembre), j'ai participé, avec un ami, à la Roache race a MeerbroOck dans des cliraatiques difficiles.

Dans l'attente, et en esperant vous espereant vous recontrier au cours d'une course de montagne, veuillez accepter, cher ami sportif, mes sincères salutations.

EMILE DODELER

The highest things to aspire to

Just one thing to take issue with: the editorial comment that "both international competition and long distance attempts are the highest things to which we can all aspire". For some of us, yes, for others of us, no. The highest things some fell runners aspire to are a good day out on lakeland fells, a scramble up and down Burnsall, a scree-slide off Gunson Knott, tackling the Ben in sub-zero temperatures, racing through ankle-deep mud at Chew Valley ... etc etc. There's no consensus on what different fell runners like doing best, and that's the way it should be. Short or long, Lancashire or Sierre-Zinal, each to his/her own!

Yours in and out of sport
D T MENACE

Reward or Nevermind the Bollocks here's Colin Donnelly

Regarding "Colin Donnelly — A Profile" in the last issue of *The Fell Runner* let me quote a famous saying by Emerson, "the reward of a job well done is to have done it". This could be altered but still keeps its meaning to "the reward of being elite is to be elite". Let us have no more talk of glass tankards and travelling expenses and more of comraderie. The sport is larger than the individual.

Yours in true sport
ROD PILBEAM

Conflict in use of the Environment

I have always believed our sport to be environmentally benign; we wear the lightest possible footwear, and on a good day our feet hardly touch the ground! So I was quite non-plussed to be challenged on this point by friends who had witnessed within a few minutes the erosive action of 300+ pairs of Walsh's during the Langdale Race. Protestations

about the heavy booted tread of a hard pair of walkers fell on a deaf ear; they had SEEN the damage that fell runners do.

The conversation took place during a weekend of deliberations on "Spiritual growth and Outdoor Experiences" held by the Society of Friends (Quakers). Two of the questions prompted by the discussion are of particular relevance to fell runners and I'd be very glad to hear from readers who have thought these through:

"How do we address the conflict between 'being with' the environment, and 'going out to use' it? (Some see this as the conflict between the nurturing approach and the anacho.)"

"How do we balance the value we gain from the outdoors and the damage we cause?"

Yours sincerely
COLIN PRITCHARD

The OS Mountain Trial and Bill Gauld's Analysis

Bill Gauld's analysis of the Lakes Mountain Race was fascinating! In the event, most of the route options produced times within 5 per cent of each other, well within the accuracy of his assumptions. I applied my own formulae, based on height and distance only, and got marginally different results.

I have arrived at two conclusions:

1. Don't waste time looking at your map.
2. Choose the most scenic or interesting route.

People should not follow me in future races...

Mike Rose should continue the time-honoured tradition of placing "unclimbable" rock across the route. It's the only chance that ex-rock climbers like myself have to get past runners of Bill Gauld's calibre.

He should also maintain the event's length and toughness. It is, after all, the Annual Outing of the Bob Graham Club.

Yours sincerely
CHRIS GRAVINA

Mike Cudahy's factual errors

(Abridged letter from a now closed correspondence)

I would like to take the opportunity to correct the factual errors and inaccuracies in the letter written by the ex-Pennine Way record holder in the last *Fell Runner*.

Had he taken the time and trouble to check his facts, he would have found that the new record holder asked for the "denigrating" report to be written, under terms of reference of his own choosing. Full

discussions were held during its composition, and a final draft was approved before any submission to the magazine. I presume that the other man to do PW inside three days is jealous that his "personal" record was taken at the *FIRST* attempt, with no recourse to a bike!

Yours
FRANK YATES

PS — Anyone want to buy a book — one careful owner, genuine reason for sale.

A Vested Interest?

Over the last five to six years an increasing number of women have consistently competed to a very high standard in fell races throughout Great Britain. They have also had significant success amongst the elite in European mountain races, not to mention in the World Cup events of recent years. It would therefore be timely if the FRA and fell race organisers in general recognised "the coming of age" of women and presented similar awards on a par with the men.

I feel there are two main areas which are in need of standardisation regarding women fell runners — the Lady Vets categories and the Ladies' Team section. From time to time we have all taken part in track, cross-country and road races throughout the country in which it is common practice to have awards for these two categories. I would like to see a more widespread provision made for them in fell races. These awards will encourage more women to take part and also to set their sights higher. If the number of women in a particular race is insufficient to have a ladies team prize, for example, then simply re-distribute the prizes further down the individual men and women. At least the provision has been made!

To bring the women into line with the men, I also think it would be an opportune time for the FRA to promote the following:

1. A British Fell Championship for Lady Vets 0/35 and other categories.
2. An English/Scottish/Welsh etc Fell Championship for Lady Vets.
3. A British Ladies' Team Championship.
4. An English/Scottish/Welsh etc Ladies' Team Championship.

I'd like to conclude with a couple of other relevant points, again on the theme of standardisation. Living in Yorkshire, it would be nice to think that the Holme Moss fell race could incorporate some women's awards this year. It has been the Yorkshire Fell Championship race for the past two years but has only had awards for men. Finally, in the FRA calendar, let's have the women's record published for *all* the races, as well as the men's!

You may say I have a vested (Vets) interest in promoting the above! However, I simply would like to see more women realise their potential on the fells and to obtain more recognition. After all, it is certainly true that success does breed success.

JUDITH JOHNSON
DENBY DALE TRAVELLERS

The "Blue Pig Hill Race" 07.01.90

Early in December I wrote to the organiser asking for details. I got no reply. I tried to ring but the number quoted was that of a school, closed for Christmas holidays, so I decided that I would find the Blue Pig Inn in the area marked "Hardcastle Crags" on the OS Map.

It turned out that the inn was a pig(!) to find and I and some others searched hard along country lanes. Some locals thought it was a joke!

After all that the race was cancelled. If only communication were better.

A grid reference for the starting point would have helped, and I would like to suggest that this should be adopted for all race fixtures.

Yours faithfully
Y D TRIDEMAS

Dave Jones replies:

1. The organiser left it to the last minute to cancel the race; his justification was that he was scouring every possible avenue to keep it on. Having failed he then publicised it as being cancelled on radio, TV and in local/national papers; this obviously worked as only five people turned up on race day. All credit to him for doing the right thing — my comment to him was that he'd had since January 1989 to attend to the problems and he seemed rather to have left it all to the last minute rather unnecessarily. Its future is in doubt.

2. Various organisers *DO* include grid references in their race registration forms and, if so, I include them in the calendar entry. There are two main reasons why most people don't do so and I sympathise with both of them:

(a) Most race venues (but not all) are either blindingly obvious or are well known in the local area and can be identified by an enquiry.

(b) The inclusion of a grid reference implies that everyone has an encyclopaedic collection of OS maps of the more obscure areas of the country — in the popular areas no one needs a reference anyway because the venues are usually as in (a).

Pros still run Amateur Races

I would like to know how a team from Keighly Hill Runners, presumably AAA affiliated were allowed to compete in the Calderdale Way Relay. As at least nine of the 12 runners compete each week on the "Pro" BOFRA circuit and receive prize money.

This is not the first time though. I personally have run alongside nearly all the "Pro" regulars in FRA races during the last three years.

Personally I felt that this is wrong, as the BOFRA committee have been offered the chance to unite with the FRA, yet refused, stating that they would like to remain independent. Fair enough, but why do BOFRA runners, including their secretary, who is so opposed to the AAA's, compete in FRA races.

If these runners enjoy competing in FRA races why don't they apply for amateur reinstatement and follow the rules everyone else uses.

I ran on the "Pro" circuit for six years, ending in 1986 when I became joint English champion, and in that time I only ran two FRA races as a junior. I would like to say that I enjoyed those years considerably. However I decided to get reinstated and I joined Bingley Harriers. Since then I have never run a "Pro" race, even though races like Kilnsey are local events. Yet at Burnsall 1989, a number of "Pro" runners insisted on running without entering because it was a local event.

It is not my intention to start the "Pro" "FRA" debate all over again. I am just pointing out that although BOFRA don't want to join with the FRA, they still want to run their races.

Yours faithfully
STEPHEN HAWKINS

PS — I would like to hear anyone else's view on the matter.

Mountain Bikers in the Brecon Beacons

Please enclose in the next issue of the *Fell Runner* — with reference to the Beacons park restricting our fell races, could they restrict or preferably ban the motor bikes that plough up their land on Garnwen mountain where I Live. I consider myself to have good eyesight, and have noticed that one motorbike appears to do more damage than a 100 runners could over a given distance.

PUFFING BILLY
(ALIAS JOHN DARBY)

Thanks for Safety and Training Weekend

May I use your columns to express hearty thanks to Malcolm Patterson and his colleagues from Dark Peak for the excellent "Navigation, Safety and Training Course" they put on this weekend. It was very instructive and very enjoyable, and I'm sure I speak for everyone on the course when I say that.

Please excuse me not wishing to disclose my name, but I fear that if my new found navigation skills become known I might attract an unwelcome following during races! On the other hand there will be others who would say "about time too, he does well to even find his way to the race venue"!

Yours, etc
FRA MEMBER No 1136

Geoff Hall at World Cup

After reading January's issue of the *Fell Runner*, I must enquire into a particularly outstanding achievement. How many times did that Geoff Hall attempt to complete the World Cup Junior Race?

The FRA secretary saw the poor lad collapse with 300 m to go. Bob Douglas (who's he?) claimed he collapsed at 300 m, Eddie Caldwell also recalled 800 m, whilst the England Team Manager claims that the sad event occurred 400 m from the line.

He must be some hill runner . . . yet I can't help feeling he might have made it if he had settled or just the one race.

Yours
JIM PETERS

Bonking — "Sun" will not put the record straight

I received the following reply in response to the letter below to the *Sun*. Finally I became so fed up with the word bonk I just felt I had to put the record straight.

I enclose copy of letter, just as a point of interest. yours in sport

REG BAKER

Dear Reader,

Thank you for your letter. We are always happy to hear from readers and it was good of you to take the trouble to write to us.

Unfortunately, we are unable to reply personally because of the vast number of letters we receive; we are sure you will understand.

We are sorry it will not be possible to publish your letter on this occasion, but please be assured your point of view is heard and understood.

Best wishes
Yours sincerely
SUE COOK

Dear Sirs,

It is time to set the record straight. At long last I have set pen to paper.

Neither and I repeat, neither the *Sun* or Jeremy Beadle coined the word bonking and its derivatives.

On behalf of the fell running fraternity, it is a word derived from our own bonk or ("I bonked") and means that the runner in trouble is shattered/very tired, and is usually due to the fact that the runner has insufficient energy left because of a failure to take on food and drink or is unfit and undertrained. Amongst the fraternity it has been in use for over 20 years.

If the *Sun* and the *Longman Dictionary* were to conduct some research they would discover my explanation to be the *facts*.

Yours and far from
Bonked, bugged
R BAKER
BAAB Coach

Everest Marathon Doctors

I'm reluctant to further clutter your material for *The Fell Runner* with non-British issues, but Les Studtrek's comments about the NHS doctors at the Everest Marathon did not reflect the views of all the runners in that race.

Though the Sherpas say that marathon runners are easier to handle than some mountaineers, the doctors are all busy on the approach to the race in taking care of people whose first concern is to get to the start in good health.

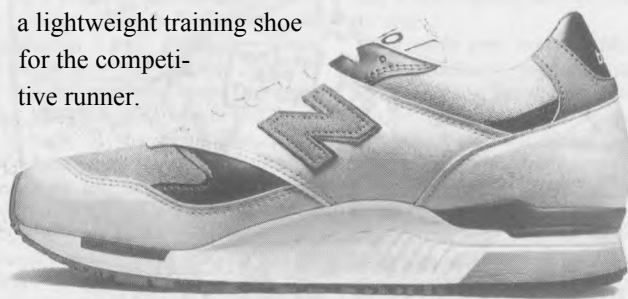
In 1987 the popular press was saying that the race was irresponsible and that we were all going to die. Not only do the race directors take their responsibilities seriously, but the medical staff get unpaid leave only with great difficulty. They work hard even before they reach Nepal, amassing medical supplies of which whatever is unused is donated to the Hillary Trust hospital in Kunde.

Furthermore, the runners among them forego competing in the race itself. Without the medical help, the race could not be held.

Yours in sport
STEWART DUTFIELD

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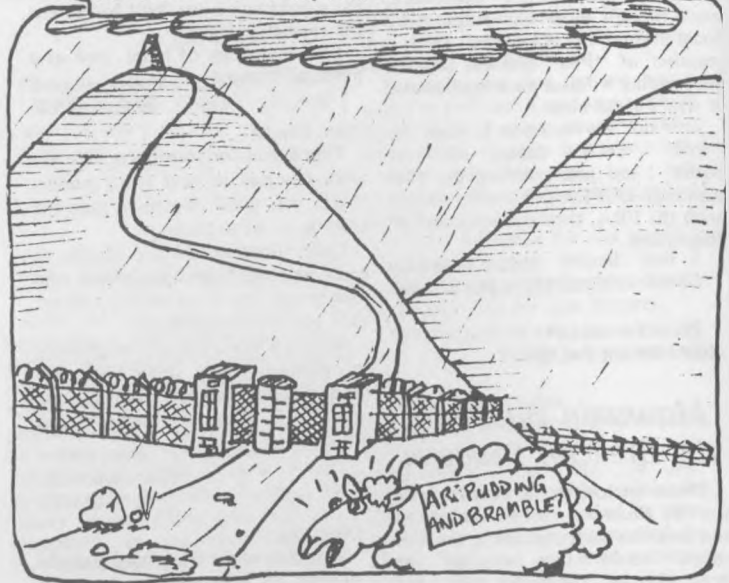
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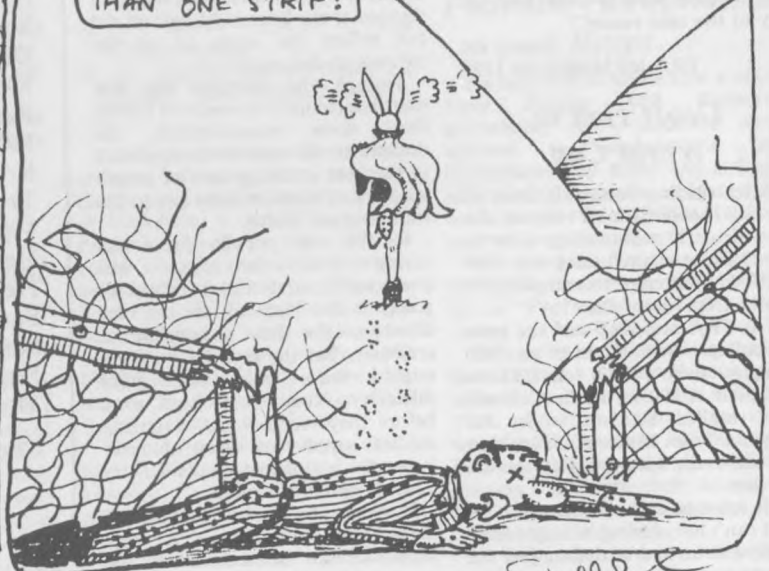
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Fell Runners Association — Welsh Regional Committee:

The following Officers and Committee members were elected at the AGM on Saturday, 14th October 1989.

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 Fagan's Rise, Fairwater, Cardiff CF5 3EZ (0222 5553699)

Treasurer:

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Team Manager:

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Statistician:

Martin Lucas, Chestnut View, St Brides Major, Near Bridgend
Mid-Glamorgan CF32 0SY (0656 88009)

Robert Benjamin, Frewd Parry, Huw Parry, Ruth Parry, Kay Lucas,
Francis Uhlman, Steve Barnard, Simon Bleas

COMMITTEE NEWS

Two meetings so far this year — at Kendal on 4th February and Edale on 24th March. The main issue though has concerned a decision made after the last meeting of 1989 at Halifax on 10th December. The contentious item was the selection of the England Women's Team for Telfes. At the meeting agreement was reached on the casting vote of the Chairman that there should only be one selection race. In the period immediately after the meeting fresh arguments were put and several members changed their minds. The decision was changed and there will as published, be two races. We're confident that the right decision was reached but unfortunately by the wrong process. Several members were very uneasy about the way this was done and the meeting at Edale focused strongly on Committee procedures. Hopefully we've taken steps to ensure it won't happen again and we can now proceed to work effectively.

As a result of discussions at both of these meetings we have now appointed an England Team Manager — Jim Darby. Norman Berry has written about selection and Jim's job elsewhere in this issue.

Details of the 1990 FRA Relay were settled at the Kendal meeting and they too are published in this magazine. Offers are now invited to stage the event in 1991 and 1992. Bingley have already made a bid for 1991. It was reported at the next meeting that Keswick AC are unhappy with the venue and format for this year's event. Their intention is to stage a rival event in the Lake District on the same day. The Committee naturally found this regrettable.

It is becoming more and more difficult to administer the Association, which now has 2,800 members, without using up-to-date technology. We have set up a Working Party to look into the possibility of computerising more aspects of our business to make us more efficient and to lighten officer's workloads. It is possible

that a AAA grant may be available for this.

For some time now the Secretary has periodically sent Minutes to affiliated Club Secretaries. This time consuming practice has now ceased

— largely because there seemed to be a lack of interest amongst clubs. Members are reminded that Minutes of any meeting are available from the Secretary by sending an sae.

At the Edale meeting the details were finalised for the "Uphill Only" race in Wales and for a new Membership Leaflet to replace the present rather outdated version. There is concern over a draft National Park Review Plan which proposes that Parks should have control over competitive events within their boundaries. It was agreed that we should seek to have a voice on the Review body.

It was reported that Billy Bland has offered to help with the coaching of the England Junior Team for the World Cup. This offer has been gratefully accepted.

SELWYN WRIGHT

STOP PRESS: The Committee is sad to report that Jim Darby has recently decided to resign from the post of England Team Manager. Jim clearly feels that to most of the top Fell Runners and some of the Committee the Championships and traditional Fell Running are more important than the World Cup. He finds this view incompatible with his own commitment to success in international competition. The Committee will meet shortly to discuss Jim Darby's replacement.

SELWYN WRIGHT

The Barrel Inn Fell Race:

Tuesday, 28th August 1990 at 6.50 pm

Start and finish at Eyam Sports Field

For details. Tel: 0298 871751

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 fellrunning throughout the British Isles. The Association now has its own governing status within the A.A.A.'s structure.

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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 'F.R.A.' and enclose remittance as follows:

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

Calendar Update

This update is divided into two sections, "Additional races" and "Alterations".

Additional races

Wednesday, 20th June. Coiners Seven Fell Race. N. 7.30 pm. 7.5 m/1,100 ft from Mytholmroyd Community Centre. £1.50 on day only. Teams free. Route marked/obvious. Over 15. Also junior race: 3.5 m/800 ft; 60p; Under 16. Details: P White, Coiners House, Nest Lane, Mytholmroyd, Hebden Bridge, West Yorkshire. Tel: 0422 885728.

Thursday, 28th June. Fox and Hounds Chase. N. 7.00 pm. 9 m/?? ft from the Fox and Hounds, Ainthorpe, Whitby. £2 to organiser or on day. Teams free. Marked course. Over 17. Also 4 m fun run. Records: 1.2.04 V Brudenell 1989; f 1.11.31 S Wright 1989. Details: T Chadwick, 4 Station Road, Castleton, Whitby, North Yorkshire YO21 2EG. Tel: 0287 660195.

Saturday, 30th June. Berwyns Race. N. 12.00 noon. 6 m/2,000 ft from Pistyll Rhaeadr, near Llanrhaeadr ym Mochnant. £1.50 on day. Teams (4) free. Route marked/obvious. Over 18. Details: R Eagle, 60 West Bond Street, Macclesfield, Cheshire SK11 8EQ. Tel: 0625 613181.

Sunday, 8th July. Blackamoor Chase. N. 3.15 pm. 5.25 m/825 ft from the bus terminus on Totly Brooke Road, Sheffield. £1.50 on day. Teams free. Marked route. Over 16. Also fun run at 2.30 pm plus fete and displays. Records: 31.20 S Carey 1986; f 38.30 A Watmore 1985. Details: P Corrigan, 98 Holmhirst Road, Woodseats, Sheffield S8 0GW. Tel: 0742 749195.

Wednesday, 11th July. Barnardo's Kell side Race. N. 7.15 pm. 7 m/1,900 ft from Fellside, near Caldbeck. £1.50 on day only. Teams free. Navigational skills. Over 16. Details: Stella Lewsley, 52 Dalston Road, Carlisle CA2 5NP. Tel: 0228 31565.

Sunday, 12th August. Clent Hills Fell Race. N. 10.30 am. 13 m/3,160 ft from Clent Hills Country Park. Registration by 10.00 am at Walton Hill Car Park. £2.50 to organiser by 5th August or £3 on day. Teams free. Obvious route. Details: A Love, 15 Hartside Close, Halesowen, West Midlands B63 1HP. Tel: 021 550 0775.

Saturday, 13th October. Steam Bunny Stomp. N. 2.00 pm. 5.5 m/1,700 ft from the Lamb pub, Penyrheol (OS Sheet 171: GR 283991) £1 to organiser or £1.50 on day. Teams (4) free. Route marked/obvious. Over 18. Details: S Blease, 8 Bennett Hill Close, Wootton Bassett, Wiltshire SN4 8LR. Tel: 0793 853483.

Saturday, 17th November. Penmaenmawr Fell Race. N. 10.00 am. 12 m/1,415 ft from the Fairy Glen Hotel, Capelulo, Penmaenmawr. £2.50 to organiser by 11th November. Teams free. Navigational skills. Over 16. Also junior race: 4 m; 11-15 years; £1. Record: 1.06.34 E Roberts 1986. Details: D Jones, Graiglwyd Farm, Graiglwyd Road, Penmaenmawr, Gwynedd, North Wales. Tel: 0492 622375.

Alterations

1. Chevy Chase: Saturday, 23rd June. This race is 20 m/4,000 ft and the starting times are as follows — Walkers 8.30 am; "B" Fell Run 10.00 am; "A" Fell Run 11.00 am.
2. Burnsall: Saturday, 25th August. The age range for the Junior Race is "12 and not 18 on 1st January, 1990".
3. Butter Crag: Sunday, 7th October. This race will now be run on Sunday, 14th October.
4. Llyn y Fan: Saturday, 13th October. This race will now be run on Saturday, 20th October. Other details as in the Calendar.
5. Boulsworth Hill Fell Race. New date. 12th January 1991. Other details as in calendar.

CHAMPIONSHIP RESULTS

1989 Junior Championships

Intermediate Men

1. John Taylor (Holm) 140
2. Jason Gavin (Ross) 133
3. Andy Lee (Roch) 124
4. Andy Peace (Bing) 119
5. Geoff Hall (Holm) 59

Total of 16 intermediates scored points.

Junior Men

1. Gerard Cudahy (Bux) 151
2. Gavin Bland (Kesw) 136
3. Paul Daccus (P & B) 121
4. Willy Styan (Holm) 120
5. Chris Walker (P & B) 116
6. Simon Brophy (Holm) 115
7. Jon Bland (Kesw) 111
8. David Smith (P & B) 111
9. Robin Lawrence (Bing) 108
10. Jon Taylor (Clay) 94

11. Nathan Matthews (Horw) 80
12. Mark Rice (Todm) 74
13. Mark Robinson (Chor) 67
14. Matt Whittaker (Chor) 49
15. Adrian Benzie (P & B) 48

Team Champs: Pudsey and Bramley 108.

Total of 67 juniors scored points.

Junior Women

1. Helen Berry (Holm) 110
2. Sarah Haigh (Holm) 101
3. Charmaine Chidsey (P & B) 91
4. Karen Woolmer (P & B) 91
5. Caroline Harding (P & B) 64

Team Champs: Pudsey and Bramley 55.

Total of 18 women scored points.

KONRAD MANNING

British Championship Update

Two races, Pen Y Fan (Short) and Edale (Long) have now been run. Remaining races are Eildon (Short), Snowdon and Ben Nevis (Medium), and Ennerdale (Long). Those wishing to update details of their current position in either the British or English Championship should contact the statistician, Mark Hobson, whose address appears above. Leading positions in the British Championship are as follows:

1. C Donnelly (Eryri)	61	Vets 0/50	
2. K Anderson (Amble)	59	1. R Matthews (Horw)	44
3. G Devine (Pudsey)	55	2. B Thackery (DPFR)	35
4. S Livesey (Ross)	52	3. R Bell (Amble)	34
5. D Hughes (Hebog)	50		
6. E Roberts (Eryri)	48	Ladies	
7. M Rigby (Amble)	42	1. T Calder (ESPLC)	24
8. A Trigg (Glossop)	37	2. J Johnson (Denby)	15
9. D Spedding (Kes)	34	3. K Patten (MDC)	12
10. R Jamieson (Amble)	32		

Vets 0/40

1. D Spedding (Kesw)	44	1. Ambleside	24
2. A Hulme (Pennine)	33	2. Pudsey	18
3. D Quinlan (Bingle)	33	3. Glossop	14
4. P Marshall (Hadd)	32	3. Eryri	14
5. D Williams (Eryri)	18	5. CLM	9
6. T Hesketh (Horw)	18	6. Keswick	8

JOHN BLAIR-FISH

FRA Relay Championship 1990

Date: Saturday, 20th October 1990.

Venue: Edale, Derbyshire.
Map required: OS 1:25000 Dark Peak.

Registration: From 9.00 am on the day at Edale Village School. Teams must indicate at registration which members will be running each leg — the exception to this will be the final leg, where only one runner need be declared at registration.

Start time: 11.00 am.
Start, finish and all changeovers: MR 119859 (fence/field wall just west of end of track by stream).

Limit of 35 teams. All teams to consist of six runners. Only paid-up member clubs of the FRA will be eligible for prizes/trophies.

Prizes/trophies to first three teams and first ladies' team (this will only be awarded if more than one ladies' team competes).



ERYRI HARRIERS
present the 1990



PERIS HORSESHOE MOUNTAIN RACE

GLYDER FAWR
S.H. 643579

Y LLIWEDD
S.H. 622534

Y GARN
S.H. 631596

SNOWDON SUMMIT
S.H. 610544

ELIDIR FAWR
S.H. 613613

MOEL CYNGHORION
S.H. 585564

START
Royal Victoria Hotel

FINISH
Opposite RVH
S.H. 584596

Saturday 22nd September

11.00 a.m.

The course starts and finishes in Llanberis and is approximately 17 miles long with 8,500ft. of ascent. A classic mountain race which should not be missed.

**Send s.a.e. for full details and entry form to:
Race Organiser, 2, Bryn Hyfryd, Penisarwaun, Caernarfon, Gwynedd LL55 3BU**

Checkpoint procedure (10 in total, marshalled or not) will be by orienteering punchcards.

Leg changeovers will be by handing over the team punchcard to the next runners WITHIN the taped changeover area. At all checkpoints and changeovers leg teams must arrive together. Team times will not be recorded at the finish until all three team members have crossed the finish line.

Disqualification will result from:

- failure to record all checkpoints;
- losing the team punchcard;
- changing over outside the taped area;
- starting a leg (legs 2 and 3) before both preceding team members are in the taped changeover area;
- crossing a fence or wall (once down off the moor) anywhere except at a designated stile or similar established crossing.

Summary of race

First leg. Two runners. 7.5 miles/2,003 ft. 267 ft per mile.

Checkpoint 1 — 110868 — top of Grindslow Knoll — marshalled.

Checkpoint 2 — 131893 — stile east of Blackden Barn — punch control on stile.

Checkpoint 3 — 145883 — northeast end of Crookstone Knoll — punch control on flag at path junction on Knoll top.

Changeover 1 — 119859.

Second leg. Two runners. 9 miles/1,497 ft. 166 ft per mile.

Checkpoint 1 — 099829 — signpost at footpath junction west end of Rushup Edge — punch control on signpost.

Checkpoint 2 — 077861 — Edale Cross (wall junction) — marshalled.

Checkpoint 3 — 110868 — top of Grindslow Knoll — marshalled.

Changeover 2 — 119859.

Third leg. One runner. Seven miles/1,500 ft. 214 ft per mile.

Checkpoint 1 — 099829 — signpost at footpath junction west end of Rushup Edge — punch control on signpost.

Checkpoint 2 — 136845 — path junction at Hollins Cross viewpoint — marshalled.

Changeover 3 — 119859.

Fourth leg. Three runners (the remaining team member *plus any two of the team who have already run*). 4.5 miles/1,217 ft. 270 ft per mile.

Checkpoint 1 — 125876 — path/stream junction at the top of Golden Clough — marshalled.

Checkpoint 2 — 110868 — top of Grindslow Knoll — marshalled.

Finish — 119859.

Totals — 28 miles: 6,217 ft: 222 ft per mile.

Edale has three campsites, a Youth Hostel, two cafes, two pubs and various bed and breakfast establishments, so the possibilities for a pleasant social as well as sporting weekend are quite considerable — one of the reasons for holding the event on a Saturday.

Registration, one of the cafes and one of the pubs are about 300 yards from the start/finish/changeover so the needs of both runners and spectators should be well catered for during the event but parking at the head of the village is VERY restricted and competitors/spectators are asked to park at the south end of the village, either in the main car park or in the one up the lane past the station cafe.

The four legs have been chosen to give a variety both of terrain and of distance/climb ratio, so teams will need to be versatile and the final leg should provide an interesting tactical problem as well as a controversial discussion topic!!

Clubs wishing to enter should complete the form below and send it off with the entry fee to arrive before 31st August 1990. If, in the event of there being spare places after that date, your club would like to enter a "B" team please indicate this in the box provided and you will be contacted as soon as possible after 31st August if the "B" team has been accepted. Entries will be taken strictly on a "first come, first served" basis.

DAVID JONES

A View from an ex-Committee Member

I feel like an ordinary FRA member at the moment — ordinary in the sense that I'm not on the committee and I'm not "doing the championship". I'm just running the races that I want to, when I want to, and I don't know anything about the committee's workings or about who is doing what in championship races. But last week I was asked questions by two people which raised some old feelings in me. "Have you heard the latest on the World Cup?" and "Why did the championship system get changed?" Also the Editor asked me if I had anything for *The Fell Runner*, so I decided to air some views as an "ex-committee member".

I decided to stand down as an FRA committee member last supporting the World Cup so November, after 10 years on the committee. If it hadn't been the last meeting before the AGM, I would certainly have resigned. I feel that the FRA is becoming more and more concerned with the interests of "elite" fell runners and that this already does and will continue to affect the interests of all those outside the top 10 or 20 runners. In particular, I was brassed off about two things — the growing emphasis of the World Cup as almost the main reason for the FRA's existence, and the sudden changing of the championship system to reduce the number of qualifying races (to encourage more "elite" runners).

1. **The World Cup.** Vast amounts of committee time is spent each year discussing the World Cup (over 50 per cent of total time, I reckon). "So what?" you might ask, but at a simple level, it costs FRA money, as quite generous expenses are now paid for travelling to committee meetings.

More important to me, though, is that the governing body of British fell running considers the World Cup more important than any other issue. I don't share that view, and my personal feelings can be detailed as follows:

(a) I don't think the World Cup should be annual event — its importance doesn't merit it. The media in this country obviously feel that too, as no TV or radio coverage could be got for it when it was staged here, and the only newspaper interest is the local press of selected runners.

(b) The objectives of the FRA in strongly are confused. Is it primarily to win or to have fun? When we have threats to drop selected runners who compete for their clubs in fell races near to a World Cup, it can't be about fun. But, if it is about winning, why not write to people like Kenny Stuart, David Lewis and other top athletes who have done fell running and ask them to run a selection race? The committee won't do that because they say we should select from regular fell runners. I don't believe we will ever win the World Cup (if that is what we want) with our "regulars", which brings me to the next point.

(c) Foreign fell running differs from ours. It is generally uphill only running and over much smoother surfaces. To me it is like having a World Cup of Rugby League and entering a Rugby Union team — silly and not comparable. The stipulation of the World Mountain Running committee that all future "long" World Cup races must be uphill only will make it interesting if it ever comes to England again!

I've nothing against us sending teams to the event as long as it is not costing the FRA money, but I don't feel at all happy at the massive emphasis the FRA committee puts on it. Ten years ago the committee was concerned mostly with matters to do with ordinary fell running, now the World Cup rules.

2. **The British Championship System.** I'll declare that my personal reference was for leaving the system as it was, but I am not going to moan at any change that is desired by a majority of those interested, and the committee acts on their views. That is not what I think happened.

(a) A decision to change was more or less decided by the committee last June. I then did an informal survey of "top" runners attending championship races during June and July, and from over 20 asked if they were happy with the current system, only two wanted a change — one for more races and one for less. The reason given for not changing was that six races from nine gave a better chance to make up for injury or illness, or a one-off bad run.

Granted this was not an official survey, and no women or Scots were asked and only one Welshman (not deliberate — I only did it as and when I saw people!). But it was a start and was the only knowledge of runners' views the committee had to work on.

(b) In August the committee had a three hour session deciding whether to change the system and what races to include for 1990. A long and thorough debate resulted in a

FRA RELAY CHAMPIONSHIP 1990

ENTRY FORM

Entry fee £15 per team (do NOT send a "B" team entry fee until notified that your "B" team has a place). Cheques should be made out to "Pennine Fell Runners".

Club: _____

Name of Club contact for this event: _____

Address of contact: _____

Phone number of contact: _____

"B" team entry: tick this box if your club would want a "B" team entry if a place were available.

Send completed form and entry fee, to arrive before 31st August, to:

Mr D L Jones
12 Victoria Avenue
Cheadle Hulme
Stockport
SK8 5DL

decision to leave the system as it was.

(c) The next meeting (with largely different attendees) brought the matter up again, and, with only 10 to 15 minutes decisions, filibustered a vote to change the system from six races from nine to four from six. There was no putting it to the membership, no proper survey to check views, and I suspect that it was largely stitched up before the meeting.

So, why the change? The argument which won the day was that not enough "elite" runners were doing the championship, and not enough Welsh or Scots (a minority view in August, a majority one in November). I appreciate the difficulties of travelling when you live in Scotland or Wales, but I believe that if you are interested, you do it.

(d) The objective of the FRA in organising a championship is again unclear. Who is it for?

If it is only for the top five or 10, why give points to 30 finishers? I believe the championship is for all those interested, and not just the "elite", and I know of dozens of people who are really proud to finish in the top 30 in just one championship race.

And what about the Vets and super-Vets — don't they have a say? The ones I have spoken to prefer more races, because they get more and longer injuries with age, and

more races means more chance to make up.

Again, the change appears to be for the "elite", and this elite is actually less than a dozen people. Not only that, my understanding is that the few top English runners who missed the championship last year did so either mainly for ordinary reasons like injury, job, move etc, or because they wanted to concentrate on World Cup selection.

I can see a time when we have those who are interested in the British Championship and those who are interested in the World Cup — maybe then there will be less conflict.

I suppose the 1990 season will prove, or disprove, the popularity of the change (amongst the elite anyway). If it does stay the same in 1991, I would like to see the English Championship revert to six races from nine. Maybe the committee could find five minutes to discuss that.

In summary, I guess I should stress that my view of the way the committee operates now is a minority one (though I am not on my own!). Individual committee members are hard-working and conscientious and I think some have a different set of attitudes to mine. They are into "bigger is better" and "winners and winning matters more" — maybe I am just an old conservative living in the past.

ANDY STYAN



International Discussion and Training Weekend a Great Success

Primarily with contenders for World Cup selection in mind, but also of benefit to anyone interested in racing abroad, a discussion and training weekend was held at Coniston, commencing after the Coniston race on Saturday, 5th May and going on until mid-day on the Bank holiday Monday. Despite short notice the response was very good indeed with 30 to 40 people attending. In addition some Juniors, who were attending an FRA Junior weekend in the same area, came along for some of the sessions.

The get together started with a Sports injury specialist, physio-discussion session, led by England therapist Eddie Caldwell, gave some useful and amusing advice on how, and how not, to treat injuries which runners are most prone to. Eddie will once again act as physio to the England team this year as he has done for the past two years.

Jim Darby had opted out of the run on Sunday morning so that he could prepare a suitable circuit up on the fell for an interval training session on Monday. Having found what he thought to be an excellent circuit it was not used. The weather changed for the worse on Monday — to such an extent that it was only feasible to do the interval training session down on the playing field. But the enthusiasm of the participants was not dampened and a very valuable session was had.

Sunday morning was taken up with long training runs in two or three different groups and then after suitable refreshment there were various talks arranged for the afternoon session.

Well-known coach and adviser to a number of top runners, Dennis Quinlan, himself going well on the fells this year, talked on "Peaking for Mountain Racing". He made suggestions for a programme for summer training which covered track sessions, hill sessions, endurance and strength training, and most importantly, how to approach these properly. His thoughts on summer racing programme also included interesting ideas, including track races and short road races. Dennis then went on to talk specifically about peaking for the World Cup. It was all gripping stuff. So much so that we had almost forgotten how beautiful the weather was outside. We decided to sit outside for the next session.

The selection committee who arranged the weekend were naturally anxious as to how it would go. The answer seemed to be that the event was a resounding success. Not only had people responded very warmly to the idea of the weekend in the first place, but they really seemed to think it had come up to expectations.

The impression was quite clear that there are many people keen to race for England abroad and who showed willingness to put in the sort of recommended training necessary to fulfil such an ambition, and good luck to them!

Future weekends of this sort will be arranged — hopefully at somewhat longer notice.

NORMAN BERRY

THE THOMAS LAIDLAW RYDAL ROUND (FAIRFIELD HORSESHOE) 9 MILE 3,000 FEET

Thursday, 2nd August 1990

At Ambleside Sports.

2.15 pm start

Prizes to the value of £1,000

Medals to all finishers

Pay admission fee to Sports Field,
free entry for race.

Enquiries to **PETE BLAND SPORTS**
34A KIRKLAND, KENDAL
CUMBRIA
TEL: 0539 731012

International News

Calendrier officiel de la CIME de 1990

date	dénomination	pays	cat	distance		deniv max	coordonateur	tel
				en km				
8.4	Montée 3-Communes	F	grise	10, 5		760	OMS La Tronche, 5 r D-Gosse, 38700 La Tronche	76 44 20 64
14.4	Asc Mont-Faron	F	grise	14, 7		480	J Mayer, Route de la Seyne, 83190 Ollioules	94 06 91 91
15.4	Balcon de Belledonne	F	grise	65		1,400	P Dufaud, 110 Gal de l'Arlequin, 38100 Grenoble	76 23 10 37
21.4	Cesky Krumlov	CS	brune	10, 8		542	Z Privatsky, Za Nadrazim 204, 38101 C Krumlov	???
29.4	Châtillon	F	brune	10, 8		700	Assoc du Grand-Huit, 26140 Chatillon	75 21 14 44
6.5	Die — Col Rousset	F	brune	16, 4		1,000	Courir en montagne, BP 7, 26150 Die	75 22 12 52
14.5	La Fouleé Verte	F	grise	14, 7		850	Office du tourisme, 38970 Corps	76 30 03 85
19.5	Vallorbe — Dt de Vaulion	CH	brune	10, 5		850	J-M Charlet, c p 144, 1337 Vallorbe	(021) 843 30 40
24.5	Montée du Grand Ballon	F	super	16, 8		1,000	J M Bellicini, 55 av Gallieni, 68760 W-sur-Thur	89 82 38 32
27.5	Gamperney Berglauf	CH	brune	8, 1		980	H Vetsch, Sand, 9472 Grabs	???
3.6	Gedenklauf Seelsberg	CH	brune	9, 5		1,115	Tino Tramonti, 6377 Seelsberg	(043) 31 32 56
9.6	Cressier — Chaumont	CH	grise	13		750	Simon Fournier, St-Martin 6, 2088 Cressier	(038) 47 15 19
10.6	Cross de la Roche	CH	super	12, 2		768	C-B Goy, 1261 St-George	(022) 68 13 58
10.6	Crêtes des Voirons	F	brune	14		1,000	ARC Cranves Sales, Mairie, 74380 Cr-Sales	50 39 30 18
17.6	Blumenstein	CH	grise	8		792	H Hausler, 3638 Blumenstein	(033) 56 24 97
24.6	Arette — St-Martin	F	rouge	23, 3		1,250	P Casabone, 64570 Pierre — St-Martin	???
24.6	Montreux — Rochers de Naye	CH	rouge	19, 7		1,700	F Brulhart, Riant-Mont 10, 1804 Corsier	(021) 922 60 01
24.6	Trophée du Six-Blanc	CH	brune	7, 2		1,200	M Rausis, route de Champex, 1937 Orsieres	(026) 83 29 22
1.7	Cross du Mont-Blanc	F	rouge	23, 3		1,360	Ch Roussel, 63 Rte des Praz, 74400 Chamonix	50 55 88 59
1.7	Randonnée des Douaniers	F	rouge	20, 8		300	J-Y Salliou, 10 rte de la Cr-Blanche, 22590 Pordic	96 79 00 73
1.7	Crêtes du Pays Basque	F	rouge	28		750	Gaby Etxart, Credit agricole, 64250 Espelette	59 29 95 24
8.7	Danisberglauf	CH	grise	13		860	Verkehrsverein, Sportsekretariat, 7078 Lenzerheide	(081) 34 34 34
8.7	Grimpeé du Mole	F	grise	12		800	S Stedile, av de la Mairie, 74130 Marignier	50 34 53 38
22.7	Arles-sur-Tech	F	rouge	50		1,320	J Faure, Alzine Rodone, 66150 Arles-s-Tech	68 39 08 23
22.7	Brides — Courchevel	F	rouge	18, 5		1,100	Office du tourisme, 73120 Courchevel	79 08 00 29
22.7	Frutigen — Adelboden	CH	rouge	19		950	Verkehrsbüro, 3715 Adelboden	(033) 73 22 52
22.7	Montée du Nid d'Aigle	F	rouge	19, 2		1,800	M Laurent, 1701 av de Miage, 74170 St-Gervais	50 93 44 89
29.7	Cime de la Bonnette	F	super	27		1,722	P Jaud, 2 bd Raimbaldi B, 06000 Nice	93 85 53 67
29.7	Crêtes de Megevè	F	rouge	19		765	Club des Sports, rue de la Poste, 74120 Megeve	50 21 31 50
29.7	Sierre — Montana	CH	grise	14, 7		995	P A Piffareti, resid. Kandahar, 3962 Aminona	(027) 41 37 96
5.8	Thyon — Grande Dixence	CH	super	16, 35		680	J-Willy Sierro, 1987 Heremence	(027) 81 19 10
5.8	Grand Prix des Isards	F	brune	12, 9		710	P Honthaas, 64490 Aydius	59 34 75 69
5.8	Barèges — P du Midi — Bareges	F	rouge	27		1,600	Club des Sports "L'Avalanche", 65120 Bareges	???
[hors CIME et a l'intention des "20 meilleurs coureurs du monde": 1						8.8	Escalade du Niesen, Berner Oberland, Suisse]	
12.8	Sierre — Zinal	CH	hors cl	31		2,000	J-Cl Pont, Chatevent, 28, 3960 Sierre	(027) 55 22 85
15.8	Cross alpin du Grand-Bec	F	brune	12, 5		1,160	Off du tourisme, B Pelissier, 73350 Champ-en-Vanoise	79 55 06 55
19.8	Neirivue — Molesón	CH	rouge	20		1,265	C Pythoud, Russalet 9, 1630 Bulle	(029) 2 91 60
26.8	Kitzbühlerhornlauf	A	grise	12, 9		1,234	Franz Puckl, Kaiserweg 111, 6353 Going	(053) 58 25 90
26.8	Crêts Vosgiennes	F	rouge	32		1,000	Luc Marlfér, 8 rue de Zimmerbach, 68000 Colmar	89 79 51 87
26.8	Matterhornlauf	CH	brune	12		977	Pius Fuchs, Haus Mistral, 3920 Zermatt	(028) 67 16 92
2.9	Ovronnaz — Cabane Rambert	CH	brune	8, 4		1,360	Bernard Bessard, 1912 Ovronnaz	(027) 86 17 84
9.9	Balcon du Mont-Blanc	F	grise	11, 647		780	Office du tourisme, 74700 Cordon	50 58 01 57
16.9	Fellhornberglauf	D	grise	8, 2		870	G Sollinger, Lindenstr 7, 8980 Oberstdorf	(083) 22 51 30
16.9	St-Julien — Le Saleve	F	rouge	18, 5		900	G Reix, Terrasses de Genève, 74160 Coll-sous-Saleve	50 49 25 91
23.9	Fully — Sorniot	CH	brune	7, 7		1,600	A-M Bender, ch Pre-Fleuri, 1926 Fully	(026) 46 18 80
29.9	Liberec	CS	super	8, 4		567	O Cepelka, Gagarinova 754, 46007 Liberec	???
14.10	Crêt de la Neuve	CH	brune	15		830	J-F Rose, 1261 Marchissy	(022) 67 13 64
14.10	Peyrinissime	F	rouge	21		450	P Manin, Quartier Cotte, 26380 Peyrins	75 02 73 18
21.10	Astberglauf	A	grise	7, 7		568	Franz Puckl, Kaiserweg 111, 6353 Going	(053) 58 25 90
11.11	La Spiridone	F	grise	12, 2		510	M Demond, rue Vaucher 6, 01100 Oyonnax	74 77 22 50

Caption Competition (see photo inside back cover)

Entries to John Blair-Fish, 28 Howden Hall Crescent, Edinburgh EH 16 6UR

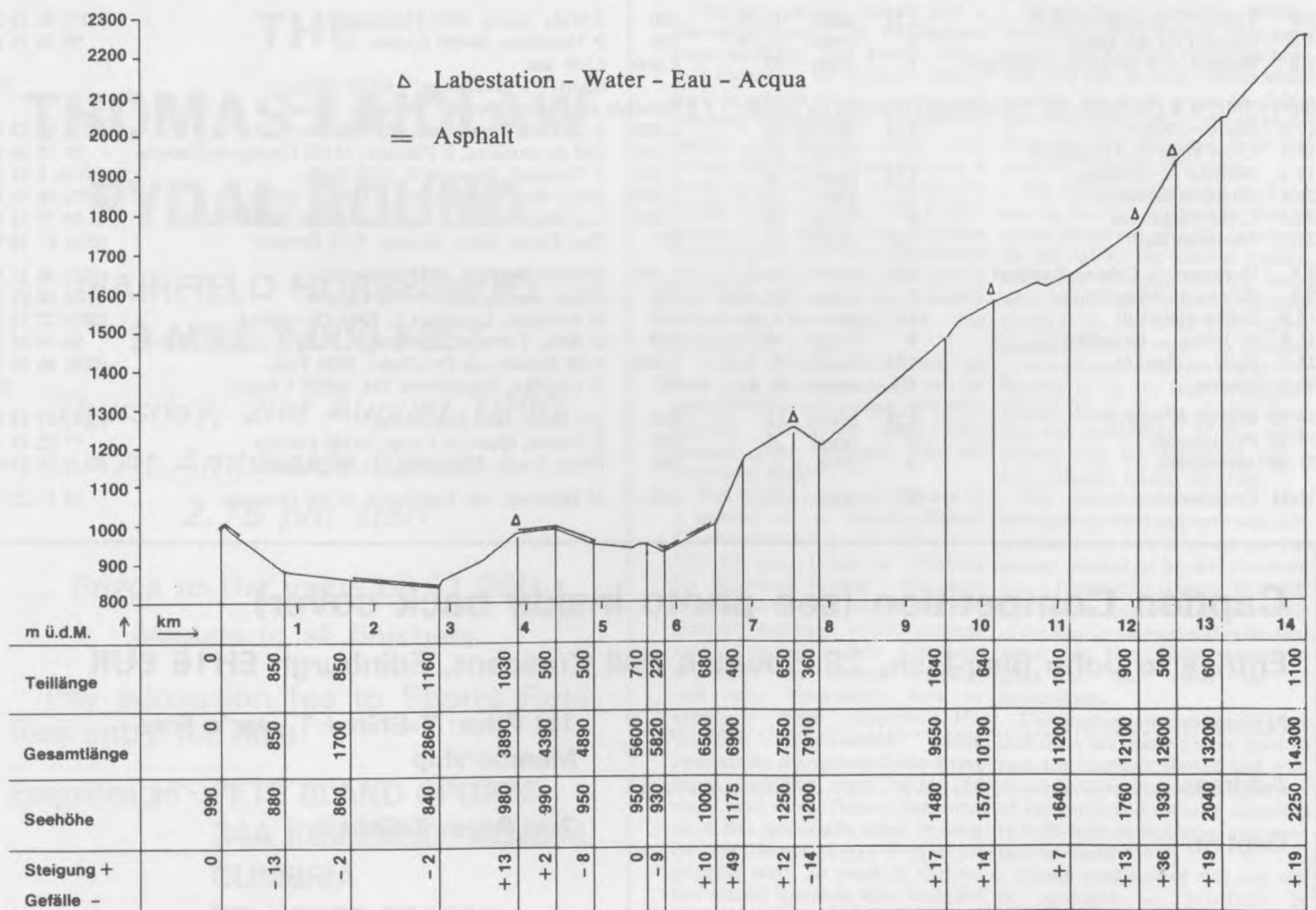
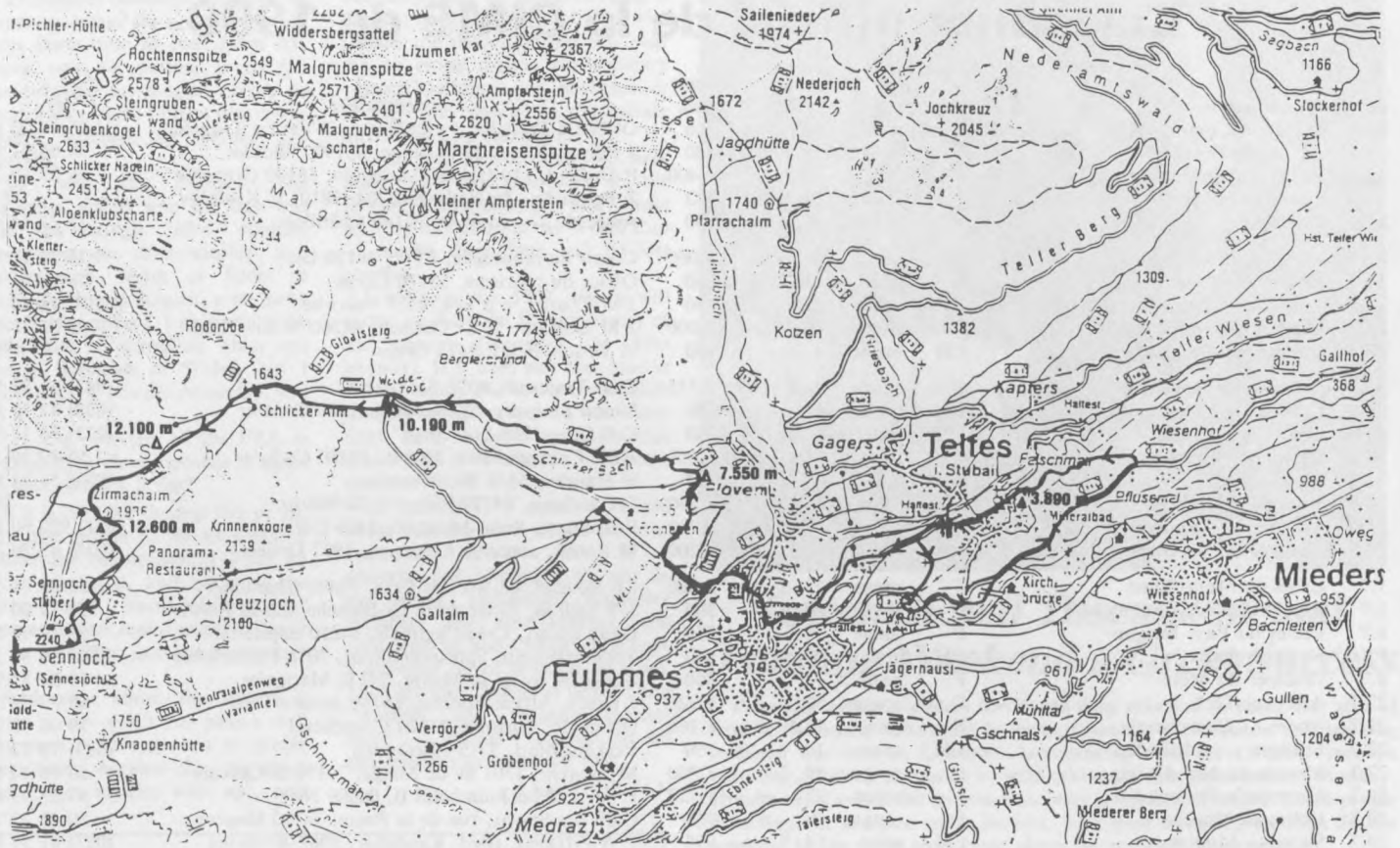
Name 1st Prize: T-Shirt+1 year's Free Membership

Address

Caption 2nd Prize: T-Shirt

Herren/lange Strecke - Men/long course - Hommes/parcours long - Senior masdiili/peirorso lungo

Gesamtlänge: 14.300 m, Höhendifferenz: 1.410 m, Steigung: + 1.550 m, Gefälle: - 270 m



Berglauf Weltcup 1990

ICMR

MOUNTAIN RACING WORLD CUP

14th-16th September, 1990

Telfes-Stubaital-Tirol

The 1990 Mountain Racing World Cup will take place on 15th-16th September, 1990, at Telfes-Stubaital, Tirol/Austria. On Sunday, 16th September, 1990, an "Open Race" on the original course two hours before the national teams' race will give you the opportunity to compete with the world's best mountain racers (course profile and map overleaf). Registration is open to anyone in a good physical condition; the organisers accept no liability for any damages that occur.

Open Race

Sunday,

16th September, 9.00 am

(Race of the national teams: 11.00 am)

Age Categories of the Open Race

Women

Senior Men: — 40 (1951 —)
M 40 (1941 — 1950)
M 50 (1931 — 1940)
M 60 (— 1930)

Information and Registration

Race Office: SV Telfes, Dorfplatz, A-6165 Telfes, Tel: from GB 01043/5225/4344, from USA 01143/5225/4344, Telefax 4178. — Our bank: Raiffeisenkasse Fulpmes/Telfes, No 90281403.

Entry Fee: 100 Austrian shillings.

WORLD CUP 2 - THE SEQUEL

The FRA announce the Second Annual Tour!

Is it a bird? Is it a plane? No, it's a bus!

Featuring: MALCOLM "wheelnuts a speciality"

With: The Rugby Player and:

THE ORGANISER

and hopefully the full cast from World Cup 1!!

This year the trip's being extended to nearly a week on the same lines as last year. I organise the coach — you organise the accommodation, if you don't like camping!

This year's itinerary: Wednesday 12th September am Bus leaves Kendal.

Various pick-ups en route. Journey time 30 hours.

Thursday 13th September pm Bus arrives Telfes,

Austria

Monday 17th September am Bus leaves Telfes

Tuesday 18th September Return home.

Sounds simple doesn't it? This year we've been hit by galloping inflation. The week's holiday will cost you all of £70! Hopefully there'll be a discount later. This is because we have to pay for Malcolm's beer money for four nights instead of two!

There will be an Open race on the Sunday over the long uphill course. Entry details later.

I don't want to take more than one bus so you'd better hurry. The first 48 fat cheques for £70 which I receive will get the seats!

Cheques are payable to the FRA and should be sent to the Secretary along with address and phone number. Last year we picked up at Birch Services and Leeds Bus Station.



Mount Cameroon ladies' winner, - Salty Goldsmith, being escorted into the Molyko Stadium — Photo: John Evans.

Mount Cameroon Results — 28th January 1990

	Ascent	Descent	Total
1. PA Gobet	3.13.00	1.31.13	4.44.13
2. T Thomas	3.21.13	1.28.43	4.49.56
3. AM Burange	3.26.31	1.22.14	4.53.45
4. E W Banadyen	3.23.02	1.35.18	4.58.20
5. C Donnelly	3.22.54	1.38.15	5.01.09
36. W Gaunt	3.43.12	1.53.41	5.36.53
55. S Goldsmith	3.55.48	2.14.53	6.10.41 (1st Lady)
59. I Guillot	3.56.12	2.19.37	6.15.49 (2nd Lady)

The 1990 Health Australia Tasmanian Three Peaks Race - The Hard Way

It WAS a nightmare — I wake sweating, can't move, all enclosed, voices, bodies, water. Water — of course, I'm on a boat. The voices are raised — something about "rigging, the mast, a conceptual design flaw, failing navigational systems, sandbanks, rocks".

It had all seemed very cosy at first, we had the fastest boat, an expert who even built the things for a living, two other gun sailors. All we had to do was to outrun some Pommie Posuer named Maitland and his mate Stone who finished up half-crippled last year. Didn't seem too tough an assignment — we even got to lie around eating and sleeping in between while the sailors wound up our lead. The runs weren't even proper distances like 50 miles or 100 kilometres, something like 65 kilometres, 33 and 31 kilometres.

We went on one of the other boats, *Deguello*, soon after we arrived from America and met our arch-rivals, the British runners. Supposedly the race favourites — would you believe it, they hadn't even got a sponsor. But what a state, lounging around drinking champagne, women all over them, worrying about which CDs to take, how many kilos of oysters to keep in the freezer. The boat even had a pile carpet and two showers. Even worse was a local boat, *Ericsson*. They seemed to think it was some sort of novelty event, they had a couple of goddamned bicycles on the back attached to some propellor.

Okay, so we'd never been on a boat before and there was no room inside but what the hell. We'd stitch those Brits up well and true.

(Team USA on the catamaran "Advocate Business Systems")

I wonder if it is really good for me to have so much sleep. Still, it passes the time in between reading books, listening to CDs and being sent off for 40 miles runs with Martin by our yachtsmen. Wish we had some decent CDs. Perhaps I'll see what's in the freezer and maybe pop something in the oven for tea.

It's good to be racing, less fuss now all the women are ashore with the oysters, champagne and that fizzy stuff in cans the Aussies insist on calling beer. We've a good lead now, the Yanks are well back and we really don't have to worry about the monohulls.

(Jack and Martin on the catamaran "Deguello" — Days 1 and 2)

It WAS a nightmare — darkness, voices, people running around on the deck above us, shouting orders. Raised voices "spreaders broken, watch that mast, too much wind, get that sail down!"

First there is one monohull ahead of us, then three, even *Ericsson* with the tandems on the back is ahead of us. How the mighty are fallen!

("Deguello" — Day 3)

The Facts

1st *Ericsson*

10.5 m monohull, two days 23 hours 51 minutes.

Pedal power was transferred to a propellor which powered them into a last leg lead.

4th *Deguello*

14.5 m catamaran, three days 2 hours 33 minutes.

State-of-the-art luxury racer/cruiser. Co-owners John Haynes and multihull designer Lock Crowther. Gavin Le Seur had to climb the mast at 2 am in a gale when a running backstay snagged and broke a spreader off the mast. The yacht limped in on one sail losing a two hour lead. Runners Jack Maitland and Martin Stone won all three running legs.

14th *Advocate Business Systems* 12.1 m catamaran, four days 2 hours 34 minutes.

A racing boat also designed by Lock Crowther. Team USA with runners Harry Johnston and Laddie Shaw who came second on all three runs and swore they would never get on a boat again (but if they did they wouldn't allow the Brits to beat them).

Not forgetting

7th *Cascade*

13 m monohull, three days 3 hours 35 minutes.

Despite carrying a Channel 9 TV crew around, runners Christine Menhennet and Betty Hall had the outstanding running performance to be placed 4th fastest runners.

12th *Solandra*

10 m monohull, three days 20 hours 36 minutes.

With an all female crew and runners from the UK this was the most popular and talked about team in the race! Jane Robson and Jean Ramsden had the 15th fastest run times despite struggling on the Freycinet Peninsula section in the dark.

Jack Maitland

Experiences of the Run

A PLEASANT DAY OUT IN THE COUNTRY?

KIMM 89 "A" HOWGILL FELLS 28th OCTOBER 1989

At 9.20 am on Saturday the whistle sounded for us and we ran the short distance to the control issue point. As John plotted the points on the map, it transpired that the majority of our first day — 33 K and 2,200 metres of ascent — would be spent in the steep, grassy Howgill Fells section of the competition area. We climbed up the western side of Dale Gill to the col on the west of Green Bell, before dropping down to our first control — a feeder stream of Weasdale Beck.

In ever improving weather after earlier downpours, we traversed around Randygill Top before descending to Bowderdale Beck to run upstream to a sheepfold-control number 2.

Our next leg saw us pass Cautley Spout and Crag — tourist attractions hereabouts — before following Red Gill up to the top of Calders passing Pat Mee and partner on the way. Our third control had been placed by a sadist right in the bottom near Hobdale Beck down a steep grassy slope where I suffered one of several falls on the slippery short cropped terrain.

After a ball-aching return climb we elected to retrace our footsteps up the western boundary fence before contouring under The Calf to pick up a major path before shooting off right to number 4 — a sheepfold in Long Rigg Beck. I remember wondering whether John Kewley and partner had taken the same route.

Here the weather was bright and sunny for the trudge up to the col at Break's Head. We contoured to the west of Simon's Seat before dropping down to a feeder stream of Langdale Beck to collect number 5.

Around here the events of the day seemed to take a turn for the worse. It was mid afternoon, the weather was worsening by the minute and we were having to head west towards the M6 with the overnight camp miles away to the east. One pair gave up and headed down stream to the A685.

We dropped into and out of two valleys to reach number 6 — a pool on Archer Hill. It was 3 o'clock now; I noticed with some amusement that the checkpoint closing time was set for 5 pm. Anyone punching their card here around 4.45 pm could not have had a cat in hell's chance of making the midway camp as later events were to bear out.

Anyway we pressed on to number 7 which was at Black Force on Carlingill Beck. You literally had to peer over the near vertical drop to see the checkpoint — from here a pinprick in the V-shaped cleft. John insisted that he was more terrified than me, but I doubted it and shoved him first to test the descent. Several heart-stopping tumbles later we punched our control card. Several teams announced their retirement here to the marsh and were directed down the gill to a minor road. Is there an escape route from hell?

We climbed on all fours up the vertical slope on the northern side before picking up the ridge to Busk Howe, White Fell Head and The Calf to the top control of a double we had passed in Red Gill several hours earlier in much better weather.

We then dropped out of the mist off Great Drummocks to our next control at the crossing point on the Kirkby Stephen road. We both felt confident at this stage about reaching the midway camp at Uldale via the last two controls on what seemed easier ground, despite the fact that I slipped again on the steep slopes.

The last leg of a long day became a nightmare the two of us would never forget. The weather became rapidly worse with strengthening gales and lashing rain. Darkness came quickly; teams from all classes were converging and the fellside was a mass of torches. One competitor from the "A" class began to hallucinate and was about ready to give up the ghost until John cheered him up with one of his throwaway one-liners like "I wonder if the shop's still open at the overnight camp?" The smile on the lad's face broadened as John offered to carry his sac.

There was a method to John's madness however. The lad's mate was a superb orienteer — a ranger from Dartmoor — who could read the map like an A to Z. In total darkness he led us to the next control by a small pool before taking a bearing for the last checkpoint on a feeder stream of the River Rawthey.

We could see the lights of the midway camp at Uldale House tantalisingly near. However, if the steep descent to the last control had not shaken us up enough, then the marked route to the finish in the dark and the storm was unbelievably terrifying. We were cold, wet and with fading torches slipped, fell and forded the waist-high Rawthey as the sting in the tail continued. Galloway "86" had been a lot kinder than this!

At last the finishing funnel. I did not bother checking my watch, but the last couple of miles must have taken us two hours. My right ankle was really hurting now as I relaxed a little. John was knackered and was colder and wetter than me. We tried to pitch our tent in the storm, but after several unsuccessful attempts, we decided to put discretion before continued stupidity.

Several minutes later I was lying in a bath at Uldale House Farm and noticed that my leg was swollen and discoloured. Back downstairs in front of a huge fire drinking endless mugs of tea, I soon realised that John had perked up and was cracking jokes to the farmer's family — the Hutchinson's — several other Karrimor casualties, and the local mountain rescue team who had been alerted because of the deteriorating conditions. It had been with great foresight that I had contributed to the latter in the Swan Hotel at Ravenstonedale the previous night. Several more cups of tea later a Karrimor official kindly drove us back to Ravenstonedale where we dosed down for the night in Tim and Andi's six-berth tent.

John looked after me extremely well as by now I was almost totally immobile. We packed up quickly before zooming down the M6 to an X-ray at Tameside General Hospital which showed a fractured fibula.

As Trev Hill (who with Ray Ball had been timed out at the end of the 2nd day) said to me later as we commiserated with each other over the phone — "What about a nice 10K road race as our next event?"

NEV MCGRAW

Glossopdale Harriers (partnered by John Brightmore)

December 1989 (For results see previous issue)

RACING IN HOT WEATHER

By Eddie Caldwell LCSP(Phys)

Prompted by the England team's experience in Die at last year's World Cup and the (remote) possibility of another hot summer it is timely to consider some of the hazards of racing in hot weather.

A combination of high temperatures, blazing sun and a lack of shade and breeze can have a devastating effect on even highly trained and well prepared athletes; ask Geoff Hall or Claire Crofts.

Body temperature is regulated by evaporation, radiation and convection. Evaporation is the most important of these and for efficient control the runner must drink sufficient liquid. Heat loss is also dependent on environmental conditions such as air temperature, humidity, wind speed, solar radiation and solar reflection from surrounding objects. The slower the wind speed the slower the rate of sweat evaporation.

Heat problems in a race has both physical and psychological consequences and can drastically affect performance. A runner may experience heat cramps or he may become exhausted by the heat.

Worse still, he may suffer heatstroke. This occurs when the body temperature rises unchecked and onset may be rapid. Geoff Hall appeared to go from running hard and feeling tired to a state of confused, delirious collapse in the space of some 50 metres.

The symptoms of heatstroke include confusion and delirium, uncoordinated movement and the runner may suffer convulsions and then lapse into unconsciousness. Temperature exceeds 104° and both pulse and breathing rates are up. The skin may look and feel hot and dry and be quite flushed but sweating has usually ceased altogether.

Treatment of anyone in this condition must be speedy. Send for a doctor or an ambulance immediately. While waiting their arrival, cool the runner down by sponging with tepid water and by fanning him. Try and get him into the shade. Complications following heatstroke can include problems with the heart, kidneys, liver, circulation, watery diarrhoea resulting from electrolyte imbalance, and even brain damage. This is why it is important to get qualified medical attention as soon as possible.

Athletes (or team officials) can help prevent heat problems:

- * increase the liquid intake in the 24 hours before the race;
- * acclimatisation to heat should be at least four days;
- * train more lightly in heat;
- * drink more liquid each day in a hot spell of weather;
- * load your diet with more carbohydrates;
- ** monitor your own urine; dark concentrated urine indicates dehydration so drink a little more until the urine becomes paler.
- ** It is sufficient to drink water. It is not necessary, and it is possibly dangerous to add anything, eg salt, sugar, minerals. Concentrated solutions, taken during a race especially, are just not absorbed in the same way as water and their osmotic strength attracts water into the bowel from the already dehydrated tissues. Thus the situation is worsened giving symptoms of nausea, bloating, griping and diarrhoea.

The American College of Sports Medicine issued the following recommendations to race organisers in 1982:

1. Races over 10 miles in distance should not take place if the temperature exceeds 28°C or 82.4°F.
2. Where temperatures exceed 27°C or 80.6°F, any race should start either before 9.00 am or after 4.30 am to reduce the impact of radiant heat on the competitors.

EDDIE CALDWELL

WHERE DOES ALL THE ENERGY COME FROM: BIOCHEMISTRY FOR BEGINNERS

Have you ever wondered why so many 400 metre runners tie up in the last few strides or how it is possible to keep running for hour after hour on the fells? Clearly the faster we run, the sooner we run out of steam . . . but why?

In order to understand why, a bit of basic biochemistry is needed. The energy for muscle contraction comes from a substance called ATP which

stores energy released when the food we eat is "burnt". The level of ATP in a muscle cell has to be maintained within fairly tight limits and various safety mechanisms operate to prevent us running our stocks too low. It is these safety mechanisms that make us slow up and, eventually, stop.

Surprisingly, the ATP store in a muscle cell would run out within a second or so when working flat out. At these very high rates of work, ATP has to be rapidly replenished. This can be achieved by another energy-storing molecule, creatine phosphate. We have a bit more of this but this too runs out rapidly. There isn't enough creatine phosphate to complete a 100 metre sprint and so more "fuel" must be used up to produce additional ATP.

The body contains a variety of fuels but, for sprinting, much the most important is GLYCOGEN present in the muscle. Glycogen is the form in which the body stores glucose (more of this in a future article!). Energy can be obtained from glycogen by two different routes. If ATP needs to be obtained very rapidly, like in sprinting, glycogen can be used without the need for oxygen (so-called ANAEROBIC METABOLISM). This process uses up glycogen very quickly and also leads to the build up of lactic acid. The build up of lactic acid gives the familiar painful sensations from the muscles which limit how long we can keep running up a steep hill, or how long we carry a heavy suitcase before we have to swap hands or put it down.

If we run a bit slower, ATP only needs to be made more slowly. This allows a variety of fuels to be used. Glycogen itself can be burnt using oxygen, a slow process but one that produces nearly 20 times as much ATP as anaerobic metabolism of glycogen. At the same time, other fuels can be burnt which also use oxygen.

If the aim is to run the Bob Graham, or even the Marsden to Edale, then a lot of energy has to come from fat. This is also a much slower process than making ATP from glycogen by anaerobic metabolism and slower than burning glycogen with oxygen, but even the leanest of us has enough fat to keep us going for days. Thus, the more of our energy we can get from fat, the longer we can eke out our other fuels.

We can also burn glucose which comes to the muscles in the blood stream, mainly from the liver. The liver stores quite a lot of glucose in the form of more glycogen which it can break down in times of need. It can also make glucose from other fuels (including lactic acid, once we stop sprinting). Glucose can also come directly from the gut if we eat sweet or starchy foods during a race.

The mixture of fuels that we use changes during a run. In the first minute or two, muscle glycogen is the most important fuel. Once we are warmed up, muscle glycogen, blood glucose and fat are used in similar amounts though we use a higher proportion of fat if we run slower. We also tend to use more fat in the later stages of a long run. Burning fat uses more oxygen to produce a given amount of ATP than burning other fuels.

The reasons for "bonking" are not completely understood, but running out of muscle glycogen is certainly a major factor. The longer we can make the muscle glycogen last, the longer we can keep running hard. This means warming up carefully, quite a bit of glycogen will disappear if we set off too quickly before the burning of other fuels has got going, and avoiding sudden sprints or pushing too hard up the hills.

When muscle glycogen runs low, we have to rely mainly on fat. Because this produces ATP more slowly and uses more oxygen, we are only able to run slowly and are reduced to a walk up even slight hills. Yet we feel disproportionately out of breath despite the slow progress. Ideally we should never quite reach this point, which is what pace judgement is all about, but maximising our initial stores of muscle glycogen can also help. More of this in a future article!

PETE KOHN

(This article is reprinted with kind permission from the *Dark Peak News*.)

HEALTH UPDATE

Beef is contaminated (Bovine Spongiform Encephalopathy)
Chicken is too (salmonella)
Fish is bad for you (river pollution, mercury poisoning)
Dairy products are bad (listeria, cholesterol)
Water contains chemicals (chlorine)
Fruit and Vegetables are contaminated (insecticides, pesticides)
Brown bread is bad for you (carcinogenic)
White bread is bad for you (no roughage)
Sugar is bad (increases weight and rots teeth)
Salt is bad (increases blood pressure)
Fried food is bad for your heart
Tea and coffee cause over-stimulation and addiction
Alcohol is bad (weight gain, blood pressure, gastritis)
Fast food is bad (vitamin deficiencies)
Slow food is bad (bacteria)
Air is bad (lead, carbon monoxide)
Rain is acid
Sunshine is bad for you (skin cancers)

What to do: Eat only dry muesli

Breathe out but not in

Stay indoors if sunny, outdoors if raining

Have a heterosexual, monogamous but active sex life

Hope for the best

If after all this you are still training normally and running races then you are either a figment of your imagination or on a diet of quorn and garlic!

FRANK THOMAS

(This article is also reprinted from *Dark Peak News*.)

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Apology to

Prediction of performances in a British hill race

Oh No! Not another obscure statistical analyses by Dave Peck! What is this all about?

It is simply concerned with what combination of factors is related to winning a hill race. How Body Mass Index and mileage during training are the best predictors, but they only explain a third of all the variation in finishing times. In other words, of the differences among all the various finishing times, two-thirds of the differences CANNOT be explained by these factors; they are not therefore all that powerful predictors. So you can not accurately predict the winner. Other factors are also important, which were not looked at in this study.

Nor does it mean that if you change Body Mass Index (by losing weight or gaining height), or if you up your mileage, you will necessarily improve your chances of winning. You might, but as it says, correlation does not mean causality.

Prediction of performances in a British hill race

Dave Peck, Carnethy Hill Runners

(reproduced from *Scottish Journal of Physical Education*, by kind permission)

Introduction

Recently there has been much research examining the correlates of athletic performance; variables examined include diet (Sherman and Costill, 1984); general nutrition (Brotherhood, 1984); time of day (Baxter and Reilly, 1983); and body composition (Carter, 1978). However few studies have examined the influence of a wide range of variables simultaneously, in one event.

The present study was concerned with the prediction of performance in a British hill race.

The present study obtained data from the competitors in the Chapelgill race, a race held in the Borders of Scotland in March. It is a short race (1.6 miles) but one of the steepest in Britain, with 1,350 feet of ascent.

Method

Competitors were asked to complete a brief questionnaire while registering for the race. Data requested comprised sex, age, height, weight, years of regular hill running, and average miles training per week in the last six months. Body Mass Index (BMI) was calculated (weight (in kgs) divided by the square of height (in metres)). The BMI is considered to provide a crude guide to fat content of the body (Royal College of Physicians, 1983).

Sixty-five people competed in the race, but data are only available for 55; data are not included for two female competitors, since there was insufficient numbers for separate analysis of female performance, and including them with the males may have distorted the results. The remaining eight arrived too late at the race to complete the questionnaire and were not traceable afterwards. There is no reason to doubt that the missing male competitors were representative of the competitors as a whole.

Results

1. Background information

The mean age of competitors was 32.5 years, with standard deviation of 8.4; mean weight was 67.64 kg with standard deviation of 8.2; mean years' hill running was 4.33, with a standard deviation of 4.4; mean miles per week in training was 36.2, standard deviation 15.6; mean height was 177.2 cm, standard deviation 7.5; mean BMI was 21.5, standard deviation 1.9.

2. A step-wise multiple regression analysis was used to determine which variables were most predictive of performance. The dependent variable was finishing time. The results are shown in table 1.

TABLE 1

PREDICTION OF FINISHING TIME, 55 MALE COMPETITORS — STEPWISE MULTIPLE REGRESSION

Independent variable	r	multiple	
		r	r ²
Miles training per week	-0.503	0.503	.234
Body Mass Index	+0.450	0.5816	.338

Total Variance accounted for 33.8%

Discussion

From table 1 it is apparent that the most accurate prediction of finishing time may be obtained from considering miles training per week and BMI in combination, with miles of training being the most powerful single predictor ($r = -0.503$). The BMI mean value (21.5) is at the lower end of the normal ranges (20-25) for males. However it should be emphasised that taking these two predictor variables together still only accounts for one-third (33.8%) of the variance in finishing time. Other variables which may increase the predictive power could include nutritional state, and hours' sleep the previous night. Obtaining such data for all the competitors would be very difficult, but future studies may find it worthwhile.

It should be emphasised that the results do not necessarily suggest that increasing mileage during training will have a major impact on running speed. Correlations do not imply causality. It may be the case, for example, that constitutionally good athletes do a great deal of training, and also perform well in races.

It may be worthwhile to comment on the relationship between the other variables and performance. Age and weight were also significantly related to performance ($r = +0.24$ and $+0.31$ respectively, $p = < .05$) but they did not emerge in the multiple regression, since this technique only selects those variables which bring significant incremental power to the predictive equation. In other words, these variables accounted for no significant extra variance, despite their significant relationship to performance.

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Confessions of a Southern Softie

Last year I moved to West Yorkshire having spent most of my life in the flat fens of East Anglia. I've always been a runner, not the type who wins medals by the wheelbarrow full, but the grafter, the one who comes two-thirds of the way down the field. My type of running was on nice clean roads, long, flat, half marathons winding through Peterborough. Somewhere up ahead would be Jimmy Saville, smoking cigars as he ran and still beating me. The hill climb was presented by the Paston flyover. At least 30 feet in half-a-mile.

So I arrived in the lumpy part of Yorkshire and I thought, "why not, give it a go". So I began training up and down the hills, passing 30-ton lorries which were desperately searching for an extra gear. It half-killed me, I began to use muscles that had slept all the time I had lived in the fens. Suddenly they were being wrenched awake and they complained bitterly. I would jog jauntily away from my wife saying I would only be gone an hour, and three hours later I would fall into her arms, beetroot red, soaking in sweat, with tears of pain in my eyes.

After a couple of months of this, with no sign that I was improving, I was persuaded by an ex-friend to enter a fell race. At first I had refused. Fell racing was that strange northern things done by wild celts with calf muscles the size of Giant Redwoods, it was not done by five-foot-five, 33-year-olds

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All course participants should be used to running 20 miles per week minimum. This course will not be competitive, just good training!

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and a brochure of all our courses

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with beer guts. But he convinced me with soft words. The Stanbury race was only six-and-a-half miles, nothing compared to the half marathons I was used to. All I needed was stamina, experience was not necessary. After hours of this brain-washing I agreed. After all at a quid for entry it was a lot cheaper than the trendy marathon events.

So there I was, 27th January, snow on the ground, my quid paid and ready to go. First of all I was impressed by the camaraderie. I explained to a sleek man who wore only shorts and a vest that I had two tracksuits on. I think he damaged a tendon laughing. Not shaken by this I stepped up to the start (Which was actually a crowd of people in a hole in the ground) smartly dressed in my Nike road shoes and my expensive Nike tracksuit. I was neat clean and sober, to borrow a phrase from Chandler, and I felt a million dollars. The funny thing was, I didn't recognise any of the gear everyone else was wearing. Strange shoes that looked like Landrover tyres, shorts worn outside leggings. Most odd, I thought.

We set off, I stayed to the rear, saving myself for the first mile or so. We climbed out of the hole in the ground, a small incline, already I knew I'd be able to handle these "fells". Another 20 yards, I fell over. Nike road shoes are absolutely no good whatsoever on heather. A further 100 yards, I fell over again. The shoes were no good on mud either. Half-a-mile and my backside kissed the ground once more. Those shoes didn't seem to be able to cope with water and ice all that well. Meanwhile the Landrover tyres were disappearing from view. One mile on a woman who could have gone around the course using her pensioner's bus pass, zipped past me and sneered at my beer gut, my shoes, my weeping. I never saw her again.

Suddenly the course went down hill, great! a rest! And they call this sort of running hard! The world then became a blur of bracken and heather, a brown flash in front of my eyes. I fell about 50 feet down the bank. I suppose it was one way down. At the bottom I fell into a bog. My Nike tracksuit looked like any other compost heap. I got the chance to clean it by falling into the stream shortly afterwards. The water was so cold I couldn't understand why it wasn't an iceberg. I then became aware of a huge wall of mud and stone, sheer and endless. I looked at it for sometime, marvelling at the power of nature. It then dawned on me with a sickening thud in my stomach that we were supposed to go up this. I tried, I really did. But no way could I get off all fours. I was so far behind the leaders I never saw them negotiate it, but I simply don't believe they actually ran up it. If they did I want a pint of whatever they drink.

It took me 30 minutes to cover the 200 feet or so climb, is that an all time slow record I wonder? At the top I stood upright and felt my back crumble. After staggering toward the half-way point I realised it had been some time, and some miles, since I'd actually run. A tortoise with a puncture could have sped past me at any time. I decided to try and run. My legs had a good laugh at this but eventually responded with a pace that was almost but not quite walking speed. And so it went. I fell once more, in a snow drift. It made a change.

One hour and 26 minutes after setting off I heaved my shattered body up the last incline, a particularly dirty trick by the course planners, and fell across the finishing line. My wife didn't recognise me, I think she thought I was a mud wrestler who'd got lost. That afternoon I drink several pints to revive my wounded pride. As I sank them I began to reminisce, and wonder if I might not do better with some training. By the time we left the pub I was trying to convince my wife that I had been robbed of victory by poor footwear. If I invested in some of those Landrover tyres then the fell racing world would have to watch out.

And there it is, my first beginnings in a sport that was unknown to me before this year. I'm already hooked and planning my next excursion. How did I live before fell running came into my life? I was particularly chuffed with the printed results that appeared two weeks later. There I am, W Wright (The person on registration duty mis-heard me!) unattached, 86 minutes. Not a world beater, but 86 minutes of pure pleasure. See you out there soon!

JON WRIGHT

SPECTATOR SPORT

I know that it's taking part that counts, but on some occasions the flame of competition burns low — sometimes I wonder if my pilot light has gone out — so instead of racing you end up spectating. Now this needn't be dull if approached in the right spirit. I offer a few thoughts based on my own limited experience of spectating.

First choose the right weather. It's not much fun standing around in wind and rain with numb feet and water trickling down your neck: a brief glimpse of your clubmates in a far worse state is scant compensation. A bit of bad weather can be dealt with my suitable clothing, and you can use the occasion to advantage to demonstrate your toughness and loyalty to the club — but don't overdo it.

Secondly, select the right race. Longer races are more rewarding to the spectator than the short dashes. The event can be savoured to the full by finding the best spot, maybe with a camera, and giving a few well-chosen words of encouragement to galvanise your chums to their best effort. Pick a spot where your comments will have maximum effect: near the top of an arduous climb, at the edge of a quagmire, or at a critical point in an exceptionally demanding downhill. It is particularly satisfying to spectate from within a few yards of your vehicle without changing out of your Hush Puppies, especially if competitors have traversed miles of calf-deep mud to reach you. The Haworth Hobble is good in this respect.

The novice spectator may be inhibited at first in giving vocal encouragement. Overcome your shyness here — think how you are helping the tired runners. Useful phrases are "Come on lads, pick it up" and "Keep it going lads", even though most of the lads won't see 30 again. "Not far now" is a very helpful piece of information to give at the 15 mile point of a 22 mile race, or anywhere north of Crianlarich on the West Highland Way. Your unbiased opinion that "You're looking good" will cause tired runners to re-appraise their flagging self-image.

The prime site for spectating in Scotland must of course be two-thirds way up Trahenna in The Breweries Race. Warmly clad, with folding chair, binoculars, telephoto lens, plenty of food and drink and one can spend an interesting couple of hours, secure in the knowledge that you are doing your bit in helping the runners at this admittedly difficult point in the race. Those near the front will find it tactically useful to be told that Jack Maitland went through 35 minutes ago. Further back in the field you can offer more direct help — if an ashen-faced competitor staggers past, moaning, you can offer a pork pie or a mouthful of lukewarm cream of chicken soup. Don't be put off by the reaction — you're there to help.

JIM BARTON

This article is reprinted with kind permission from the *Carnethy Newsletter*.

WILDRUNNERS

There are days
On paths that zig-zag
High into the hills,
We pass beyond the pain,
Catch that tingling in the scalp
That tells us soon
We'll treadmill out of time,
Out of self.

Amid rufflings of raven's wings
We'll rise above the stones,
Ride the eye of the wind
To worlds beyond the womb.
In that transmigratory state
That's neither flesh nor blood,
Male or female, warm or cold,
We'll run, like disembodied joys,
The guantlet of eternity.

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IF (With apologies to Rudyard Kipling)

If I were young I would be the keener;
If I trained the harder then
I would be the faster;
If I could find the perfect trainer
then I would be more fleet of foot;
If I could find more time to spare
then I could improve in every way;
If I rejected all junk food
then I would be the healthier;
If I bent and stretched before and after
I would be in better shape;
If I wore the thermal garment
I would be the warmer;
If I reconnoitered routes
then I would be the wiser;
If I ran those bloody intervals
I would be the more durable;
If my metabolic rate was something else,
well — I'll be damned,
I've just realised — If's an illusion!

PETER TRAVIS
(57 and still running — more slowly)

FROM "RUNNING MAGAZINE" "A BEGINNERS GUIDE TO RUNNING"

Fell runners — unarguably the fittest people in the world — thrive on a diet of sharp stones and dew. But should they happen to land on a sheep while abseiling without a rope down the north face of Scafell Pike, they will usually eat it. The brain is considered a rare delicacy — understandably, for brains are, indeed, rare among fell runners.

BOOK REVIEW

Race you to the top. By Suse Coon.

Race you to the top is Suse Coon's light-hearted look at the Scottish Hill Running scene. This excellent little book (134 pages) will interest all involved with the sport of fell running, particularly all us sassenachs thinking of expanding our horizon north of the border.

The early chapters cover the people, the history, the organisation and the terrain in a relaxed and amusing style. The second half of the book is devoted to descriptions of races. Did you know that there are 72 races north of the border? Suse has something to say about most of them, finishing with a thought provoking chapter in ultra long-distance challenges. The post script includes a Gaelic dictionary and a people and places index.

Thinking of getting a copy? Don't hesitate. Only by purchasing your own copy is it possible to produce such small circulation publications.

The book is available from the author, Suse Coon, at Ballencrieff Cottage, Bathgate, West Lothian EH48 4LD price £6.95.

PETER KNOTT

RUMOUR HAS IT

Rumour has it that Livingston Athletic Club hand out application forms for their club as top runners enter the Northern Home Country.

Rumour has it that a certain top fell running club when visiting another Home Country spent the time between races investigating how many of their members could sleep in a phone box or in a boarding house. This club is now working on a guide for FRA members on B & B establishments entitled "Studmarks in the Bedroom".

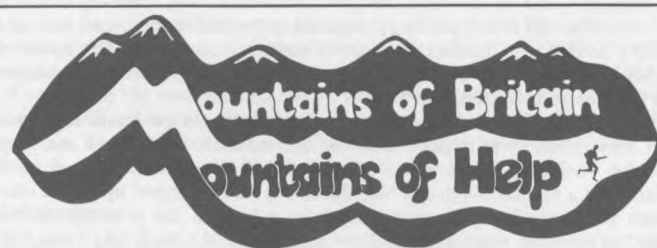
Rumour has it that the Italians intend to run the Everest Marathon in the reverse direction uphill; the England team manager is being consulted.

Rumour has it that in order to minimise cabinet storage and possibility of breakage that the FRA committee decided to award an engraved plastic mug instead of a glass tankard to Colin Donnelly but as his address is unknown they sent it to Mike Rose for safe keeping. Would Mr Donnelly contact Mr Rose at his convenience.

Rumour has it that prospective fathers should avoid the CFRA and Caithness Bogtrotters' championships, and other races close to nuclear installations.

Rumour has it that Jim Darby, living in Scotland and appointed as team manager for England, may fail the cricket test.

Rumour has it that ICMR regulations define race routes which may be fit for motor vehicles.



WHILST YOU ARE READING THIS, HUGH SYMONDS SHOULD BE ENTERING THE FINAL STAGES OF HIS RUN OVER THE 296 THREE THOUSAND FOOT PEAKS OF BRITAIN. HE IS HOPING THAT THE EVENT WILL RAISE A CONSIDERABLE SUM OF MONEY FOR THE THIRD WORLD DEVELOPMENT CHARITY:

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Progress Report on Hugh Symonds Epic Run

Hugh's epic journey is proceeding bang on schedule, with 82 Munros and the crossing to Skye accomplished as I write this report (11th May). When recently spotted on the hills around Glen Affric, the Sedbergh Yeti was looking extremely fit and sunburnt, having experienced the full range of Scottish weather conditions during his first three weeks. A day lost in the Fannichs in snow was regained by a single-day campaign over the Torridon hills, accompanied by Martin Moran and accidentally beating the latter's record for the complete traverse of the "big three". This despite assurances from Hugh's expedition doctor that the regular blood samples for monitoring health aren't being replaced by anything stronger. Long days (30 miles/12,000 ft in one case) followed by shorter outings involving merely 5,000 ft have helped add variety to Hugh's task. So have surprise summit messages and chocolate caches left by well-wishers. Safe, runnable slopes of spring snow also help with the descents; Hugh would like to hear from anyone with access to snow-making equipment in June for this reason! By the time this is published, he should have almost completed his journey over the Munros and be looking forward to the A74, the Lakes, the Mersey tunnel (low point of the trip?) and the finale in Snowdonia.

Mark Rigby

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PENNINE WAY

RELAY RECORD ATTEMPT

13th/14th July 1990

IN AID OF

BRITISH SPORTS ASSOCIATION FOR THE DISABLED

RECORD ATTEMPTS

1970	Clayton Le Moors Harriers	34 hours 54 minutes
1971	Ranelagh Harriers	33 hours 41 minutes
1974	Anfield Comprehensive School	33 hours 19 minutes
1977	Holmfirth Harriers	32 hours 42 minutes
1978 (May)	Rochdale Harriers	30 hours 42 minutes
1978 (June)	Holmfirth Harriers	29 hours 46 minutes
1978	Numerous attempts at the record by various athletic clubs	
1984	Bingley Harriers & AC	32 hours 35 minutes
1985 (8th/9th June)	Bingley Harriers & AC	29 hours 39 minutes
1985 (20th/21st June)	Horwich Harriers	Not known
1986	Holmfirth Harriers	29 hours 07 minutes
	(This did not include an ascent of the Cheviot Hill top)	
1989 (June)	Bingley Harriers & AC 1	30 hours 47 minutes
	Pudsey & Bramley AC J	Did not finish

THE PENNINE WAY

Introduction:

It is said that the Pennine Way is the finest hill walk in England, hard, exacting and immensely strenuous. Conceived in 1965 by Tom Stephenson, the then secretary of the Ramblers Association, after 30 years of work.

The 270 miles of the route follows the backbone of England twisting and turning along its way to take in all its highest hills. It begins in Edale in the Peak District and finishes at Kirk Yetholm in the Cheviot Hills of the Scottish Borders. Along its way it crosses some of the most varied and beautiful countryside in England. It attains heights above 2,000 feet on no less than eight occasions, reaching 2,930 feet as it traverses Cross Fell in Cumbria.

From the beginning its continuous traverse was the ultimate challenge and it was not long before solo record attempts followed both on foot and bicycle.

However, it was not until 1970 that it attracted the attention of an athletic club and a relay record attempt. That club was Clayton Le Moors Harriers, who have since become renowned for their initiation of long distance relay races over the fells.

The First Relay Attempt:

The weekend 23rd/24th May, 1970 saw Clayton Le Moors make their relay record attempt. They set a record of 34 hours 54 minutes and in doing so laid down a set of rules for future attempts.

1. Maximum of 24 runners to be used.
2. All runners to be first claim members (AAA definition).
3. Route — as preferred in A W Wainwright's "Pennine Way Companion", including ascent of the Cheviot Hill but detour to Homestead Fort on Hadrian's Wall.
4. No set relay stages only land bourne vehicles to be used for support.
5. All legs over 1,500 feet and all legs done during the hours of darkness to be done in pairs.
6. The terminal points of the run to be the Old Naggs Head Inn, Edale and the Border Hotel, Kirk Yetholm.

Clayton organised the route into six fairly equal main sections consisting of 66 legs. The 24 runners were divided into two teams of 12, each team doing all the legs in one main section whilst the other rested and vice versa.

These rules have formed the basis of all future attempts and the organising format has also stood the test of time, even if it has become somewhat refined with the individual legs increasing over two fold to 137.

Bingley Harriers AC attempts — 1984, 1985 and 1989

Bingley's first attempt was in May 1984. It was the club's first attempt at a relay of this nature and the interest at the time dictated a team of varying abilities. The record attempt flourished in an unseasonal snow storm during the night as the runners were traversing Cross Fell. Never the less the route was completed in 32 hours 35 minutes. This was valuable experience that was to subsequently stand the club in good stead.

Bingley's June 1985 attempt saw a stronger team. Early progress through Yorkshire put us 34 minutes inside the record by the end of 90 miles running.

Poor weather and bad visibility during the night put us back to 15 minutes inside the record by the beginning of the final section from Bellingham. Final efforts over the Cheviot Hill brought Bingley the record by 7 minutes in a time of 29 hours 39 minutes.

Bingley's record stood for just one year before it was controversially regained by Holmfirth Harriers in an attempt that did not include an ascent of the Cheviot Top.

Despite this there was little enthusiasm at the time for another attempt. Given the commitment in time and effort over the previous two attempts this was not surprising. That was until Bingley received an invitation from local rivals Pudsey and Bramley to have a joint attempt, with the two teams racing each other the whole of the 270 miles.

The attempt took place 3.30 pm Friday, 30th June, 1989 and it was not long before Bingley pulled away from their rivals. By night-fall being 21 minutes inside schedule, that would in its self beat the record by 8 minutes. This turned out to be one of the worst weekends during the glorious summer. By evening it was raining heavily, with strong winds and poor visibility. It was in these conditions that disaster struck and 135 minutes were lost in the dark on 2,000 foot Fountains Fell in the Yorkshire Dales.

Eventually caught up by Pudsey and Bramley, Bingley decided to race on, some measure of the character of the team. Bingley eventually won the race with Pudsey and Bramley retiring near Hadrians Wall. Bingley did not however take the record, finishing in 30 hours 47 minutes. 107 minutes outside the schedule time.

Bingley efforts convinced them even more that they could take the record. 21 minutes up by nightfall and a further 28 minutes made up after losses on Fountains Fell gave them some measure. The team was good and the organisation now tried and tested. This was especially so as the weekend chosed by Pudsey and Bramley for the attempt had deprived Bingley of several top runners due to holiday and international racing commitments.

The 1990 attempt:

The decision to make another attempt was made in principal soon after the failed 1989 attempted and followed the logic of our 1984/85 attempts; a strong nucleus of runners who knew what, why, where and how.

Bingley with its 350 members is one of the countries biggest athletic clubs, but unlike many other clubs can boast depth across all aspects of the sport, track, cross country, road and fell with many of its athletes regularly winning individual and team honours. From the club a provisional pool of runners had been drawn up and a list is attached. I think you will agree it presents a formidable line up of talent and experience.

The organisation is to be improved this year with better and potentially more reliable vehicle support through hire vehicles, and improved communications through a form of dedicated communications system.

Plans are now well under way and a new improved running schedule has already been drawn up. The final team will be chosen in April when individual legs will be given, allowing the runners plenty of time to recce the route.

Bingley are confident that this will be their year once again, as in 1985. The runners and organisation and support are second to none. Given fair weather the record should be taken and taken well, putting Bingley Harriers, name once again in the *Guinness Book of Records*.

British Sports Association for the Disabled:

This year's attempt will be used to raise funds for the above association. The Yorkshirerand Humberside section has been in existence for two years, and this year is holding its first athletics meeting for the disabled at Cleckheaton on Sunday 15th July. Bingley feel as an Athletic club this is a fitting cause to support.

Promotion:

Bingley intend to promote their involvement in the event and associated fund-raising both locally and nationally. They are actively pursuing sponsorship to cover the cost of the attempt, which will be in the region of £1,200.

D BELL

PROVISIONAL TEAM

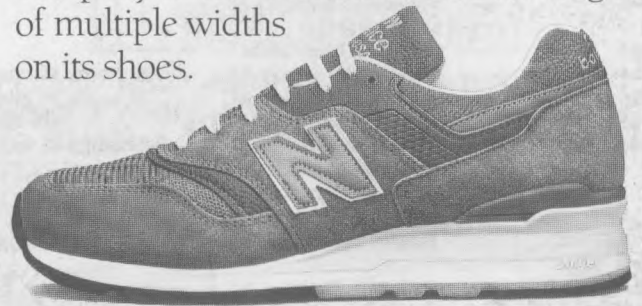
Pennine Way Relay Record Attempt 1990

NAME	HONOURS	Previous runs		
		1984	1985	1989
Kevin Dobson	Yorkshire 3,000 metre steeplechase champion 1989	X	X	X
lan Ferguson	1st 3 Peaks 1988. 1st Ennerdale Fell Race 1989	X	X	X
lan Holmes	1st Jennings Lakeland Tri-athlon 1989 1st team 3 Peaks 1988/1989. 4th Ben Nevis 1989 4th Jennings Lakeland Tri-athlon 1989			X
Tim Lofthouse				X
Dave Horsfall	1st Howarth Hobble 1989. British Police Marathon Team 1989		X	X
Adrian Rushworth			X	X
Graham Little			X	X
Robin Lawrence	West Yorkshire Junior Cross Country 1989 1st Junior — Ingleborough Fell Race 1989			X
Jason Feeny				X
Denis Quinlan	Irish international. 1st Bradford Marathon 1985 North England Vets Cross Country Champion	X	X	X

Andy Thornber				X
Paul Mitchell	1st Fellsman 1989. 1st Haworth Hobble 1989	X	X	X
	1st team 3 peaks 1988/1989			
Steve Green	10th 1989 National Cross Country Championship			X
	3rd 1989 Durham TV invitation Cross Country			
	1989 1,500 metres PB 31 minutes 51.5 seconds			
Martin Speight	BMA Cross Country Champion. 1st Roundhay 10K			
	1985/1986	X	X	X
	3rd 'V Yorkshire Cross Country Championships 1986			
Harry Atkinson			X	X
Bob Whitfield	English Fell Champion 1988. 1st Langdale Fell Race			
	1988/1989			X
Martin Peace	1st team Yorkshire road relay 1989. 1st team			
	National Cross Country Champions 1989			X
Chris Norris	Yorkshire' Cross Country. 1st team Yorkshire. Road			
	Relay 1989 Miletta 10 1986/1987/1988			X
Simon Riley				X
Mark Westerman		X		X
Howard Suddall	Bradford Junior Cross Country Champion			X
Steve Duroe				X
Bill Padget	Great Britain 20K. Yorkshire Champion 20K 1975 to			
	1980. Yorkshire Cross Country Champion	X	X	X
Andy Peace	England — fell running. 1st Burnsall Fell Race 1989.			
	1st Blisco Fell Race 1989			
Stuart McDonald	Yorkshire 10 mile road 1st team 1989. 1st Yorkshire			
	Road Relay team 1989			
Shaun Winstanley	1st team Yorkshire Road Relay 1989			
Robert Wayte	WY League Cross Country Champion 1986	X	X	
Steve Hawkins	England Junior Fell			
Dave Benson				
Tony Wigglesworth				
Ian Barnes				

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RESULTS

STRETTON SKYLINE

BL/18.5 m/4,300 ft/10.9.89

Shropshire

1: *K West (Border)* 2.21.26
 2: *D Neill (PMAC)* 2.24.50
 3: *T Longman (H'cote)* 2.26.37
 4: *P Hands (Corit)* 2.27.07; 5: *V New (Telf)* 2.37.12; 6: *A Carruthers (Hales)* 2.37.55; 7: *P Ratcliffe (Telf)* 2.38.02; 8: *R Day (Mercia)* 2.38.09; 9: *R Cleary (Mercia)* 2.38.10; 10: *I Morris (Telf)* 2.41.31. **Veterans 0/40:** 1: *K West (Border)* 2.21.26; 2: *B Davies (Croft A)* 2.41.52; 3: *J Kershaw (Maccles)* 2.45.05; 4: *J Sanders (Shrews)* 2.49.32. **Veterans 0/45:** 1: *C Brown (Wolv B)* 2.56.21; 2: *M Pierpoint* 2.57.22; 3: *J Stone (N'port)* 3.15.05. **Veterans 0/50:** 1: *R Bunn (Hales)* 3.00.32; 2: *C Spears (Mercia)* 3.26.05. **Ladies:** 1: *P Gibb (Telf)* 2.48.54; 2: *J Tyler (Croft A)* 3.13.29; 3: *P White (Prest)* 3.27.49.

KIRKBYMOOR FELL

RACE

CM/7.5 m/1,600 ft/20.10.89

Cumbria

The race was run in desperate conditions — high winds, rain and very wet underfoot with 27 brave runners starting and finishing!

After one or two navigational mishaps, the race itself was dominated by Ian and Barry Postlethwaite who finished in first and second position, Ian being the quicker with a new course record. Even with the bad conditions, the first eight runners were all inside last year's winning time.

It was good to see runners from eight clubs competing. They have to be admired for their gutsy display of determination, willpower and fitness.

B Richmond

1: *I Postlethwaite (Cope)* 49.16
 2: *B Postlethwaite (Cope)* 50.04
 3: *J Quine (Bolt)* 53.09
 4: *J Gallagher (Kend)* 53.13; 5: *R Winward (Barrow)* 53.29; 6: *J Lagoie (Unatt)* 53.36; 7: *M Hudson (Kend)* 53.42; 8: *K Johnson (Lane)* 54.34; 9: *S Johnson (Lane)* 54.56; 10: *P Standing (Bolt)* 55.04. **Veterans 0/40:** 1: *R Winward (Barrow)* 53.09; 2: *M Hudson (Kend)* 53.42; 3: *S Murray (Barrow)* 57.31; 4: *K Lindley (B'Combe)* 57.40. **Veterans 0/50:** 1: *B Hillon (CFR)* 53.38; 2: *T Johnson (Barrow)* 68.46; 3: *R Gibson (Tod)* 69.23. **Ladies:** 1: *M Smith (Hoad)* 87.16.

LOGGERHEADS

COUNTRY PARK FELL

RACE

AM/10 m/2,800 ft/5.11.89

Clwyd

For a superb course, relaxed atmosphere, friendly people, Loggerheads in North Wales is the place to be in early November.

The route goes through pine forests, visits hill forts, travels along a short section of Offas Dyke, before culminating in an extremely arduous ascent of Moel Famau via a steep scree filled gully with trackless waste deep heather at the

summit — certainly an "A" category race!

The race itself was a duel between the two Hebog Internationals, Duncan Hughes and Hefyn Griffiths, with Duncan finally escaping on the last ascent. Paul Brownson battled hard to earn his third place.

The Veteran's race was also close with Del Davies chasing "yours truly" all the way, finally taking the lead whilst the latter was lying in a stream (not voluntarily!) for a hard fought victory.

The race was generously sponsored by Crosville providing refreshments in quite a posh hotel (at least for fell runners!), much to the surprise of the locals.

Hopefully, the 1990 race will be just as good as the organisers are hoping for few more than the hundred who ran this year, all of whom thoroughly enjoyed it.

Tony Hulme

1: *D Hughes (Hebog)* 76.19
 2: *H Griffiths (Hebog)* 78.24
 3: *P Brownson (PFR)* 79.28
 4: *I Bolland (SPW'loo)* 79.49; 5: *D Davies (Hebog)* 80.15; 6: *T Hulme (PFR)* 80.53; 7: *A Darrell (Eryri)* 83.43; 8: *S Hughes (Eryri)* 84.36; 9: *M Jones (Hebog)* 84.38; 10: *A Booking (PFR)* 89.17. **Veterans 0/40:** 1: *D Davies (Hebog)* 80.15; 2: *T Hulme (PFR)* 80.53; 3: *D Jones (PFR)* 89.47. **Veterans 0/50:** 1: *J Dehn (Saif)* 90.26; 2: *B Thackery (Dk Pk)* 95.24; 3: *D Parsons (Clwyd)* 96.58. **Teams:** 1: *Hebog* 8 pts; 2: *PFR* 19 pts; 3: *Eryri* 135 pts.

PENMAENMAWR FELL

RACE

CM/12 m/1,415 ft/18.11.89

Wales

1: *K Anderson (Amble)* 1.09.09
 2: *W Nock (Hales)* 1.10.06
 3: *D Davies (Eryri)* 1.14.00
 4: *R Cudworth (Hales)* 1.14.16; 5: *B Parkinson (Hales)* 1.15.09; 6: *R White (Hales)* 1.15.40; 7: *C Bridge (Hales)* 1.16.56; 8: *M Jones (Hebog)* 1.17.46; 9: *A Nock (Hales)* 1.17.53; 10: *P Marsh (Hales)* 1.17.54. **Veterans 0/40:** 1: *D Davies (Eryri)* 1.14.00; 2: *G Weaver (Hales)* 1.20.02; 3: *S Leader (Rydal)* 1.24.11; 4: *P Hickman (Hales)* 1.24.23. **Ladies:** 1: *J Lockhead (Holm)* 1.32.34; 2: *S Bennell (Eryri)* 1.42.33; 3: *A Talbot (Oswest)* 1.49.48; 4: *A Wynn (Penmaen)* 1.50.10. **Juniors** — **Males:** 1: *N Brook (Penmaen)* 27.35; 2: *P Tidswell (Penmaen)* 28.02. **Juniors — Female:** 1: *K Pratten (Wirral)* 36.43; 2: *G Bennion (Ruthin)* 38.46.

SHEFFIELD TO

MACCLESFIELD RELAY

RUN

19.11.89

Dark Peak, after a superb start on home ground, ran into unknown territory and some logistic problems on the approach to Macclesfield. At Errwood, it looked as though a close race was developing with three teams close together. However, this prospect faded as first the Pennine

runner disappeared into the mist (on Shining Tor!) and then the Dark Peak runner failed to materialise at Lamaload. This left Andy Whalley in the clear to lead Macclesfield to a new record time of 4 hours 44 minutes 26 seconds, with a new stage record of 34 minutes 22 seconds. Mark McDermott, in addition to having the fastest time of stage 5, also showed an uncanny knack of getting in the winning team for the second year.

For those familiar with the route and unaffected by the mist, higher standards and a favourable wind resulted in generally faster times than last year. Quite a few people, however, visited parts of the Peak District they never knew existed, and probably would have preferred it to stay that way! Overall the Macclesfield "A" team was half an hour faster than last year's winners, MDOC, and Macclesfield Ladies were an hour faster (despite, or because of? an almost leg breaking performance from Alison Wright).

Apologies to those who were under the impression that the event finished at Macclesfield Town Hall. This was merely the final checkpoint en route to the George Hotel. When everyone did arrive, the George certainly provided the ideal venue and a high standard of all afternoon hospitality and friendly company guaranteed recovery from all types of bruises and injuries.

Thanks to everyone for coming and helping to make it an enjoyable day.

1: *Maccles "A"* 4.44.26
 2: *Dk Pk "A"* 4.55.00
 3: *PFR "A"* 5.01.00
 4: *Maccles Vets* 5.05.20; 5: *Congle* 5.13.47; 6: *Dk Pk "B"* 6.04.00; 7: *PFR "B"* 6.22.00; 8: *Maccles Ladies* 6.23.49; 9: *Waltz Weas* 6.50.00.

CALDERWAY WAY

RELAY

50 m/6,000 ft/10.12.89

West Yorkshire

A record entry of 91 teams started this, the sixth year of running the event.

The day was cool and overcast with mist on the first leg above Cragg Vale but lifted as the temperature began to rise. The underfoot conditions were perfect as indicated in the leg times with four of the records being broken and Pudsey and Bramley taking 34 seconds off the course record.

At Cragg Vale, Rossendale had a lead of some one-and-a-half minutes from a chasing group of teams including Bingley, Holmfirth, Pudsey and Bramley and IOC, all of whom changed over within 19 seconds. Rossendale held their lead to the fourth leg when after Blackshaw Head, Jack Maitland and Gary Devine took the lead with Bingley second and Rossendale slipping to third, Pudsey maintained this lead to the finish.

In the ladies' race Clayton seemed to be having the event to themselves finishing some 50 minutes ahead of Bingley ladies and knocking over 27 minutes off their previous record. This is a tremendous achievement when considering the men reduced the record by so little.

The giving of vouchers this year seemed to go down well and prizes will be similar next year but increasing the list.

Caldrey

1: *Pudsey and Bramley "A"* 5.35.02
 2: *Bingley "A"* 5.39.24
 3: *Rossendale "A"* 5.41.51
 4: *Clayton "A"* 5.44.02; 5: *Halifax "A"* 5.51.37; 6: *Rochdale "A"* 5.58.22; 7: *Macclesfield* 6.04.22; 8: *Bingley "B"* 6.04.45; 9: *Pudsey and Bramley "B"* 6.04.52; 10: *Holmfirth "A"* 6.05.07. **Fastest legs:** 1: *P Livesey and M Aspinall (Ross)* 70.28; 2: *R Ashworth and R Rawlinson (Ross)* 53.31; 3: *M Peace and S Winstanley (Bing)* 33.23; 4: *R Whitfield and I Ferguson (Bing)* 62.06; 5: *M Speight and B Watkins (Bing)* 47.56; 6: *S Halliday and M Whalley (Hlfx)* 59.37.

BOULSWORTH HILL

FELL RACE

BM/6.5 m/1,200 ft/16.12.89

Lancashire

Heavy snow on Thursday — would the pub be cut off and the race have to be cancelled? Friday — deep snow on the fell but at least the road is open. The race is on. Saturday — a mild night means a substantial thaw and all the streams are in full flood. Should prove interesting. 50 yard visibility. A howling gale and 2 feet deep drifts complete the ingredients for what should be a tough race.

After an initial burst of enthusiasm by the race organiser, the lead is shared by Chris Lyons and Graham Schofield, with Colin Valentine chasing hard. This was as it stayed until the penultimate stream crossing where Graham tried to wade across. While he fought the current, Chris "risked" the jump and pulled away to win by over a minute.

John Hope was another who went for a dip but still managed 1st Veteran and 6th overall despite badly damaged knees by courtesy of the stream bed.

Sarah Rowell had an excellent run to win the ladies race and finished in 11th position overall.

D C Thompson

1: *C Lyons (Horw)* 55.40
 2: *G Schofield (Black)* 56.45
 3: *C Valentine (Kesw)* 57.18
 4: *D Woodhead (Horw)* 59.10; 5: *T Lofthouse (Bing)* 59.47; 6: *J Hope (A'Ratti)* 60.37; 7: *D Thompson (Calder V)* 62.00; 8: *R Leggett (Horw)* 63.12; 9: *P Pollitt (Bolt)* 63.20; 10: *K Carr (Clay)* 63.43. **Veterans 0/40:** 1: *J Hope (A'Ratti)* 60.37; 2: *K Carr (Clay)* 63.43; 3: *P Bramham (Craven)* 64.41; 4: *G Newsham (Clay)* 65.09. **Veterans 0/50:** 1: *R Jaques (Clay)* 67.39. **Ladies:** 1: *S Rowell (Leeds)* 63.52; 2: *W Dodds (Clay)* 75.41; 3: *A Lee (Clay)* 79.36; 4: *S Haines (Ilk)* 81.12.

RON HILL SPORTS

WHINBERRY NAZE

DASH

BS/4.5 m/750 ft/26.12.89

Lancashire

At last, a dry, half-decent day weather-wise instead of the usual rain. 230 runners entered, a large majority of them in fancy dress, some of them really superb. Certainly a lot of effort was put in, making the judging of the fancy dress very difficult. Ian Ferguson and Ian Holmes, dressed and surrounded by a two-man canoe and

canoeing clothes, took first prize although they were hampered in the run, finishing at the rear. The only paddling they managed to do was in a 6 inch deep pool of mud close to the summit!

The race proper produced a close finish, Robin Bergstrand finishing only four seconds clear from a fast finishing Willy Gaunt, who had a superb descent.

Santa Claus was present as usual to dish out tubes of Smarties to the runners as they rounded the trig point. Rumour has it that some of the leaders failed to collect their Smarties.

Vanessa Brindle, dressed completely out of character as a Devil, was easily first lady while Horwich were easily first team.

Finally, spare a thought for local Rossendale Harrier, Ray Fell, who broke his ankle on the final descent. Hope to see you running again soon, Ray!

G Wright

1: R Bergstrand (Mand) 25.04
2: W Gaunt (P & B) 25.08
3: R Jackson (Horw) 25.12
4: G Schofield (Black) 25.20; 5: C Valentine (Kesw) 25.40; 6: M Aspinall (Ross) 25.47; 7: T Hesketh (Horw) 26.09; 8: S Sunter (Horw) 26.13; 9: A Whalley (P & B) 26.18; 10: S Breckell (Black) 26.22.
Veterans 0/40: 1: T Hesketh (Horw) 26.09; 2: J Hope (Horw) 26.57; 3: S Furness (Black) 27.30; 4: K Taylor (Ross) 27.55. **Veterans 0/45:** 1: B Jackson (Horw) 28.52; 2: C Taylor (Clay) 30.27; 3: G Fielding (Ross) 31.53. **Veterans 0/50:** 1: R Jaques (Clay) 32.06; 2: S Moyle (Clay) 33.00; 3: P Duffy (Aber) 33.17. **Ladies:** 1: V Brindle (Clay) 30.12; 2: J Harold (Horw) 32.29; 3: S Watson (Valley S) 33.19; 4: C Dawkins (Horw) 35.28.

GUISBOROUGH WOODS HILL RACE

BS/5.75 m/1,000 ft/27.12.89
Cleveland

A very pleasant day produced a good field for this growing event. I had more comments from road runners about "what a pleasure" such a race is compared with their usual road running. One in particular from the less hilly southern part of England said that he had thoroughly enjoyed the

experience and had not realised that such events existed!

Well, on to the race itself. In the senior event, Willie Gaunt simply moved away gradually from the rest of the field. After the first lap, he was leading by 12 seconds from a group of Derek Fielden, Dave Holmes, John Williams and Paul Love. By the second lap, the gap has opened to 25 seconds and finally Willie went on to win 31 seconds clear of Derek Fielden, who surprised his senior colleagues with a very strong performance.

John Williams won the Veterans' section, both here and in the Captain Cook's race on New Year's Day to repeat a double which, I believe, he has now achieved four times.

The closest race came in the 0/50 Veterans' section, where a sprint finish decided it with P Duffy beating B Hood and L Osguthorpe only 12 seconds behind in third place.

In the ladies' event, all was really decided on the second lap when Sheila Wright opened up a sizeable gap from a few seconds to over a minute ahead of Alice Bedwell and Katherine Martin.

In the Junior event, Paul Guy eventually won with some comfort ahead of Jamie Woodall, although the race was fiercely contested in the early stages. Sarah King ran well to win the young women's event from her club colleague, Angela Hingley.

No snow this year but there's hope for next!

D Parry

1: W Gaunt (P & B) 36.41
2: D Fielden (Mand) 37.12
3: D Holmes (Mand) 36.43
4: J Williams (Mand) 38.10; 5: M Brunskill (Newton Ay) 38.40; 6: P Love (Mand) 39.00; 7: M Calvert (Leeds) 39.10; 8: C Wright (Mand) 39.21; 9: K Wood (Sait) 39.45; 10: P Milburn (Newton Ay) 40.16.
Veterans 0/40: 1: J Williams (Mand) 38.10; 2: M Lister (Hgte) 40.32; 3: R Bradley (Holm) 41.27; 4: C Todd (Hgte) 42.02. **Veterans 0/50:** 1: P Duffy (Aber) 46.54; 2: B Hood (Mand) 46.55; 3: L Osguthorpe (Wigg) 47.06. **Ladies:** 1: S Wright (Mand) 44.52; 2: A Bedwell (Mynyd) 47.63; 3: K Martin (Altr) 47.18; 4: S Kay (Loftus) 50.17. **Juniors:** 1: D Fielden (Mand) 37.12; 2: D O'Callaghan (Mand) 42.10; 3: C Beadle (Holm) 43.45; 4: A Parry (Mand) 45.08; 5: K Batey (Unatt) 47.14.

WANSFELL RACE

AS/3 m/1,500 ft/27.12.89

Cumbria

1: A Peace (Bing) 19.28
2: M Rigby (Amb) 20.13
3: D Lee (CFR) 20.18
4: I Ferguson (Bing) 20.33; 5: I Holmes (Bing) 20.34; 6: S Booth (Kesw) 20.45; 7: A Whalley (P & B) 20.53; 8: N Conway (Mand) 20.59; 9: D Spedding (V) (Kesw) 21.03; 10: G Bland (Kesw) 21.08. **Veterans 0/40:** 1: D Spedding (Kesw) 21.08; 2: J Hope (Ach Ratt) 21.55; 3: M Wood (CFR) 24.24. **Veterans 0/50:** 1: J Garbarino (Ach Ratt) 28.14; 2: D Hodgson (Amb) 29.09; 3: J Smith (Bury) 29.19. **Ladies:** 1: J Kenyon (Loostock) 26.35; 2: J Johnson (Denby D) 26.55; 3: J Salvona (L'stone) 27.45; 4: S Parkin (Kend) 27.49. **Juniors: Under/11:** 1: J Miller (Kesw) 5.08. **Under/13:** 1: S Pearson (Kend) 4.30. **Under/15:** 1: M Whitfield (Bing) 9.37. **Under/17:** 1: R Hope (Horw) 9.38.

NINE STANDARDS

RACE

CM/8 m/1,800 ft/1.1.90

Cumbria

Cool, damp conditions eased John Taylor to a new record for this out and back course — half footpath/road and half fell.

Taylor led the 59-strong field for most of the race, although chasing runners changed positions according to their success in locating the Standards in light mist.

Clubmate, John Hooson, improved steadily to finish second and with Brian Horsfall 9th, the Yorkshire club counted better than Kendal's first three, despite the local Club's good turnout and impressive packing from 10th to 16th.

Kendal's Daphne Varney only just held her lead in the ladies' race, having added a half mile to the course by taking the long road route back from Hartley to Kirkby Stephen.

Tony Richardson

1: J Taylor (Holm) 55.48
2: J Hooson (Holm) 56.55
3: N Conway (Mand) 57.07
4: T Bolland (S'port) 57.15; 5: P Clark (Kend) 57.20; 6: W Gaunt (P & B) 57.30; 7: R Unwin (CFR) 57.33; 8: R Lee (Macc) 58.20; 9: B Horsfall (Holm) 58.45; 10: H Symonds (Kend) 58.42. **Veterans 0/40:** 1: M Hudson (Kend) 60.11; 2: R Bradley (Holm) 60.43; 3: L Stephenson (Kend) 63.00; 4: M Coles (Skycrac) 63.25. **Veterans 0/50:** 1: R Malley (Nih Nav) 93.22. **Ladies:** 1: D Varney (Kend) 74.38; 2: M Naylor (S'port) 74.40; 3: J Sewell (Kend) 75.46.

CARRAGHYN IOM

AS/2 m/1,100 ft/14.1.90

1: S Hull (MFR) 17.44
2: K Callister (MFR) 17.52
3: J Crellin (MAC) 19.38
4: A Varley (MFR) 19.51; 5: D Corrin (V) (MAC) 20.09; 6: D Young (V) (MFR) 20.27; 7: P Mottley (MFR) 20.30; 8: R Stevenson (MFR) 21.13; 9: R Moughtin (West) 21.25; 10: P Crowe (MFR) 21.53. **Veterans 0/40:** 1: D Corrin (MAC) 20.09; 2: D Young (MFR) 20.27; 3: G Hull (MFR) 22.55. **Veterans 0/45:** 1: E Brew (North) 24.50. **Ladies:** 1: S Quirk (MFR) 22.56; 2: P Hull (MFR) 29.38.

CHASE TRIG POINT

RACE

CM/15 m/1,500 ft/6.1.90

Staffordshire

Rain and dark clouds persisted all day and although a slow race was expected a very good field assembled with entries from all over the country.

From the start it seemed there were five competitors determined to win but Jonathon Forster stamped his authority on the race, in fact, rumour has it that he had been on the Chase recently trying different routes. By Moors Gorse he was well clear with a chasing group of Paul Cadman, Rob Pearson and Steve Palmer. Jonathon further increased his lead to finish over three minutes clear.

The ladies was exciting with only two minutes separating the first four, but Roz Clayton held onto her lead after leading from the start.

Richard Day

t: J Forster (Mercia) 1.26.08
2: P Cadman (W & B) 1.29.41
3: R Pearson (Hall) 1.29.44
4: S Palmer (Mercia) 1.30.14; 5: M McDermott (Macc) 1.32.37; 6: R Lee (Macc) 1.34.23; 7: M Hyman (Sheff U) 1.34.56; 8: N Pugh (Sheff U) 1.34.57. **Veterans:** 1: J Boswell (Erewash) 1.39.05; 2: R Hyman (Mercia) 1.43.46; 3: E Knight (Mercia) 1.43.44. **Ladies:** 1: R Clayton (Unatt) 1.59.47; 2: H Johnston (V) (Mercia) 2.00.38; 3: R Gillick (V) (Stone) 2.01.32; 4: A Wright (Macc) 2.01.43.

CARNETHY FIVE HILL

RACE

AM/6 m/2,500 ft/17.2.90

Midlothian

The 20th Tiso Carnethy Five Hill Race was again dogged by atrocious weather conditions with competitors having to face rain, wind and sleet at times.

For the first time in the race history there were two starts to this six-mile race over the Pentland Hills, and as a result of this at the end of the day this naturally produced two winners viz Keith Anderson and Andrew Peace. The reason for this being that the bulk of the field were set off shortly after the official start time, so the event referee with knowledge that there were runners still being bussed to the start area from the signing in area, and taking into account that athletes were beginning to get cold, decided to take this action. The remaining 59 runners were set off as soon as they arrived at the start area, 12 minutes after the main group. The final times were adjusted accordingly but although the best time was recorded by the winner of the second group, the referee, after consultation with the two winners decided on a joint winners situation.

William B Scott

1: A Peace (Bing) 52.51
2: K Anderson (Amb) 53.04
3: A Kitchen (L'stone) 54.03
4: J Wilkinson (Gala) 54.21; 6: G Schofield (Black) 55.04; 6: M Rigby (W'lands) 55.07; 7: I Ferguson (Bing) 55.11; 8: W Ramsbotham (Vstone) 55.19; 9: A Schofield (Roch) 55.36; 10: D McGonigle (Dundee) 55.38. **Veterans 0/40:** 1: J Holt (Clay) 57.03; 2: D Spedding (Kesw) 57.17; 3: P Marshall (HELP) 57.28; 4: J Shields (Clydes) 57.38.



Sarah Rowell, first lady in Boulsworth Fell Race — Photo: Bill Smith.

Veterans 0/50: 1: *W Gauld* (Carnethy) 62.52; 2: *G Armstrong* (HELP) 66.45; 3: *R Bell* (Amb) 67.18. **Ladies:** 1: *Y Hague* (L'stone) 61.15; 2: *B Redfern* (Carnethy) 63.10; 3: *J Salvona* (L'stone) 64.21; 4: *A Curtis* (V) (L'stone) 65.19; 5: *A Carson* (Eryri) 65.50; 6: *K Hogg* (V) (Penicuik) 68.28. **Juniors:** 1: *J Armstrong* (Edin U) 62.38; 2: *M Covell* (Kild) 73.20; 3: *R Vasey* (St And) 77.00. **Teams (men):** 1: *Livingstone & District* 23 pts; 2: *Ambleside* 27 pts; 3: *Bingley* 75 pts. **Teams (ladies):** 1: *Livingstone & District* 139 pts; 2: *Carnethy* 659 pts; 3: *Westerlands* 768 pts.

STANBURY FELL RACE

BS/6 m/1,100 ft/27.1.90

West Yorkshire

Andy Peace hit the front after only a mile to draw away and easily win with over two minutes to spare from last year's winner Graham Kirkbright.

Athletes came from far afield for some very early season competition and had to contend with a biting wind and a course with a bit of everything. The real race was for the minor placings Graham Kirkbright was fifth at the summit turn but overhauled his rivals for second place.

Bingley retained the team trophy with four counters in the first 20.

1: *A Peace* (Bing) 46.19
2: *G Kirkbright* (P & B) 48.30
3: *C Lyon* (Horw) 48.37
4: *C Valentine* (Kesw) 48.46; 5: *G Patten* (MDC) 48.56; 6: *G Wilkinson* (Clay) 50.27; 7: *T Lofthouse* (Bing) 50.32; 8: *P Stevenson* (P & B) 50.47; 9: *D Woodhead* (Horw) 50.49; 10: *K Wright* (KHR) 51.01. **Veterans 0/40:** 1: *J Hope* (Ach Ratt) 51.06; 2: *B Schofield* (Tod) 52.06; 3: *I Holloway* (Roch) 52.18; 4: *J Nixon* (Ach Ratt) 52.33. **Veterans 0/45:** 1: *B Toogood* (Dk Pk) 51.51; 2: *D Quinlan* (Bing) 53.49; 3: *K Carr* (Clay) 54.33; 4: *N Berry* (Holm) 55.02. **Veterans 0/50:** 1: *N Matthews* (Horw) 54.22; 2: *W Wilson* (Dk Pk) 56.11; 3: *RBarker* (Red Rose) 59.34; 4: *R Jaques* (Clay) 59.51. **Veterans 0/55:** 1: *R Sullivan* (Clay) 59.48; 2: *J Smith* (Bing) 63.57; 3: *J Soper* (Dk Pk) 65.42. **Veterans 0/60:** 1: *W Fielding* (Leeds) 59.57. **Ladies:** 1: *K Drake* (Spn) 56.41; 2: *K Patten* (MDC) 58.24; 3: *J Harold* (Clay) 59.54; 4: *V Brindle* (Clay) 60.21; 5: *S Niedrum* (Clydes) 61.42. **Teams:** 1: *Bingley* 40 pts; 2: *Pudsey and Bramley* 52 pts; 3: *Clayton*. **Teams (ladies):** 1: *Clayton* 25; 2: *Bingley* 28.

CHARWOOD HILLS RACE

CM/12 m/1,500 ft/28.1.90

Leicestershire

Mick Strange smashed the 12-mile race record by 22 seconds to land his third success in the event in five years. On the tough climbs up the Beacon and back, the Oadby and Wigston Legionnaire beat the 1987 record of 73.24 set by Steve Needs.

The race was all about the battle between Mick and Joey Masterson for the first 10 miles, the latter having a 40-metre lead at Broombriggs with Mick fighting back to share the lead at halfway and two later miles drop Joey.

Mick Strange has won three of his last five races and set personal bests in his other two, but this was the best run of his career.

Overnight rain made the going heavy and a biting crosswind hindered the runners, nevertheless with an entry of 250, organisers, Bowline Climbing Club were happy with this County classic.

1: *M Strange* (Owls) 73.02
2: *T Parr* (Gloss) 74.00
3: *K O'Connor* (B'mont) 74.32
4: *J Masterson* (Coritanian) 75.50;
5: *P Jurczuk* (Derby RR) 76.00; 6: *C Stanley* (Pless) 76.08; 7: *P Hands* (Coritanian) 76.19; 8: *K Moreman* (V) (Daventry) 77.16. **Veterans 0/40:** 1: *K Moreman* (Daventry) 77.16; 2: *J Haywood* (Huncote) 79.10; 3: *M Sandford* (Huncote) 79.39. **Ladies:** 1: *S Horsey* (B'mont) 97.49; 2: *M Wilson* (Huncote) 98.45; 3: *K Bull* (Derby RR) 104.16.

BENSON KNOTT RACE

CS/5 m/900 ft/4.2.90

Cumbria

1: *K Anderson* (Amb) 35.23
2: *S Livesey* (Ross) 37.30
3: *M Fleming* (Amb) 37.53
4: *P Lindsay* (Ross) 37.59; 5: *G Russel* (Amb) 38.16; 6: *H Jarrett* (CFR) 38.27; 7: *K Vose* (L'pool) 38.30; 8: *C Lyon* (Horw) 38.33; 9: *A Walker* (P & B); 10: *R Winward* (V) (Barrow) 39.25. **Veterans 0/40:** 1: *R Winward* (Barrow) 39.25; 2: *M Walsh* (Kend) 40.23; 3: *D Spedding* (Kesw) 41.13. **Veterans 0/45:** 1: *M McGill* (Kend) 41.55; 2: *D Weatherhead* (Bing) 44.43. **Veterans 0/50:** 1: *R Bell* (Amb) 44.44; 2: *P Taylor* (Border) 45.16; 3: *R Hillon* (CFR) 46.35. **Ladies:** 1: *L Everington* (Kend) 45.22; 2: *D Varney* (V) (Kend) 46.59; 3: *E Staig* (Settle) 48.39; 4: *M Walker* (V) (Kend) 51.36; 5: *S Sewell* (Kend) 54.07. **Teams:** 1: *Ambleside* 9 pts; 2: *Rossendale* 24 pts; 3: *Pudsey & Bramley* 39 pts.

ROSSDALE WAY

RELAY

45 m X 6 legs/11.2.90

Lancashire

Based on the same format as the highly successful Calderdale Way Relay just over the hill, the Rossendale Way Relay also proved to be a success.

Forty-two teams entered and 41 started although the "B" team from Horwich failed to finish a full team due to the absence of their final leg runners. There seems to be a definite demand for this type of event, running for the club and partner seems to bring out the best in people.

The route is fairly intricate and as yet not as well established as the Calderdale Way and other long-distance walks.

Teams were sent out route description leaflets with maps and were advised to recce their legs prior to the event. On the day several route deviations were reported by various teams and the organisers made a serious attempt to investigate the where and who, with time penalties added to the teams who were found to be at fault.

The local Rossendale Harriers team took an early lead on the first leg through Sean and Pete Livesey and held on to first place for the next five legs. Although after the second

leg run by Bob Ashworth and Mark Aspinall fastest legs were recorded by other clubs.

Clayton Veterans pairing of Mick Targett and Ian Perrow ran the fastest third leg overall, Bolton's fourth leg pairing of D Kearns and B Walton were fastest on their leg whilst Kev Gaskell and Chris Lyons from Horwich achieved the same distinction on the fifth leg. On the final leg the Clayton pair of Grahame Huddleston and Gary Wilkinson recorded the fastest time pulling back two minutes on the Rossendale squad.

Clayton Ladies were the first ladies' team in 30th position and Macclesfield were first mixed team.

Graham Wright

1: *Rossendale Harriers* "A" 4.49.08
2: *Clayton Harriers* "A" 4.53.23
3: *Rochdale Harriers* "A" 5.03.41
4: *Clayton Veterans* 5.09.19; 5: *Bolton Harriers* "A" 5.11.13; 6: *Macclesfield Harriers* "A" 5.12.51; 7: *Horwich RMI* "A" 5.15.56; 8: *Dingo's Dozen* 5.21.24; 9: *Rossendale Harriers* "C" 5.25.36; 10: *Clayton Harriers* "B" 5.26.00. **Fastest Legs:** 1: *S Livesey* and *P Livesey* 45.43; 2: *R Ashworth* and *M Aspinall* 47.42; 3: *M Targett* and *I Perrow* 44.25; 4: *D Kearns* and *B Walton* 42.50; 5: *K Gasell* and *C Lyons* 58.04; 6: *G Wilkinson* and *G Huddleston* 47.17.

HALF TOUR OF PENDLE

BM/9 m/1,800 ft/17.2.90

Lancashire

This year's race saw a split from the longer full tour (still in October) and proving to be a success, judging by the numbers of runners who turned up.

I chose to put the race on in February, hoping for rough conditions to test the runners over what is a fast course.

Sean Livesey led once onto the fell and was never headed despite a good run by Graham Huddleston.

Clayton took the team prize and were split from making a clean sweep by Pudsey and Bramley.

S Whitaker

1: *S Livesey* (Ross) 1.01.59
2: *G Huddleston* (Clay) 1.02.40
3: *A Trigg* (Gloss) 1.03.44
4: *G Wilkinson* (Clay) 1.03.51; 5: *C Valentine* (Kesw) 1.05.25; 6: *G Kirkbright* (P & B) 1.05.36; 7: *J Hooson* (Holm) 1.05.43; 8: *A Whalley* (P & B) 1.06.02; 9: *M Wallis* (Clay) 1.06.04; 10: *G Cunliffe* (Clay) 1.06.28. **Veterans 0/40:** 1: *P McWade* (Clay) 1.07.03; 2: *R Hargreaves* (Clay) 1.07.54; 3: *B Mitchell* (Clay) 1.09.46. **Veterans 0/50:** 1: *L Sullivan* (Clay) 1.19.31; 2: *R Jaques* (Clay) 1.20.57; 3: *B Thackray* (Dk Pk) 1.22.10. **Ladies:** 1: *K Drake* (Spn) 1.15.38; 2: *C Cooke* (Clay) 1.17.23; 3: *E Thackray* (Hors) 1.22.06; 4: *J Kenyon* (Lostock) 1.23.54. **Ladies' Veterans:** 1: *K Thompson* (Clay) 1.27.11; 2: *P Dickinson* (Lostock) 1.29.55; 3: *M Ashton* (Clay) 1.35.06.

TIGGER T'HIGGER TOR RACE

BM/9.5 m/1,400 ft/18.2.90

Derbyshire

After a stormy and wet week we were all pleased to see a dry and sunny morning for the fifth year of

the event, organised by the rugby lads who play high above Sheffield on Dove Moor, home of Sheffield Tigers RUFC. After England's triumph over Wales at Twickenham the day before, the race was certainly going to be a success with 165 runners entered.

Off we set on the usual muddy start round the pitches and then across the private land to the first check point. After this the route was the runners choice. Andy Trigg was happy to lead and didn't follow the flagged route (for the Juniors) to Ox Stones Summit.

On the steep climb to Carl Wark was a video camera and photographer, so watch out those who said they ran all the way and those without numbers!

After Carl Wark it was a hard grind into a gale force wind followed by a rock climb onto Stanage Edge; the highest point and also the turn round taking us down to upper Burbage Bridge. The descent down the valley was very fast in spite of the river crossing. By the stone bridge Andy had taken control and was looking strong for the long slog back onto Burbage Edge, on the strength sapping moss track.

The next three places were still undecided with Andy Harmer, D Ibbetson and G Davies close together, Andy winning in a new course record time.

I must complain about the odd runners who turn up at races and run without numbers or entry. Is it because they are too mean to pay the entry fee (£2 in our case). This is a blatant disregard of FRA rules, and mine, causing confusion amongst race marshalls and all sorts of other positional problems. Safety of other runners could also be at risk, we need to know how many have passed each check point and finished.

If I catch anyone next year they'll end up at the bottom of a scrum down, or the playing field committee might decide on some other punishment that could cause some future embarrassment. Beware!!

Don Langley

1: *A Trigg* (Gloss) 59.26
2: *D Ibbetson* (Gloss) 63.05
3: *A Harmer* (V) (Dk Pk) 63.19
4: *G Davies* (Sheff U) 63.22; 5: *M Seddon* (Holm) 65.53; 6: *S Cliff* (L'pool) 65.59; 7: *M Harvey* (Dk Pk) 66.19; 8: *S Jakeman* (Leeds) 66.32; 9: *M Egner* (Denby D) 66.42; 10: *B Beachill* (Unatt) 67.15. **Veterans 0/40:** 1: *A Harmer* (Dk Pk) 63.19; 2: *A Judd* (Leeds) 68.27; 3: *P Buttery* (Denby D) 68.31; 4: *G Bond* (Dk Pk) 69.01. **Veterans 0/45:** 1: *G Berry* (Dk Pk) 67.21; 2: *J Armistead* (Dk Pk) 69.36; 3: *M Carson* (Grimsby) 30.23. **Veterans 0/50:** 1: *K Mitchell* (Roth) 77.48; 2: *W Lewin* (Dk Pk) 80.54; 3: *R Mason* (Totley) 82.41. **Ladies:** 1: *J Johnson* (V) (Denby D) 74.25; 2: *K Morhy* (Alt) 75.40; 3: *C Proctor* (Mand) 79.00; 4: *G Town* (Denby D) 79.13; 5: *E Denby* (V) (Unatt) 84.14; 6: *K Davies* (Derby) 87.15. **Juniors:** 1: *C Gibbons* (P'stone) 25.21; 2: *S Haigh* (Holm) 27.54; 3: *A Cunningham* (Eck) 30.23.

TITTERSTONE CLEE

RACE

AS/2.5 m/750 ft/24.2.90

Shropshire

The Patten couple of Graham and Karen from the Bristol area and the

Mynyddwryd De Cymru Club dominated the first of the two weekend races.

Graham stalked Mike Ligema to the 533 metre summit before descending over dead bracken and a few rocks to finish ahead.

Karen, a nurse, won the ladies' race and took just short of a minute off Tanya Balls record.

Nick Kingston and Seymour Hills

1: G Patten (MDC) 18.14
 2: M Ligema (Croft) 18.57
 3: T Bolland (S'port) 19.06
 4: J Hope (V) (Ach Ratt) 19.16; 5: D Hall (Kend) 19.22; 6: D Woodhead (Horw) 19.30. **Veterans 0/40:** 1: J Hope (Ach Ratt) 19.16; 2: R Dawson (Telf) 20.17. **Veterans 0/50:** 1: C Brown (W & B) 21.45. **Ladies:** 1: K Patten (MDC) 21.22; 2: S Haines (Sky) 23.06. **Juniors:** 1: A Thompson (Mercia) 22.24; 2: E Norton (H'quin) 22.26.

ILKLEY MOOR FELL RACE

AS/4.5 m/1,150 ft/25.2.90

West Yorkshire

This is a new course on a familiar stretch of moor, organised by Ilkley Harriers, taking in some of the local landmarks such as the Cow and Calf, Rocky Valley and the Badger stone. On the day the weather held fair, a strong wind, but nothing compared to the gales and snow that came the day after.

The course was relatively dry and in spite of the National Cross-Country Championships the previous day Gary Devine led from the start, obviously happy to be back on his old patch.

In spite of the worries about numbers, on the day there were 194 starters, a good turnout, which means it will be on the calendar in 1991.

P McWilliam

1: G Devine (P & B) 39.57
 2: W Gaunt (P & B) 40.24
 3: A Whalley (P & B) 41.14
 4: P Sheard (P & B) 41.27; 5: S Booth (Kesw) 41.30; 6: S Cock (Leeds) 42.00; 7: K Wright (KHR) 42.11; 8: P Stevenson (P & B) 42.19; 9: D Thompson (Cald V) 42.27; 10: A Walker (P & B). **Veterans 0/40:** 1: P Bramham (Crav) 46.21; 2: N Clayton (Sky) 46.47; 3: I Hartman (Cald V) 48.04. **Veterans 0/45:** 1: D Quinlan (Bing) 44.59; 2: K Lodge (Hfx) 47.13; 3: K Munton (Cald V) 47.15. **Veterans 0/50:** 1: J Dean (Saif) 49.01; 2: F Gibbs (Unatt)

54.40; 3: R Cutts (L'wood) 56.18. **Ladies:** 1: E Thackray (Horsf) 52.12; 2: S Watson (Vail S) 53.03; 3: E Staig (Settle) 55.09; 4: J Gray (Ilk) 57.02.

LONG MYND VALLEYS RACE

AM/10 m/4,000 ft/25.2.90

Shropshire

Conditions at the start of the second of the weekend events were atrocious with high winds and very heavy rain. Cagoules and leg cover were insisted upon, for although the hills only reach 1,600 ft the race is very tough, especially in the later stages with several steep climbs in rapid succession.

Local man Steve Hughes led the front runners as far as checkpoint five with his first-class knowledge of the course. After that, less than a minute separated the leading six off the last checkpoint. It was all down to the best route choice back into Carding Mill Valley. It looked as though Dave Hall and Mario Foschi were battling it out, suddenly Duncan Hughes burst through from further to the left and nipped onto the path in front of them to be first past the post. Competitors coped very well with the conditions and there were only a handful of retirements.

Nick Kingston

1: D Hughes (Hebog) 1.46.50
 2: D Hall (Kend) 1.46.54
 3: M Foschi (PFR) 1.47.03
 4: D Woodhead (Horw) 1.47.08; 5: P Haines (Sky) 1.47.30; 6: G Patten (MDC) 1.47.31. **Veterans 0/40:** 1: J Hope (Ach Ratt) 1.48.04; 2: D Davis (Hebog) 1.50.32. **Veterans 0/50:** 1: C Brown (Mercia) 2.05.43; 2: R Smith (Mercia) 2.13.03. **Ladies:** 1: K Patten (MDC) 2.05.18; 2: A Bedwell (MDC) 2.13.25.

TITTERSTONE CLEE AND LONG MYND VALLIES

Combined Results: 1: G Patten (MDC) 2.42.13; 2: D Hall (Kend) 2.45.00; 3: T Bolland (S'port) 2.45.28; 4: D Woodhead (Horw) 2.45.38; 5: J Hope (V) (Ach Ratt) 2.45.52; 6: S Hughes (Unatt) 2.46.32. **Ladies:** 1: K Patten (MDC) 3.09.24; 2: A Bedwell (MDC); 3: E Woodhead (Clay).



Titterstone Clee: Alice Bedwell 118 (3rd), Karen Patten 65 (1st) and Surah Haines (2nd) — Photo: David Woodhead.

MYNYDD MAEN

TRAVERSE

BM/7.5 m/1,700 ft/3.3.90

Gwent

On a dry but very windy day, so the fourth running of this event got under way.

Graham Patten turned out a clear winner and might have broken the course record if pushed. In the ladies' race there was a closely fought battle going on with Lydia Kirk just out-kicking Karen Patten for first place.

1: G Patten (MDC) 50.43
 2: K Hagley (Dk Pk) 51.34
 3: C Taylor (Mercia) 55.36
 4: L Williams (V) (MDC) 55.53; 5: P Lewis (MDC) 56.53; 6: M Lucas (MDC) 57.04. **Veterans 0/40:** 1: L Williams (MDC) 55.33; 2: J Sweeting (MDC) 57.34. **Veterans 0/50:** 1: J Collins (Swans) 60.31; 2: D Fisher (MDC) 64.00; 3: A Smith (MDC) 64.18. **Ladies:** 1: L Kirk (MDC) 57.42; 2: K Patten (MDC) 57.51; 3: S Ashton (MDC) 72.13.

MOEL Y CI

AS/2.5 m/800 ft/3.3.90

Gwynedd

A windy but dry day greeted the 58 runners with all but Dafydd Roberts of the top local runners not staying away. When Simon Booth turned up it was always going to be between the two of them.

Dafydd led by 12 seconds at the top but it was Simon who crossed the line first with three seconds in hand. There was also a sprint finish for the second Veterans position between Del Davies and Don Williams.

Nigel Fisher

1: S Booth (Kesw) 17.08
 2: D Roberts (Hebog) 17.11
 3: T Bolland (S'port) 17.52
 4: G Rees-Williams (Eryri) 18.01; 5: M Roberts (Hebog) 18.02; 6: G Kenny (S'port) 18.03; 7: J Hey (Warr) 18.05; 8: A Childs (V) (Blaen) 18.11; 9: T Jones (Eryri) 18.17; 10: D Williams (V) (Eryri) 18.33. **Veterans 0/40:** 1: A Childs (Blaen) 18.11; 2: D Williams (Eryri) 18.33; 3: D Davies (Eryri) 18.33; 4: J Griffiths (A'with) 19.20. **Veterans 0/50:** 1: G Lloyd (Wrex) 22.17; 2: D Charles (Eryri) 22.56; 3: J Carson (Eryri) 26.36. **Ladies:** 1: S Roberts (Hebog) 22.18; 2: S Bennell (Eryri) 24.59; 3: N Lloyd (Wrex) 28.56; 4: C Pratten (Wirral) 38.24. **Intermediates U/18:** 1: C Williams (Hebog) 19.51; 2: O Pratten (Wirral) 23.06; 3: K Pratten (Wirral) 28.11.

NEW CHEW FELL

RACE

4.3.90

Lancashire

Well it rained, of course. Shift the course around all you want — it'll still rain at the Chew. A limited entry, a different approach — checkpoints, punch-cards, cags and compasses at the ready... start at minute intervals and try to fathom out where everyone else suddenly disappeared to. Down comes the mist and out come the maps. Hark! I hear swearing. There are other runners nearby, after all. After following the straight lines for miles looking only at the compass, you're suddenly bumping into huddles of bumbagged competitors at obscure

checkpoints in the middle of either nowhere or Chew. Hoping it's the latter you trog off into the mist again. Talking to Carol Haigh and Alan Greenwood afterwards, both admitted to swearing blind that their compasses were "not working properly". Ditto, half the rest of the field. After six or was it seven hours the final runners drip into the finish hall and slump into the hot soup and cakes.

D T Menace

("A" course 17 m/2,900 ft)

1: D Parker (Macc) 3.36.20
 2: D Rosen (L & M) 3.49.53
 3: J Gibbins (L & M) 4.04.45
 4: T Watkins (Clay) 4.25.17; 5: J Orsen (Roch) 4.28.02; 6: J Kewley (Gloss) 4.33.33; 7: C Bolshaw (V) (Eches) 4.34.30; 8: E Thurrell (V) (Eches) 4.46.08. **Ladies:** 1: S Ratcliffe (S'worth) 5.30.55; 2: I Blunk (Carnethy) 5.48.29. ("B" course 12 m/2,000 ft)
 1: A Whalley (P & B) 2.35.00; 2: A Styan (Holm) 2.44.00; 3: M Hind (Nidd) 2.44.46; 4: C Crashaw (MDOC) 2.52.00; 5: B Clayton (S'worth) 3.06.36; 6: P Glover (P'stone) 3.15.14. **Veterans:** 1: A Styan (Holm) 2.44.00; 2: W McLewin (Dk Pk) 3.39.00; 3: D Morley (P'stone) 3.51.10. **Ladies:** 1: S Kiveal (S'worth) 3.40.00; 2: F Watkins (Clay) 3.47.36; 3: M Rosen (V) (L & M) 4.36.06.

AXNFELL RACE IOM

AL/21 m/7,000 ft/11.3.90

Handicap

	Handicap	Actual
1: D Knowles	5.17.16	4.52.16
2: D Davies	5.24.52	4.34.52
3: P Corlett	5.26.12	4.36.12
4: G Grewl	5.45.09	5.15.09
5: E Brew	5.49.15	5.24.15
6: D Corrin	5.52.04	4.27.04
7: P Mottley	5.52.04	4.27.04
8: G Brew	6.00.23	5.35.23

CRIFFEL HILL RACE

AM/7 m/1,800 ft/11.3.90

Dumfries and Galloway

Despite strong winds, conditions were good for the race but the record was never under threat.

Mark Rigby won a close race by one minute with James Shields the first Veteran in sixth place overall. The only ever Northern Irish runner to take part, Adrian Philpott, finished a creditable thirteenth despite twisting an ankle descending off Knockendoch. He promised to return next year with reinforcements for an assault on the team prize!

The first local runner, Duncan Baxter, had never been to the top of Criffel Hill before the race and was persuaded to run by one of the event organisers. Although finishing last he probably stopped to admire the views and let a few past.

Ray Austin

1: M Rigby (W'lands) 50.05
 2: W Ramsbottom (L'stone) 51.07
 3: D Weir (Perth) 51.13
 4: I Murphy (Clydes) 51.30; 5: B Grieve (Dumf) 52.28; 6: J Shields (V) (Clydes) 53.25; 7: I Auchie (Dairy) 54.21; 8: M James (Carnethy) 55.14; 9: J Blair-Fish (Carnethy) 55.21; 10: M Johnstone (Carnethy) 55.22. **Veterans 0/40:** 1: J Shields (Clydes) 53.25; 2: D Milligan (Solway) 57.28; 3: I Jackson (L'stone) 59.02. **Veterans**

0/50: 1: R Kettles (Lasswade) 62.43; 2: R Mitchell (Teviot) 66.16; 3: J Buchanan (Annan) 66.51. **Ladies:** 1: J Fenna (Border) 70.12; 2: H MacPherson (W'lands) 71.19; 3: G Paul (V) (Carnethy) 73.23; 4: H Spenceley (Carnethy) 76.35; 5: P McLoughlin (W'lands) 76.57. **Teams:** 1: Carnethy 27 pts; 2: Livingstone 34 pts.

CALDER VALLEY FELL RACE

AL/14 m/3,600 ft/11.3.90

West Yorkshire

This year the course was similar to previous years but starting and finishing in Mytholmroyd where the facilities were better. The main changes were around Castle Carr which have improved the course.

Conditions were very good apart from the strong winds and the sun came out to greet the runners home.

Everyone seemed to agree the course was tough which is pleasing since I am hoping we now have a settled route.

Gary Devine gave a very strong display in the conditions and was never threatened.

This was the first of five events promoted by Calder Valley ending with the Widdop Race towards the end of July.

Jeff Winder

1: G Devine (P & B) 1.56.23
2: D Hughes (Hebog) 1.58.25
3: C Vealentine (Kesw) 2.01.18
4: A Walley (P & B) 2.01.34; 5: D Woodhead (Horw) 2.02.01; 6: S Booth (Kesw) 2.02.18; 7: P Stevenson (P & B) 2.04.18; 8: T Bolland (S'port) 2.07.49; 9: M Falgate (P & B) 2.09.21; 10: A Styan (V) (Holm) 2.09.32. **Veterans 0/40:** 1: A Styan (Holm) 2.09.32; 2: B Deegan (Roch) 2.11.43; 3: K Shand (Roch) 2.14.00. **Veterans 0/45:** 1: K Carr (Clay) 2.17.22; 2: N Berry (Holm) 2.18.23; 3: C Taylor (Clay) 2.21.22. **Veterans 0/50:** 1: L Sullivan (Clay) 2.29.57; 2: W Fielding (Leeds) 2.20.05; 3: K Mitchell (Rother) 2.42.14. **Ladies:** 1: Y McGregor (Brad) 2.22.24; 2: S Kiveal (S'worth) 2.51.21; 3: W Dodds (V) (Clay) 3.00.07; 4: S Watson (V) (Vail S) 3.03.32. **Juniors:** 1: W Styan (Holm) 20.55; 2: M Moorhouse (Saif) 21.02. **Teams:** Pudsey and Bramley; 2: Clayton.

IAN ROBERTS MEMORIAL FELL AND ROAD RELAY RACE

4x4 m/17.3.90

West Yorkshire

This is the race Horwich win every year. Chuck in a couple of good road runners for the road sections, let the fell racers hang on to the odd John Taylor or Gary Devine round the moorland fell legs, and it's in the bag, as they say. Which is rubbish, of course, as the road sections in the event consist of a steep climb and murderous two mile flat out descent. All those running the fell legs can sit atop the specially designed grassy-knoll near the change-over points and laugh at the road runners' grimaces and gasps. This year Horwich again made the running before the aforementioned Devine/Taylor axis for Pudsey and Holmfirth took over the lead on the second leg; neck and sweaty neck, as it were.

Another road section saw Pudsey

open up a gap on Holmfirth with Horwich and Staffordshire Moorlands hanging on by the skin of their lightweight Asics or New Balance or whatever it is the roadsters wear. That was about it, really, Pudsey's last gasp man stretching the point and the lead to take the Ian Roberts for the first time.

In the meantime, ten million "B" and "C" teams battled it out for the sheer hell of it, good to see Kevan Shand in there with the Rochdale Veterans — new hair colour and new vest — whilst Holmfirth and Horwich took the honours in the annual "who's got the most teams in the Ian Roberts" competition, which Horwich won, 9-8.

D T Menace

1: Pudsey and Bramley; 2: Kirkbright, G Devine, C Walker, A Whalley; 3: Holmfirth; 4: S Winspear, J Taylor, B Eden, B Horsfall; 5: Staffordshire Moorlands; 6: Horwich "A"; 7: Pudsey and Bramley "B"; 8: Bolton "A"; 9: Holmfirth "B"; 10: Hallamshire; 11: Rowntrees; 12: Leeds City.

FIENSDALE FELL RACE

AM/9 m/2,600 ft/17.3.90

Lancashire

It might have been St Patrick's day but this was a day for the Welsh. Duncan Hughes and Emlyn Roberts raced neck and neck down the 600 feet descent from the last checkpoint on the summit of Parlick Fell to the finish.

The beautiful spring day and the sight of gliders and hang-gliders soaring above the fell provided a magnificent setting for a close and exciting finish. In the final section Duncan edged ahead, 30 yards Emlyn fell headlong into a marsh, Duncan turned round and seeing his rival was unharmed, crossed the line one second ahead.

This was the first time there was a team prize and Kendal snatched victory from Clayton in their own back yard.

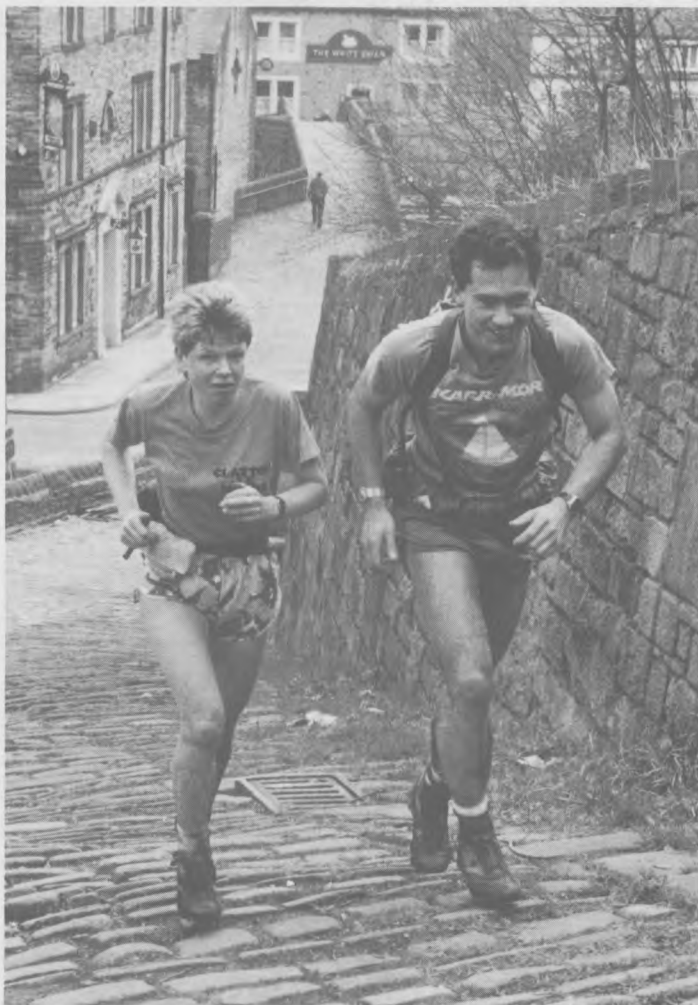
One Clayton lion who was not bearded in his own den was John Nuttall. He did cut it fine this year, beating Steve Kirkbride by only 11 seconds. But old Nuttall still remains unbeaten on both Fiensdale and Paddy's Pole in the Veterans category, that's five races now.

The race counted towards this year's English Intermediate Championship. Gerald Cudahy was the first intermediate home in fourth place. A man to watch out for.

1: D Hughes (Hebog) 78.47
2: E Roberts (Eryri) 78.48
3: D Hall (Kend) 80.35
4: G Cudahy (Stock) 80.39; 5: A Taylor (S'field) 80.45; 6: P Clark (Kend) 80.49; 7: R Clucas (Unatt) 81.02; 8: T Watkins (Clay) 81.07; 9: P Lambert (Clay) 81.12; 10: J Quine (Bolt) 82.20. **Veterans 0/40:** 1: J Nuttall (Clay) 84.39; 2: S Kirkbride (Kend) 84.50; 3: J Hope (Achil) 86.37. **Veterans 0/50:** 1: B Thackray (Dk Pk) 98.17; 2: D Clutterbuck (Roch) 108.26; 3: C Rushton (Wesh) 108.57. **Ladies:** 1: R Pickvance (Clay) 94.47; 2: S Haines (Ilk) 96.53; 3: J Fenna (Bord) 112.33; 4: C Walkington (Clay) 114.49. **Intermediates:** 1: G Cudahy (Stock) 80.39; 2: J Gavin (Ross) 85.34; 3: M Whittaker (Chor) 92.40; 4: A Lee (Roch) 113.17.



Dave Hodgson at Widdop in 1990 Haworth Hobble — Photo: Peter Hartley.



Vanessa Brindle and Martin Stone, first Mixed Pair at Haworth Hobble, leaving Hebden Bridge — Photo: Peter Hartley.

**DON MORRISON
MEMORIAL EDALE
SKYLINE RACE**

AL/21 m/4,500 ft/25.3.90

Derbyshire

This year the weather was good with the course hard underfoot and consequently fast times were expected, particularly with this being the first British Championship event of the season. The course was slightly shorter than previously, nevertheless the new records in the men's and ladies' races were well deserved.

Keith Anderson went wrong on the road in Hope when in the lead by himself after descending Whin Hill. Sean Livesey and Gary Devine broke away from the pack to build up a significant lead crossing Mam Nick road, but Colin Donnelly chased hard and caught them around Brown Knoll to win with a minute to spare. A superb run by Trish Calder to smash Carol Haigh's record by six minutes and closely followed by Cheryl Cook.

The finishing times would seem to indicate a higher standard than usual. Unfortunately, the race was spoilt for the organisers by runners failing to report when retired and ignoring marshall's request to retire at cut-off point. This resulted in the Mountain Rescue and local Police being called in to investigate whether runners were still on the hills or had gone home!! This gives the sport a bad name and once again the few spoil it for the majority.

E A Trowbridge

- 1: C Donnelly (Eryri) 2.32.33
 2: S Livesey (Ross) 2.33.26
 3: G Devine (P & B) 2.36.33
 4: K Anderson (Amble) 2.37.21; 5: E Roberts (Eryri) 2.37.32; 6: D Hughes (Hebog) 2.38.35; 7: A Trigg (Gloss) 2.39.29; 8: M Rigby (Amble) 2.41.02; 9: R Owen (Black) 2.42.01; 10: R Jamieson (Amble) 2.42.21; 11: D Ibbetson (Gloss) 2.42.38; 12: S Booth (Kesw) 2.42.47; 13: G Patten (MDC) 2.43.13; 14: P Mitchell (Bing) 2.43.44; 15: D Spedding (V) (Kesw) 2.44.48; 16: M Fleming (Amble) 2.46.07; 17: T Parr (Gloss) 2.46.09; 18: P Brownson (Penn) 2.46.33; 19: A Whalley (P & B) 2.47.13; 20: G Schofield (Black) 2.47.46; 21: M Foschi (Penn) 2.47.51; 22: G Bland (I) (Kesw) 2.47.55; 23: P Stevenson (P & B) 2.48.05; 24: R Pallister (P & B) 2.48.19; 25: A Hauser (Holm) 2.48.30; 26: M Wallis (Clay) 2.48.38; 27: R Bergstrand (Mand) 2.49.01; 28: J Wilkinson (Gala) 2.49.13; 29: D Quinlan (V) (Bing) 2.49.17; 30: P Clark (Kend) 2.49.31.
Veterans 0/40: 1: D Spedding (Kesw) 2.44.48; 2: D Quinlan (Bing) 2.49.17; 3: T Hesketh (Horw) 2.51.09; 4: A Harmer (Dk Pk) 2.53.50; 5: A Hulme (Penn) 3.00.02.
Veterans O/SO: 1: N Matthews (Horw) 3.12.05; 2: M Coles (Sky) 3.13.37; 3: B Thackery (Dk Pk) 3.15.32; 4: R Barker (Red Rose) 3.25.35; 5: G Rawson (Clowne) 3.26.52.
Teams: 1: T Calder (ESPC) 3.06.30; 2: C Cook (Clay) 3.08.37; 3: R Pickvance (Clay) 3.13.45; 4: P Gibb (Telf) 3.16.15; 5: J Johnson (Denby) 3.19.31.
Ladies' Veterans: 1: J Johnson (Denby) 3.19.31; 2: S Watson (Vail S) 3.39.31; 3: M Chippendale (Stock) 3.44.32.
Intermediates: 1: G Bland (Kesw) 2.47.55; 2: A Lee (Roch) 3.44.56.
Teams: 1: Ambleside 4, 8, 10 = 22;

2: Glossopdale 7, 11, 17 = 35; 3: Pudsey and Bramley 3, 19, 23 = 45.
Ladies' team: 1: Clayton.

EDALE SKYLINE

A lighthearted view of a serious championship event.

The first British Championship race this season: they're all here, familiar faces, little 'uns and big 'uns, laughing and joking as the race sprints out of Edale onto the dastardly hell they call "A Long". A decisive split in the first big bunch of coconut-headed runners, somewhere beyond the first checkpoint a Pudsey vest veers off to the right whilst the rest of the field — significantly, the one with all the Glossopdale runners in it — keeps straight ahead. Sean Livesey tails the maroon and yellow route headed by Willie Gaunt: ha! A foul plan to rob him of the Championship! Quick re-routing means desperate heavy breathing catching up. Sean's knackered by the halfway point and when a sneaky and quite unperturbed Colin Donnelly jogs nonchalantly past the leading pair of Devine and Livesey, there's not a sole who can hang on. Ambleside's Keith Anderson (reputedly the Fastest Descender In The World As We Know It) plays his own little practical joke by getting lost on the 800 yard road section, still managing to hold off the cream of the nation's fell running experts. Tricia Calder held her own by keeping the Clayton women's contingent at bay, and Dave Spedding proved that unfashionable haircuts can indeed win Veteran's races. Most surprising of all ... a clear and rainless day.

D T Menace

**LLANBEDR TO
BLAENAVON FELL
RACE**

AL/14 m/4,500 ft/1.4.90

Gwent

Clear, cool weather with a mainly following wind made for ideal running conditions. A good many runners stayed over from the British Championship race at Pen y Fan the day before, swelling the field to nearly double the usual number. This cause a few minor problems with transport to the start but all got there in the end and a little congestion just after the start which nobody seemed to mind.

The times reflect the quality of the field and the good weather resulted in the winner being 14 minutes faster than last year's winner, Les Williams, who was relegated to 16th place. Incidentally, Les is one of only two people to have completed all 11 of the Llanbedr to Blaenavon races and he still managed to get a trophy (first Veteran). Despite the weather the course record is still held by Jack Maitland at 1.50.17 in 1986 and the ladies' record to Dianne Ellerton in the same year at 2.22.50.

D Ellerton

- 1: C Donnelly (Eryri) 1.53.55
 2: K Anderson (Amble) 1.56.54
 3: E Roberts (Eryri) 1.56.59
 4: M Rigby (Amble) 1.57.25; 5: G Devine (P & B) 2.00.10; 6: A Whalley (P & B) 2.03.32; 7: R Pallister (P & B) 2.03.45; 8: C Kirkbright (P & B) 2.03.54; 9: M Fleming (Amble) 2.04.12; 10: K

Hagley (Dk Pk) 2.04.45. **Veterans 0/40:** 1: L Williams (MDC) 2.11.49; 2: L Stephenson (Kend) 2.17.41; 3: H Stanfield (Eryri) 2.21.35.
Veterans 0/50: 1: J Collins (Swans) 2.24.34. **Ladies:** 1: A Capp (Telf) 2.35.40; 2: E Wright (Amble) 2.39.34; 3: A Bedwell (MDC) 2.43.48; 4: S Farrar (Eryri) 2.52.52.

**ROSTREVOR TO
NEWCASTLE RELAY**

1.4.90

NI

The Achilles Club won the first event of the local fell running season, setting three stage records in ideal conditions.

Leading cross-country runner John Cunningham smashed the seven year old record on the opening 3.5 mile road leg, giving Achilles a 67 second advantage over visiting Scottish club, Hunters Bog Trotters.

Brian Ervine clocked the fastest time of 52.10 on the Eagle Mountain leg to give Ballydrain a 2 minute 40 second lead over the Scottish lads at the changeover. Ballydrain were still in the lead at the final changeover, but a record breaking run of 22.55 for the five-mile leg by cross-country international Dave Lonnen brought Achilles back to second place.

On the final leg over Slieve Donard another record was broken as Northern Ireland Fell Running Champion Adrian Philpott took 26 seconds off the old mark with 63.53 to finish ahead of Ballydrain.

- 1: Achilles 2.42.06
 2: Ballydrain 2.44.37
 3: Hunters Bog Trotters 2.47.44
 4: Newcastle "A" 2.52.52; 5: Dromara/Castlewellan 2.54.51.

PENDLE FELL RACE

AS/4.5 m/1,500 ft/7.4.90

Lancs

- 1: M Crewe (Bing) 31.19
 2: S Winstanley (Bing) 31.29
 3: C Valentine (Kesw) 31.56
 4: R Owen (Black) 32.00; 5: G McMahon (Notts) 32.17; 6: T Chew (Clay) 32.28; 7: T Ashworth (Clay) 32.46; 8: J Hope (V) (Achil) 33.00; 9: J Cock (Leeds) 33.09; 10: M Smith (Black) 33.17. **Veterans 0/40:** 1: J Hope (Achil) 33.00; 2: R Hargreaves (Clay) 33.43; 3: I Holloway (Roch) 34.01; 4: K Taylor (Ross) 34.06; 5: K Shand (Roch) 34.11. **Veterans 0/50:** 1: N Bush (Unatt) 37.37; 2: J Sykes (Horsf) 37.55; 3: P Fleming (Horw) 39.18. **Ladies:** 1: K Drake (Spenn) 39.00; 2: G Cook (Roch) 41.25; 3: J Makinson (Clay) 42.27; 4: D Gonans (Acc) 44.08; 5: A Lee (Clay) 44.36. **Ladies Veterans 0/40:** 1: I Neville (Cald) 48.20; 2: K Taylor (Clay) 49.30; 3: S Taylor (Clay) 51.55.

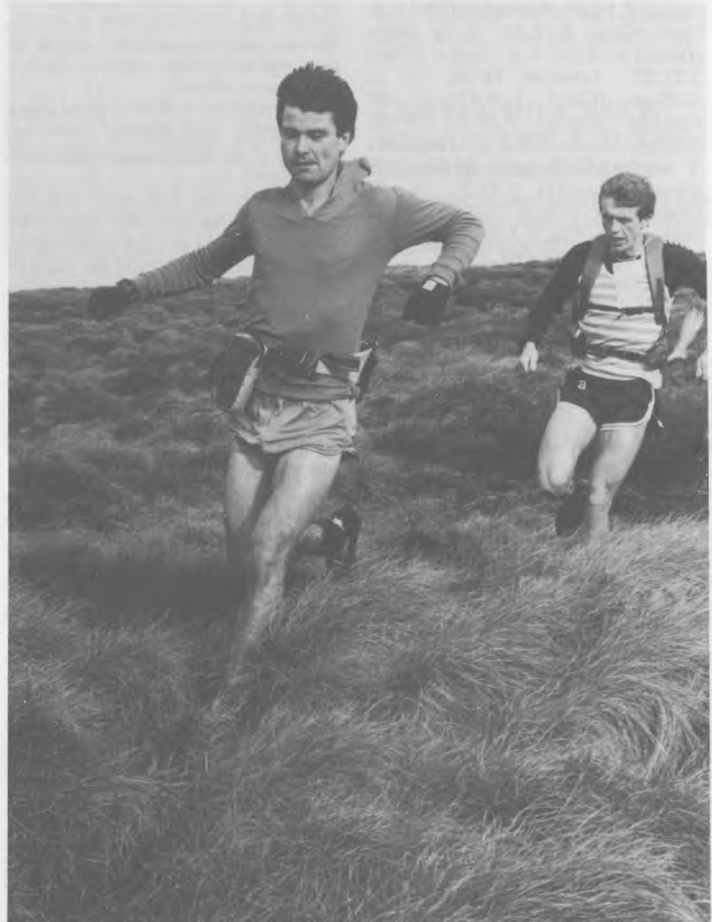
**SLIEVE MUCK NOVICE
RACE**

AS/3.5 m/1,400 ft/8.4.90

NI

The term "novice" is somewhat misleading as only those who have won a fell race of championship status are ineligible to compete. Hence the field included no less than four World Cup representatives.

It was no surprise that Paul Rogers, 20th in the 1988 World Cup and a regular international cross country runner, took an early lead and continued to push the pace on the steep climb. He kept the pressure on during the descent for a resounding win in a new record time, 33 seconds inside Pat McCavana's 1987 mark.



Tony Spicer leads Ian Ferguson in the Haworth Hobble near Todmorden — Photo: W. S. Bateson.

Gordon Murray was a clear second ahead of Brian McBurney, with promising Junior Edmund Hawkins fourth.

1: P Rogers (N'castle) 30.48
 2: G Murray (B'drain) 32.09
 3: B McBurney (N'castle) 32.32
 4: E Hawkins (Drom/Cast) 33.28; 5: D Watson (N'castle) 33.56; 6: A Magill (Cav/Dunc) 35.31. **Veterans 0/40:** 1: P Holmes (N'castle) 36.22; 2: K Quinn (N'castle) 36.27. **Ladies:** 1: S Carson (LVO) 43.54.

PEN Y FAN RACE
AS/3.5 m/1,900 ft/7.4.90
Mid-Glamorgan

Short and not very sweet, shaken and stirred, stiff as a carthorse and sweating like a weightlifters whatever-the-expression-is, "straight up and down" would do this race an injustice. More a sort of winding steep ascent with a few muddy bits in to catch you unawares, followed by a sheer wall-side grassy downhill and a stretched-out raging final mile sprint. Well, it's Colin's race all the way isn't it? So everyone thinks as the man canters up the hill and pauses only to shoot down the low-flying glider which drifts over the ridge. Ha! not so. Keith Anderson perfects his two-step downward bound and puts the cat right among the pigeons. Anyway, Keith snatches the race from the very jaws of predictability and sweeps the Ambleside team with him to a fine victory. Phew. Once again, the weather plays the straight man and shines lovingly on the 145 runners, including the inimitable Jack Riley who chases the years and puts us youngsters to shame.

D T Menace

1: K Anderson (Amble) 31.06
 2: C Donnelly (Eryri) 31.08
 3: A Peace (Bing) 31.41
 4: G Devine (P & B) 31.52; 5: G Huddleston (Clay) 32.14; 6: D Hughes (Hebog) 32.38; 7: G Wilkinson (Clay) 32.43; 8: S Livesey (Ross) 32.45; 9: E Roberts (Eryri) 32.47; 10: G Bland (Kesw) 33.00; 11: G Schofield (Black) 33.06; 12: M Rigby (Amble) 33.11; 13: D Spedding (Kesw) 33.18; 14: P Skelton (Kesw) 33.28; 15: R Pallister (P & B) 33.30; 16: M Prady (Gloss) 33.31; 17: M Wallis (Clay) 33.32; 18: A Triss (Gloss) 33.49; 19: G Patten (MDC) 33.50; 20: R Jamieson (Amble) 33.54; 21: G Kirkbright (P & B) 33.55; 22: P Mitchell (Bing) 33.57; 23: S Forster (MDC) 33.58; 24: M Ligema (Croft A) 34.02; 25: M Fleming (Amble) 34.06; 26: A Whalley (P & B) 34.08; 27: G Russell (Amble) 34.13; 28: D Ibbetson (Gloss) 34.17; 29: P Marshall (Hadd) 34.22; 30: P Sheard (P & B) 34.37. **Veterans 0/40:** 1: D Spedding (Kesw) 33.18; 2: P Marshall (Hadd) 34.22; 3: D Williams (Eryri) 35.29; 4: A Hulme (PFR) 35.46; 5: D Evans (Aberyst) 36.52. **Veterans 0/50:** 1: N Matthews (Horw) 40.20; 2: R Bell (Amble) 40.29; 3: H Blenkinsop (Kesw) 41.21; 4: B Thackery (Dk Pk) 41.59; 5: G Lloyd 43.10. **Ladies:** 1: T Calder (V) (ESPLC) 38.15; 2: J Johnson (V) (Denby D) 41.05; 3: L Kirk (MDC) 41.10; 4: K Patten (MDC) 41.40; 5: A Bedwell (MDC) 42.52; 6: J Teague (V) (Bing) 43.29. **Juniors:** 1: G Bland (Kesw) 33.00; 2: A Abbot (Sam H) 35.03; 3: S Griffiths (Aberyst) 37.37; 4: R Jebb (Bing) 40.10.

RIVINGTON PIKE FELL RACE

CS/3.25 m/700 ft/14.490
Lancs

Horwich Harrier Paul Dugdale won his own club's Easter Saturday promotion for the fourth time in the second fastest time ever and helped his club to a team victory.

On a damp day he had a lead of about 15 seconds at the Tower (1,191 feet) and this was increased to nearly a minute at the end. Clubmate Wilf Brindle, now acquiring some awesome speed was runner-up.

Dugdale, a 24-year-old electronics research worker, said he had had a quiet winter, but had obviously put in some work to run the second quickest time ever. Fellow international Bashir Hussain of Stockport, last year's runner-up, was absent.

In form veteran Tony Hesketh won his age group from Ron McAndrew who set the penultimate course record which lasted 10 years until John Wild's 15.53 run in 1981.

Also present was previous winner T Pat Campbell, the 82-year-old Salford Harrier who won nine races between 1929 and 1939. "In my day it was longer and rougher. Today it's shorter and practically all on concrete."

1: P Dugdale (Horw) 16.18
 2: W Brindle (Horw) 17.15
 3: P Blake (Wigan) 17.20.
Veterans: 1: T Hesketh (Horw) 18.03; 2: R McAndrew (Wigan) 18.35. **Ladies:** 1: C Crofts (Dk Pk) 20.51.

MANX MOUNTAIN MARATHON
AL/30 m/8,000 ft/14.4.90
IOM

Pete Irwin of Rosendale (winner in 1984 and 1985) and Andy Schofield of Rochdale (third in 1988 and 1989) showed their mettle with an outstanding performance in atrocious conditions of almost constant hail, crosswinds and rain — one of the worst experiences encountered in the 21 years this marathon has been run.

A record field of 18 elite and 90 standard runners, preceded by 17 stalwart walkers set off in reasonable conditions, but the weather soon deteriorated and there were some early retirements. The 77 who survived to the finish of this longest fell race in the British Isles knew they had been in an event, but were very happy at the excellent presentation evening and buffet at Port Erin.

The Standard event was won by Manx Fell Runner Ritchie Stevenson who was third last year and who thoroughly deserved his fine win. He is only the second local competitor to win this event.

A C Jones

Elite Race:

1 = P Irwin (Ross) 5.08.17
 2 = A Schofield (Roch) 5.08.17
 3: P Martin (Bolt) 5.23.14
 4: D Lee (CFR) 5.25.16; 5: P Browning (Clay) 5.32.50; 6: A Belton (MDC) 5.37.47; 7: M Hudson (V) (Kend) 5.44.13; 8: J Hope (V) (Achil) 5.52.58; 9: L Stevenson (V) (Kend) 5.54.03; 10: P Orr (Prest) 6.17.37. **Team:** 1: Clayton Le Moors Harriers.

Standard Race: 1: R Stevenson (MFR) 5.47.04; 2: M Hartley (Macc) 5.49.44; 3: R Callister (South) 6.06.20; 4: P Cheek (Macc) 6.07.20; 5: C Greene (Ross) 6.07.20; 6: R Townsend (N'castle) 6.13.04. **Team:** 1: Macclesfield Harriers. **Veterans 0/50:** 1: G Oliver (JLR) 6.32.47. **Ladies:** 1: P White (Prest) 7.34.22.

ROSSENDALE FELL RACE
BM/13 m/2,700 ft/15.4.90
Lancashire

The promise of the usual foul weather held off long enough for the 175 starters to complete the course without undue discomfort.

At the sharp end, the race proved to be a battle of route choice, local Veteran, Ken Taylor, making the best choice of all and taking Glossopdale's Mike Prady with him. Local knowledge annually plays a big part in this race, and did so once again.

Ken held the lead with only yards to go, but had to give in to the spirited final fling from the Glossopdale man.

The trophy remains with that Club, Andy Trigg being last year's winner.

Phill Warner

1: M Prady (Gloss) 1.39.10
 2: K Taylor (Ross) 1.39.15
 3: G Schofield (Black) 1.39.21
 4: T Hesketh (Horw) 1.39.22; 5: G

Hall (Holm) 1.40.16; 6: J Quine (Bolt) 1.41.27; 7: D Ratcliffe (Ross) 1.41.28; 8: M Keys (Ross) 1.42.25; 9: R Ashworth (Ross) 1.43.21; 10: D Thompson (Calder V) 1.43.43. **Veterans 0/40:** 1: K Taylor (Ross) 1.39.15; 2: T Hesketh (Horw) 1.39.22; 3: Greenhalgh (Roch) 1.45.31. **Veterans 0/45:** 1: B Wheatley (NWWA) 1.50.35; 2: A Wardle (Horw) 1.52.36; 3: K Munton (Calder V) 1.53.14. **Veterans 0/50:** 1: B Thackery (Dk Pk) 1.59.15; 2: P Duffy (Aber) 2.02.30. **Ladies:** 1: R Pickvance (Clay) 1.56.52; 2: S Niedrum (Clydes) 2.04.29; 3: J Kenyon (BAero) 2.08.21; 4: P Nolan (Warw) 2.11.43.

MOELWYN PEAKS
AM/9.5 m/2,500 ft/21.4.90
Wales

1: H Griffiths (Hebog) 1.17.40
 2: D Roberts (Hebog) 1.19.11
 3: D Woodhead (Horw) 1.21.59. **Veterans 0/40:** 1: D Davies (Hebog) 1.20.59; 2: K Taylor (Ross) 1.22.23; 3: A Childs (Blaen) 1.25.26. **Ladies:** 1: S Farrer (Eryri) 1.40.42; 2: M Nayler (S'port) 1.54.09; 3: S Bennell (Eryri) 2.12.08. **Juniors U/18:** 1: C Williams (Hebog) 33.40; 2: R Brown (W'hampton) 35.32; 3: R Thomas (Blaen) 36.44. **Juniors U/14:** 1: S Buckley 39.00; 2: G Bennell (Ynys) 49.27; 3: G Tomos (Eryri) 50.00.



Ruth Pickvance, first lady at Rosendale — Photo: Dave Woodhead.



Karen Thompson at Rossendale — Photo: Dave Weatherhead.



John Taylor, winner at Wardle — Photo: Peter Hartley.



Annie Carrington (185), Jill Cults (232), T. Richardson (142) and Peter Newsome (189) at Wardle — Photo: Peter Hartley.

20 Years of the FRA

HAPPY BIRTHDAY FRA!!

Break out the champagne! The FRA is celebrating its 20th birthday. We're fast approaching adulthood, if not maturity. Heaven preserve us from maturity!

There aren't many around who witnessed those early years and the majority of those who did witness them have since moved on to pastures new. One of the perks of being Secretary is that I've got access to every copy of the *Fell Runner* which has ever been published. Imagine — I know what Jeff Norman likes to wear on rocky courses: "studded shoes (preferably strong, eg football boots)". — Edition 1 1971.

And were you aware that "Way back in 1948, Jack Bloor, Des Birch and Arthur Dolphin ran the three Peaks circuit of Whernside, Penyghent and Ingleborough. Their times were the fastest then recorded — about four-and-a-quarter hours." I was, because of Alf Case, the first Chairman of the FRA. He told me so in Edition No 2.

In the first issue Alan Heaton was asked about his training routine. His reply was sufficient to give new hope to many a back-field jogger such as myself:

Tuesday: Soccer or club training night. Up to eight miles on the road.

Thursday: Occasional short runs on the road.

Saturday: XC race or club training. Nine miles on country.

Sunday: Mostly walking, Pennines, Lakes or Scotland."

Compare and contrast with Mike Cudahy's training for the Pennine Way: "I commenced a pattern of two days covering around 45-50 miles each, two days rest, then two days again of 45-50 miles." Now my maths has never been a strong suit, but doesn't that work out at about 200 miles a week!

So what's new?

The first magazine in September 1971 (which incidentally didn't have a name; it took on its *Fell Runner* title in 1972) gave a list of 117 members. These people had paid the extortionate sum of 25p to join what was then an all-male bastion. The Editor reported that an enquiry had been received from a lady: shock horror! Some household names were among the 117: Peter Duffy no 7, Alan Evans no 22, Jeff Norman no 31, Don Talbot no 48, Pete Walkington no 63; Tom Sykes, Harry Walker, Mike Cudahy, Andy Harmer, Ted Dance, Stan Bradshaw etc etc.

The Editor promised to print new members names in the magazine — that's been an impossible promise to keep since we're now up to number 5,000 and something! In the results section 28 races are listed for the whole of 1970. The majority of these are still going but the quaintly titled "Nickey Nook" has disappeared along with Slaithwaite. There was no organised "Fell runner of the year", that began in 1972. In that year there were 31 races in the Calendar and the categorisation which we still stick to today was started, with all categories of race counting towards the Championship; more points being awarded for A races, of which there were 13, than B or C.

In 1970, Jeff Norman, now no longer doing much fell running but very active in Vets distances races on the road, won Ben Nevis in 1 hour 40 minutes, Skiddaw in 63.05 m, and Fairfield and the Three Peaks. Dave Cannon, who now coaches Kenny Stuart in the Marathon, won Burnsall, Pendle, Thievely Pike and Rossendale. Jos Naylor was well on his way to annexing the Ennerdale race.

It is interesting to note that of the 13 A category races in 1972, nine were in England, three in Scotland and only one in Wales.

The Association was actually formed at an Open Meeting held after the Pendle race on Saturday, 4th April 1970. The meeting was chaired by Gerry Charnely who became famous as the organiser of the Karrimor Mountain Marathon and was tragically killed while climbing on Striding Edge in 1982. A Constitution was decided on and a Committee elected, with Alf Case as chairman, Eddie Leal as Secretary and Jim Smith, Treasurer.

Some things never change however. Here's part of D Scott's description of the 1970 Three Peaks race:

"Early rising on the Sunday with making of sandwiches and drinks by the ever-faithful, long-suffering wife! . . . Which shoes? T-shirt? How many vests? Long sleeves? Flats? Ripples? Studs? Or Greengates? (What on earth are Greengates?)

"Along the long white road — feet slopping inside wet shoes. Now into the fields. . . Blast! Got cramp in the back of my thigh. Very tired now. . .

"Hopping round in small circles. Must move! Come on — move! Running with wooden legs, slowly eases off. . . . Wish I was down on the road. Cut off now — down the steep bit, over the wall, steady! Don't want to fall with cramp.

"Presentation. 1st, 2nd, 3rd. Team prizes; 1st, 2nd, 3rd team in positions 16, 31 and 33 with, 'Hey, that's us', time of 9 hours 54 minutes 59 seconds: Clayton-le-Moors. Fabulous! First time ever won anything. Very attractive stainless steel toast rack. (!?! Dead chuffed!!"

Well if he turned up to a race now, which he probably still does, would he notice a difference? There's lots more runners for one thing. In 1970 there were 149 starters in the Three Peaks; nowadays there's 400. He'd certainly have to shift a bit quicker for his toast rack too! Race organisers still have that handy way of presenting useful articles like the ubiquitous slate wheelbarrow or pairs of extra large thermal tights which have languished in somebody's stock room ever since the FRA was formed!

So in the main I think he'd recognise a fell race as basically the same event as it was in 1970. He'd get the same buzz from putting all his strength into it. There'd be the same fun from competing against people who'd quickly become his mates, and he'd probably meet the same folk in the pub afterwards! He'd see more women taking part in the race instead of making his sandwiches — three cheers for that! He'd probably still end up completely knackered with aching thighs and cricked ankles, and would still be unable to get down the stairs next morning! And he'd still hear spectators say things like: "Be careful dear, don't get too close, else they'll spit on you."

Personally speaking I missed the first few years — didn't get going till Blisco in 1976. Come to think of it, didn't get going much after 1976 either! Over the last 15 years, fell running's giving me most of the things in life that I value: competition, which I thrive on; friendship on a vast scale; and mountains which I could never do without. Oh! And I met my wife at the Bob Graham Dinner!

So much for the first 20 years — lets get on with the next 20!

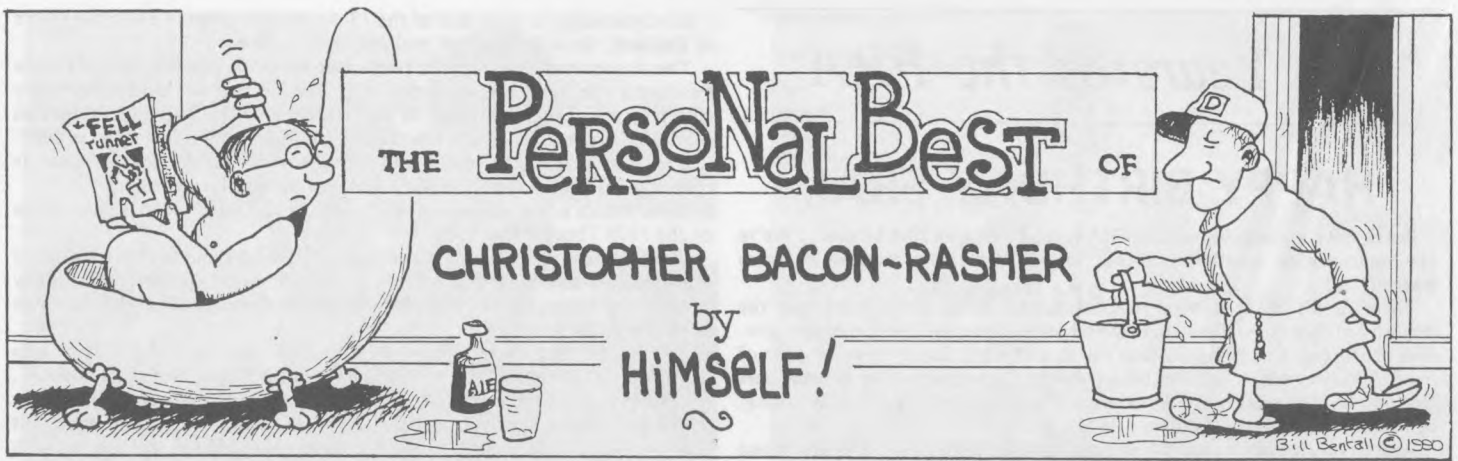
STOP PRESS 1972 *Fell Runner*: "Emigrating to Canada this Spring — Graham Wright, Cross Country secretary of Rossendale AC. . . . The FRA wishes him well."
1990 *Fell Runner*: "Welcome back!"

For my money one of the funniest pieces which has ever appeared in the *Fell Runner* was titled "A Short History of Fell Facing", by C Bacon-Rasher, and was in the 1980 Edition. Well, Crispin has been prevailed upon to write the long-awaited sequel as a sort of birthday present to the Association. So read on!

SELWYN WRIGHT



Competitors at more than 21 Three Peaks Races receiving awards in 1988. Back (l to r): Alistair Patten. Dave Scott and Clifford Huck. Front (l to r) Stan Bradshaw, George Brass and Alan Heaton — Photo: Peter Hartley.



Illustrated by Bill Bentall

Dismal slouched in with a bucket in his hand. He, as usual around 11 am on a Sunday morning, was clad in his most wretched dressing gown whilst I, also comme d'habitude, was pleasurably soaking in the united benisons of hot water and a piece of English sporting history.

You see, when the ancient Club HQ of Thames Hare & Hounds was consumed by fire, back in the sixties, I had won the commendation of my peers by rushing, careless of personal safety, into the blazing building, reeling out some minutes later holding above my head one slightly scorched hip-bath and, seated therein, bewildered and slightly boiled, the naked figure of Christopher Chatterbox. The news photographer who had captured that moment might well have secured his own place in the annals of journalism, but none was present. The commendation meant little. Any Thames man would have done what I did. Never mind what we thought of old Chatterbox, we were united in our affection for those old hip-baths.

The one I salvaged squats here yet, plump and decorous, the centre-piece of my drawing room at 12 Eaton Square, 30 years on, little bits of boiled Christopher still detach themselves from the bottom and float to the surface. The very sight of them sets me off remembering those days of long, long ago.

Could the dear FRA really be 20 years old? It was surely only yesterday that we pioneers enrolled, explaining to our fat friends that we were not listing in some Republican Army. The only country we could think of

beginning with an "F" was already a Republic and its army managed very well without us. Actually the Association is but a youngster — born too late to know our *real* founding fathers: Dr Wakefield, Bob Graham, Eustace Thomas. ... Is there anybody alive in the fells who remembers The Day War Broke Out? What was his name, chap in the starched collar, Neville Chamberlain, our revered Prime Minister had hardly stopped speaking to us on the wireless, "We must now consider ourselves at war with Germany" when we heard the wail of the first sirens. I said "Mama! Already the Germanic Hordes threaten our Great Land," or something like that. I was about 10 years old.

"Fear not, little Crispie" she told me, kindly, "It is but the aviator, Eustace Thomas, single engine revving, taking a flyer from France to the peaceful land where Great Deeds are done. The English Lake District." And she began to stick brown paper strips across the window panes. I never trusted her again.

The Hun vanquished, I sought employment in London, where I met up with the Great Dismal. He resided at Mrs Cook's boarding house in Kew Road, Richmond, and from that establishment taught me all I never knew about clearing high fences.

Other athletes, they were scarce then, would plod the Richmond pavements in heavy, flannel track suits. Not us! We'd strike off at right angles from Mrs Cook's strip of asphalt across the lawns and flower beds and up over hedge after hedge, down the long road. It was "lawn, two, three, Hedge; lawn, two, three, HEDGE," all the way. Then, round to the back yards. "Lawn, two, three, FENCE; lawn, two, three, FENCE," all the way back. Round and round every evening.

It was the malodorous creep at No 9 that stopped us. Stan was a licenced trader in recycled offal. A notice on his cart boasted "Supplier of Udder to HM King George V". Local gossip, the "mauvais langues" of Kew Road, had it that Mr Chamberlain had taken a half-pound of his tripe over for Hitler just before he invaded Poland.

One evening, no doubt after a dose of some unspeakable disease, he found himself with an accumulation of unsold and unrefrigerated merchandise. Not wishing to trundle it all the way to the river, he dug a very deep hole by his hedge and tipped the lot in, filling it to the brim. His task completed he went inside for a mug of Ovaltine, closing the door behind him at the precise moment when the Master and I cannoned out of Mrs Cook's porch, 14 gardens, 2 minutes 14 seconds from a Memorable Experience. ...

Nowadays, whenever I feel a smile coming on and wish to suppress it, I remember our less than fragrant walk back up Kew Road and my expression automatically returns to normal. On the positive side, you know, when you've been up to the neck in something like that with a chap, you end up bonded together as if by glue.

Mrs Cook took one sniff at us and threw us out. We moved to a better district where there were less houses but much wider gardens and took up steeple-chasing.

Inevitably we ended up at the '56 Olympics confident of victory for at least one of us. We had not reckoned on *foreigners* being there. One nasty, little, olive-skinned Dago particularly got on our xenophobic wick. Domenico Theotocopolis. We christened him Kojak. Kojak was a show-off and would never run with the pack. Oh, no! *He* was always out in front in a cloud of garlic. If we hadn't tipped all the liquorice we could lay hands on into his coffee one day, he might have won the final, but the coward never turned up. To everyone's surprise I got the gold. Dear D could, sadly, having fallen about laughing, not improve on his creditable bronze of '52.

Ho, hum

1979. We'd got these two gorgeous Norwegian au pairs in the club (*id est* Thames H & H). Dismal, observing that they were the fastest creatures he'd ever pursued over 10,000 metres, thought up a most creative wheeze. Why didn't we, he proposed, get a decent sized event going in the Capital, persuade a lot of slouchers with more money than sense to take part, making sure, during the selection process, that there were places only for ladies that were over-ripe and over-endowed, get the bookies keen for a year or two then slip in our two unknown fillies, Grete and Ingrid, as rank outsiders, clean up and clear off.

I got auntie to back us. We reckoned on a few dozen starters. You could have knocked us down with a feather when 10,000 people turned up dressed as caterpillars, clowns and chickens, playing clarinets, collecting for



charities. They staggered off towards the distant City in a great glow of collective self-congratulation.

Nobody cared who won, least of all the bookies. It was awful. Exactly, said Auntie, what the British Public wanted!

It burgeoned and D and I got a trifle bored. The au pairs shot off to the USA and we never got to clean up. That's why, I suppose, when this swarthy chap with a patch over one eye tackled me outside the Beeb one evening with a proposition, I felt ready to listen to anything. He introduced himself and told me he was a Eurovision media-person.

"Well, Stavros," I said to him, taking his arm, "why don't you and I discuss this over a couple of brown ales? You're paying." And off we trooped. . . .



"You've bought a what!!" I exclaimed, seizing a second bottle. "It's an Artillery Spotter's basket. Genuine article. Not used since 1917, in Flanders. The Frog that snatched it had it behind his boulangerie for 70 years. Kept generations of chickens in it. I've cleaned it up a bit and, with a bit more spent, it could be serviceable to lift you well up above the competition. It'll transform the tone of your finale!"

"I don't see how," I growled.

"Look, Crispie, all we get, year after year, just when there should be a big climax, is a sequence of shots of you, galloping about backwards, waving your arms and greeting in a lot of unknown, sweaty cripples. It's not dignified is it? Let me tell you about this basket and how we could put you up high, in charge of things."



If I can remember it rightly this is what he told me. Back in 1916, in the thick of the Great War, someone in Whitehall got this brilliant idea. An Artillery "volunteer" would be hoisted up in one of these baskets, suspended beneath a hydrogen balloon, choosing a cloudy day with a westerly wind. Once above the clouds and over enemy lines, he was to lower himself until he could see what was what and select the precise positions of a few Germany squaddies who looked as if they'd appreciate a heavy salvo or three. Then, quickly, before they shot him, he would telegraph the details back to the gunners.

With the background narrative completed, Stavros returned to the rhetoric. "So, that's where we got the idea to get you up there, high over Westminster Bridge, where all the closing action can be seen at its best."

I rose to leave. "I'd rather" I snorted "be butt-dragged through broken crystal!"

Stavros was not to be deflected.

"That wonderful alternative had not occurred to me! Some other time perhaps."

Possessed as I am with a highly coloured imagination I sat down, half turned away from his eager stare. He spoke soothingly.

"Meantime, let's talk about the basket. We can fix it up really nicely with all the best in TV technology. There'll be no balloon."

"I'm relieved to hear it."

"— but we'll use a nice, big helicopter."

"The Beeb, dear Boy, simply cannot afford this."

He played his trump card.

"Did I mention money? Crispie, mon Vieux, I'm offering you, on behalf of my sponsor, the chance to unite your personal, scintillating commentary with the best aerial shots of that final, most photogenic mile the world has ever seen, and we are offering you this for free. You'll top the ratings."

I swivelled.

"Free?" I gulped, "Did you say 'free'?"

Stavros neatly snapped the crown cork from a fresh bottle with his teeth and poured me another glassful.

"Courtesy of the European Sporting Community, for whom you have done so much in the past. Crispie, mein Schatz, believe me. We owe you this one!"

Two case-hardened old media men we might have been but, when, later that night, we swayed together side by side in the gents, there was a tear in each of our three eyes.

April 1990. I'll come absolutely clean on this one. When I heard the roar of that damned helicopter approaching I was petrified. For someone who gets vertigo coming down Nan Bield Pass the prospect of being hoisted up in the air under that thing in a creaky basket was just the thing to fill me with indescribable nausea. Then I saw the basket. It swayed before me on Westminster Bridge, chicken-stained, battered and bullet-holed. It was chock full of transmission gear. Instinctively I reached for D's hand.

He, though ashen, was smiling very bravely.

"Timeo Daenaos et dona ferends," he declared, and, without more ado, cocked his leg over the side, wedged himself into a corner and held out his arms to me. Stavros's hands pressed urgently against the small of my back.

After a struggle I settled more or less comfortably if inelegantly, facing poor Dizzie but straggling his shoulders. The one-eyed media man was thrusting a camera into my trembling hands. The noise was deafening. There was a sickening jerk and, suddenly I was Elijah going "up by a whirlwind into heaven" and beneath me was "the chariot of Israel!"

At 300 feet the last tasty mouthfuls of the previous evening's beer and spaghetti dinner had been spat from my blue lips. The headphones, or "cans" as we call them, crackled into life. I heard the cheerful voice of my producer, an Irishman like most of them at the Beeb.

"Hello, Apollo, this is Houston. You're looking good, Everything A-OK?"

"This is not Apollo" I snapped. "This is the sick, ugly one."

"Ah! Crispie! Would youse ever swing the camera around a bit and give us something panoramic for the monitors?"

"Wilco, Skipper." I responded, dutifully, and shouted down to my midriff, "Right, Diz Plug 'er in, switch 'er on!"

Urgent wriggings ensued between my thighs and I was almost unhorsed. Then, appreciating his difficulty, I gingerly shifted my weight and guided Dismal's groping hand to the plug. The camera blinked and came to life, but D was still animated. There had to be some profound reason for it. Squinting downwards I discerned that he was gagged by the bottom few inches of my anorak but one arm and both eyeballs were gesticulating wildly. I followed their directions, pivoting the camera as I did so. Adjusting the focus I saw that we had on vision a jolly good close-up of the pilot, swarthy and olive-skinned, at his controls and grinning down towards us. At that very moment he caused his contraption to lurch 50 yards to starboard so that we swung out in a great stomach-churning arc, held firmly into our capsule by enormous Newtonian forces. As if in slow motion I saw now only the pilot's hand as he grasped a bright red handle. I panned right and down in time to see the cable that held us suspended leap from its pulley and snake against the sky. Somehow I must have pressed the zoom button because a new picture spread across the frame. It was an inscription, writ large and purple along the length of the fuselage—

"DOMENICOS THEOTOCOPULIS"

Right then my steed, to stifle all traces of sound or emotion, clamped his teeth very hard through the Goretex deeply into something I hold very precious. (My gold medal.)

THE THREE PEAKS RACE: 1970-90

By Bill Smith

Yorkshire's Three Peaks Race has, over the years, been Britain's most popular fell race, attracting many road and cross-country runners in addition to the regular fells men, and this popularity led the organisers to impose an entry limit long before the general advent of big fields generated by the marathon boom of the early '80s. The ceiling of 350 runners in 1970 has since risen gradually to the present limit of 500 male competitors plus the handful of female runners. The Peaks is, incidentally, perhaps the only limited entry fell race to now operate an official system of substitutions in an attempt to reduce the number of wasted places due to runners being injured or failing to turn up on the day for some other reason.

It is easy to understand the event's attraction to the road and country men, for besides the image of romance and adventure conjured up by its very name, it includes a lot of fast road and cross-country running between the actual peaks, thereby tempering the challenge of the ascents and descents with numerous easy escape routes should things go wrong, such as the advent of bad weather, loss of bearings or the inability to continue.

The first race over the North Craven summits of Ingleborough, Penyghent and Wherside was run from the Hill Inn at Chapel-le-Dale in 1954, with the organiser, Fred Bagley of Preston Harriers, being the first home of six competitors with a time of 3 hours 48 minutes. The three-hour barrier was finally breached 16 years later when Frank Dawson of Salford Harriers achieved his second consecutive victory in 2.58.33, nearly four minutes ahead of runner-up Dave Hodgson of Leeds St Mark's Harriers, who is the present Chairman of the Three Peaks Race Association.

The 1970 race was run three weeks after the formation of the Fell Runners' Association on 4th April, and has in fact always been held on the last Sunday of that month, save for one exception which will be duly noted. That race proved to be the vehicle for the first of six consecutive victories by 25-year-old Jeff Norman of Altrincham AC, who in 1974, the year of his FRA championship success, became the first and only man to dip below 2 Zi hours with a 2.29.53 clocking in bad weather. (The previous record run of victories had been the four achieved by Mike Davies (Reading) from 1965 to 1968.)

Route Changes

The Three Peaks Race has undergone many changes since 1970, not least being the alteration of the landscape due to erosion and the subsequent artificial surfacing of some areas, such as the Pennine Way route across Horton Moor from the site of the old shooting box at the top of Horton Scar Lane. Route changes have occurred now and again not only because of the erosion problem but also to comply with the wishes of farmers whose land the route crosses. Access has always been a delicate matter and it is only due to the hard work of the organising committee in fostering the goodwill of the farmers that the race has continued to run so smoothly.

1974, the year of Jeff Norman's first sub-2½-hour run, marked the termination of Alf Case's 10-year

stint as race secretary. Alf had finished 3rd in the inaugural race 20 years earlier as a member of Clayton-le-Moors Harriers and he was replaced by Douglas Croft of Harrogate, a man who does not run himself but who continues to perform the duties of his office (an honorary position, of course) with the same enthusiasm and success provided by his predecessor.

1974 was also the last occasion on which the race was run from the Hill Inn, for the limited facilities there could no longer accommodate the growing number of competitors and spectators, or their cars, and from 1975 Horton-in-Ribblesdale has served as the venue, with Penyghent being climbed first and Ingleborough last. This resulted in a route change for the opening section to Penyghent, for on the old course, competitors had turned left at the Crown Hotel, Horton, up the northbound Pennine Way track as far as the first gate on the right, whence a line was taken across the pasture to cut straight across Horton Scar Lane and make a bee-line for Penyghent's summit, climbing the intake walls and scaling the mountain's steep southwestern scarp, between the crags, to reach the top: a much more arduous and adventurous route than the present one.

The next major change came in the 1983 race when the old direct route to High Birkwith and Nether Lodge, fording Hull Pot Beck en route, was replaced by a detour over Whither into Sell Gill to rejoin the old route further north along the Pennine Way. Three years later, the Wherside ascent from Winterscales was replaced by one further north, with the initial line from Ribblesdale keeping to the right (east) of the railway viaduct, towards Blea Moor, before turning left under the railway onto the fell.

Death On Ingleborough

The services of mountain rescue teams have, of course, played a vital part in the organisation of the race and cover has mainly been provided in recent years by the Cave Rescue Organisation and the Bowland-Pennine Mountain Rescue Team, the latter an amalgamation of the old South Ribble and North Pennine teams. The CRO and South Ribble were on duty in 1978 when the Three Peaks Race claimed its first, and hopefully only victim in the person of Ted Pepper of Blackheath Harriers, running in his first fell race. The prevailing conditions of rain, wind and mist took their toll of Ted Pepper who went astray coming off Ingleborough and died from exposure, his body being found only



"Hey! Great pictures! Woulde youse give us your commentary at all?" queried the cans, as we started our plunge towards the Thames. Ever cool in a crisis, I thought of a million living rooms and all those viewers staring, like statues, on the edges of settees, their hands, still clutching beer-cans and crisps, turned to stone before them. I summoned up years of professional training that had prepared me for this moment and, with enormous fortitude, giving it all I'd got, gave them the war-cry of the American 101st Airborne Division...

'Ma-maaaaaaaaaaaaaaaaaaaaaaaaaaaaagh!'

There was an almighty splash — of hot water! I forced open my eyes. The walls were still ringing. My mouth gaped so widely my jaw creaked. Within it my tongue lay dry, whilst the larynx swung gently from side to side like the clapper in a silent bell. Before me stood D with the bucket.

"For heaven's sake, Crispie, it's not *that* hot!" he chirruped.

"Anyone'd think I was boiling you alive!"

"Oh, John!" I rasped. He knows I'm emotional when I call him John.

"John! What does 'Timeo Dasnos et dona ferentis' mean?"

He paused briefly, searching the great catacombs of his mind.

"That's Virgil, ain't it? 'I still fear the Greeks even when they come bearing gifts!'" He looked suddenly very pleased with himself.

"Oh, John! I'm so glad to see you."

"Steady on, Old Thing. You'll be seeing plenty more of me soon. Get your sweet little bottie out of there and fetch another kettleful. It's my turn now!"

With that, he flung off the dressing gown. He's never so happy as when he slips into my dirty bathwater.

LETTER TO SELWYN

My Dear Selwyn,

I was so pleased that you had enjoyed D's and my Runner's Guide, now in paperback, "300 Ways to Iron a Tee-Shirt".

This little opus fills in the odd gap we might have left. The editor must be told not to compress any part into illegibility. As to the readers, they should be warned that, to start into a tale such as this is to venture into an intellectual quicksand on the scale of Morecambe Bay and requires great powers of concentration. Not a word must be missed, each stepping stone must be trodden lest the wanderer miss his footing and sink over his head in a quagmire of incomprehension. It is not for the feeble or unwary, but he who perseveres will reach the other side with a sense of heartfelt satisfaction, such as one might feel at the successful completion of the Karrimor, Elite Section.

Many Happy Returns, Fell Running Association and Bon Voyage.

I remain, Sir, your obedient and admiring servant.

C BACON-RASHER, FRA

PS — Some absolutely brilliant illustrations by Bill Bentall will follow shortly.

after an 18-hour search. This tragic incident resulted in the Three Peaks Race Association taking various steps to guard the safety of competitors in future races.

Three other deaths which have occurred during the past decade, each from natural causes, involved people closely associated with the Three Peaks Race. Jack Bloor of Leeds, who died in 1984, had been one of the trio who had pioneered the route as a run in the winter of 1948/49 and had later triumphed in the 1956 race.

His father-in-law, Frank Travis of Seascale, Cumberland, a noted official of not only the Three Peaks but also numerous other fell races, died in 1986, four years after his wife Janet, also a familiar figure at the Peaks and other events.

Record-Breakers

The various route changes detailed above have, of course, resulted in new records being established. Besides the major diversions already outlined, extra distances were also added in 1975 between the old finish at Chapel-le-Dale and the old start in the field behind the Hill Inn, as well as in the new start/finish field at Horton, though a slightly more direct line was taken on the approach to Horton across the Beecroft Hall pastures, instead of through the farmyard as before. Jeff Norman set the new mark this year with a time of 2.41.37 in well-nigh perfect conditions and this record stood for seven years, then along came the new fell record-breaker, John Wild of RAF Cosford, a former cross-country and steeplechase champion, to storm around in 2.37.30, again in perfect conditions.

A year later, when the Sell Gill diversion was introduced in 1983, the recently reinstated champion guides racer Kenny Stuart (Keswick), who later that year put paid to Wild's hopes for a consecutive hat-trick of FRA championships in the first of his own three wins, triumphed with a time of 2.53.54 on a good day but over an excessively heavy course. Dave Hodgson, in his report for *The Fell*

Runner: July, 1983, pointed out that the times of the leading runners who had competed in both 1982 and 1983 were on average 17 minutes slower, with only five minutes of this being due to the route change.

This record was successively lowered in the next two races by the 1983 runner-up, Hugh Symonds (Kendal), whose 1985 time was 2.49.13. Yet another five minutes or so resulted from the Whernside diversion in 1986 and on this occasion the former Clayton-le-Moors Harrier, Sean Livesey, now representing Rossendale, created the new record of 2.56.40 and this withstood challenges by both Symonds, the 1977 winner, and Bingley's Ian Ferguson, whose 1988 victory was the first by a Yorkshireman since Jack Bloor's 32 years earlier. When the record was broken in last year's race, it was Sean himself who was responsible with a storming 2.51.45 performance in perfect conditions. Dave Hodgson, in his results sheet notes, mentioned how the new artificial pathways on Penyghent and the approach to Blea Moor must also have played a small part in the faster times all round.

Surprise Result

Probably the biggest surprise result of the past two decades occurred in the 1976 race. Jeff Norman did not enter that year as the race did not fit into his build-up for the Olympics marathon trial, which he ultimately won, and this made thrice runner-up Harry Walker (Blackburn) the pre-race favourite, with Mike Short (Horwich) regarded as his only serious challenger. However, it was Walker's clubmate John Calvert, who did consider that the Peaks would form a beneficial part of his preparation for that same marathon trial, who finally emerged victorious, ahead of two more "outsiders", Harry Chadwick (Thames H & H) and John Fox (Airedale), for whom the excellent conditions were probably best-suited. Calvert had been treating the race purely as a training run, incidentally, and only grew serious

about it on Ingleborough when he realised he stood a good chance of winning.

Just to prove it was no fluke, he came back and won again the following year in far-from-ideal conditions. Harry Walker was not to be denied victory, however, and he triumphed in the rain, wind and mist of both 1978 and 1979, and again in the gruelling conditions of the 1981 race. The latter year was the only one in which the race had to be postponed due to Horton being virtually cut-off by snowdrifts following a freak blizzard on the Friday night before the race, and it was eventually held in October.

Thrilling Finish

Undoubtedly the most thrilling finish of the last 20 years occurred in the 1980 race, run in ideal conditions. Mike Short and a young Colin Donnelly (Cambuslang) — then a mere lad of 20 — were together on Ingleborough and the Scot plunged into the lead coming off the summit and led the way across Sulber Nick. He looked a certain winner coming across the Beecroft pastures, but Short had other ideas and was closing steadily. Thirty yards separated them at the last stile, but with terrier-like tenacity, the Lancashire lad dug deep into whatever reserves he had left and miraculously caught Donnelly at the top of the last little climb, his momentum carrying him clear on the descent to a five seconds victory in 2.43.32.

At the 1988 prize-giving, a new award was presented to six runners who had completed 21 Three Peaks Races and took the form of a plaque adorned with paintings of Three Peaks scenery by the Dent artist, Jenny Holmes. The recipients were five Clayton Harriers: Stan Bradshaw, George Brass, Alan Heaton, Alistair Patten and Dave Scott, and Clifford Huck of Lancaster and Morecambe AC, whose father Wilson Huck had been a professional runner on both track and fell. Stan Bradshaw, donator of the Three Peaks, Over/40s Veteran Trophy, had finished 2nd in the first race in 1954 and has been closely associated with the event ever since, both as competitor and official. George Brass had triumphed with record-breaking runs in both 1955 and 1958, while former Lakeland 24 Hour record-holder and 10 times Fells man winner Alan Heaton had finished in the first half-dozen six times between 1956 and 1961, including a 2nd and a 3rd.

Ladies' Race

The 1979 race heralded the introduction of a ladies' event over the full course, run in conjunction with the men's. There were eight finishers out of 11 starters, of whom the fastest were Jean Lochhead (Airedale) 1st: 3.43.12, Bridget Hogge (Eryri) 2nd: 4.03.27, Joan Glass (Eryri) 3rd: 4.07.25, and Brenda Robinson (Bury) 4th: 4.09.42, the latter's husband Colin, of Rochdale Harriers, having defeated Jeff Norman to win the 1969 race. The following year, Sue Parkin (Airedale) set a new ladies' record of 3.35.34, though in good

conditions as compared to the bad weather of 1979. Fiona Hinde (Lochaber) just got inside four hours in the heavy going and boisterous winds of the 1981 race, while another good day in 1982 allowed June Robson (Leeds University OC) to record the second-fastest time of 3.40.54. Carol Walkington (Horwich) and Wendy Dodds (Clayton) came home together in the 1983 race, the first to use the Gell Gill route, with a time of 4.08.01, and the following year, Bridget Hogge came the closest yet, allowing for the diversion, to Sue Parkin's performance with a 3.41.00. Clayton's Vanessa Brindle produced what was surely the finest run so far in 1985 with a 3.38.10 circuit, and following Carol Walkington's 3.49.12 triumph a year later, when the Whernside detour was introduced, embarked on a consecutive hat-trick of victories in which she successively lowered the records for this longer route so that in 1989 it stood at 3.32.43 — a splendid performance which placed her 70th overall out of 410 finishers.

One Peak For Juniors

The junior race, which takes place after the seniors have set off, now ascends Penyghent, but each of the other two peaks had previously been utilised for this event. Dave Cannon (Kendal), the 1972 FRA champion who later transferred his talents to road racing with considerable success, triumphed in the race up Whernside from the Hill Inn in both 1970 and 1971, setting a record of 36.23 on the latter occasion which still stands. Subsequent victors over this course were the Airedale runners, Bob Harrison (1972) and Brian Pape (1973), and Holmfirth's Graham Ellis (1974).

From 1975 to 1980, the juniors ran from Horton across Sulber Nick to Ingleborough and back, and the fastest time for this course was the one hour flat achieved by yet another Airedale runner, E Irving, in the first race. Other winners were, respectively, Brian Gemson (Lancaster), Alan McGee (Keswick) — in his FRA championship season of 1977, Kevin Capper (Lancaster), Colin Donnelly (Cambuslang) and Bob Wayte (Bingley), whose 1980 time of 1.00.15 came closest to the record and was achieved in similarly good conditions.

There was no junior event in 1981, but the following year's inaugural race up Penyghent was won by Sean Livesey, then wearing Clayton's colours, with a time of 48.21, while Simon Parker (Rossendale) took 11 seconds longer to win the 1983 race. Next lad to dominate the event was Hallamshire's Micah Wilson with three wins in a row, including a new record of 46.07 in 1985. This continues to exist, with none of the subsequent winners, Ian Dermott (Horwich), Geoff Hall (Holmfirth) and Nigel Stirk (Leicester), getting anywhere near it.

Despite the problems of erosion and, occasionally, access, the *Daily iV/Z/vw*-sponsored Three Peaks Race seems destined to continue as Britain's most popular long-distance fell race. Long may it continue to do so.



Three Peaks, 1973: Alan Spence (Bingley) descending Ingleborough. He finished 5th — Photo: Bill Smith.

The 21st Carnethy Five Hill Race Saturday 16th February

A CELEBRATION

Those of you who competed in this will already know that as next year's celebrate this in some small way.

It must be said that when the Race Convener got himself involved with the organising of this event in 1971, he never thought that it would still be going strong in 1990, let alone making arrangements for celebrating the 21st year of running in 1991. Yes! Jimmy Jardine has a lot to answer for. To put readers into the picture, it was Jimmy Jardine, at that time a member of the Octavians AC who approached the Secretary of the local Sports Advisory Committee in Penicuik, inquiring if he knew of anyone who may wish to take on the task of organising a small Hill Race in the District. The Secretary of that Committee made approaches to the people who at that time organised the local Gala Day Celebrations wondering if they would like to take on this as part of the Town's Gala Celebrations. Cutting a long story short (thank goodness), the present Race Convener then got himself "lumbered", and needless to say Jimmy was "cock-a-hoop".

Some of your readers may wish to know that in our 1971 event the field included: Jim Alder of Edinburgh Athletic and Morpeth Harriers, Ian McCafferty of Law and District AC, Dave Cannon of Kendal AC, Jeff Norman of Altrincham and District AC, J W Coyle of Edinburgh Southern Harriers, Trevor Procter of Rochdale Harriers, D Simpson of Law and District AC, N Carrington of Sale Harriers, H A McFall of Edinburgh Southern Harriers, Brian Finlayson of Forth Valley AC, D G Weir of Manchester AC, Peter Duffy of Aberdeen AC, Bobby Shields of Clydesdale Harriers, Harry Blenkinsop, at that time with Sale Harriers, Martin Craven of Edinburgh Southern Harriers, Robin Morris of Octavians AC, M P Nicholson of Kendal AC, Jim Smith of Bury and Radcliffe, Willie Russell of Shettleston Harriers, and the legendary Mike Davies of Reading AC, Jimmy Jardine of Octavians AC, Bill Gauld of Edinburgh Southern Orienteering Club (still hitting the high spots for Carnethy), D G Pyatt of Edinburgh Southern Orienteering Club (also with Carnethy), M Little of Edinburgh Southern Harriers, J Kemp of Rochdale Harriers, W F Lindsay of Teviotdale Harriers, Eric Fisher of

year's "Tiso" Carnethy Five Hill Race event is our 21st it is our intention to

Edinburgh AC, P Stewart of Kendal AC, Gordon Baker of Edinburgh AC, Ian Marshall of Edinburgh University Hare and Hounds (now with Hunters Bog Trotters), A E Byers of Borders H and H, J Barlow of Sale Harriers, A J Steel of Sale Harriers, B Covell of Edinburgh AC, J E Clifton of Edinburgh Southern Harriers, R Benyon of Law and District AC, D McLeary of Law and District AC.

As a novelty (and great expense) all those individuals together with the others who completed the course in 1971 will be eligible to enter our 1991 for the sum of 2/- (10p), the entry fee of our 1971 event. Incidentally the 2/- entry fee in 1971 included the cost of a meal after the race. Who says you don't get your moneys-worth this side of the Border.

If any of your readers who think that they may be eligible to compete in our 1991 Race for the reduced entry fee, have no fear. ... A list of all finishers in our 1971 event will be sent out with all entry forms.

Getting back to Jimmy Jardine's idea of having a Hill Race in the Penicuik area; regretfully the idea behind the race being to commemorate the Battle of Roslin which was alleged to have been fought out in this area in 1302, during the Scottish War of Independence. I used the word regretfully for benefit of those south of the Border, as we had another "Grand Slam" during this occasion too, with the underdogs, viz the Scottish Army of 8,000, confronting the favourites, viz the English Army of some 30,000. Needless to say the Scots were triumphant, and it goes without saying that if the decision had went the other way, we would not have organised a race to commemorate the occasion. Anyhow those of you who have previously competed in the Carnethy event will certainly agree that although there is usually a Club "battle" for the huge claymore presented to the first team to finish that is as far as it goes, and we would like to think that the "Carnethy" as well as being a sporting occasion is also a social occasion where people make and renew friendships.

See you there.

WILLIAM B SCOT!
Race Convener

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Cost £3.50 inclusive of p. & p.

The Ennerdale Horseshoe Fell Race

The "Ennerdale" was first run on an organised basis in 1968 — the days when amateur fell racing was in its infancy. Relatively few of the FRA's 2,800 membership have partaken of the "delights" of this 23 mile, 7,500 feet climb, "traditional" fell race. Race numbers increased rapidly with the popularity of the sport in the 1970s, but it has for many years been static in entry numbers and attracts only the dedicated arm of the sport. This is just as well since the race is not to be undertaken lightly. There are demands on route finding skills, mountain sense and fitness for long-distance performance.

The race has its origin as a very strenuous walk which embraced the surroundings of Ennerdale Water and which was undertaken by determined groups of people, each endeavouring to improve on their own time or on the time of rival groups. Even before the 1914 war, the course had become fairly well established and the walkers themselves had emerged from a bowler hatted variety bearing walking sticks and, on some occasions, alpen stocks, to a more individualistic type who hared round clad in what appeared to be one-piece woollen garments.

Holiday visitors, university students, scouts and climbing groups were amongst those who regularly "did" the circuit, but no records were kept. The most likely route was suggested by Jos Naylor (Wasdale sheep farmer, etc) after obtaining information from "old gaffers" tales and folklore.

Jos then proceeded to stamp his authority on the event by winning the first nine races and clocking up a best time of 3 hours 30 minutes 40 seconds in 1972. Try as he might Dennis Weir could not topple Jos from his premier position. Dennis chalked up five successive runner-up positions with a best time of 3.51.40. Mike Short finally broke the mould in 1977, followed by Andy Styan in 1978/79, before we settled down to a spell of four wins by Billy Bland. Kenny Stuart chalked up two victories, setting the current record in the process of 3.20.57 in 1985. Billy won once more in 1987, but Hugh Symonds emerged to win in 1986 and 1988. The current holder is Ian Ferguson of Bingley.

We have been fortunate in being able to retain the same course over the years. The race starts at the Scout Camp located in an idyllic setting at the foot of Ennerdale lake — a very pleasant location for the family to while away five or six hours during your run. Flags are put out to guide runners through intake pasture onto the open fell. However, even on the open fell leading to Great Bourne we are constrained to a certain route by the infamous "Big Tom" — a wild giant of a Cumbrian hill farmer who takes exception to fell runners crossing one of his fences to make a direct run at Great Bourne.

Great Bourne (2,400 feet) has been the graveyard of many hopeful aspirations for a good run. With its cap in mist we can guarantee a fair proportion of the field will clock in at the summit check point twice!

The run to Red Pike is comfortable, and a time to settle down with a hard day ahead in mind. The best line contours under Starling Dodd where there is a lovely spring of water to be taken full advantage of in hot weather because the next natural watering point is at least one hour away.

There is a choice of either ridge running or contouring through rocky terrain to reach Scarth Gap. I'm sure this is where Jos used to ditch his challengers. Apart from running with ease like one of his sheep over the rocks, he knew contours (even in the mist) that no one else could hope to "sus out".

Runners positions on arrival at the Black Beck Tarn check are often radically different to what they were on Red Pike. This is a lonely place, nestling just below Haystacks, and the race is just getting underway with the grind to Green Gable ahead. This can be the wettest part of the course and with no definite path to follow can result in getting bogged down if the best route is not chosen.

I do know of people who simply depart from the summit of Green Gable by jumping off onto the scree and descending. However, I've always found the sanest and quickest route to be down to Windy Gap and down the path onto the contour route under Great Gable.

The climb onto Kirk Fell from Beck Head is by this time painful, but doesn't take too long. Finding the right gully off Kirk Fell, leading to Black



Ennerdale, 1972: Jos Naylor (1st) and Dave Cannon (3rd) with Eddie Jackson in the background — Photo: Tommy Orr.

Sail can be a real problem in mist. Even when found, descent can be hazardous due to loose rocks — but it saves two to three minutes on the path route down the rocky nose.

Pillar, the highest point on the course has been known to have fresh snow on it during the race (second week in June)! Most "runners" settle for a walk up this one. Arrive at the summit exhausted and you're done for because it's a long way home. Dehydration can be a big problem at this stage of the race, so look out for a never failing spring on the path route off Kirk Fell, just before Black Sail Pass.

With fatigue setting in. I've known many runners to take a tumble on the difficult rocky terrain off Pillar, so concentration now becomes more important than ever. Route finding is fairly easy except when trying to contour Scoat Fell, when mistakes are made. Better to go over the top.

The climb to Haycock is quite small but it seems like Everest! This is the point of greatest demand for liquid. If the ever willing checkpoint controllers have run out of water you could be in trouble — there is no more until near the finish! Certain runners I know "recced" the course and leave bottles suitably concealed in walls hereabouts.

Those with some running left in their legs can now really let fly since there is soon beautiful fast terrain for the remainder of the course. The climb to the last check on Crag Fell is like a kick in the stomach, but if this can be endured for 15 minutes, the worst is over — Oh, except for the cramp, that now sets in on the steep descent to the valley and the blissful finish.

If you have broken 4 hours — a gold certificate award awaits you, under 4½ hours and a silver certificate. Checkpoint closing times operate in the early stages to ensure that anyone likely to take more than 6½ hours is automatically retired.

The event is open to ladies of course. It was not always so, I remember doing battle (verbal) with Veronique Marot in 1979, refusing to let her run since it was considered too difficult for the weaker sex! Veronique, being Veronique, ran anyway recording a time of about 5 hours, beating many of the men. Since then the ladies have proved themselves very capable, as is shown by their current record of 4.21.31.

We have, however, stuck by our rule to keep the lower age limit to 21. I know some have sneaked in (Maitland!) but young fell runners have expressed appreciation that they are not expected to tackle such a difficult race in their early racing days.

In 1981 the weather was bad — very bad — and 64 retired. Bob English (46) a veteran long-distance fell runner with the Lakes 4 x 3,000's and the Bob Graham round to his credit, collapsed within one mile of the finish, suffering from exposure and falls. Unfortunately he was way off course and it was near the end of the day when he was eventually found, unconscious, by a mountain rescue dog. He died soon after in hospital. In retrospect, the race organisation was such that everything that could have been done was

done. Nevertheless, this incident led to a thorough review of safety in fell races and the results published by the Cumberland Fell Runners are still the definitive work on the subject. (FRA safety rules are based on this report.)

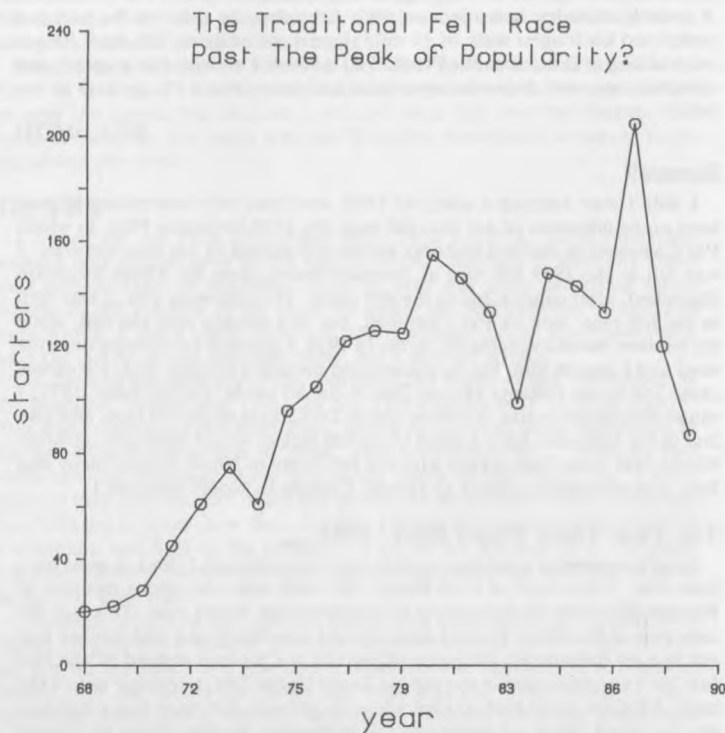
Apart from this one awful incident, the Ennerdale holds fond memories and tales of heroism for many. It is an epic and you don't really qualify as a fell runner until you have tackled this one successfully.

PS — British Championship Event 1990 — Saturday, 9th June.

DANNY HUGHES

Secretary CFRA (1973 — present)

ENNERDALE STARTERS 1968-89



Dennis Weir, runner-up at Ennerdale on several occasions.

SIXTY YEARS A FELL RUNNER

Some Reminiscences of Stan Bradshaw

Introductory Note: Selwyn Wright suggested to me that a new article about Stan Bradshaw would be appropriate for this particular issue of *The Fell Runner*, and the following narrative, in Stan's own words, is the result of a few simple questions which I put to him about the early part of his career.

This legendary member of Clayton-le-Moors Harriers, who will be 78 this year, recently had a hip-replacement operation but is already talking about continuing his "Corbett"-bagging, having already completed the "Munros". A month after his operation on 19th February, he told me he had just completed his longest walk of $1\frac{1}{2}$ mile since then, while on 7th April he was marshalling at Buttock in the Pendle Fell Race. We all wish him a speedy and complete recovery from the operation and many more "long days in the hills".

BILL SMITH

Burnsall

I didn't start keeping a diary till 1933, and then only intermittently, and have no recollections of my first fell race, the 1930 Rivington Pike, in which Pat Campbell of Salford Harriers gained the second of his nine victories. I was 5th in the 1935 fell race at Burnsall Sports, won by Albert Swainson (Bramley), after coming 2nd in the 880 yards. The following year, I was 10th in the fell race, won by Pat Campbell, but had already won the 880, while my brother Harold won the 80 yards. In 1938, Campbell fell coming onto the road and I caught him, but he outsprinted me and I finished 2nd. I'd earlier come 3rd in the 880 and Harold 2nd in the 80 yards. On 1st June, 1935, I ran at Pendleton Sports, finishing 2nd to Dick Sagar in the fell race, and also 2nd in the half-mile. I got a stitch in the fell race or would have won. [During World War Two, Stan served with the 8th Army in North Africa, Sicily and Italy and afterwards helped to reform Clayton-le-Moors Harriers.]

The First Three Peaks Race, 1954

I can't remember what the weather was like, although I think it must have been fine. I lost sight of Fred Bagley [the race organiser and a member of Preston Harriers] on the summit of Ingleborough in the mist. This was the only one of the Three Peaks I had climbed previously and that day we had got lost on the summit plateau and arrived at Clapham instead of the Hill Inn. So I was fortunate in the race to locate Swine Tail. Dropping out of the mist, Alf Case and I had no idea where to go next, but were lucky again to see the small figure of Bagley in the depression leading down to Gaping Ghyll. He had got too far south but we followed and must have got too far south of Sulber Nick as we found ourselves on the clints. However, we could still see Bagley, who had realised his mistake and moved over till he found the Nick. Alf was faster than me and joined Bagley near Beecroft Hall, over the railway crossing and into Horton.

Then round the back of the "Crown" to a gate at the top of the first rise, then to the left of Brants Ghyll to cross the Pennine Way and direct to the summit of Penyghent via the buttresses, following the lefthand side of the wall to the checkpoint. I must have passed Alf on the climb and was by myself on the descent. I had heard of Black Dub Moss and avoided it by going to the right over the "bedstead" at the gap in the wall. I had never been over this ground before, and with visibility being good, must have made direct for Whernside. I found myself in front of Bagley at High Birkwith, where I asked the farmer, who was out shepherding on his pony, the way to Ribblesdale. I ran with Bagley to Nether Lodge, but instead of following the farm road up to Lodge Hall, kept to the fields, climbing one or two walls but using gateways where I could.

I eventually hit the road near the cattle grid at Ribblesdale. Under the viaduct, then cut off up the cart-track to the right of Gunner Fleet, then to the right of Winterscales and directly up Whernside. I enjoyed the climb and reached the summit via a grassy ridge with "steps" in, which I used on many other occasions. Bagley must have been well in front now, and not knowing the correct way off Whernside, I cut down to the left too soon and found myself on a steep boulder field where I must have lost a lot of time. The finish was at the stile opposite the Hill Inn, which was the finish for many more races afterwards.

Results: F Bagley 3 hours 48 minutes, S Bradshaw 4.6, A Case (Clayton) 5.2, B Cottam (Barrow) retired on Ingleborough with cramp in his thighs; W Airey and -? Smith (both Lancaster Primrose) retired on Penyghent.

We crossed the rough ground above Gaping Ghyll for many more years before we eventually found a sheep trod higher up on the side of Simon Fell, which is now the official route and eroded beyond belief. There were very few paths in those days and newcomers to the race always tried to follow Clayton-le-Moors runners, whom they presumed to know the best routes. An amusing incident happened at the start of the 1955 race: 16 of us were lined up in the road outside the Hill Inn when the whistle or gun went: half of the field ran down the road to the lane that leads to the Post Office, while the other half, including myself, ran up the road to the stile about 20 yards on. Can't remember which of us took the quicker route!

Mountain Trial

The first Mountain Trial took place in 1952 and my first one was in 1954 from the ODG in Langdale. We set off at minute intervals, according to the first letter of our surnames, and I think I was the first off. I had never been

on a Lakeland mountain before and can't remember having either a map or a compass. The mist came down as I approached Bowfell — and I was lost! After several minutes, I heard voices and managed to locate two other runners who said they were confident of the route. I followed quite comfortably but had no idea where I was. After about an hour of steady running over what I must presume was Esk Pike and on towards Scafell Pike, my companions seemed to be uncertain of where we were. [The next checkpoint after Scafell Pike was Great Gable.] To cut a long story short, we came down out of the mist into Eskdale, retired, and returned via Three Tarns. Winner: Joe Hand (Border Harriers).

I didn't compete in 1955, but the following year's route went from Seathwaite in Borrowdale over Pillar, Scafell and Scafell Pike. Not knowing the Lakeland fells very well, I tagged on to Des Oliver and two other members of Keswick Mountaineering Club as I knew they would be familiar with the route. They did their best to see me off but I stuck to them over Pillar, down Mosedale, up onto Scafell and Scafell Pike, and beat them over the long run into Seathwaite. Alan Byres of Border Harriers was lost on Esk Hause and asked me if I knew the way. He kept with me but I just beat him into the finish, but was very disappointed when I heard that Border Harriers had beaten us to the team prize. I suppose I got my just desserts as I had been following for most of the trial. Winner: Joe Hand, SB 8th out of 43 starters.

1961: From Wasdale, taking in Great Gable, Broad Crag, Wastwater, Seatallan and Illgill Head. Jos Naylor's first trial [though he had competed unofficially the previous year], I felt strong all the way. Left George Rhodes and Alistair Patten on the climb to Illgill Head, and caught George Barrow dropping down to Brackenclouse. It was misty on top. I thought George would beat me in as he was about 50 yards in front of me when he veered off to the right. I shouted to correct him — maybe not very loudly! — but he vanished into the mist in the direction of Burnmoor. George Brass 1st, Des Oliver 2nd, Stan Bradshaw 3rd. I was less than a minute behind Des. He bypassed me on a short-cut from Brackenclouse to the Green.

I was always a slow starter but could carry on over the full course at the same speed when many of the others were flagging. My lowest position upto 1968 was 26th and in 1957 I was 4th, but was disappointed at missing 3rd as I'd had the fastest time from Kirkfell to Cam Spout, via Gable traverse: 1 hour 17 minutes. Winner: Raymond Shaw (Border Harriers). Mass start from ODG but route unknown before start. First control: Tarn At Leaves.

The Bob Graham Round

Returning from the War in 1945, I worked all hours for 10 of 12 years, but eventually got things organised in my small Tripe works and appointed a manager so that I could have more leisure time to walk, run and climb. This would be about 1958. By 1960, I was really enjoying my cross-country, road and fell running and when I look at my diary for that year I am surprised at the mileage I put in. Training runs included the full Three Peaks courses, 26 miles over the Howgills, 28 miles over the Malham fells, 20 miles on Arran, including Goatfell, 24 miles from Millbeck over Skiddaw and Helvellyn, Lakes 3,000s with Alan and Ken Heaton in 12 hours 10 minutes, 38 miles over the fells from Keld, and a solo 56-mile Five Peaks Run in Ribblesdale, not to mention such road runs as Settle-to-Settle round Ingleborough (30 miles) and Padiham-to-Lancaster, via Trough of Bowland (32 miles) in 4 hours 50 minutes. Every few weeks or so, I used to meet Alan and Kean Heaton, George Brass, Alistair Patten and Gerry Charnley early on a Sunday morning for a 30-mile walk and jog over the Lakeland fells. This was 1958-60. Also, I used to take a day off work each week and have a long walk or jog in the Yorkshire Dales, around Pendle, the Howgills, Cross Fell and so on.

I must have been very fit after all my training and was raring to go. However, a few days before our attempt on 25th June, 1960, I developed a carbuncle on my left cheek. I had had two carbuncles a few weeks previously. I went to the doctor and he injected me with something (very vague). Going anti-clockwise, Alan, Ken and I ran all the way on the road from Keswick to Newlands Hause [it was then erroneously thought that Graham himself had descended from Robinson to Newlands Hause] on the hottest day of the year. When we arrived at our first peak, Robinson, I was surprised to find I had cramp in both legs. I was a little behind Alan and Ken at Honister. However, I climbed Brandreth, Green Gable and Great Gable with Alan, but coming off Gable, I started suffering again with cramp and can remember lying down on the rough scree in agony, with cramp in my arms and legs. I told Alan to go on. After a while, I recovered but descending Yewbarrow, started with cramp again and slipped and dislocated my thumb. I was well behind Alan by now [Ken Heaton had already retired due to breaking his glasses on Robinson and the sunlight affecting his eyes and causing dizziness] and left Wasdale without map, compass and torch! It was getting dark by Sergeant Man but I found my way eventually to Steel Fell, and Gerry Charnley showed his relief when I finally got down to Dunmail. As we had no other support, it was going to be impossible to support Alan, and so I retired.

The following weekend, I had a hard training run from Dunmail, doing a half-Bob Graham-plus of 48 miles.

I heard that Maurice Collett, the Kendal orienteer, and some friends were having a go on 8th July. He said I would be welcome to accompany them.

We left Keswick at midnight to go clockwise. Heavy rain on the Dodds and Frank Carradus and Paul Stewart retired before Dunmail. Collett got down to Dunmail okay and the weather brightened. Ted Dance was our support and we went very well to Mickledore, but up Broad Stand, Collett, who has a paralysed arm, had to retire. It was hard luck on Maurice and we were sorry to have to leave him to make his own way to Wasdale. I can remember having to warm my own soup here but was in good spirits. Can't remember who supported me from Wasdale to Honister. I went in the Youth Hostel at Honister and was treated well, being given soup. Two of Collett's friends accompanied me from Honister to Robinson. I was in good form and ran all the way in to Keswick to finish in 23 hours and 25 minutes. [In 1977, at the age of 65, Stan made two further complete traverses of the Round, having narrowly failed to get inside 24 hours on the first occasion due to sickness.]

Ben Nevis Race

1956 was the year of my first Ben Nevis Race, when I was 44, and I ran 12 consecutive races, missing the thirteenth for business commitments. I won the Veteran's prize six times. I ran the first race in 2.13 and did this same time eight years later, and I think this was my best run. My slowest time was 2.20. The course for those first 12 races started in Fort William, where the baths are today. I had some Veteran rivals in the Ben Race. The first year I ran it, D M Bowman of Clydesdale Harriers was awarded the Charles Steel Veteran Trophy, but when I received the official results sheet, I realised I had beaten him. I wrote to the race secretary but it was six months before I got the trophy. For the next five years, a well-known ghillie said he was going to thrash me but he never did. Eventually, I was beaten fairly easily [in the 1958 race] by A A "Bertie" Robertson (Reading), the 1947 English cross-country champion. He was too fast for me on the road at both start and finish, though I held my own on the rough going. Another well-known athlete to beat me was George Coleman, Olympic walking champion, but only after I had beaten him twice. I had run the race seven times before I *walked* up Ben Nevis in the winter of 1963, when I started my love affair with the Scottish mountains.

Scottish 4,000s

Arthur Clarke, John Eastwood and I left Fort William at 8.30 pm on 27th May, 1967. Deep snow on the Ben and it took us five hours to reach the summit. Arthur was sick here. We were in thick mist and bivvied for two hours till first light. Made good progress to Loch Ericht, but then heavy, driving rain. Arthur retired at Luibeilt. Reached Dalwhinnie, wet through and ready to retire. Support in newly built house, though, and after a good meal and drying out, we set off at midnight on road to Tromie Bridge. Reached Achlean, Glen Feshie at 8 am, 29th May and left at 10 am, feeling in good form. Deep snow on plateau to Cairn Toul and Braeriach. Impossible to descend to Lairig Ghru without ice axes, so down to Sinclair Hut and up onto Ben Macdui. Blizzard up here. We had no bivvy bags, so sheltered behind ice-covered rocks till dawn. Our cagoules were frozen to the rocks. Weather improved on Sputan Dearg and we made good time to Cairn Gorm, descending to Loch Morlich at 9 am, 30th May. Sixty hours with two nights out.

Tan Hill-Cat and Fiddle

The 1966 Tan Hill-Cat and Fiddle, linking the two highest inns in England, was I think my first walk over 100 miles. We set off on 27th December in a snowstorm, but the weather did improve. I was with John Richardson and Dennis Weir, two noted Rucksack Club Walkers, who encouraged me and pulled me through. Except for two 10-minute sleeps, the only stops we had were for refreshments. I can remember standing in a water-filled horsetrough to cool my feet. It took us 52 hours. My 1968 walk was with John in July and I can't really remember much about it.

Pennine Way

12th-18th August, 1972: six days, 9 hours 57 minutes. With fellow-Clayton Veterans Don Talbot and Fred Thompson. First night at Mankinsoles YH, 2nd at Tennant Gill (camping), 3rd at Thwaite (b & b), 4th at Knock YH, 5th at Cockmount Hill (b & b), 6th at Byrness. Felt good all the way. Walking and jogging 12 hours a day. I was pretty fit, having done a lot of long races and walks over the previous six months. Fred had a lot of trouble with his knee and was very slow near the finish.

14th-20th April, 1976: six days, 6 hours 50 minutes. With Clayton runners Frank Milner and Robin Price. Set off from Kirk Yetholm in blizzard, wearing full waterproofs and carrying rucksacks containing flasks and food, etc. Deep snow all the way over the Cheviots. Stayed at Byrness YH. Started 2nd day at 7 am. Better weather. Should have met support at Peel. Not there, so went down to pub (once brewed) on main road. Support panicked when they saw us looking through the pub window. Continued to Kellah Burn, then transported to Ninebanks YH. 3rd day slept in barn at Sourhills Farm (48 miles). 4th day Hardrow: slept in barn again. 5th day Thornton-in-Craven: slept at home at Padiham; 6th day Standedge: slept at Frank Milner's, Ossett; 7th day Nag's Head, Edale. Felt good all the way after weekly mileages of 80/100 miles per week.

Other long walks included Snowdonia 2,500s with Don Talbot and Harry Moody in 38 hours 40 minutes on 29th/30th May, 1975: 68 miles, 26,000 feet. 77 Lakeland 2,500s in 1968 with John Richardson and John Eastwood. I've never understood why later attempts at this all took in less than 77 summits. Six Northern County Tops in 1968 with the late Brian Ripley of the Karabiner Mountaineering Club: 73 Zi hours without sleep. Most long walks were done in walking boots, breeches, anoraks, etc carrying most of our sustenance, whereas they are run in lightweight gear nowadays.

The First Lakes 3,000s Marathon

After a hard week at work, I left home Friday night, 9th July, 1965 with Steven Johnson. We slept (?) in the back of the car for an hour at the most. Off at 2 am. Mike Mitchenam (?) beat me to the top of Skiddaw, but I was back down to Keswick for 4.10 am. I ran all the way on the road to Seathwaite and passed Mitchenam. It was a beautiful morning and I can remember the lovely scent of new mown hay. I went up Taylor Gill and felt strong. Corridor Route to Mickledore, then up Lords Rake onto Scafell, where the checkers were asleep in their tent. Woke them up and they saw me safely down Broad Stand. I reached Wythburn at 10 am and Helvellyn at 11.15, too soon for the checkers and refreshments. Down to Stanah, where I got encouragement from Fred Rogerson. Walked and jogged to the Moot Hall, arriving at 1.11 pm. Time 11 hours 11 minutes. Mitchenam was 2nd and Bill Stainton 3rd. Went home Sunday afternoon to catch up with my work and prepare for Monday's deliveries.

When I went around the 3,000s in 1960 with Alan and Ken Heaton in 12 hours 10 minutes, we had discussed whether it would be feasible to put a race on over the course, but decided it was too big a risk over the distance and rough terrain, but five years later the Ramblers Association astounded us by organising the event.

The FRA

I served on the FRA committee from 1972 to 1978. I can remember walking and jogging over to the very first FRA meeting in Skipton. There were perhaps eight or ten there. A lot of time was spent discussing safety aspects of fell running as we knew we would get bad publicity if anything went wrong. I don't think there was any discussion about our relationship with the AAAs in the first few years, but I may be wrong.

On opening my daily paper this morning [2nd April], I was confronted by the headline, "Grins and Tonic for the Last Bastion of True Blue Sport". This was referring to the Boat Race, which in future is being sponsored to the tune of £200,000 to race in Spain, Tokyo, America, etc. . . Who do they think they are kidding? Have they never heard of the FRA? No, I don't suppose they have because of the low profile the Association keeps. Although the fields are so large these days, it really pleases me that publicity is kept to a minimum and kept to the members. I am all for keeping the Press away from our Sport with all their false reports and sensationalism that seem to be part of their trade.

The main objects of the FRA are to cater for the ordinary fell runner who enjoys nothing better than to get away from the stresses of everyday life and get out on the fells for a few hours, whatever the weather, to test him or herself over the moors and bogs, the scree and the rocky climbs. I can't remember much about that first meeting in 1970 but I am sure these must have been the main reasons for forming the Association.



On Sunday, 23rd September, six teams of men and women, all world-class mountaineers drawn from the five continents (and including a blind climber), will reach the summit of the Eiger in Switzerland and unfurl a specially created "Flag of Flags" combining the symbol of the United Nations and the national banners of all UN member countries.

The aim of "The Climb for the World" is to show concern for the future of our planet in the face of pollution, poverty, famine, wars, global warming and environmental destruction.

The organisers of the event are hoping that fell runners will run their local hills on Sunday, 23rd September, which is to be designated "Care for the World" day, as a gesture of support for the work of the United Nations in saving and protecting the environment.

Details and further information from Adrian Boyes, 28 Beech Drive, Ashbourne, Derbyshire DE6 1HL (Tel: 0335 44996) and Edwin Drummond, 1 Graby View, Smalldale, Bradwell, via Sheffield, South Yorkshire S30 2JQ (Tel: 0433 21265).

Long-Distance News

Summary

May Day Bank Holiday weekend saw the long-distance scene breath new life again. By then Hugh Symonds had already been climbing Scottish mountains each day for two weeks as part of his 100-day challenge to complete all the Munros in Great Britain as a continuous traverse. He is due to finish on Snowdon summit on approximately 27th July.

South Wales Traverse

On Bank Holiday Sunday, Adrian Belton successfully passed his 1990 MOT by slicing two hours off the record for the South Wales Traverse. This run from A-*B will be described in detail (not much!) in a forthcoming article but it suffices to say that on a hotttt day, it was a pretty impressive performance to run 72 miles, cross all 31 x 2,000 foot peaks in South Wales and climb/descent 17,000 feet in 15 hrs 12 mins.

Summer Campaigns

Having passed his MOT, Adrian will probably now look to bettering Jon Broxap's 1988 Scottish 24-hour record of 28 Munros sometime in early July.

In the meantime, Mike Hartley has his sights set on the three national 24-hour mountain rounds, Ramsey's Round, the Bob Graham and Paddy Buckley's Round. To make the challenge match his Pennine Way success of last year he aims to complete all three (including travel between Fort William, Keswick and Capel Curig) within four days!

Rumours abound of attempts at quick rounds, multiple rounds and new rounds. It looks like 1990 is gonna be a tiring year for pacers!

Awards

Helène Diamantides and Mike Hartley shared the FRA's Long-Distance Trophy for 1989. Helène received the award in recognition of her three record-breaking 24-hour rounds and Mike for his Pennine Way record. I keep a register of Long-Distance Individual Fell Records and rely on those who set new records to send me a schedule and report. Details of achievements which are added to the register during 1990 will be considered by the committee in the autumn and they then decide who should receive the Long-Distance Award. Please send details of record-breaking runs to:

Martin Stone, 12 Moorlands, 103 Garstang Road, Preston PR1 1NN

The Bob Graham Club present an annual award to a member of the club who has completed the most outstanding long-distance mountain running achievement/s. The award is made in the autumn and covers the previous calendar year. Mark McDermott received The Bob Graham Club's Achievement of the Year Award for 1988 in recognition of his Lake District 24-hour record — 76 peaks. To be eligible for the award, the member must be nominated by a friend or someone who witnessed the event. The nomination should include a description of the challenge, a schedule and reasons why the achievement merits the award. Nominations for the 1989 award should be sent by July to:

Mr Fred Rogerson, Tethers End, Lindeth, Windermere, Cumbria

“Once More Into the Brink” ... (or is it Drink?) on the South Wales Traverse

There is only one thing more difficult than completing a long mountain challenge — that is attempting to organise the logistics of moving supporters' cars to the owners' desired destination.

The *creme de la creme* of these ultimate challenges lies in South Wales. The actual event, known as “The South Wales Traverse” is a walkover compared to the chaos that reigns behind the scenes.

Picture yourself on a hot, sunny Bank Holiday Sunday in May. Most normal people are doing lobster impressions in car parks and the really energetic are reaching for their pints. The other 0.001 per cent of the population is engaged in the less well known sport of “shuffling”. As a novice to this technical event, I shall explain for the benefit of less enlightened members of the fell running fraternity.

AIM: To help Adrian (Eagle) Belton break the previous record for the 12 mile run over all 31 2,000 foot peaks in South Wales. Previous record time was 17 hours 15 minutes. This attempt is scheduled at 15 hours 17 minutes.

ACTUAL AIM: (All real expert shufflers hide behind an artificial objective.) The actual aim is to clock up 226 miles on the designated car, starting and finishing at points separated by 80 miles, utilising as many cars as possible to “leap frog”* between support points.

* technical jargon, meaning to swap.

SUB-OBJECTIVES: 1. Get Martin Stone's car from Preston (while he's in London at a stag party — not his own!) to somewhere in South Wales where he isn't going to use it for the weekend but would like it to get home in.

Problem: Leave it at one place so that Rex can give him a lift there from London to swap cars. Change of plan half way through events means Havard Prosser and not Polly will meet the two aforesaid delinquents at station. However, Havard's car does not look like Andrew Addis's car, with whom Polly came to Wales and in which she was going to meet Martin and Rex at the station.

Result: One very near miss and score of 10 out of 10 on the confusion scale.

2. Allow all pacers to run at least one section each and still have transport available at the finishing point so that Kay and Martin Lucas can go and play squash, John Darby and Benji and John Sweeting could get home in the next 24 hours.

Problem: Too many cars, not enough drivers and a distance of approximately 12 miles separating each road crossing. Confused yet?

Come back Chris Bonnington and solar powered computer — all is forgiven.

Result: 7 out of 10 on confusion scale.

3. Keep all the pacers in the dark till the last possible moment. Objective achieved! Not only were they unaware of what they were doing with their cars, where, when and how, but they also had no idea who with. Hands up anyone who drove their own car for more than one loop.

CONCLUSION: A completely successful mega-shuffle was achieved with everyone at Point B (including cars) even if they didn't want to be there. In fact even Adam managed to get there, carving two hours off the previous record for the super South Wales Traverse Shuffle in the process — 15 hours 12 minutes!

C.A.T.S.P.I.S. (See June '89 issue for translation of this acronym).

NB. A Special editor's note may be required to explain the subtleties of this new sport to Pudsey and Bramley readers. Sorry, that was uncalled for! Thoroughly enjoyed reading Paul Stevenson's account of Pudsey's rise to fame.

“... And now on a slightly more serious note, Thanks to . . .”

Martin and Kay Lucas for getting up at an unearthly hour to allow the attempt to start at 5 am, and for nearly being back at the Storey Arms in time to transport water to the top of Pen y Fan.

John Darby for the non-stop conversation from the A4067 to the Storey Arms, and for finding sheep trods which I don't think even the sheep knew existed.

John Sweeting who must have wondered what on earth was going on, and for so ably stepping in for the place of Denis Thomas who, along with many other members of MDC, had an excuse the night before for not being able to help on the day. Many professed it was something to do with the fell race, which although MDC won the team prize, resulted in more twisted ankles than there were MDC Members.

Andrew Addis for driving the length of Wales, picking up another pacer, and despite saying “never again”, setting foot on the Brecon Beacons and Black Mountains exactly two years on, after setting the joint record with one Mark McDermott and myself.

Havard Prosser, for nearly meeting me at the Storey Arms. Special mention must be made, however, of his interception of Rex and Martin; quite a feat when one considers that their Porsche had flown from Reading to Merthyr Tydfil in an hour-and-a-half. To have seen the car, let alone stop it, was quite remarkable. Thanks also to Havard for helping to pace me over the first of the Black Mountains, and for getting me thoroughly scratched, bruised and nearly lost on the descent to the Forestry Commission Car Park.

Martin Stone for arriving with two minutes to spare at Abercynafon. His pleasure in watching me suffer in the heat of the day was matched only by my bemusement of his Lawrence of Arabia look-alike style of headgear.

Polly, who was ready to pace me in case none of the others arrived. In the event, she had the dubious pleasure of watching me suffer over the hottest parts of the route.

Rex Strickland for his usual verbal “encouragement”, and for making my conversation with “Uncle Hughie” half way up Pen Cerrig Calch, so much easier. The strain on my stomach muscles throughout the Traverse had been far greater than that on my leg muscles!

Robert Benjamin for looking so cool on the road section and for providing a marvellous secret mix of strawberry flavoured energy drink. Thanks to him also for negotiating special access across the private bridge to Cwm gu.

And finally, Helene Diamantides or chauffeuring me, feeding me, covering me in sun-tan lotion and for the final burn-up along the last six mountains.

When will she have a go at this particular 24-hour challenge? (No women have attempted it yet.)

A special word of thanks also to the Met Office for such good weather; just a little bit too hot from mid-day to the middle of the afternoon, but what superb conditions in the early morning and late evening. In returning to this area, exactly two years on, we fulfilled a promise which we did not keep last time, and that was to arrive at the pub in Llanthony in time for a few beers. A great end to a great day out.

Many thanks to all, not only those mentioned above who helped me on the day, but to those who offered me advice and encouragement. Whose for breaking 15 hours?!

Adrian Belton, Mynyddwyr de Cymru, 6.5.90

CAPTION CONTEST

Whinberry Naze

Boxing Day 1989 *Photo: Peter Hartley*



Send us your Caption for this Photo — see page 9 for details.



Approaching Grindslow Knoll at Edale.

