

The
Fellrunner



October 1991

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Bit at the Front *Neil Denby*

Hands off the organisers!

Our letters columns contain a couple of angry blasts that perhaps runners and organisers need to think about. Organisers are a much under rated species and obviously Colin Taylor, who organises the Downham Fell Race, has a genuine gripe about some unthinking competitor who wants to have a go at the man who receives the most hassle on the day. The Downham race contains 1700' of climb and at such heights, even in August, bad weather can descend suddenly; on this occasion the weather had been bad for some time and clearly Pendle hill was going to be locked in mist. It raises the question of what actually does constitute a 'marked course' - do runners expect the equivalent of the marathon 'blue line' to give them the optimum route or will some scattered bits of orange tape do?

As there is no clear definition of what 'marked' means, perhaps it would be better if it was a term which did not appear to describe a race. Then, at least, people would not rely on it and be fooled into thinking "this is an easy one". To flag a 2 mile straight - up - and - downer might be possible - to flag over 5 miles in the same way is clearly not. My own feeling would be to flag only those parts where it was necessary either for safety reasons (Peris round the quarries) or because the race crosses private land (Sailbeck) and not only allow, but encourage route choice elsewhere.

The second blast is aimed at another organiser - a race official and long time stalwart of the

FRA committee - who seems to have chosen the wrong moment to let Alan Greenwood know that his efforts in the Wasdale would not be officially recognised. Now, I am fully aware of why competitors may be timed out, although it has always seemed a very cruel practice. A friend of mine, in her first Three Peaks Race, was bitterly disappointed to be timed out after two. She would have finished, and she would have finished in front of certain competitors who weren't timed out but died on the last climb. In the case of this year's Wasdale, conditions were atrocious and this, of course, presents a dilemma - how flexible do you make 'cut-off' times and how long can you expect marshalls to stay on cold and windy summits? It is necessary, on such a race, to ensure that all competitors are 'home' and to know, if anyone has gone missing, where they were last logged; but is it really necessary to tell someone, as they cross the line, that they have not finished in time?

Perhaps the solution lies in the 2 way radios which the FRA is making available to race organisers but, in the meantime, perhaps a little more understanding between race organisers and competitors - in both directions - would leave less room for discontent!

You may have noticed something different about the cover. It is the first time that the *Fellrunner* has appeared in colour and, hopefully, not the last. The only criterion which I have applied is that we will only have colour if the membership is not paying for it - the Association therefore owes its thanks to Francis Uhlman for his sterling work in selling advertising space.

Get it on disk!!



The Association has bought some right expensive computer equipment to try to drag us into the 20th century. If you can provide articles etc. on 3+ inch discs of DOS or DFS format (not Unix); preferably in ASCII; then we can handle them easily - the amount of stuff that comes that is obviously a computer print out is growing but still needs to be re-typed if the disc isn't with it. This costs us MONEY! We can handle RISC OS as well if you must. Disks will be returned immediately.

If you have no idea what any of this means, then ignore this space!

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Centre pull out section of over 150 results and race reports.

Cover photos : The mighty Matterhorn looks down on little brother Ben. Ex-pat Sally Goldsmith wins the ladies open race in Zermatt (photo Bob Douglas);inset: Dunbar runner John Kirkland pushes up Ben Nevis (photo Steve Bateson).

CALENDAR

As a result of suggestions made through the survey, the *Fellrunner* will this year be producing a 12 month calendar. Featuring some of the best shots that never made it into the magazine with brief information about some of the classic races it will make an excellent Christmas present or race prize as well as being useful and decorative in its own right.

The calendar will be A4 format and costs a mere £2.00

if ordered before November 15th.

Orders and sales after then will be £2.50.

*The calendar is not a fundraiser, but nor do I wish it to make a loss, so please, the number we print depends in large measure on the number of pre orders. Bulk orders to sell on in shops/clubs etc. are welcome and you are free to add your own mark-up. Please send cheque or postal order with order but **no cash**. Your cheque will not be cashed until we can fill your order.*



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PLEASE SEND ME FRA 1992 WALL CALENDARS at £2.00 each (before November 15) or £2.50 each plus postage and packing. Postage & packing: 50p per calendar.

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(Copies of this form or orders on paper are welcome.)

Please note, this is NOT the FRA fixture calendar!

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John Bulman 1927 - 1991

After an enjoyable week on Jura culminating in the alternative fell race and the inaugural cycle race, I moved on to the better weather on Glen Etive. A Thursday evening in the Kingshouse was interrupted by a telephone call from Selwyn. John Bulman had died peacefully in his sleep early the previous Monday morning, May 27th. He was one of my best friends. I have spent more time on the Lake District hills with John than with anybody else and he, together with the late Frank Travis had a considerable influence on my life by introducing me to fellrunning.

Many runners of veteran vintage will remember John, and younger runners are getting to know the Bulman name as his youngest son James establishes himself on the fellrunning scene. John was born at WHA house in Eskdale where his grandparents had The Woolpack which remained in the family until a few years ago. His parents took the Old Dungeon Ghyll and shortly after the war moved to the New Dungeon Ghyll which in those days was also a farm. When his parents retired, John ran the hotel with his brother-in-law and it was a regular haunt of the Fell and Rock, Wayfarers and Achille Ratti whose huts are nearby. They sold up in 1975 and the Bulmans opened a guest-house at Stair in Newlands in a beautiful setting under Causey Pike.

As a boy, John was not encouraged to run in fell races as his mother said it was bad for the heart! However, he would escape to a fell race whenever possible and in the years after the war was competing in Lake District sports such as Grasmere, Keswick and Borrowdale against the legendary Bill Teasdale and Stan Edmondson of Seathwaite. In those days there were none of the longer fell races we know today. In later years, though he was rarely seen at race venues, those who knew him would spot him on route giving cheerful words of encouragement, or perhaps taking the mickey if appropriate. He kept very much in the background, but had a very efficient grapevine and was well versed in fellrunning activities. Although he had not competed seriously since those early days, he occasionally decided there was something to prove. In 1976 he completed the Borrowdale race in just over four hours and danced the night away afterwards with Lily Bland. In 1984 he went with Neil Walsley to the Ben Nevis race which he finished in just

over 2 hours and also in 1984 completed the Hellvelyn race in 70 minutes.

John was involved in many traditional Cumbrian activities. He was huntsman and kept the Windermere Harriers at the New Dungeon Ghyll where their barking frequently kept campers awake all night. He was also for some time joint master of the Ullswater pack. He was often to be found at local sports and shows judging the hounds or the terriers and taking a keen interest in the athletics and the wrestling. He had a smashing sense of fun and I remember many lively evenings when he played his accordion and enjoyed a sing-song in the local.

After leaving the New Dungeon Ghyll he was for several years a National Park Ranger and during this period I spent nearly every weekend with him on the fells. He never mastered a map and compass but even in the foulest weather he seemed to find his way by instinct, or was it local knowledge? He was a good ranger, always low profile, but friendly and helpful when approached for assistance. He progressed to become Upland Management Officer for the Northern Lakes. As with everything he did, he accepted this new challenge with dedication and enthusiasm, and I imagine the pressures of this work had something to do with the heart attack he suffered in 1989 which enforced his retirement. However, he appeared to make a good recovery and took his daily exercise on the Newlands fells. The day before he died he went round the Coledale Horseshoe.

His four boys were all encouraged to take up fellrunning with varying degrees of success in junior races at local sports. Only the youngest, James, is running seriously at the present time and John had been revelling in his recent fell and road successes.

I was unable to attend the funeral at the tiny church in Newlands, well known to all Bob Graham contenders. What a beautiful setting to say goodbye to John whose whole life revolved round the hills and valleys and people of his beloved Cumbria. To me it is the end of an era and he will be missed by all who knew him. Our thoughts go to his wife Jane and family Sally, David, Robert, John, James and Elizabeth.

Mike Rose



James Bulman carries on a family tradition. Here seen on the path from Dale Head Tarn in the Borrowdale Race.

Photo: Bill Smith.



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I'm looking to establish fixed publication dates:
1st week in June, October and February. Deadline
for articles, letters etc. for the next issue is

JANUARY 10th

Neil Denby, 39 Withyside, Denby Dale,
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Results and Race Reports to:

David Weatherhead, 47 Clarendon Road,
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Francis Uhlman, Beudy, Newydd, Llanfrothen,
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News and Views

Secretary's Corner

COMMITTEE MEETINGS

1. Burnsall 18.5.91

A full agenda was considered after the previous meeting was given over entirely to discussion of the fatality at the WELSH reservoirs relay.

a) CHAMPIONSHIPS : Rod Pilbeam reported that the Championship committee had made the following provisional choices for 1992:-

British :

April	Pen y Fan	AS	Wales
May	Coniston	AM	England
June	Dollar	AS	Scotland
July	Turnslack	AM	England
August	Angus Munros	AL	Scotland
Sept.	Peris H-shoe	AL	Wales

English :

March	Edale	AL
April	Grisedale	AS
May	Coniston	AM
June	Duddon	AL
July	Turnslack	AM
August	Wrekin	AS

The race organisers have now been contacted and this provisional list was confirmed in August.

b) JUNIOR POLICY : It was felt that the committee needed to concentrate on the juniors because there had been very little development over the past few years. Pete Watson attended the meeting and age limits, distances, championships and general philosophy were discussed. It was difficult to proceed, however, when there had been no interest in taking over the organisation of junior matters despite an advertisement in the magazine. We agreed to redouble our efforts to find an organiser.

c) KINDER DOWNFALL : Complaints were received that the profits of this race went to a political party. This was felt to be a very sad development and the secretary wrote a letter of complaint.

Other decisions were taken at this meeting to take out advertising in "Up & Down" to help them through a sticky patch; to do a survey of the FRA trophies to decide which ones need replacing; and to continue work on a medal to replace the glassware which is given out at the Dinner.

2. Keswick 31.6.91

a) British Athletics Federation : Norman Berry, our rep on the AAA general committee, reported recent developments. The new Fell and Hill Running Commission will come into operation in March 1992. We were involved in drawing up the Constitution and the Commission will be composed of two members from the SHRA, 1 from the Northern Ireland FRA, 1 from the Welsh Regional Committee and 3 from the FRA. In the mean time a Shadow Commission will be formed to pave the way for the new body. The other bodies will be invited to send reps to an initial meeting in September, which will look at what sort of areas it should have authority in, and what is the rightful province of the national associations.

FRA Relay : Guidance had been asked for on criteria for organising the event. we concluded that one of the attractions of the event was the variations on the general theme which organisers have employed so far. We do not want to tie down future organisers other than to say that the event should be category A with a winning time of around 4 hours.

World Cup : It was agreed that the England rep at the ICMR meeting in Zermatt should propose that



Naked men on the hills! A fellside ruin being passed on the Musbury Heights Race.
Photo: Steve Bateson.

the world cup should become a bi-annual event. It was also reported that the Safety Committee had co-opted Joe Boothroyd, Chairman of the Lake District Search and Mountain Rescue Association, to help with its work, and an interim report was presented.

Burnsall 24.8.91

a) Safety Committee : Dave Hodgson reported that Carol Matthews' inquest was to be held early in October. The Committee would be represented. Several organisations which the committee wants to talk to will not see us until after the inquest. In the meanwhile it has been a priority to make necessary amendments to our safety requirements. Amendments were discussed and agreed. These will appear in the next Calendar. We also agreed to spend up to £1000 on a set of radios which will be available on loan to race organisers. It is clear that we must become quicker at discovering when a runner is in difficulties and notifying the police.

b) 1992 Relay : The offer by Keswick AC to stage the event from Threlkeld with 4 legs, 2 medium, 2 short, 2 runners per leg, was gratefully accepted. The same weekend was recommended.

c) Juniors : It was reported that offers to help with the organisation of the juniors had been received from Andy Trigg and Dave Richardson. These were both accepted and it is hoped that Andy in Derbyshire and Dave in Cumbria will be able to work successfully together.

We also agreed to urge the ICMR to continue to invite all the Home Countries to take part in the World Cup.

d) Chairman : Dave Hodgson is coming to the end of his 3 year term as chairman of the FRA. The Committee was kind enough to ask me to stand as Dave's replacement and in the absence of any other candidates I agreed. A recommendation as Secretary has not been made at the time of writing.

e) Radio Officer : The Association is now committed to organising a loan scheme for CB radios. We are looking for someone to run the scheme, preferably someone with experience of working with CB networks in the hills. Have we a Raynet aficionado in our midst? Hopefully he/she would help us run a training course and a 'mail order' system for race organisers of medium or long events.

Selwyn Wright

Views

Letters

Junior Age

Dear Sir,

I am writing about the age rule of juniors which makes some ineligible for championship points. Surely if they are old enough to run in championship races they should be counted.

The point the committee makes about it being unfair to juniors who might have competed if they thought the ruling was different is wrong, all the regular juniors have been competing.

The FRA should be encouraging the juniors and not discouraging them which is what the committee has done with this silly rule. It is going to make the championship a farce and should be changed as soon as possible.

Yours faithfully,
Bob Whitfield, Clapham

Politics out?

Dear Sir

After reading a comment by Nigel Pratten about keeping politics out of The Fellrunner, I was amazed. Does he not realise it is politics which have sold water and Forestry Commission land and which we are now, or soon will be, denied access to?

The only way to make sure we are taken into account on such matters is for everyone to write to their MP and for The Fellrunner to publish articles on any political decision that affects our sport. Politics affect every aspect of life and therefore cannot be kept out of this and/or any other issue.

Yours faithfully,
David Tootell, Manchester



VIEWS.....

Snowdonia

Dear Sir

I was somewhat dismayed to read the article about Snowdonia by Francis Uhlman. In it he says there is no fell running club within forty miles of Cader Idris. Our club is at Tywyn, about 12 miles from Cader as the crow flies and as you know we are affiliated to the FRA.

Another fact he is unaware of is the race from Dolgellau to the summit of Cader which took place on 21st June and was won by Dafydd Roberts of Hebog.

Yours faithfully,
Eric Jones, Secretary,
Tarren Hendre Fell Running Club

Environmental damage

Dear Sir

It is with some interest that I have read the recent correspondence concerning damage to the environment caused by fell racing and I fear that the writers are missing the point. Whatever we do will cause some change in the environment; in writing this letter I have an electric light on which is powered by a coal fired generator which causes acid rain in Scandinavia. Yet I am writing this letter about concerns for the environment.

Fell racing is carried out by a very small minority of hill users and this is likely to continue due to the demands of the activity. Fell races can be strictly controlled to reduce soil erosion, walkers hurrying to Edale youth hostel in the rain cannot be so easily controlled. The damage caused by the Ben Nevis Race is in relative terms negligible to the damage caused by skiing in the Fort William region. And all the fell races in Cumbria are insignificant in terms of environmental hazards to the potential problems related to Sellafield.

Yes, fellrunners should be concerned about the effect the activity has on the environment, but take this concern beyond the sport and become concerned, individually and collectively, for all aspects of the environment we all care about.

Yours faithfully,
W.Waine, Leamington Spa

Stuc a Chroin

Dear Sir

On behalf of the Stuc a Chroin race committee, marshalls, timekeepers and the village people of Strathyre, I should like to thank kindly the authors of the two articles in the June 'Fellrunner' for their appreciative words on the above race.

There is a staggering amount of effort put into this race by all the people mentioned above which helps to make it the event it is. It is therefore a great pleasure to receive letters and to read articles such as those in

your magazine. It really does make all the hard effort it takes to organise the race worthwhile.

I should also like to thank the runners themselves for entering into the spirit (usually Tullibardine Whisky) of the event. They certainly helped to make it a weekend to remember what I can remember of it!

As for rumours regarding 'Handy' Andy Peace putting the race in jeopardy; it was decided by the summit marshalls to spike his bottle of Highland Spring water. Unfortunately they mixed his bottle up with my 'elixir for faster running' and thus the reason why he came first and I came twelfth from last. The marshall responsible is now hanging from the gibbet half way up Ben Each as a warning to 'Handy' Andy not to come back next year and try and break the two hour barrier - when there will be a special prize on offer!

Hope to see you all again next year, if only at the bigger and better Ceilidh.

Kind regards
George Coppock, Secretary
Stuc a' Chroin Committee

Calendar 1992

Message to Organisers

The race registration forms for race entries in the 1992 calendar have been sent out on the 30th September. If you have NOT received a form, or if you wish to include a new race,

please phone
Dave Jones on 061 4851639

as soon as possible. If you have received your form it would really help with producing the calendar before Christmas if you could complete and return it as soon as possible.

Rumour has it...

that a fall in the woods during the closing stages of the Peris disarranged winner Paul Brownson's clothing to such an extent that he literally streaked across the line! Anyone got photographic evidence??!



Ray Rawlison (Rossendale) leads the field at the start of the Cowpe Lowe Classic.
Photo: Steve Bateson.

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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Scottish Views . . .

SHRA/FRA: Where are we?

The following correspondence, sparked by Roger Boswells letter, has appeared, in part, in the SHRA magazine, edited by Ewen Rennie.

Dear Ewen,

I do not intend to get involved in points of detail of which, to be frank, many are more historical than relevant to what is actually happening. Suffice to say that the relationship between the FRA and the SHRA has changed considerably in the last few years. Relationships in the past have been somewhat strained and at times hostile. This is no longer the case. Through careful dialogue and understanding a strong link has been fostered between the two bodies. Correspondence is frequent and positive and there is now a sound appreciation of our respective positions. In this context it is worth noting that the FRA no longer consider as a UK association.

With reference to governing body status, the SHRA although having still not reached its ultimate goal has made massive steps forward through a much closer relationship with the SAAA and by projecting a more reasonable and creditable image. Major concessions have been made by the SAAA and progress, although not swift, has been effective. It does, however, seem that events will be overtaken by the new Scottish Athletics Federation to which the SHRA have submitted the draft format for the hill running commission to consider.

With respect to specific issues, the FRA/SHRA are currently discussing the SHRA's strategy development plan including environmental guidelines and safety aspects. Open hill running and publicising the sport have already had full consideration and the appropriate action taken. Categorising of races has been raised and is to be discussed further with a view to adopting a common set of guidelines. There will be closer liaison on the production of both FRA and SHRA calendars this year and myself and Dave Jones have made suitable arrangements mindful of the problems experienced in the past.

It is therefore clear that the SHRA/FRA relationships are in a very healthy condition and that there is no division which Roger clearly implies in his letter

Yours faithfully,
Alan Farningham, Secretary SHRA

Response...

This open letter to FRA Chairman Dave Hodgson followed close behind...

Dear Dave

In the latest edition of the Scottish Hill Runner, Alan Farningham, the SHRA convenor says, "...the FRA no longer consider themselves as a national association." Is this true?

Yours sincerely,
Roger Boswell, Lochaber AC & FRA

Reply...

Dear Neil,

Whatever happened in the past, I am pleased to report that the relationship between between the two organisations is now excellent. There is a regular dialogue across the full range of fell running subjects and both have been involved in formulating the rules for the Fell Running Commission of the British Athletics Federation. This Commission, which will be made up of members elected by the FRA, the SHRA and the Welsh and Irish regional committees of the FRA will become the umbrella organisation for Fell and Hill Running throughout Britain.

Given the present good relationship and these imminent changes, there is little to be gained by pursuing historical differences. The advent of the British Athletic Federation should bring about a more logical structure to the organisation of our sport and we all need to work constructively to ensure its success.

The FRA represents all its members, be they English, Scots, Welsh or Irish, but there are sound logistical reasons why detailed negotiations with Scots, Welsh and Irish AAAs are best carried out at regional level.

The facts are that the SHRA has over 300 members, whilst 160 Scots are members of the FRA. Many, of course, are members of both organisations, but these figures clearly indicate that on the grounds of membership, as well as geography, the SHRA are the body best qualified to carry out detailed negotiations with the Scottish AAA.

Yours sincerely,
Dave Hodgson, Chairman, FRA

Congestion

Dear Sir

Many short B and C class races are not fell races in the classic sense, they are run on clearly marked courses using well established footpaths and of necessity include a large proportion of road and farm track. The increasing number of both races and entrants clearly show that there is a growing demand for this type of race.

Most of these races are part of the general fundraising effort associated with a local wakes, gala week or agricultural show. A hard working organiser and a small army of volunteers ensure the race is run smoothly. A typical entry fee of £1.50, plus 30p for a photocopied results sheet produces a healthy profit once basic expenses have been covered.

The increasing popularity of these courses has meant that many races are unable to cope with the number of entrants. On the narrow stretches most of the field are held back by the first contestant reduced to a walk and awkward stiles result in queues of frustrated competitors delayed for several minutes. Organisers are reluctant to limit the number of entrants as this will reduce their profits but with a little thought and effort improvements can be made. Temporary stiles (a step ladder) may remove some bottle necks, others can be avoided by minor course modifications. Gates should be used rather than stiles and although it may seem obvious, marshals should be instructed to open them. Where courses are unable to accommodate the number of runners then either a new course should be considered or a limit to numbers imposed.

Yours faithfully,
Graham Revell, Sheffield

Timed out

Dear Sir

I would like to express my concern and disgust at the behaviour of race official Danny Hughes at the 1991 Wasdale race. I personally felt cheated when, after visiting all the checkpoints, I crossed the finish line to be told I would not be eligible for a certificate, nor would I appear on the results.

The reason? I was "timed out". This, when in very testing conditions navigationally (the race was almost called off) at least 40 retirements were made.

At Great Gable I was told that I had missed the cut off time by 4 minutes, although they accepted my tally and told me "If you wish to carry on, you're welcome, the other checkpoints will be manned" When I asked if I was effectively disqualified, I was told "You will not be timed out at the finish, nor disqualified".

Imagine how I felt when after crossing the finish (21 miles/9000' of climbing) I was met with "Sorry, it's hard lines I'm afraid". I can only presume that the runners who followed me in, some of whom were NOT timed out at Gable, (I somehow passed them between there and the finish) will feel equally cheated.

Mr Hughes attitude is just what runners like me, who will never aspire to anything more than finishing the race, don't need. I have always thought that the long Lakeland races were tests of endurance, the worse the weather, the tougher the test and the greater the sense of personal achievement. I think that to have an official standing at the line speaking to people in this manner does not give a good reflection. The way I felt, and still feel now, I will have to think very carefully about running in this race again.

I would be interested to hear any other runners' views on this matter. Am I over reacting? Is this just an isolated incident?

Yours in sport
Allan Greenwood

Downer at Downham

Dear Sir

On August 10th I organised Downham Fell Race, a thankless task which only those who have done it will appreciate. A lot of time and effort was given as I do the race single handed. On Friday, on the eve of the race, I spent six hours in the pouring rain putting flags out onto Pendle Hill and off Pendle to the finish, also the junior course. This is after doing a full days work.

On Saturday the weather was worse with Pendle being completely covered in mist; to flag the course properly would require a flag every two or three yards, an impossible task on your own.

So you can imagine how I felt when an irate runner came through the finish and straightway decided on giving me a bollocking because he had got lost.

Unfortunately, I did not get his name or club or else I would have printed it, but I would like him to know that I have been fellrunning for 10 years, and I have lost count of the number of times I have missed flags and checkpoints and got lost. But not once did I think of finding the organiser and giving him a bollocking. The only person due one was myself for going out unprepared even though there may be flags.

Incidents like this do not leave you in a good frame of mind for organising next years event.

Yours faithfully,
Colin Taylor, Clayton Harriers



Part of the crowded start at Downham.
Photo: Dave Woodhead.

1991 World Cup: Zermatt



The Matterhorn, impressive backdrop to the World Cup.

Italian dominance shaken

International Committee for Mountain Running secretary Danny Hughes reports in depth on the British performances in Zermatt.

Zermatt, the Swiss Alpine village made famous by Edward Whymper's first ascent of the Matterhorn, was the perfect setting for this year's world cup. Two years of planning and hard work by Pius Fuchs culminated in a weekend of competition which reached the highest standards of achievement yet recorded. Blessed by perfect weather and surrounded by 4000 metre summits, the world's premier mountain runners demonstrated that our brand of athletics is unique and worthy of recognition by the highest authorities.

As with any international sporting event, politics lurked just below the surface. The big talking point this year was the gauntlet thrown down by the Italians. Armed with the knowledge of IAAF president Primo Nebiolo's sympathy towards an official mountain running "World Championship", they have declared next year's event in Susa to be the first such event. With the IAAF already contributing \$12,000 towards this year's races, and committed to encouraging further development worldwide, relationships between ICMR and the IAAF council will be on a knife edge until the matter is formally resolved.

Another political intrusion arose from the break up of Eastern Europe into independent republics. The Yugoslavia team tried to declare themselves as Slovenia. Such was their insistence that they were a separate nation state that all international sporting authorities will need to review urgently how far they can go in accepting the current fluid situation.

Now for the races: the women and junior men used the same course, as did the senior men (short) with the exception of the addition of an extra short lap.

If the juniors had been represented by Britain (another political hot potato) they would have been only two points away from runner up team position. As it was, England could only manage 6th to lead the home countries. To say that our lads were outclassed would be unfair since only just over 2 minutes separated the first 15. More international competition (and in the case of Jones, Brophy and Styan, another year or two of maturity) should enable these juniors to make their mark. The Germans rejoiced in winning their first ever gold as

Ulrich Steidl showed, despite the view of the German officials that downhill racing should be banned, that their athletes are as capable as any others with proper training.

In the women's race Isobelle Guillot (France) was in a class of her own. Her winning time would have placed her 7th in the junior men's race - well ahead of all our juniors! Her victory over the much fancied Italian cross country skier, Manuella Dicenta by more than two minutes gave Isobelle her 2nd World Cup gold medal. First Briton home was veteran Trish Calder (Scotland) who ran a splendid race but could not hope to match the speed of her younger competitors. We have to be honest about the remainder of the British ladies - with Ann Buckley the first of them in 17th position and more than 7 minutes behind the winner - they were outclassed on a race course which suited them far better than it did the opposition.

But what rejoicing among the large English-speaking contingent as wild looking (but not in nature) Irishman John Lenihan fulfilled all the promise of his long running career by taking gold in the short men's race. Ever since I saw him beat Kenny Stuart at his prime, several years ago in a short mountain race in Sligo I have been expecting great things from John. He returned home to Ireland to a heroes welcome, richly deserved by him and team manager Douglas Barry who has hauled Irish hill running to a position of great achievement. This was underlined as team mate Robin Bryson (no stranger to these parts as a past winner of the Matterhornlough) was only 5 seconds behind the third man. Apart from this excitement, the Swiss dominated and won the team race and the once easy dominance enjoyed by the Italians in the early years of this competition was shown to be under siege. Again it is interesting to note that a British team would not have had an English counter and would have been 4th. Colin Donnelly (Scotland) was first Briton home in 11th and two minutes behind the winner is in the best position to confirm the rapidly increasing standards in international competition. Woody Scoch, winner of the junior race in Keswick looks good for victory in the future, but previous double gold medal winner Fausto Bonzi (Italy) seems to be fading and was relegated to 13th position. Peter Dymoke (18th), first Englishman, was well out of contention despite meticulous preparation during two weeks of altitude acclimatisation in Zermatt enjoyed by 6 members of the England team. Gavin Bland's first senior world cup was certainly a baptism of fire as he trailed in 22nd position on a course ideally suited to him. He will have learned from the

experience and has the potential to be amongst the medals one day.

The long race promised to be a cracker with previous gold medal winners Bertolla (1990), Correa (1989), and Johnson (1987) in the line up. Pre race favourite was Sanchez (Columbia) who a few weeks previously had broken the Sierre-Zinal record. Nobody knew what to expect from three unknown Kenyans. On the first steep climb to Riffelalp the three Columbians led followed by the Italians, Austrians and Swiss. Bergstrand and Gates led the English team somewhere in the teens. Once altitude had been achieved at 2,300 m and the course levelled somewhat, Jairo Correa stepped up the pace to establish a convincing lead which he maintained to the finish in a perfectly judged race. Columbia appeared to have the team race won with 2.5 miles to go, but their third man Jose Riveros, in 5th position, had misjudged the finish and dropped to 22nd on the final punishing climb up a ski piste. This allowed the Italians to salvage some of their dented pride as they packed well to win the team race. With only a bronze in the junior and silver in the women's race, this was the end of Italian individual dominance. They still have great strength in depth and easily retained the men's world cup. The British were led home by Nigel Gates (16th), Jack Maitland (17th) and Robin Bergstrand (18th). Mark Croasdale, after a brilliant home season and careful race preparation would have been disappointed with 26th position and was probably past his peak. John Taylor (66th) did remarkably well to finish after taking a nasty tumble on the Briton's favourite steep descent part of the course - just as he was moving through with Croasdale after a steady start. The Kenyans were nowhere, but since they were instructed from on high to go to Zermatt and run just 2 days before the this event was not surprising. They promised to be back next year with a team trained to win the race! We shall see.

England had to be content to lead the home countries in 7th position in the long race and in 6th position in the men's world cup. This was not one of their best results despite the sterling efforts of team manager Pete Bland (and his wife Ann who cooked for the Acclimatising English contingent).

Finally, we had our Open race! Not without complaints though since the entry price was not reflected in the prize list. regulations for this event are, of course, entirely at the organisers discretion and outside ICMR remit. It did however provide a wonderful opportunity to experience the delights of a magnificent course and to test our pace against the internationals. as in previous years we provided the winners, this time in England's reserve Keith Anderson (who may have gone even faster with greater competition) and Sally Goldsmith (our expatriate living in Italy). More than 60 GB runners took part in the field of 460.

- Danny Hughes

Sun King

*This lithe, lucid animal
dances across the boulder field,
streaming sweat under the noon sun,
his power has come, his will be done*

*Charged with fire this white hot sun king
plunges without fear down a shoot of scree,
then on beneath the towering crags
and down beside the stream*

*This raging affirmation
of health, strength and beauty
carries back with him into the valley
his radiant solar energy*

Steven Palfreyman

England Report

While the Welsh, Scots and, in particular, the Irish, improved on previous World Cups, the English did not do so well; England team manager **Pete Bland** reports:

This year almost saw the domination of the Italians broken; unfortunately not by our teams, but did see them reduced to only two individual medals; a silver in the ladies and a bronze in the juniors.

Saturday saw the junior race get under way with temperatures in the 80's and a battle between Austria's Marcus Kroll - gold medallist in 1990 - and Ulrich Steidl, who took bronze last year. Steidl ran an intelligent race, sitting behind Kroll until they hit the road with one kilometre to go, then using his superior finishing speed to win by 20 seconds. This proved a popular win in the England camp as Uli had spent the best part of two weeks eating, training and watching the televised World Championships with the team. The England Team placing was 6th; Colin Walker 15th, first counter, Simon Brophy and William Styan 18th and 19th and Jamie Warburton 40th. Styan and Brophy still have two years to go in this age group.

The ladies race was dominated by the front running of Isobelle Guillot of France who won by a full two minutes. First English counter was 17th placed Anne Buckley; Caroline Hughes and Katherine Hill arrived together in 22nd and 23rd with Cheryl Cook 28th. The ladies team improved one place on last years 6th.

Saturday's final race was the mens short course; they followed the same course as the other two races but were faced with a double climb, descending half way down the mountain and then back up on a loop. These courses, steep climbs and good descents, should have suited the British teams. Woody Schock, junior gold medallist in Keswick in 1988, led the early part of the race but was overtaken at the end of the first climb by Eire's John Lenihan who took the gold by 33 seconds from Marcus Hasle. Team mate Robin Bryson took 4th while England's first counter was 18th placed Peter Dymoke. England's other placings; Gavin Bland 22nd, Malcolm Patterson 25th and Craig Roberts 48th gave England 7th place.

The mens long race, mainly uphill with some very tough climbs, fast running sections and short descents took place on the Sunday; 18k long and finishing at 8,500 feet above sea level. Columbian Jairo Correa, gold medallist in 1989, dominated the running, finishing nearly two minutes ahead of the second placed Frenchman Paul Paget with fellow Columbian Francisco Sanchez placed third. Nigel Gates was first counter, possibly suffering the effects of altitude as he dropped from 9th to 16th place in the last 1500 metres. Robin Bergstrand finished 18th and Mark Croasdale 26th. John Taylor, running strongly at the half way point, took a bad fall and suffered cut and bruised knees. His 66th position did justice to his courage in finishing.

The Open race was run, earlier in the day, over the same course and comfortably won by Englands travelling reserve, Keith Anderson with ex-pat Sally Goldsmith taking the ladies title.

For the seventh successive year Italy packed well enough to take the overall title, beating Switzerland by 23 points. England managed 6th position out of a total of 24 nations competing.

World Cup overall result

1. Italy; 63 points; 2. Switzerland; 86 points; 3. France; 145 points; 6. England; 177 points; 8. Scotland; 232 points; 9. Ireland; 245 points 10. Wales; 278 points; 12. Northern Ireland; 422 points

Full 'home' results overleaf.



England World Cup Team
Photo: Pete Bland.

Full House

World Cup Supporters Trip

Alan Judd is a wonderful man. He counted us out and he counted us back. The answer was 49 and the coach was jam packed solid; in fact a complete sell out for many weeks in advance. For £70 we had 60 fun filled hours on the bus, with three days in Switzerland thrown in for good measure. Your great value FRA does it again!

We arrived on the Thursday evening and Friday was spent exploring the surrounding hills. The Hornli Hut, perched 11,000' up the side of the Matterhorn, seemed to be a favourite expedition. Unfortunately the 'blazer men' had to miss all that and sit in the annual International Committee for Mountain Running meeting for 5 hours!

There were some consolations as we stumbled out, blinking, into the sunshine. In fact we gained several notable victories which I will attempt to sum up. The Italians have agreed to stage an Open race next year at Susa, and it now appears that having fought this battle successfully on two occasions we have finally won the continentals over to our viewpoint once and for all.

There had been an attempt in the Technical Committee by the Germans, to attack our 'up and down' bastion by proposing uphill only races for 1993. This proposal was returned to the Technical Committee to look at again, and since we were successful in getting Jonathon Gibbon onto that committee which now has a big majority of downhill lovers, it is almost a foregone conclusion that the future of downhill running in the world cup is assured.

Our concerns that the four Home Countries might be amalgamated for World Cup purposes, as in Cross Country, were assuaged by a unanimous agreement that such a move will not be considered until there are at least 60 nations competing, which is to say, not in the foreseeable future!

We made a proposal that the World Cup should only be held every other year - not expecting a great deal of support. The logic is that a biennial event would attract more countries because transport costs would be halved; the stress on athletes would be less and the status of the event greater; and as far as Britain is concerned the Championships would only be competing with the World Cup every second year. Predictably, we did not get much support for this other than from the IAAF rep, but hopefully the seed has been sown.

The World Cup in 1993 was allocated to Chamonix but interestingly there were only two offers for 1994, from Germany and Colombia (- it'll be a hell of a coach trip, Alan!).

The main feature of the meeting was a stand up row between the Italian president, De Biazzzi, and the German rep, with Sally Goldsmith refereeing (sorry, interpreting - leaving out the flowery Italian insultings of grandmothers, etc.) The outcome was that next years event will be called the "First World Championship". It's bound to upset the IAAF but then the Italians do have a certain Nebiolo on their side!

Sorry to take so long describing that little lot but there's a limit to how much you can precis 5 hours of arguing!

The sun shone the whole time we were in "Matterhorn City" and the spectacle of top class mountain racing in front of such a superb backdrop was truly wonderful. The unfortunate part from our point of view was that the Brits, and England in particular were comprehensively stuffed by one and all.

The results are published elsewhere in the magazine so I'm not going to go into detail here. The team had hoped to do so much better, especially in view of the commitment shown in spending a fortnight acclimatising beforehand. The air of disappointment was tangible and we can only hope that some valuable lessons will emerge.

As far as the folk on the bus were concerned, and the fifty or so other Brits who had also trekked out to Zermatt, it didn't matter a great deal. They cheered just as hard for the Andorran in 50th place as for John Lenihan, who won the short race for Ireland. In fact anyone who believed the World Cup was an elitist event should have been there to hear Stuart Lowe leading the name-chanting for the lower order competitors. Some of them, particularly the East Europeans, were clearly quite overcome and one suspects will have a lifetime memory of the mad hill top Brits who were such good ambassadors for their sport and their country.

The following day Keith Anderson led the charge up the open course and at least 70 Brits ran in a total field of over 500. Many had excellent runs in spite of too many Swiss beer tokens having been exchanged in the 'North Wall'! Don Ashton won the over 50s and John Nixon was third vet. Sally Goldsmith again won the ladies race and nudged the selectors for next year. The writer ran slowly, suffering from acute shortage of ability, and was thankful to reach the summit ahead of his wife, despite the best efforts of several Welsh bystanders.

I am sworn to secrecy about what happened on Sunday night; suffice to say that you can have a lot of fun with a set of bagpipes and a Swiss army knife. The return coach journey was relatively painless, passing in an alcoholic haze. I can only assume that this year no-one decided to get off in France. What about next year, Alan?

- Ambler

(What about the sombrero? - Ed.)

Zermatt Results

Junior Men

Pos.	Name	Nat.	Time
1.	Ulrich Steidl	FRG	39:25.6
2.	Markus Kroll	Aus	39:45.8
3.	Dario Fracassi	Ita	40:18.1
12.	Colin Jones	Wal	41:42.5
13.	Robert Hogarth	SCO	41:52.7
15.	Colin Walker	Eng	41:57.8
18.	Simon Brophy	Eng	42:17.8
19.	William Styan	Eng	42:21.9
25.	Stephen Griffiths	Wal	43:00.3
28.	Stephen Burns	SCO	43:18.3
32.	Philip Mowbray	SCO	43:36.5
33.	Richard Thomas	Wal	43:43.7
34.	Damien Lawless	Irl	43:49.0
36.	John Brooks	SCO	44:20.8
38.	Donal O'Sullivan	Irl	44:31.8
39.	Steven Crowe	NIr	45:01.7
40.	Jamie Warburton	Eng	45:21.2
41.	Carwyn Williams	Wal	45:28.8
44.	Robert Johnstone	NIr	46:57.8
46.	Brendan McCauley	Irl	47:13.1
53.	Chris Adgey	NIr	51:27.9
56.	Mark McManus	NIr	57:04.1

Team Result:

1. Italy; 6. England; 8. Wales;
9. Scotland; 12. Ireland; 13. Northern Ireland.

Mens Short Course

1.	John Lenihan	Irl	54:12.2
2.	Marius Hasler	Swi	54:45.9
3.	Woody Schoch	Swi	55:02.9
4.	Robin Bryson	Irl	55:07.2
11.	Colin Donnelly	SCO	56:13.0
14.	Paul Wheeler	Wal	57:11.2
16.	Hefin Griffiths	Wal	57:34.2
18.	Peter Dymoke	Eng	57:54.5
19.	Billy Rodgers	SCO	58:02.3
20.	Gavin Bland	Eng	58:26.2
25.	Malcolm Patterson	Eng	58:50.0
26.	Tommy Payne	Irl	58:55.8
27.	Dermot McGonigle	SCO	59:08.3
36.	Eamonn McMahon	Irl	60:11.7
39.	Paul Rodgers	NIr	60:36.5
43.	Noel McMonagle	NIr	61:16.3
44.	Graham Patten	Wal	61:20.2
48.	Craig Roberts	Eng	62:00.5
49.	Brian Potts	SCO	62:06.1
51.	Simon Forster	Wal	62:24.7
55.	Richard Rodgers	NIr	63:12.9
56.	Jim Hayes	NIr	64:39.5

Team Result

1. Switzerland; 3. Ireland; 6. Scotland;
7. England; 9. Wales; 14. Northern Ireland

Ladies

1.	Isabelle Guillot	Fra	41:00.8
2.	Manuela Dicienta	Ita	43:02.3
3.	Annie Mougil	Fra	43:09.8
14.	Tricia Calder	SCO	47:50.5
17.	Anne Buckley	Eng	48:19.3
19.	Joyce Salvona	SCO	48:49.9
22.	Caroline Hughes	Eng	49:10.5
23.	Katherine Hill	Eng	49:13.1
24.	Connie Kelly	Irl	49:19.2
27.	Jill Teague	Wal	49:47.6
28.	Cheryl Cook	Eng	50:02.5
29.	Doina Nugent	Irl	50:05.0
32.	Joyce Mitchell	Irl	50:23.9
34.	Penny Rother	SCO	50:37.8
37.	Alice Bedwell	Wal	50:46.6
38.	Dawn Kenwright	Wal	50:58.2
41.	Veronica Spencer	Irl	51:48.0
45.	Christine Whalley	SCO	53:00.6
48.	Mari Todd	Wal	53:30.7
51.	Sally Patrick	NIr	54:02.8
52.	Roma McConville	NIr	54:20.5
53.	Suzie Carson	NIr	55:46.1
57.	Mary Havern	NIr	62:21.4

Team Result:

1. Switzerland; 5. England;
6. Scotland; 8. Ireland; 12. Wales;
14. N. Ireland

Mens Long Course

1.	Jairo Correa	Col	1:24:28.8
2.	Jean-Paul Payet	Fra	1:26:20.4
3.	Francisco Sanchez	Col	1:27:08.0
16.	Nigel Gates	Eng	1:31:10.2
17.	Jack Maitland	SCO	1:31:23.7
18.	Robin Bergstrand	Eng	1:31:45.0
26.	Mark Croasdale	Eng	1:34:34.7
28.	Gerry Brady	Irl	1:35:07.9
32.	Gerry McGrath	Irl	1:35:54.6
36.	John O'Connell	Irl	1:37:21.1
40.	Simon Axon	Wal	1:38:01.7
41.	Emlyn Roberts	Wal	1:38:30.2
42.	David Beattie	SCO	1:38:55.2
43.	Alan Farningham	SCO	1:39:19.7
47.	Adrian Philpott	NIr	1:40:13.4
48.	Jim Patterson	NIr	1:40:17.1
49.	Mark Rigby	SCO	1:40:27.9
53.	Dic Evans	Wal	1:42:16.6
54.	Brian Ervine	NIr	1:42:33.7
57.	David McGuinness	NIr	1:44:13.5
66.	John Taylor	Eng	1:47:30.4
68.	Huw Parry	Wal	1:48:04.2
87.	Pat Corcoran	Irl	2:02:49.5

Team Result

1. Italy; 7. England; 9. Ireland;
11. Scotland; 13. Wales; 16. Northern Ireland

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Katherine Hill (left) and Jill Teague (right) at the Ladies Selection Race, Arant Haw.

Photo: Dave Woodhead.

Profile:

Bill Smith profiles the British 30k and 50k skiing champion, ranked as Britain's number two.

One of the most highly promising athletes to emerge on the fell racing scene in recent years is Mark Croasdale of Lancaster and Morecambe AC, who shares with two former FRA champions, John Wild and Colin Donnelly, the distinction of being a member of the Armed Services. The former pair were both in the RAF, while Croasdale is with the Royal Marines, in which he enlisted 10 years ago at the age of 16.

He became a member of the Marines' Ski Team and displayed such exceptional talent that he was invited to train with the National Ski Team and has since represented Great Britain sixteen times at World Cup level and competed in two World Championships, 1989 and 1991. This year he has won both the British 15k and 30k championships.

Mark actually began running as training for cross country skiing in 1985 and achieved some good results in local road races (which he continues to do, incidentally), having previously been a county class cross-country runner at school. His first fell race was the 1986 Clougha Pike in which he finished sixth, some two minutes behind the winner, Ray Rawlinson: "I was with the leading group for about three-quarters of the climb, then died a death - and another one coming back down! but I was pleased with 6th and vowed to do another one - but then got posted out of the country."

His second fell race was the 1987 Wray Caton Moor, which he won in a new record time of 38.16, much to his own disbelief. Other good results that year included third at Hutton Roof and Ingleborough, 4th at Wansfell and 5th at Dollar and Latrigg.

Mark's favourite events are his three local ones, Wray, Clougha and Hutton Roof, which along with Bentham - and at one time Ingleborough - form part of the Lune Valley Challenge, which he has won officially on two occasions, 1989 & 1990, and unofficially (when not sponsored by Reebok) on three, 1987/88/91.

Up to the end of August 1991 Croasdale had won 24 fell races; Wray 4 times, Clougha Pike and Man v Horse 3 times each; Butter Crag, Hutton Roof and Ingleborough twice each; plus single victories at Bentham, Loughrigg, Greenbell, Fairfield, Latrigg, Snowdon and the two 1991 World Cup selection races at Keswick (short course) and Llanberis (long course).

"Winning Butter Crag the last two years was a great feeling as the course is so much steeped in history, and short races are not my strong point. But my best achievements to date are winning Fairfield in a good time of 1.11.18, as it is also a classic course; leading the England team to victory at Snowdon; and winning the English selection races to book my place in the World Cup team again." The fairfield result was also outstanding because it was achieved the day after Mark's Clougha Pike victory.

On training, he says: "During summer, I run approximately 80 - 90 miles per week, which includes two or three fell runs a week and one track session. I have a day off before races and when I have no race at the weekend, run for two hours or more. During the winter, because of skiing commitments, I try to average 45/50 mpw, with shorter runs at a slightly quicker pace. I do most of my fell training on Clougha, but occasionally go up to the Lakes with my brother Lee, generally to Langdale.

"I am definitely a better climber than descender, and there haven't been many short up and down

Mark Croasdale

races when I've not been at the front or among the front runners going up. However, I've lost quite a few races due to my poor descending technique. At Wansfell last year, for instance, I had around 50/60 seconds on Mark Rigby at the top, but still lost. My grand-dad could have come down quicker! That event was, incidentally, out of season for me as I was mainly ski training then.

"I prefer races of around 5 - 7 miles and that is where most of my victories have come. I like hard but runnable terrain. I hate tussocks, but a zig-zag path up a mountain is for me a beautiful sight!" Mark's first experience of a long, rough fell race was the 1987 Langdale Horseshoe in which he finished 18th, nearly 14 minutes behind the winner, Billy Bland: "I suffered in the latter stages, and on the descent to the finish, my legs just didn't want to know." Two years later he was placed third to Bob Whitfield and Ian Ferguson in 1.59.48, 45 seconds adrift of the winner: "It was very pleasing to get under two hours, even though I feel my poor descent off Blisco cost me the race."

He also did the grassy Sedbergh Hills Race in 1988: not a rough course, but very demanding with its 6000 feet of climbing over 14 miles: "The very steep climbs and descents, and occasionally tussocky terrain, just weren't my cup of tea, though I'll probably do it again when the pain has eased a bit!"

Lee Croasdale is 25 and has been running seriously for 18 months as a member of Lancaster & Morecambe AC. His first fell race was the 1989 Wansfell in which he finished 134th on a wild, wet day and afterwards vowed: "Never again!" However, he has since obtained some good results, particularly in the Lunesdale area, and at the time of writing is training for the Ben Nevis race: "A far cry from the 'never again' after Wansfell," quips Mark.

From a personal viewpoint, Mark Croasdale says: "I think skiing and fellrunning complement each other very well, though I have to be careful how much I do in both sports so I can get the best out of myself for the major championships.



Going down. Mark Croasdale on his record breaking Ingleborough run.

Photo: Bill Smith.

"I feel international racing is an important part of my season. I've now qualified for my second World Cup and want to go to Zermatt and give my very best wearing my England vest. I would like to emulate Kenny Stuart and become the second Englishman to win an individual World Cup title. That may not happen this year or even next, but I feel that in a couple of years time I'll be capable of doing it. Generally, I feel that international mountain racing has a place in our fellrunning world."

Mark's ambitions on the domestic fell running scene are: "To win the British and English individual titles, and also to win the Ben Nevis and the Three Peaks. Just once each will do nicely!"



Mark leads a breakaway at the Snowdon Race, edging in front of Irishman Gerry Healy.

Photo: Rob Howard.



The top three intermediates had a close battle with Ben Evans of Ambleside coming out on top to join the other Championship winners in emerald green. He is also pretty nifty; compiling his own set of results which he kindly sent to me. Perhaps an official job for him next season!

RESULTS

Ladies

1. Helen Berry Holmfirth 110 points

Junior Men

1. William Styan Holmfirth 110 points

2. Peter Bryant Stockport 83

3. Patrick Boyde Black. 81

4. Richard Moss Bingley 79

5. Robert Hope Horwich 61

Under age:

Matthew Moorhouse - 100; Matthew Whitfield - 91

Intermediates

1. Ben Evans Ambleside 96

2. Dale Wilkinson Rochdale 94

3. Andrew Lee Rochdale 85

-John Taylor

Junior Round-up

Left: 1991 Junior Men's champion William Styan in the Jenkins Hill Race.
Photo: Dave Woodhead.

....Andy and Dave's first

Junior fell policy

The nettle has been grasped by Andy Trigg of Glosopdale and by Dave Richards of Kendal who will share the junior co-ordinators post.

It is hoped to review all aspects of junior fell running within the FRA and to that end we intend to produce a "Junior fell running policy document" to be, hopefully, completed by the end of the year and discussed by the FRA committee for financing and implementation.

With this in mind we would be glad to receive any constructive comments, suggestions and opinions on junior and intermediate running; for example

Races - length, difficulty, location

Age categories

Ways to increase participation (junior men and ladies)

Value of training days/ weekends etc.

Possible guidelines to race organisers for junior races

Anything else that we have omitted!

We are particularly keen to hear from juniors themselves although, of course, everyone's views are welcome. Please send any thoughts to either:

Andy Trigg

16 Queen Street

Hadfield

via Hyde, Cheshire

Dave Richardson

Summerlands Lodge

Endmoor

Kendal, Cumbria

Only Dave Woodhead - the race organiser - correctly identified all three of the Stanbury juniors from the last issue. They were Nicky Brougham of Todmorden; John Wilson of Clayton and Robert Jehh of Bingley. They formed the 1-2-3 in the u-16 race.

John's Last....

1991 Junior Championship

Retiring junior co-ordinator John Taylor gives a round up of the junior season.

Unfortunately I have not been able to spend as much time as Junior Co-ordinator this year as I have in the past; having moved out of the junior ranks I have, to some extent, lost touch with the junior scene. As far as I can see things have not been looking too healthy but plenty of ideas have been put forward by committee members and, with two new holders of the junior co-ordinators post, next season should see things improve. Suggestions or comments from the juniors would be welcomed - I have had hardly any. Any ideas will be considered and the FRA has plenty of funds for junior development.

I hope five races from eight was easier as the main problem for juniors is actually getting along to races. People have suggested trying to incorporate junior races in with senior championships but only a couple of these are short enough and they are not always suitable. I have always tried to pick races that are popular with juniors and also to add the odd new race when a suitable one arose as there are not actually that many which fill the bill.

The introduction of a lower age limit solved a few problems but also caused some. Hopefully another lower age limit can be formed next year. Around 45 junior men competed in one race or more but only 7 (2 of them under the required age) competed in enough races to count - with William Styan being dominant all season.

Thanks to Helen Berry for continuing to support the Junior Ladies Championship - she was the only one who did sufficient races to count. Has the junior lady (who has identified herself, thanks; Ed) who criticised me in the June Fellrunner looked at the race results and noted that there are hardly any junior ladies competing? Perhaps we should ask Dave Woodhead how he attracted 44 ladies to his Stanbury race - perhaps it was the unusual prizes of malt loaves and Yorkshire puddings!



P. Singleton and B. Woods battle it out in the Burnsall junior race. Photo: Peter Hartley.

Future champions??

Just 15 and rarin' to run

Roving reporter **Ray Swatcher** thought it was about time some of the youngsters got a look in so talked to **Matthews Moorhouse** and **Whitfield**.

Both the same age and about to embark on that final, fateful GCSE year - one each side of the Pennines, at Settle High for young Whitfield and Prestwich High for young Moorhouse - both looking to have future World Cup and championship potential; both having a refreshingly sensible attitude to their running - they enjoy it! - these two will obviously be names to look out for in the future. Already they are featuring near the top of senior races - Moorhouse recently taking 4th at Cnicht and Whitfield 7th at Buckden - they started club running at the same time 4 years ago.

With Matthew W. his inspiration is his well known Dad, Bob, a leading contender in the vets championship who broke the record at the Ingleton Gala race when himself only 15 and has won such classics as Ben Nevis and Carnethy. Dad got the lad into Bingley Harriers and then took him to a few under 12 races where he found himself coming 3rd or 4th and enjoying the run. He is careful not to do too much training and limits it to a maximum of around 20 miles a week which includes a hill reps session and a 400 metre series for speed. His favourite run is a 5 miler from his home at Clapham to Austwick and back using the fields to fartlek in the same way that road runners use lamp-posts.

Matthew M. has his mother as transport manager, trainer and dedicated supporter of her son. He runs despite being a sufferer from coeliac disease - meaning a special gluten free diet. The problem may mean that his running career will not be as long as he would like but Matthew looks on this with equanimity "I'm not doing myself any harm by running, and will enjoy it while I can". His slight build and weight of only six and a half stone make him a natural for an uphill runner but he feels that he is improving at downhill. He only lost one place on the descent at Cnicht and finished only 3 seconds down on third in spite of a fall which led to some discomfort, "I got a spike up my backside when I sat down hard - and didn't enjoy the bruising!"

Matthew M. subsists on a minimum of training, using the short races which he is allowed to do as 'training' runs; most weeks he clocks up less than six miles in 2 half hour runs and a track session including 400 metre reps. He would, in the long term, like to increase his stamina to have a go at some long runs and has the thought of capping a few Munros like Hugh Simmons at the back of his mind. He has also been a fan of Steve Cram in his time but loyalties are fickle with the young and can soon change.

Whitfield has some more solid fellrunning figures to look up to, in particular the great Billy Bland (who Dad beat at Butter Crag in 1980) and Harry Walker who Matthew admires for his Three Peaks wins. Currently he feels he



*Moorhouse, hair flying, sets off down the descent at Simons Seat.
Photo: Dave Woodhead.*

is a better uphill runner than downhill but is gradually improving, he tends to judge races however, on the much more sensible criterion of whether or not they are "a good day out". On this count Butter Crag scores, as does Burnsall although he has done well at other races this year - first junior at Screel Hill, second at Buckden, Simons Seat and Kentmere.

Matthew M's first victory came in his first race when, not long after joining Salford Harriers - a non fellrunning club - his trainer sent him to do the Skipton Race which he not only won but broke the course record. His favourite outings have been to Downham - where the senior course was "memorable" and to Mount Famine, both good grassy tracks with no steep descent and, better still, no rocks "I hate rocks," says Matthew, "especially wet ones!"

Luckily, (before you start writing in with well-founded criticism about doing too much, or concentrating too much on one sport when young..) both lads have other interests. Moorhouse's second love is cycling and, although currently his swimming is not brilliant, he would like to have a go at triathlon; Whitfield also cycles and would like to take up cyclo-cross (I think he's short of a bike, Dad.). He also puzzles at the strange differences between prizes comparing one race with a £3 entry fee, 8 or 9 juniors and a single junior prize against the likes of Skiddaw where the 20p entry fee led to some good prizes. He feels that juniors would be much more encouraged if entry fees were lower and prizes better - not in terms of what is actually won, but recognising that the further down the field the prizes go, the more encouragement there is.

Both lads just hope to keep on running - although at an age when likes and dislikes can very soon change (look out, boys, beer and sex are just around the corner,) no one can be sure whether they will fulfill their apparent potential. Both at least hope to make a showing in the junior championship as soon as their age allows and look forward to trying to get into the junior team for the World Cup. Somehow I think they'll both be on the fellrunning scene for some time; time, after all, is on their side.



Matthew Whitfield at Thieveley Pike

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Championship....

Titles still up for grabs!

Only five of the championship titles have been claimed up to press out of the 14 national titles that are on offer. Holmfirth have the mens and ladies junior winners in William Styan and Helen Berry and Ambleside have currently clinched three titles; Ben Evans has the Intermediate title, Roger Bell is a clear winner of the British Mens Supervets category - and could yet add the English Supervet title as well - but the Big One, the British Open Mens Title has been claimed, at the Borrowdale race by Amblesides Keith Anderson; perhaps the best way possible of providing publicity for the new ETA shoes which Keith has gone into partnership to produce. Gavin Bland nipped in by a minute and a half to beat Keith at Borrowdale (the race) and this has put the Borrowdale (the club) runner into second place with 111 points to Andy Peace's (Bingley) 108. Andy won the Stuc O Chroin race and therefore couldn't better his long counter at Borrowdale. All eyes will now be on the Thievely Pike race to decide the runner up.

In the Vets category Bob Whitfield of Bingley is out on his own with maximum points but needs to score at Thievely to be sure of the title. Trish Calder leads the ladies on 36 points but Dark Peak's Clare Crofts is only 1 point adrift thanks to her second place at Borrowdale. In the lady vets Dark Peak has the current leader in Jackie Smith on 39 while Trish Calder is in with a chance of making it a double, currently on 36 points.

Ambleside may have another title to add to their collection as they are the leaders of the British ladies team event, with Dark Peak only 4 points behind while the mens team event will be decided at Thievely Pike between Borrowdale - who's win at Borrowdale put them on 44 points - and the 41 points of Pudsey & Bramley.

The English Championships are still wide open with both Thievely and the classic Langdale race to come. Most contenders must do Langdale to count; Gary Devine still leads in this while Bob Whitfield has also maintained his lead in the vets; with Rob Taylor leading the chasing pack.

Clare Crofts leads the English ladies by 7 points from Cheryl Cook with clubmate Jackie Smith a further 9 points behind. again, with two races to go, the field is open. Bingley lead the Ladies Team competition by a slender 2 points from Ambleside. Nice to see so many of our well known clubs so well represented!

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With his map, and his compass as well
The trouble was that

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Borrowdale: A family affair

Gavin Bland and Keith Anderson left the field standing as they tore off England's highest peak in one of the most popular of Lakeland's long A races. Borrowdale, at 17 miles and 6,500 feet is shorter and with less climb than Ennerdale, Wasdale, Buttermere or Duddon and its August holiday season setting more convenient. On the other hand, it is a race that is not to be taken lightly, covering some of the highest tops and steepest descents in Lakeland. The severity of the race is perhaps best reflected in the winning times; Gavin Bland's 2:40.37 being some 6 minutes slower than his uncle Billy's 11 year old record of 2:34.38 and at the other end of the field a time of around four and a half to five hours is not uncommon.

The ladies record of 3:26.05, set 7 years ago by Pauline Stuart, was exactly equalled by Helene Diamantides. The race always attracts fine support "Is Jos here? Is Billy here? Is Stan here?" Two out of three were and were amongst the 385 contenders.

Ann Bland's comment, printed on the results, shows a happy organiser if ever there was one - and so she should be, the race becoming even more of a family affair as usual with Gavins win.

Ingleborough: Record broken

The 5 year old record of Colin Moor at Ingleborough looked seriously under threat after such a dry summer and so it proved to be with international skier Mark Croasdale lopping 15 seconds off it to set a new mark of 44.15. Being a double championship race meant a large field of over 450 but the fast men managed to break away early on - Croasdale taking up the front running within the first couple of miles - and the leading positions reads like a current 'Who's Who' of fellrunning. The ladies race saw three championship contenders in the first three places with Cheryl Cook beating Clare Crofts by a minute and a half and Jacky Smith just 33 seconds behind. as the first lady vet Jacky has consolidated her championship position. The day was fine, if somewhat windy on the top of Ingleborough itself and the village kept a warm welcome for all of its running guests.



Pete Skelton leads some of Ambleside's best including Mark Rigby and Keith Anderson at the busy Borrowdale start.

Photo: Dave Woodhead.



Ken Taylor of Rossendale, currently lying 3rd in the British veterans championship, flies over a ditch at Ingleborough.

Photo: Dave Woodhead.

Ras Carneddau: more records smashed

REPORT

This years Ras Carneddau sponsored by Reebok attracted a large field of 148 runners, as it incorporated the British and Welsh Fell Running Championship. Visibility on the summits was down to twenty metres with a twenty knot wind.

The stile at the waterworks in Gerlan caused a slight hold up as runners waited to get over it, the organiser had not envisaged a problem as this was one and a half miles from the start, and thought that the field would have been more spread out - if it had been a clear day this might have been the case.

After the waterworks a group of fourteen runners started to pull away from the rest of the field with Mark Rigby breaking the summit record of 45.10 by three seconds to claim the summit tankard, and forty nine runners breaking fifty minutes.

Other summit records were also broken with men's vet, Bob Whitfield 45.12, and super veteran Ron Bell 49.48. In the ladies race Trish Calder and Clare Crofts shattered the record by five minutes in 50.40.

From the summit of Dafydd the runners then headed towards the second checkpoint Yr Elen, Andy Peace arriving fractionally before Keith Anderson, and Gary Devine another twenty seconds behind. From Yr Elen came the fast descent into Cwm Caseg to the settlement and the climb up to the fourth checkpoint Gym Wigam, Keith Anderson arriving one second ahead of Gavin Bland (who was in 12th position at the second checkpoint Yr Elen two minutes behind Keith Anderson), third was Hefin Griffiths who was 15th on Yr Elen and was fifty seven seconds behind. On the run back to the finish Keith Anderson pulled one minute out to win from Gavin Bland and Hefin Griffiths. In the men's veterans race Bob Whitfield went on to break the vets' course record by six seconds 1.41.32. The super vets record was lowered by five minutes to 1.51.15.

The ladies course record was shattered by nine and a half minutes in 1.55.41.

C Williams



Ingleborough: English Championship leader Gary Devine high on the climb.

Photo: Bill Smith.

Snippets

A number of people have enquired as to how points are arrived at for championship races, and were further confused when the writer got his sums wrong in the last issue. It goes like this: Senior Men : 1st 32 points; 2nd 29 and on down to 1. Veteran, Intermediate and Junior Men : 1st 22 points; 2nd 19 and on down to 1. Ladies, Lady Veterans and teams 12 and 9 down. For any more information contact FRA statistician Mark Hobson.

Winter Injuries

England team physio **Eddie Caldwell LCSP(Phys)** writes on the prevention and treatment of common winter problems.

Most fell runners are very familiar with winter running and some of the problems and dangers associated with activity in cold and remote places. Firstly, running in cold, windy, mountainous conditions makes heavy demands on the individual and the first responsibility is to make sure that your basic fitness is adequate for the demands that will be made of you. Secondly, equipment must also be able to withstand the conditions; shoes, clothing, navigational aids, nutritional reserves. Neglect or forgetfulness can cost an individual dearly. Even local, familiar hills are potential death traps in wintry conditions.

Body heat requires high calorific food. Avoid alcohol - at least until afterwards. Do not go if you have had a recent chest infection, heavy cold or bronchial catarrh. The demands on your body will be much more than any benefits and may affect you for months, even years, afterwards. During the early stages of recovery from such illnesses the body's immune system will be low and thus resistance to all kinds of infections.

A common enough injury at any time is an ankle sprain. By this we mean an abnormal wrenching on the ankle joint, usually on the outside of the ankle. Damage will be to muscles, tendons, ligaments, blood vessels and drainage channels, even to nerve tissue. One of the first symptoms is swelling, often rapidly. Whatever else you do, **DO NOT** take your shoe off to inspect the damage. If you take your shoe off you will not be able to get it back on again. The shoe will give your injured ankle some support and help limit the amount of swelling. And it is a bit easier to travel several miles over rough ground with both shoes on.

On the subject of ankles, please do not strap or tape your weak ankle unless you have first found out and been shown how to do it correctly. It is all too easy to strap an ankle up and out of sheer lack of knowledge actually predispose the ankle to go 'over' as soon as the foot strikes uneven ground. I've met many fell runners who have acquired chronic ankle problems because an ankle sprain had not been treated professionally at the time of the original injury and had then been subjected to incorrect bandaging or strapping.

Another problem that occurs occasionally is pain in the neck, shoulder and/or arm caused by pressure of rucksack on nerve pathways. Check weight, balance and position of rucksack with care and regularity especially if you are out for a long day with a heavy load on your back. The pain can last a lot longer than the run!

Experienced runners will require no reminding about the possibilities of hypothermia, frostbite even. They have a responsibility for the young and inexperienced members of their clubs. Sometimes good advice is met with impatience, but the advice from our experienced fellrunners is so valuable and may save lives in the winter months. I trust they will continue to give others the benefit of their knowledge and that it is properly received and heeded.



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TOO MUCH KIT?!

Nigel Webb races up the railway track to take the services category record in the Welsh 1000 metres.

Photo: Tim Wakefield.

Kit check

One wet ... and three dry

Bill Houlder offers the first in an occasional series on kit.

This article, believe it or not, is about bumbags, those things that many of us strap on when we go for a run. For those confused by the title; read on ...

Some of us are dead lucky, wherever we go there's drinkable water just gushing out of the ground or flowing down the hill. No prizes for guessing the result if I tried that in my area; it would be a race between the pollution and the bugs. So on long runs I carry my drinks with me in a Liquipak water belt. When filled it resembles a nylon encased sausage with a nylon strap and quick release buckle to hold it in place. In reality it's slightly more complex as the zippered outer contains a laminated foil inner which is fitted with a patent filler spout. Rated capacity of this, Liquipaks model 103, is one litre. In use it is very stable, though the contents tend to attain body temperature quite quickly. To drink you either remove it to take drink direct from the nozzle, or place a cup, essential for filling from a stream, under the nozzle, twist open and squeeze the bag. I would advise 32" or slimmer people to try one on prior to purchase as the available adjusting strap is quite short while the water bag is relatively long.

The three dry are the Lowe range of runners bumbags which can carry almost anything you could desire. All are made from Lowe's nylon "Packcloth" with high quality webbing straps and ladderlock/side release buckles plus full width zip fasteners on all pockets/compartments.

The smallest is the 1.25 litre mini-runner which has a main compartment and two rear pockets all equipped with zips. The belt is of 25mm nylon webbing with a side release buckle as fastener. Interestingly all three have the non-adjusting side of the buckle fixed in place by a tri-glide buckle. Although not fitted with profile straps the mini-runner is quite stable and the belt will accommodate various accessory pouches. Current price (from Field & Trek) £9.15.

While the mini may be ideal for some I like to carry enough kit for a day out on the hills and the larger Fjell Runner is my preferred pack. With 4 litres capacity and a 38mm belt plus 25mm side profile straps the Fjell will hold all I need. One feature of both this and the larger Mesa runner is the spreader webs on the side profile straps which render their effect over the full depth of the pack. On both this and the larger packs it is possible to unthread the side profile strap buckles so accessory pouches can be fitted behind. Being only a single compartment unit it may seem somewhat limited but multiple pockets usually tend to defeat themselves; rapid access is impossible since it is difficult to remember where items are. At least in single compartment bags it's usually at the bottom! More usefully, the zip has two runners so easily located items can be accessed without opening the whole bag. Current price (again F&T) £11.20.

Finally the big one, the six litre Mesa runner. Besides the 50mm belt and 25mm side profiles this one has two external load/profile straps with side release buckles. To be honest I feel that this pack is too large for most runners needs; although I use one as a photographic bag and another as a work bag. It has a large main compartment fastened by another double runner zip. A full depth zip fastened, with only one runner, pocket allows thin items to be carried separately. As I've said the Mesa is a bit large for some peoples needs, but if you run to and from work and need to carry your lunch etc it is ideal. One feature unique to it is a pad between the main compartment and your back in a double skin back panel. Current price (F&T) £18.35.

One feature is common of all three Lowe bags. This is a little key hook near the top of the left-hand end, as worn, of the bag. It's quite useful on the Mini since its wrap around zip renders access to it fairly instant. Unfortunately, the other two are not so favoured so the hooks in them are largely unused.

Colour appears to be a case of pot-luck depending on where you buy from. My two Mesas are respectively blue/green (Lowe call it Cobalt/Spruce) and the other black and pink (Black/Cerise). My Mini is Blue/Cobalt and my Fjell Green/Spruce and I've seen others in various retailers windows.



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*Lochaber super vet Edward Campbell
tackles yet another Ben Nevis race.
Photo: Steve Bateson*



*Derek Hodgson, Ambleside's supervet, descending in the Rigghead
Quarries track in the Borrowdale race.
Photo: Bill Smith.*

CWM NANT-Y-GROES RACE

Gwent

BS/7m/1500ft 19.5.91

A nice warm day could not stop Graham Patten and Lydia Kirk improving the men's and Women's records, on the 1990 course. This is now the definitive, never to be altered (well, probably) course, so there should be no confusion in the future.

RESULTS

1. G. Patten	MDC	44.22
2. P. James	BOK	44.49
3. C. Hallett	BOK	46.18
4. G. Burke	MDC	46.31
5. R. Eagle	MDC	47.57
6. A. Badham	Griff	48.43
7. L. Foulkes	MDC	48.54
8. L. Rochford	MDC	48.58
9. J. Darby	MDC	49.40
10. L. Williams V	MDC	50.02

VETERANS O/40

1. L. Williams	MDC	50.02
2. J. Sweeting	MDC	51.47
3. B. Martin	GWR	53.41
4. H. Braithwaite	MDC	54.07
5. D. Finch	Cheps	55.43

VETERANS O/50

1. C. Jones	MDC	60.38
-------------	-----	-------

LADIES

1. L. Kirk	MDC	54.34
2. M. Morgan	MDC	63.46
3. A. Fiddler	MDC	63.56
4. J. Davis	BOK	66.24
5. D. N. Challanain	Unatt	70.58

ELIZABETH CULLUM MEMORIAL MARATHON

Buckinghamshire

BL/26m/3500ft 19.5.91

Overcast sky with light mist welcomed the first teams to start in this year's race at 9.40 hours with teams of two off every two minutes, with 58 teams finishing. A record number of teams entered, started and finished to test this year's route held in the opposite direction from 1990, with a few extra climbs to test the competitors' route finding from a route description, and their reserves of stamina.

This year, the route was 120 yards shorter than 1990 but considered much tougher, especially in the first half where teams climbed and fell each side of the Saundeton - West Wymcombe Ridge. The Chilterns are tougher than they look and with a steady pull after 14 miles to Speen, and 20 miles at Dunsmore, all participants at the end have been seen to have had enough but assimilated as many hills as is possible to fit in a 26.3/4 mile route in this part of the Chilterns.

"Well worth a visit!"

E. Gutteridge

RESULTS

1. J. Foster	Wycombe Phoenix	3.14.58	6.31.27
C. Steptoe	Vale of Aylesbury	3.16.29	
2. M. Bradley	Watford Harriers	3.10.48	6.46.00
R. Burt	Vale of Aylesbury	3.35.12	
3. D. Potter	Leamington C&AC	3.43.54	7.24.48
P. Muddeman	Leamington C&AC	3.43.54	

VETERANS

1. J. Foster	Wycombe Phoenix	3.14.58	6.31.27
C. Steptoe	Vale of Aylesbury	3.16.29	

FIRE SERVICE TEAMS

1. I. Parrow	Lancashire County	3.51.30	7.43.39
S. Holland	Lancashire County	3.52.09	

MIXED

1. M. Naylor	SLOW	4.28.27	8.56.54
P. Boyes	SLOW	4.28.27	

LADIES

1. L. Thompson	Welwyn Garden City	5.44.42	11.29.24
M. Porter	Welwyn Garden City	5.44.42	

TWO LADS RACE

Lancashire

BS/4m/800ft 21.5.91

One hundred and thirty one seniors and fifty two juniors made the 6th "M. Pooler" Two Lads race a very successful evening. Chris Lyon and Ron Jackson ran side by side for most of the race, the hard dry ground making for a fast time, just 37 seconds outside Colin Donnelly's 1990 record.

In the veterans Tony Hesketh's speed took him clear of Achille Rattis' John Nixon and John Hope. Colin Taylor ran well for first O/45. Julie Harold regained her title, but could not match her speed of 1989 when she set the ladies record. Rob Hope surprised a few seniors in winning the U/18s in 7th position overall.

In the Junior race J. Smith of Calder Valley held off the challenge from Ian Munro, Ian Hesketh and Dan Hope all of Horwich, to win by eight seconds. Out of the fifty two starters, twelve age categories received trophies and all finishers received a bar of chocolate.

J. Hope

RESULTS

1. C. Lyon	Horw	25.45
2. R. Jackson	Horw	25.53
3. M. Bell	Horw	26.18
4. G. Kenny	S'port	26.24
5. T. Hesketh V	Horw	26.27
6. D. Orth	Clay	26.35
7. R. Hope	Horw	26.42
8. R. Ramsdale	B Aero	26.49
9. A. Sunter	Horw	26.55
10. T. Bolland	S'port	27.02

VETERANS O/40

1. T. Hesketh	Horw	26.27
2. J. Nixon	AchRat	27.18
3. J. Hope	AchRat	27.41

VETERANS O/45

1. C. Taylor	Clay	29.42
2. P. Henegan	Bolt	31.18
3. B. Harrison	Horw	31.31

VETERANS O/50

1. P. Ward	N Vets	35.06
2. D. Lythgoe	Horw	38.48
3. E. Salisbury	Rad	41.15

VETERANS O/55

1. R. Francis	Bury	33.49
2. P. Dinckly	Mcr	34.00
3. R. Chadwick	Darwen	36.48

VETERANS O/60

1. B. Holden	Horw	34.35
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LADIES

1. J. Harold	Horw	32.00
2. A. Lee	Clay	34.12
3. P. White	Prest	35.11
4. J. Makinson	Clay	35.38

LADY VETERANS O/35

1. E. Castledine	Leigh	35.25
2. L. Smal	Horw	35.54
3. L. Leach	Rad	41.32

INTERMEDIATES U/18

1. R. Hope	Horw	26.42
2. M. Smyth	Black	28.51
3. M. Kay	Bolt	30.04

JUNIORS

1. J. Smith	Calder	10.40
2. I. Munro	Horw	10.48
3. I. Hesketh	Horw	11.07

LOUGHSHANNAGH HORSEHOE

Northern Ireland

AS/4m/1700ft 23.5.91

This testing course visits Ott, Loughshannagh, Doan and Carn, with the Ladies being given a ten minute start.

The main field took off as if they meant business with Jim Brown leading the pack. As the group reached Loughshannagh, the Ladies led by Roman McConville and Joan Flanagan, were on their way to Doan. Davey Graham's

kick off Loughborough gained him at least three places. Navigation from Doan to Carn proved that if you are good enough, you don't have to run in a straight line, as eventual winner Andy Callan showed.

At the finish, Andy had over half a minute to spare over Billy "I'll race anywhere" McKay.

RESULTS

1. A. Callan	Unatt	41.25
2. B. McKay	Albert	41.59
3. D. Graham	B'drain	43.40
4. J. Brown	BARF	43.53
5. D. Rankin	Albert	43.58
6. P. Howie	Larne	44.02
7. B. McBurney	Newc	44.24
8. K. Hare	Newc	44.54
9. P. Mallow	BARF	45.28
10. D. Ross		

VETERANS O/40

1. F. Strickland	B'drain	46.48
2. K. Quinn	Newc	46.56
3. B. McCartan	ACKC	47.39

VETERANS O/45

1. D. Rankin	Albert	43.58
2. B. Magee	Larne	48.50
3. B. McNeilly	Newc	54.23

LADIES

1. R. McConville	NDown	56.02
2. J. Flanagan	BARF	59.22
3. M. Haveron	Newry	61.48

BENS OF JURA FELL RACE

Scotland

AL/16m/7500ft 25.5.91

Because of low cloud, this year's race covered, for the first time, the alternative course which circumnavigates, rather than traverses, the three Paps.

The decision to run this alternative course was not universally acclaimed. However, many observations that what rock they did run over was dangerously slippery and that their navigational skills were such as to make for a challenging day out on the hills which was, after all, what they had come to Jura for!

185 entered, 149 started, 117 completed the course. Andy Curtis was a deserving winner having competed many times and always been up with the leaders. He also collected the only sub-4 hour glass this year!

RESULTS

1. A. Curtis	Clare	3.59.46
2. G. Bland	Borrow	4.04.06
3. M. Stone	Clay	4.05.15
4. R. Bloor	—	4.06.06
5. A. Philipson	Gosf	4.08.42
6. J. Hope	AchR	4.09.23
7. R. Bardgett	Kend	4.09.43
8. B. Bland	Borrow	4.09.45
9. J. Wootton	—	4.10.22
10. B. Gauld	Carn	4.10.27

VETERANS O/40

1. J. Hope	AchR	4.09.23
2. B. Bland	Borrow	4.09.45
3. B. Whitfield	Bing	4.18.30
4. J. Nuttall	Clay	4.19.47
5. P. Jebb	Bing	4.20.05



Sprint finish at Great Hameldon Hill
Dave Woodhead

VETERANS O/50

1. A. Philipson	Gosf	4.08.42
2. B. Gauld	Cam	4.10.27
3. D. Armour	Cam	4.28.29

LADIES

1. K. Gott	Clay	6.04.14
2. N. Lavery	Amble	6.05.58
3. C. Kenny	AchR	6.09.29

GREAT HAMELDON HILL RACE**Lancashire****BS/6m/1100ft 26.5.91**

This tenth race saw a record number of runners tackle the fields of Lancashire. Matthew Moorhouse of Salford recorded his third consecutive victory leading in the juniors, and well clear of second placed A. Jellers. A brilliant run by thirteen year old J. Smith of Calder Valley earned third place.

Patsy Smith of Blackburn recorded her second win amongst the junior girls just clear of the local Hyndburn girls, S. Coffee and K. Pickles.

Graham Schofield acted as the hill guide to the lads from Pudsey and Bramley. Graham reached the summit ten yards up on Paul Sheard and Richard Pallister in third position. A quick reshuffle on the descent saw Richard stamp his name on the trophy alongside such names as David Lewis, Ricky Wilde, Colin Donnelly and Malcolm Patterson.

Another superb run by Sarah Rowell annihilated the ladies record which had stood since 1986.

Amongst the 491 senior finishers were two who had completed all ten races and special awards were made to Brian Newton of Accrington Road Runners and John West of Clayton. A race video has been produced with the use of three cameras - next year to be four.

Paul Healey

RESULTS

1. R. Pallister	P&B	36.14
2. G. Schofield	Black	36.24
3. P. Sheard	P&B	36.56
4. G. Wilkinson	Clay	37.06
5. S. Thompson	Clay	37.30
6. S. Breckell V	Clay	37.40
7. P. Irwin	Rossen	37.45
8. G. Fay	Clay	38.01
9. M. Cafferty	Lostock	38.05
10. K. Gaskell	Horw	38.07

VETERANS O/40

1. S. Breckell	Clay	37.40
2. P. McWade	Clay	38.09
3. A. Fielding	Bolt	39.29

VETERANS O/45

1. P. Lyons	Bury	40.05
2. K. Carr	Clay	40.56
3. P. Kelly	Ross	42.50

VETERANS O/50

1. K. Lodge	Hfx	43.29
2. K. Talbot	Ross	46.41
3. R. Webster	Helsby	46.50
4. D. Bramley	Acc	50.47
5. K. Workman	Lostock	51.57

VETERANS O/55

1. E. Blamire	Tod	44.51
2. G. Brass	Clay	47.19
3. J. Betney	Clay	48.13

VETERANS O/60

1. D. Clutterbuck	Roch	49.41
2. W. Clegg	Clay	53.46
3. F. Heaton	Clay	54.09

LADIES

1. S. Rowell	Leeds	40.28
2. J. Rashleigh	Bolt	42.07
3. A. Thorpe	Hynd	46.43
4. T. Gorman	H'fax	48.13
5. L. Bostock	Clay	48.29
6. J. Rawlinson V	Unatt	49.53
7. J. Keys	Rossen	50.10
8. Freeman V	Altrin	52.04

JUNIOR BOYS

1. M. Moorhouse	S'ford	20.42
2. A. Jellers	Lostock	22.12
3. J. Smith	Calder	22.13

JUNIOR GIRLS

1. P. Smith	Black	28.01
2. S. Coffee	Hynd	28.36
3. K. Pickles	Hynd	29.37

BENTHAM GALA 10 HILL RACE**Lancashire****CM/10m/800ft 27.5.91****RESULTS**

1. J. Hornby	Spn	51.50
2. C. Lyon	Horw	53.30
3. J. Parken	Ilkley	54.48

4. T. Hesketh V	Horw	54.50
5. R. Andworth	H'owen	55.13
6. D. Orth	Clay	55.45
7. G. Damiani	Spn	55.45
8. P. McWade	Clay	56.08
9. P. Lowery	Lanc	56.30
10. K. Gaskell	Horw	56.49

VETERANS O/40

1. T. Hesketh	Horw	54.50
2. P. McWade	Clay	56.08
3. T. Longman	Huncote	57.28

VETERANS O/45

1. G. Swindon	N.Glos	63.20
2. R. Dewhurst	Clay	64.30
3. T. Llewellyn	L&M	65.15
4. J. Capenhurst	Bing	67.06
5. M. Coles	Skyrac	70.25

LADIES

1. C. Hawkins	Huncote	76.48
2. B. Tingle	P'stone	82.35
3. D. Quilton	Croby	87.05
4. M. Kennon	Fram	97.40

JUNIORS

1. N. Baines	Caton	76.45
2. S. Calon	Huncote	93.44

SADDLEWORTH FELL RACE**Greater Manchester****AS/3m/950ft 29.5.91****RESULTS**

1. M. Patterson	DkPk	19.23
2. J. Taylor	Holm	19.29
3. C. Walker	P&B	20.06
4. I. Holmes	Bing	20.37
5. D. Wilkinson	Roch	20.41
6. R. Jackson	Horw	20.45
7. W. Styan	Holm	20.53
8. P. Cadman	Mercia	21.00
9. P. Bowler	Staff	21.06
10. A. Gartside	Ayr	21.09

VETERANS O/40

1. R. Wilde	Mcr	22.03
2. H. Waterhouse	Sad	22.13
3. A. Styan	Holm	22.53

VETERANS O/50

1. K. Lodge	Hfx	24.38
2. B. Thackery	DkPk	26.20
3. P. Watson	P&B	26.46

LADIES

1. S. Ratcliffe	Sad	24.41
2. J. Smith	DkPk	24.52
3. R. Gee	E.Ches	25.16
4. J. Town	Denby	27.38
5. A. Tannahill	Dews	28.24

INTERMEDIATES

1. C. Walker	P&B	20.06
2. D. Wilkinson	Roch	20.41
3. R. Jackson	Horw	20.45

JUNIORS

1. W. Styan	Holm	20.53
2. R. Moss	Bing	22.06
3. P. Boyd	Black	23.06

CLITHEROE FELL RACE**Lancashire****BM/6m/1350ft 30.5.91**

On a good day for spectators and runners alike, Gary Wilkinson claimed a second victory of the race in consecutive years. Chris Lyon led the climb up the steep part of Pendle to the cairn, with Gary in hot pursuit, only to lose out on the descent into Mearley Clough. Gary pulling out a commanding lead on the return. Amanda Thorpe of Hyndburn proved too strong for the ladies, with Linda Lord of Clayton-le-Moors in second place.

RESULTS

1. G. Wilkinson	Clay	41.23
2. C. Lyon	Horw	42.03
3. A. Whalley	P&B	42.28
4. S. Thompson	Clay	43.03
5. A. Schofield	Ross	43.10
6. D. Orth	Clay	42.51
7. I. Greenwood	Clay	43.53
8. J. Wielzorek	Hynd	44.03
9. D. Naughton	Clay	44.35
10. A. Taylor	S'field	45.07

VETERANS O/40

1. P. Bramham	Craven	47.11
2. D. Heaton	Clay	48.30

VETERANS O/50

1. D. Tilly	Ross	50.47
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LADIES

1. A. Thorpe	Hynd	51.42
2. L. Lord	Clay	56.44

WELSH 1000 METRE RACE**Gwynedd****AL/19m/8000ft 1.6.91**

Improved organisation and advertising saw an increased entry for this year's race - the 20th running of this unique race, which has been improved with a virtually direct line across the Ogwen Valley.

In near perfect conditions, Colin Donnelly set a new course record of 3.49.43 coming home over eight minutes ahead of fellow club members, Trefor Jones and Jamie Thin.

First lady was Carolyn Hunter-Rowe in an excellent time of 4.44.58 placing her 19th overall out of 77 finishers.

In the Veterans' categories, John Sweeting was first Over 40, but perhaps the most notable result was the first Super Veteran, Eddie Leal who, at 68 years old, recorded a time of 6.46.47 - a great performance.

The organising Club, in conjunction with the Army in Wales, has achieved significant improvements in the organisation, particularly the prize-giving which was very well handled - the only disappointing feature being that not all prize-winners turned up!

A. Middleton



Trevor Jones prepares to pass Jamie Thin as they head for Pen-Y-Pass in the Welsh 1000m
Photo: Tim Wakefield

RESULTS

1. C. Donnelly	Eryri	3.49.43
2. T. Jones	Eryri	3.58.00
3. J. Thin	Eryri	4.03.16
4. W. Darby	MDC	4.10.16
5. R. Owen	Eryri	4.11.10
6. I. Blakemore	Merc	4.17.41
7. D. Moseley	Sale	4.19.17
8. K. Webster	Mat	4.23.34
9. C. Lumb	Unatt	4.29.52
10. P. Parker	Bowlina	4.33.35

VETERANS O/40

1. J. Sweeting	MDC	4.37.55
2. C. Latter	Tatt	4.43.04
3. D. Hill	Eryri	4.46.00
4. T. Mackie	Eryri	4.56.05
5. M. Blake	Eryri	5.02.07
6. P. Taylor	Mold	5.13.44

VETERANS O/60

1. E. Leal	Ryde	6.46.47
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LADIES

1. C. Hunter-Rowe	P&B	4.44.58
2. L. Kirk	MDC	5.21.40
3. A. Isdale	Unatt	5.31.07
4. S. Smart	Coles	5.54.35
5. S. Hargreaves	WestE	6.31.25

LANGDALE GALA FELL RACE
Cumbria
AS/1.25m/650ft 1.6.91

RESULTS

1. J. Hooson	10.26
2. R. Jamieson	10.29
3. D. Lee	10.40
4. H. Jarrett	11.04
5. P. Singleton	11.20
6. K. Johnstone	11.23
7. K. Robinson	11.24
8. S. Willis	11.34
9. J. Hey	11.37
10. R. Bell	11.38

VETERANS O/40

1. K. Robinson	11.24
2. T. Walker	12.43
3. A. Riley	13.17

VETERANS O/50

1. R. Bell	11.38
2. A. Phillipson	12.09
3. B. Hillon	14.37

LADIES

1. L. Ewine	13.52
2. L. Johnstone	15.30
3. J. Clare	16.41
4. J. Graham (V)	17.29

JUNIORS U/17

1. M. Osborne	12.05
2. T. Barton	12.33

DUDDON VALLEY FELL RACE
Cumbria
AL/20m/6000ft 1.6.91

Good conditions this year encouraged a good field and a good run. It was good to see Billy Bland back again after a couple of years absence, winning in a time only ten minutes slower than the record he set ten years ago.

Martyn Jones

RESULTS

1. W. Bland	Borrow	2.53.00
2. P. Irwin	Ross	2.59.07
3. G. Webb	CalderV	2.59.07
4. D. Loan	Kesw	3.07.07
5. A. Schofield	Ross	3.07.22
6. A. Lewsley	Border	3.08.21
7. J. Wootton	Kesw	3.09.56
8. J. Nixon	AchR	3.10.17
9. J. Winder	CalderV	3.14.12
10. D. Davies	Hebog	3.14.24

VETERANS O/40

1. W. Bland	Borrow	2.53.00
2. J. Nixon	AchR	3.10.17
3. J. Winder	CalderV	3.14.12

VETERANS O/50

1. D. Davies	Hebog	3.14.24
2. B. Thackrey	DkPk	3.29.53
3. J. Naylor	CFR	3.31.28

LADIES

1. A. Wright	Macc	4.00.47
2. C. Kenny	AchR	4.22.28
3. A. Crabb	Amble	4.35.27
4. L. Hayles	CalderV	5.08.11

SHORT RACE - MEN

1. I. Morris	Wrekin	1.36.00
2. R. Sewell	—	1.40.00
3. B. Ramsey	Nidd	1.42.00

SHORT RACE - LADIES

1. U. Wood	BCR	2.18.00
2. V. Hindmarsh	BCR	2.18.00

ALWINTON FELL RACES
Northumberland
BM/14m/2500ft 1/6/91

Peter Dymoke ran away from the rest of the field in the main race at Alwinton. He won the race for the second time by over four minutes from Robert Lee. He took advantage of the dry conditions to break the existing record by nearly three minutes in a time of 1.26.05 for the 14 mile course which includes 2500ft of climbing. The winner showed his determination to be selected for the English World Cup fell racing team by pulling away from Robert Lee and other top contenders, including James Bulman, Gavin Bland, Les Atkinson and former winner, Andy Curtis. Andy overtook Les on the rapid descent from Cushat Law but the latter had the consolation of becoming North Eastern Champion ahead of Ian Brown and Gavin Bayne.

In the team race, Livingston dominated followed by Claremont and Morpeth.

Joyce Salvona retained her title and sliced an impressive four minutes off the previous record.

1990 runners up, Peter Kelly and Simon Hicks, both went on better this year and won the Over 40 and Over 50 categories. Simon narrowly defeated Peter Carmichael by only 10 seconds.

R. Scott

RESULTS

1. P. Dymoke	Liv	1.26.05
2. R. Lee	Liv	1.30.35
3. J. Bulman	Borrow	1.31.01
4. A. Curtis	Clare	1.31.50
5. L. Atkinson	Alnw	1.32.06
6. G. Bland	Borrow	1.32.22
7. A. Kitchen	Liv	1.32.56

8. R. Hackett	Clare	1.35.48
9. I. Brown	Morp	1.36.10
10. G. Bayne	Morp	1.36.19

VETERANS O/40

1. P. Kelly	SShiel	1.39.23
2. G. Brosnan	Unatt	1.43.24
3. A. Tait	Kilhope	1.44.25
4. J. Cockburn	Alnw	1.47.57
5. G. Adamson	NShiel	1.50.17

VETERANS O/50

1. S. Hicks	Blay	1.52.47
2. P. Carmichael	Elsw	1.52.57
3. M. Hymman	Liv	1.59.54
4. W. Wright	Elsw	2.10.39

LADIES

1. J. Salvona	Liv	1.47.00
2. M. Coleman	Liv	2.00.56
3. S. O'Neil	Morp	2.05.31
4. K. Gold	Liv	2.06.55
5. J. Bugler	Tod	2.07.46

PEN Y GHENT FELL RACE
Yorkshire
AM/5.5m/1500ft 1.6.91

This year's race was run in excellent weather conditions. In a very close race for first place, Craig Roberts opened up a 20 seconds gap in the last quarter of a mile to win from Gary Devine, in a field of 185 runners.

In the Ladies' section, Carol Greenwood returned to win from last year's winner and Lady Veteran, Liz Staig.

The race route was modified slightly again this year, making for a longer descent and run in. The majority of comment was favourable, and we hope to stick with this route in the future.

This was the first year that the Junior and Intermediate categories had been included (previously held on Three Peaks Race Day). I was disappointed with the turnout in these sections. Matthew Whitfield showed what can be achieved with his 48th overall position (34th at the summit). We hope to give the Junior categories more publicity next year.

Harry Atkinson



Above: Andrew Wrench & Steve Bullock cross Whitber, Pen y Ghent. Below: as does Roger Dewhurst, Clayton's supervet
Photos: Bill Smith



RESULTS

1. C. Roberts	Kend	44.13
2. G. Devine	P&B	44.33
3. R. Pallister	P&B	45.32
4. C. Hirst	Sett	45.42
5. S. Barlow	Horw	45.55
6. P. Cadman	Mercia	46.20
7. R. Rodgers	Horw	46.32
8. B. Whitfield	Bing	46.51
9. C. Norris	Bing	47.16
10. P. Stevenson	P&B	47.27

VETERANS O/40

1. B. Whitfield	Bing	46.51
2. A. Judd	FellD	51.48
3. B. Hilton	Leeds	51.51
4. P. Jebb	Bing	52.09

VETERANS O/50

1. D. Ashton	Black	52.50
2. T. McDonald	Bing	53.44
3. N. Bush	Unatt	54.05

LADIES

1. C. Greenwood	CalderV	56.41
2. L. Staig (V)	Sett	57.51
3. A. George	Unatt	58.33

INTERMEDIATES

1. A. Lee	Roch	54.52
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JUNIORS

1. M. Whitfield	Bing	53.37
2. R. Jobb	Bing	58.16

MALLERSTANG & NINE STANDARDS YOMP Cumbria CL/23m/1817ft 2.6.91

This year's weather was very bad with the fastest time being 30 minutes more than previous years, giving an indication of the severe difficulties due to heavy rain and cold wind. In spite of this, there was a total entry of 454.

There were two casualties in the race who were brought down from the hills by members of the local Fell Rescue Team and, thankfully, both recovered the same day.

Bill Watkin

RESULTS

1. A. Gillard	Kend	3.27.00
2. D. Littlewood	—	3.28.00
3. A. Yates	DkPk	3.35.00
4. T. Brand-Marker	—	3.35.00
5. A. Whiteside	—	3.37.00
6. T. Richardson	Kend	3.39.00
7. P. Davenport	—	3.42.00
8. K. Robinson	—	3.43.00
9. A. Sheddon	—	3.45.00
10. A. Hodgson	—	3.47.00

VETERANS O/60

1. J. Riley	Bum	6.16.00
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LADIES

1. R. Pickvance	Kend	3.50.00
2. S. Pack	—	4.57.00
3. B. Sanderson	—	4.57.00
4. A. Shedden	—	5.11.00
5. N. Spencer	—	6.00.00

JUNIORS

1. A. Shedden	—	3.45.00
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SCOLTY HILL RACE Scotland BS/5m/800ft 2.6.91

"Scolty" was initiated and organised by Mel Edwards for the previous four runnings. For the 15th, on 2.6.91, he handed the baton to a new Committee receiving in return a small memento for so many years of involvement.

This is a "good value for money" race which continues to grow in popularity with a new record field of 129 runners, with an average age of a discriminating 35+!

On a consistently wet day just made for "Bogtrotters", Simon Axon representing Hunter's team of that ilk, deprived Fraser Clyne of a record 11th win. Still a wonderful record of consistency by Fraser, though. Does anyone know of any other annual race which has been won on ten occasions by the same athlete? Fraser's consolation on this occasion was to lead Aberdeen Metro R.C. to a second consecutive win in the team race.

Next year - better than ever! Make a note for your diary - Sunday, 7th June at 2.15 p.m. from Banchory, near Aberdeen. Entries only on the day.

Ernie Dunster

RESULTS

1. S. Axon	HuntersB	30.47
2. F. Clyne	AberM	31.00
3. R. Taylor	AberM	31.58

4. M. Cumming	AberM	31.59
5. G. Bartlett	Ferres	32.15
6. S. Wright	AberAC	32.18
7. C. Farquharson	HuntersB	32.34
8. P. Jennings	AberM	32.53
9. K. Craig	FleetF	32.56
10. J. Kirkland	Dundee	33.09

VETERANS O/40

1. E. Rennie	AberAc	34.05
2. J. Ingram	Fraserb	35.42
3. L. Newman	Caied	36.25

VETERANS O/45

1. M. Edwards	AberAC	34.23
2. C. Leve	DundH	34.38

VETERANS O/50

1. G. Angus	DundH	37.33
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VETERANS O/55

1. G. Cruickshank	AberAC	35.41
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LADIES

1. L. Bain	AberAC	35.55
2. D. Porter	AberAC	36.55
3. J. Robertson	—	38.54
4. U. Simpson (V)	AberAC	39.05

EDENFIELD FELL RACE Lancashire BM/7.5m/1600ft 2.6.91

The weather was bad for this year's race with poor visibility, low cloud and mist making the race difficult for even the most experienced fell runners.

Not so, though, for Graham Schofield who, last year, was second to Veteran, Peter McWade. This year, there was no one in front of Graham once he made his final descent off Windy Hill.

Last year's winner was sixth this year. Still a good performance - ask those behind him!

K. Smith

RESULTS

1. G. Schofield	Black	45.06
2. L. Rawlinson	Ross	45.14
3. S. Duckworth	Rad	45.21
4. D. Wilkinson	Roch	45.31
5. J. Cook	Roch	46.07
6. P. McWade	Clay	46.40
7. K. Taylor	Ross	47.00
8. T. Bolland	S'port	47.04
9. J. Logue	Unatt	47.14
10. C. Urmston	Roch	48.00

VETERANS O/40

1. F. McWade	Clay	46.40
2. K. Taylor	Ross	47.00
3. A. Steel	Rad	49.50
4. J. Dore	Roch	—
5. N. Harris	NVets	56.46

VETERANS O/45

1. P. Lyons	Bury	49.10
2. P. Jepson	Bury	54.29
3. T. Targett	Clay	56.57
4. P. Healy	Bury	59.31

VETERANS O/50

1. R. Webster	hersby	56.35
2. K. Talbot	Ross	59.13
3. J. Jenkinson	AchR	59.41

VETERANS O/60

1. D. Clutterworth	Roch	61.54
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LADIES

1. L. Bostock (V)	Clay	59.40
2. P. Hicks	Waf	59.55
3. V. Burke	Rad	60.00
4. C. Greenwood	CalderV	60.59
5. P. Dore	Unatt	61.25
6. G. Cooke	Roch	61.27
7. K. Thompson	Clay	61.35

BLENCATHRA FELL RACE Cumbria AM/8m/2700ft 4.6.91

A record entry of 97 with the dry spell enabling many to achieve personal bests for the course.

The two youngest led the field home dragging Billy to break his own Veteran's record, whilst the remaining oldies were led by Roger Bell as he set a new Superveteran's record.

Eddie Leal, at 68, almost brought up the rear without breaking sweat but this honour went to Barry Laycock escorting his wife and collecting the flags for me.

More records were set later at the Mill Inn where "thirst aid" was expertly administered.

John Stout

RESULTS

1. J. Bulman	Borrow	59.48
2. G. Bland	Borrow	60.45
3. B. Bland	Borrow	62.05
4. K. Hagley	DkPk	62.17
5. M. Fleming	Amble	63.14
6. J. Wootton	Kesw	63.14
7. M. Fanning	Borrow	65.06
8. P. Skelton	Kesw	65.14
9. D. Loan	Kesw	65.27
10. R. Hackett	Clare	65.35

VETERANS O/40

1. B. Bland	Borrow	62.05
2. F. Anderson	CFR	70.44
3. D. Findley	CFR	74.25
4. J. King	CFR	76.59
5. R. Dixon	Kesw	77.43

VETERANS O/45

1. M. Hudson	Kend	71.17
2. D. Gibson	Saddle	74.47
3. T. Walker	Amble	76.16
4. A. Calder	CFR	77.17
5. P. Dowker	AchR	77.48

VETERANS O/50

1. R. Bell	Amble	70.00
2. H. Blenkinsop	Kesw	76.42
3. B. Johnson	CFR	77.05
4. M. Larby	Ryde	77.55
5. C. Lates	Kesw	80.54

VETERANS O/50

1. E. Leal	Ryde	108.34
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LADIES

1. R. Pickvance	Kend	76.45
2. J. Ramsden	Kesw	83.03
3. C. McNeill	Amble	86.06
4. P. Demoss	USA	87.02
5. S. Lewsley	Kesw	90.28



A colourful, if somewhat damp start to Edenfield
Photo: Steve Bateson

RESULTS

1. S. Thompson	Clay	75.34
2. P. Pollit	Bolt	76.20
3. D. Beels	Roch	77.37
4. B. Mitchell	Clay	79.11
2. D. McCallum	Clay	79.49
3. J. Dore	Roch	81.12

VETERANS O/45

1. R. Jacques	Clay	84.30
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VETERANS O/55

1. E. Blamine	Tod	86.04
2. P. Duffy	Aber	92.20
3. J. West	Clay	94.38

LADIES

1. C. Greenwood	CalderV	87.39
2. W. Dodds	Clay	93.20
3. D. Gowans	Acc	99.05

JUNIORS

1. J. Smith	CalderV	24.30
2. P. Barton	Clay	25.28
3. P. Oldham	Clay	25.33

YOUNGSTERS

1. C. Singleton	Clay	12.13
2. C. Beresford	Clay	12.36
3. A. Whittan	Tod	12.44

**GRINDLEFORD CARNIVAL
FELL RACE
South Yorkshire
CS/4m/550ft 13.6.91**

On one of the few fine evenings in June, Grindleford Fell race went without a hitch. Temporary stiles borrowed from our orienteering friends helped reduce congestion at the top of the hill. Perhaps more fell races could arrange this!

The field was a near record turnout of 283, all of whom finished.

An enjoyable, but uneventful evening.
F. Galbraith

RESULTS

1. T. Parr	Gloss	29.00
2. B. Minto	DkPk	29.21
3. T. Tett	DkPk	29.26
4. R. Pearson	Hallam	29.31
5. A. Cartwright	DkPk	29.34
6. K. Davis	P'stone	30.03
7. J. Foster	Notts	30.15
8. S. Charlesworth	StaffsM	30.24
9. M. Ihile	Holm	30.31
10. B. Toogood	DkPk	30.48

VETERANS O/40

1. B. Toogood	DkPk	30.48
2. G. Berry	DkPk	31.12
3. N. Sercombe	RollsR	31.50

LADIES

1. W. Lightfoot	DkPk	36.31
2. K. Davis	NDRC	38.31
3. E. Wrigley	Totley	40.05

**CROSSONE
Northern Ireland
AS/2.5m/1700ft 13.6.91**

Brian Ervine won the Crossone race after a hard fight with Andrew Callan. The duo reached the summit together but a determined effort on the descent, allowed Brian to claim victory by two seconds. Jim Brown took advantage of a bad fall by Billy McKay and claimed third place after a very good descent.

The rough descent favoured Veteran, Kevin Quinn, who managed to beat his two rivals, Fred Strickland and Brendan McCartan.

In the Over 45 category, Denis Rankin ran well to claim the honours ahead of Billy Magee.

The Ladies' race was dominated by Rona McConville, who ran three minutes clear of Joan Flanagan in second, with Mary Havron third.

This race remains a tester for many of the Hill and Dale runners and, once again, it allows the rough ground specialists (or madmen/women!) to shine.

B. McBurney

RESULTS

1. B. Ervine	B'drain	31.40
2. A. Callan	Newc	31.42
3. J. Brown	BARF	33.12
4. B. McKay	Albert	33.59
5. B. McBurney	Newc	34.02
6. D. Graham	B'drain	34.51
7. M. McNiff	BARF	35.12
8. D. Rankin	Albert	35.21
9. P. Mallom	BARF	35.23
10. K. O'Hara	Newc	35.27

VETERANS O/40

1. D. Rankin	Albert	35.21
2. B. Magee	Larne	37.19

LADIES

1. R. Mcconville	NDown	41.44
2. J. Flanagan	BARF	44.39
3. M. Havron	NewryS	48.15

**ROYAL DOCKRAY FELL RACE
Cumbria
Long Course BL/17m/4500ft Short
Course 10m/2500ft 15.6.91**

RESULTS - LONG COURSE

1. B. Bland	Borr	2.08.59
2. J. Bulman	Borr	2.09.27
3. J. Wootton	Kesw	2.11.22
4. D. Lee	CFR	2.11.35
5. R. Suddaby	B'liners	2.13.34
6. D. Loan	Kesw	2.14.47
7. A. Lewsley	B'liners	2.16.10
8. J. Nixon	AchR	2.16.58
9. N. Elstone	B'liners	2.22.25
10. F. Anderson	CFR	2.23.25

VETERANS

1. B. Bland	Borr	2.08.59
2. J. Nixon	AchR	2.16.58
3. J. Naylor	CFR	2.40.15
4. T. Walker	Amble	2.41.10

LADIES

1. S. Lewsley	Kesw	3.02.54
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RESULTS - SHORT COURSE

1. J. Taylor	Holm	1.04.37
2. J. Taylor	Clay	1.15.04
3. P. Whiting	Unatt	1.15.35
4. A. Tait	Unatt	1.18.04
5. P. Morley	Ross	1.19.13
6. A. Howarth	Clay	1.22.16
7. D. Nield	Clay	1.22.26
8. A. Holden	LancsM	1.23.27
9. G. Holden	LancsM	1.24.00
10. P. Dowker	AchR	1.26.52

VETERANS

1. A. Tait	Unatt	1.18.04
2. P. Dowker	AchR	1.26.52
3. J. Stout	CFR	1.29.43
4. G. Howard	Ilk	1.30.47
5. P. Taylor	Clay	1.32.11

LADIES

1. G. Barnes	Amble	1.43.11
2. K. Arnold	Unatt	1.49.19

**BUCKDEN PIKE FELL RACE
Yorkshire
AS/4m/1500ft 15.6.91**

This year's event contained a new ingredient - rain! The run of 10 years' good weather finally gave up and brought new problems for some runners and organisers alike. The enforced detour around the water works also caused problems and would affect times by up to a minute.

Congratulations to 17 year old William Styan who came through from fifth at the Pike, cutting through his rivals with a hair raising descent. Alex Smith's intention of gaining a hat trick was well and truly demolished, along with Greg Hull's aspirations for first place.



Brian McBurney, Denis Rankin, Peter Howie, Kevin Quinn and Billy Magee (just) battle it out at Crossone Norman Ervine

Thanks go to all helpers and especially to Dave Weatherhead for his soggy summit recording.
Pete Jebb

RESULTS

1. W. Styan	Holm	34.49
2. G. Hull	Leeds	34.50
3. A. Smith	CFR	35.09
4. C. Lyon	Horw	35.50
5. J. Parker	Ilk	36.23
6. A. Schofield	Ross	36.29
7. M. Whitfield	Bing	36.36
8. P. Harlowe	Kesw	36.36
9. D. Woodhead	Horw	36.57
10. C. Walker	P&B	37.01

VETERANS O/40

1. P. Harlowe	Kesw	36.36
2. T. Hesketh	Horw	37.08
3. A. Styan	Holm	37.26
4. M. Walsh	Kend	38.46
5. S. Mayfield	Hallam	39.42

VETERANS O/45

1. W. Padgett	Bing	38.29
2. K. Carr	Clay	39.01
3. D. Quinlan	Bing	41.09

VETERANS O/50

1. N. Bush	Unatt	40.39
2. G. Charles	Vaux	44.28
3. W. Wade	Holm	45.15

LADIES

1. J. Kenyon	Horw	41.35
2. C. Greenwood	CalderV	46.12
3. L. Johnston	Unatt	49.05
4. L. Hayles (V)	CalderV	55.22

INTERMEDIATES

1. W. Walker	P&B	37.01
2. D. Wilkinson	Roch	37.11
3. B. Evans	Amble	38.16

JUNIORS

1. W. Styan	Holm	34.49
2. M. Whitfield	Bing	36.36
3. R. Moss	Bing	37.28

**GLEN ROSA HORSESHOE
Isle of Arran
AL/13m/5500ft 15.6.91**

We had a new course for 1991, still a very picturesque route but finishing with a gruelling descent of the south west side of Goatfell. This suited Phil Clark, who finished a full 18 minutes from the rest of the field.

The other noteworthy achievement of the day was Marcus Covell's second place on his 21st birthday. Marcus is showing great potential in this, his third year of racing - he was fourth at Jura.

To me, the great thing about the weekend was the co-operation and comradeship shown by all involved, particularly the 44 competitors, half of whom turned up on Friday night to erect the marquees and then stayed on after the race to dismantle them.

It was nice to see Dick Wall racing again. I couldn't decide whether the generous lead he had given to the rest of the field was due to there being a lone female at the last check-point, or that he had heard that one of Marcus's hand woven rugs was being presented to the last man in!

One of the Kendal lads said the race was like a Lakeland race 20 years ago. I took this as a compliment - I've not been in the Lakes for 20 years!

I have now heard that the N.T.S. has given the go-ahead for next year - so, see you all then!
 Dave Freeman

RESULTS

1. P. Clark	Kend	2.14.13
2. M. Covell	Kild	2.32.14
3. M. Walford	Kend	2.33.31
4. D. Richardson	Kend	2.33.54
5. R. Hackett	Clare	2.35.40
6. G. Brookes	Loch	2.36.20
7. R. Boswell	Loch	2.37.45
8. J. Aitken	HELP	2.37.59
9. D. MacPhee	—	2.38.30
10. H. Richmond	Loud	2.38.38

VETERANS O/40

1. M. Walford	Kend	2.33.31
2. T. Ross	Fife	2.43.50
3. K. White	W'lands	2.56.22

VETERANS O/50

1. B. Gauld	Carn	2.40.16
2. R. Mitchel	Teviot	3.14.23
3. R. Gorman	SVH	2.55.19

LADIES

1. L. Hope	Loch	2.56.31
2. C. Menhennet	Clydes	3.13.06
3. S. Ingman	Wrex	3.25.31
4. S. King	Clydes	4.08.12

RAS CARNEDDAU Gwynedd AM/10m/3500ft 15.6.91

RESULTS

1. K. Anderson	Amble	99.23
2. G. Bland	Borr	100.22
3. H. Griffiths	Hebog	101.12
4. G. Schofield	Black	101.13
5. G. Wilkinson	Clay	101.14
6. D. Neill	M'lands	101.17
7. S. Booth	Kesw	101.19
8. A. Peace	Bing	101.26
9. R. Whitfield V	Bing	101.32
10. I. Ferguson	Bing	101.43
11. M. Wallis	Clay	101.54
12. R. Jamieson	Amble	101.57
13. M. Hoffe	Amble	102.06
14. E. Roberts	Eryri	102.34
15. R. Pallister	P&B	103.09
16. A. Wharpley	P&B	103.32
17. M. Rigby	Amble	103.51
18. J. Thin	Eryri	103.58
19. G. Devine	P&B	104.43
20. J. Maitland	P&B	105.06
21. P. Sheard	P&B	106.27
22. D. Davies	Hebog	106.33
23. P. Bateson	Kesw	106.47
24. K. Taylor	Ross	106.54
25. N. Lanaghan	Kesw	107.05
26. J. Smith	P&B	107.17
27. K. Dobson	Bing	107.41
28. G. Webb	Cald	107.59
29. J. Broxap	Kesw	109.04
30. G. Williams	Eryri	109.34

VETERANS O/40

1. R. Whitfield	Bing	101.32
2. D. Davies	Hebog	106.33
3. K. Taylor	Ross	106.54
4. A. Childs	Eryri	112.33
5. R. Taylor	Pennine	113.35
6. J. Blair-fish	Carn	113.50
7. H. Parry	Eryri	115.53
8. T. Hulme	Pennine	116.50

VETERANS O/50

1. R. Bell	Amble	111.15
2. A. Philipson	G'forth	112.00
3. D. Ashton	Black	113.59
4. R. Hird	Eryri	121.00
5. B. Thackery	DkPk	126.53

LADIES

1. P. Calder	Edin	115.41
2. C. Crofts	DkPk	121.21
3. H. Diamantides	Amble	125.12
4. N. Lavery	Amble	127.16
5. Y. Haigh	P&B	127.52
6. A. Bedwell	Caer	128.54
7. A. Wright	Macc	131.42
8. K. Gott	Clay	134.31
9. C. Procter	Mand	136.15
10. B. Murray	Macc	143.52

LADY VETERANS

1. J. Smith	DkPk	126.07
2. J. Teague	Bing	132.56
3. L. Campbell	Eryri	142.47
4. C. Wakington	Clay	149.29
5. A. Watmore	DkPk	154.58

COWPE FAIR FELL RACE Lancashire N/3m/1000ft 16.6.91

Not to be confused with the evening race held in July, the "Cowpe Hill Race", this race is held in conjunction with the annual Cowpe Village Fair. This year's event was notable for the number of ladies, veterans and juniors entered.

The well flagged route takes runners to the trig point on the summit of Cowpe Lowe, also used as a checkpoint on the Rosendale and Whinberry Naze Dash Fell Races. The descent can be observed from the village fair field and runners finish in the main arena.

Local favourite was the evergreen, Ray Rawlinson, who in fact was first to the summit. Ray could not match the finishing speed though of self-confessed "raceaholic", Chris Lyon, who sped home to record a six seconds victory. Steve Breckell, a recent convert to the ranks of Veterans ran a fine race to finish fourth.

First lady was, in fact, a junior, C. Whittam, whilst the first senior lady was N. Wilkinson. First male junior was Brendon Taylor, eleventh overall and once again beating father, Ken, into the bargain!

Graham Wright

RESULTS

1. C. Lyon	Horw	20.27
2. R. Rawlinson	Ross	20.33
3. D. Wilkinson	Roch	20.38
4. S. Breckell	Clay	21.18
5. A. Hewitt	Ross	21.38
6. J. Bentley	Stre	21.45
7. P. Lyons	Bury	21.46
8. A. Maloney	Roch	21.47
9. K. Robinson	Black	21.49
10. J. Eaton	Ross	22.09

VETERANS O/40

1. S. Breckell	Clay	21.18
2. K. Robinson	Black	21.49
3. J. Eaton	Ross	22.09
4. B. Crewdson	Black	23.00
5. K. Taylor	Ross	23.02

VETERANS O/45

1. P. Lyons	Bury	21.46
2. P. Jepson	Bury	23.55
3. T. Targett	Clay	25.50
4. E. Duffy	Ross	26.27

VETERANS O/50

1. D. Ashton	Black	23.33
2. J. Jenkinson	AchR	24.51
3. K. Talbot	Ross	24.53
4. J. Richardson	Muni	30.39

LADIES

1. C. Whittam (J)	Tod	25.32
2. N. Wilkinson	Black	26.58
3. V. Hamlett	Ross	27.51
4. D. Fleming (V)	Ross	28.03
5. M. Sanderson (V)	Roch	28.48
6. H. Talbot	Ross	29.45

JUNIORS

1. B. Taylor	Ross	22.15
2. C. Fell	Ross	22.42
3. J. Smith	CaldV	22.56

PATRICK Isle of Man AM/11m 16.6.91

Comeback man, Tony Rowley, looked to have the race sewn up at the final checkpoint on South Barule but, unfortunately, lost his way on the descent enabling Richie Stevenson to catch and then pull away from him on the rapid downhill dash at Bamell Lane, winning by some 50 seconds to become the ninth winner in nine years.

Top veteran, Dave Corrin, managed to go one better than Tony Rowley, not only going off course but managing to lose some seven minutes in the process, enabling Mike Cowboume to finish top Veteran and third overall.

RESULTS

1. R. Stevenson	MFR	1.38.28
2. T. Kowley	MFR	1.39.18
3. M. Cowboume	MFR	1.47.23 (V)
4. M. Bridson	MFR	1.47.53
5. D. Davis	MFR	1.48.40
6. P. Kenny	MFR	1.50.29
7. D. Corrin	MAC	1.53.40 (V)
8. D. Maddrell	MFR	1.54.14
9. I. Callister	MAC	1.54.55
10. B. Baxter	MAC	2.24.10 (V)

HOLME MOSS FELL RACE Yorkshire AL/16m/4000ft 16.6.91

This tough Pennine race attracted a record entry due to its growing reputation, nearly double the previous number of 79. Despite not being the Yorkshire championship this year,

the quality of the field was unaffected. Records fell in both the ladies and over 45's races.

Conditions were tough underfoot due to the previous fortnight's rain, but were eased a little by the cool, damp weather.

The ladies' record was taken by Carol Greenwood in convincing style knocking ten minutes off the previous 3.00.17. Dave Cartwright came in to win the over 45s in ninth place reducing the record in a similar fashion to Carol.

The race was led home by J. Bradley who made his bid for victory at Black Hill, the highest point on the course with around three miles to go. A. Davidson was second leading Todmorden to the team win.

All competitors arrived back at the finish to refreshments and the extensive prizegiving before the rain had its say. Everyone appeared to enjoy the day with its low key, traditional race atmosphere.

R. Bangham

RESULTS

1. J. Bradley	Prest	2.22.54
2. A. Davidson	Tod	2.24.03
3. T. Ratcliffe	Saddle	2.24.27
4. A. Wrench	Tod	2.24.48
5. A. Churchill	Clay	2.24.53
6. A. Jenkins	Prest	2.26.44
7. T. Bolland	S'portW	2.28.28
8. H. Waterhouse	Saddle	2.29.08
9. D. Cartwright	P'stone	2.29.18
10. M. Cuddy	Gloss	2.30.06

VETERANS O/40

1. A. Churchill	Clay	2.24.53
2. H. Waterhouse	Saddle	2.29.08
3. P. Buttery	DenbyD	2.30.57
4. R. Poole	Gloss	2.35.05
5. B. Schofield	Tod	2.35.17

VETERANS O/45

1. D. Cartwright	P'stone	2.29.18
2. D. Gibson	Saddle	2.38.23
3. N. Berry	Holm	2.38.30
4. J. Talbot	Tod	2.39.41

VETERANS O/50

1. G. Barras	Felland	2.45.18
2. B. Sprakes	DkPk	2.48.24
3. B. Thackery	DkPk	2.52.57

LADIES

1. C. Greenwood	CaldV	2.49.54
2. A. Isdale	Unatt	2.54.42
3. J. Town	DenbyD	3.17.04
4. P. Mee (V)	Gloss	3.24.55
5. C. Fulton (V)	Unatt	3.25.52

WREKIN STREAK Shropshire AS/2m/900ft 18.6.91

The Wrekin Streak Fell Race, sponsored by Naylor and Eura Conservation, attracted ninety runners on a cool and damp June evening. The race starts at the foot of the Wrekin and follows the tourist route to the top, returning via the same route.



Holmfirth's Ian Wainwright slashes around on Black Hill in the Holme Moss race.
 Photo: Dave Woodhead

LADIES

1. J. Town	DenbyD	22.20
2. C. Couch	Melthz	22.49
3. M. Sanderson	Roch	23.24
4. J. Knight	Melthz	25.34
5. M. Bottomore	Melthz	26.16

**SCOTTISH MOUNTAIN TRIAL
Ardgarden
16m/6000ft 13m/5000ft 10m/4000ft
22.6.91**

RESULTS

16m/6000ft		
1. Rosen/Stone		4.00.58
2. Gauld/Boswell		4.12.04 (V)
3. Baxter/Adams		4.37.00
4. Kyle/Blunk		5.10.00 (Mix)
5. Mennie/Dewar		6.08.13
13m/5000ft		
1. McIntyre/Thompson		3.28.30
2. Hall/		4.00.23
3. McLaren/Stevenson		4.05.35 (V)
4. Cranston/Richardson		4.21.30
5. Bugler/Elsmore		4.35.00 (Mix)
6. Brooks/Walsh		4.39.15
7. Small/Small		4.41.00 (MixV)
8. Elder/Belton		4.43.24 (Mix)
9. Harmer/Black		4.49.10
10. Menhennet/Diamantides		5.41.36
10m/4000ft		
1. Cunnane		4.08.06
2. Harvey		3.13.27
3. Campbell		3.17.25
4. Gilmour/Purves		3.31.50
5. Kipling/Reid		3.48.00
6. Stainton		3.49.00
7. Duncan		4.00.00
8. Lilley		4.09.00 (L)
9. McFadyen/McPherson		4.19.00
10. Bugler/Sutcliffe		4.42.06

**RIBER RUN
Derbyshire
N/5m/500ft 22.6.91**

A field of fifty runners left Lea Green Education Centre at Lea, near Matlock, amidst the noise and throng of the Lea, Dethick and Holloway villages' carnival. Weather conditions were excellent despite heavy downpours all of the morning which had made the going slippery underfoot.

The winning runner, Steve Barlow, put in an excellent time just short of the record 30.16 set by Peter Yorke two years ago in dry conditions.

Runners were grateful to the organisers who had thoughtfully cut down large areas of stinging nettles on parts of the course!!

Michael A. Overend

RESULTS

1. S. Barlow	—	30.51
2. C. Lyon	—	31.39
3. S. Charlesworth	Buxt	32.06
4. T. Haywood	Leics	32.10
5. P. Light	Buxt	32.32
6. R. Wilde	—	32.38
7. S. Oglethorpe	Sheff	33.11
8. J. Morgan	Watf	34.10
9. M. Moorhouse	Mat	34.37
10. H. Ramacheck	Buxt	34.43

VETERANS O/40

1. P. Spencer	Mat	36.14
2. G. Smith	MiltM	38.36
3. P. Guerrier	—	38.51

LADIES

1. P. Mee	Hyde	40.11
2. C. Fulton	Mat	45.54
3. P. Hicks	Watf	51.30

**THE CHEVY CHASE
Northumberland
AL/20m/4000ft 22.6.91**

This year saw a record entry of one hundred and sixty eight walkers; seventy five 'B' runners and eighty nine 'A' runners under a dominantly blue sky and a fresh breeze, they set off over the twenty mile route of mixed ground amongst the Cheviot Hills, Northumbrias' most lofty landscape. The notorious peat of Cheviot Summit was as ever the consistency of liquid peanut butter, many other squelchy sections existed but there are some good dry fast and leg soothing turf stretches. For runners and walkers alike the conditions were demanding but entertaining.

Briefly, the first walker to cut the finish tape was Ian Ellmore from Scarborough, with his elastic stride he covered the route in a very very good 4.42.43.



Sheila Bennett and Ruth Perry of Eryri descend from Y-Garn
Photo: Paul Stott

Obviously moving with ease and rapidity was John Wootton of Keswick A.C. his race lasted only 2.42.43, a marvellous run and a record time which knocked twenty eight minutes off last years time. The short hop over the Border from Duns to Wooler was most worthwhile for Trish Calder, as British Champion she convincingly demonstrated why that is the case with a record winning 3.04.20.

M. Hudson of Kendal (O/40 veteran) came sixth in 2.58.15. Also within the difficult three hour threshold was Mark Forrest, a local celebrity D.J. from Metro Radio, he even had time to go on the air before the start. Simon Hicks a regular Chevy Chase runner over many years deservedly won the over fifties category. Claremont Road Runners of Newcastle is a true athletic club, they enter a wide variety of events and are not deterred by the thought of running up hills - the reverse of their normal training attitude - so it was pleasing to see their team take the "A" team trophy.

Lawrence Heslop

RESULTS

A. RUN			
1. J. Wootton	Kesw	2.42.43	
2. R. Hackett	CRR	2.45.21	
3. A. Lewsley	Border	2.46.03	

VETERANS O/40

1. M. Hudson	Kend	2.58.15	
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VETERANS O/50

1. S. Hicks	Blay	3.33.58	
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LADIES

1. T. Calder	ESPAC	3.04.20	
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B. RUN

1. S. Gakhar	CRR	3.41.52	
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VETERANS O/40

1. P. Johnson		4.10.29	
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VETERANS O/50

1. F. Marr		3.54.12	
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LADIES VETERANS O/50

1. B. Jones		4.14.56	
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WALK

1. I. Ellmore		4.30.04	
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LADIES

1. L. Hollister		5.12.28	
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**Y GARN
Gwynedd
AS/3m/1500ft 22.6.91**

The Eryri Harriers & Hebog are now the co-ordinators of this classic short course instigated by the previous race organiser. The race starts just behind the park in Rhyd Dan with a short section on the road before entering onto the path up the Garn. The farmer whose land the race takes place on, gave every co-operation in opening gates and even marshalling which is always appreciated.

72 competitors turned out to be escorted all the way to the summit and back down again on this triangular-shaped course, by Hefin Griffiths, a local Electricity Board storeman. Following hard on his heels was Scotsman (temporary Welshman!) Jamie Thin, who was undertaking a teacher's training course at Bangor University. However, on the descent, Simon Booth, often seen recently in Snowdonia, overtook him to become runner-up.

Best performance of the day came from Jill Teague who broke the ladies' course record. She was obviously getting into the right sort of form for her stints in a red international vest later on in the year!

The prize-giving was held for the first time in the local hostelry where all competitors received a free drink, courtesy of the landlord, Graham.

Perhaps a special prize for the first Father & Son to finish should be considered for next year as the Williams' of Blaenau Ffestiniog and the Parry's of Llangoed, Anglesey, combined Father & Son teams, were less than two minutes apart. The race is ideal for such a competition as the FRA rules mean that 14 year olds can compete.

E. Evans

RESULTS

1. H. Griffiths	Hebog	27.38
2. S. Booth	Kesw	28.54
3. J. Thin	Eryri	28.59
4. S. Forster	MDC	29.46
5. E. Roberts	Eryri	30.13
6. G. Owen	Eryri	30.19
7. D. Davies	Hebog	30.28
8. C. Williams	Hebog	30.36
9. A. Darnell	Eryri	30.49
10. A. Childs	Eryri	30.55

VETERANS O/50

1. D. Davies	Hebog	30.28
2. A. Childs	Eryri	30.55
3. H. Parry	Eryri	31.09
4. D. Williams	Eryri	32.26

VETERANS O/50

1. R. Hird	Eryri	33.05
2. G. Lloyd	Wrex	38.13
3. M. Cox	DkPk	40.18
4. E. Steward	DkPk	40.23
5. G. Billington	Wrex	41.58

VETERANS O/60

1. J. Pope	Eryri	47.01
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LADIES

1. J. Teague	Bing	33.07 (V)
2. A. Brand-Barker	Eryri	37.47
4. S. Bennell	Eryri	40.45
5. A. Cartwright	Prest	40.47 (V)
7. R. Parry	Eryri	41.00 (V)

JUNIORS

1. C. Williams	Hebog	30.36
2. R. Thomas	Blaenwyr	31.50
3. I. Parry	Eryri	35.03

**ANNALONG HORSESHOE
County Down
AL/13m/5200ft 22.6.91**

This year's event took on added importance as it included the NIAAF Fell Race Championship and the medals were decided in the early stages when Robin Bryson, Adrian Philpott and Jim Patterson broke clear. These three remained together for most of the race with Robin reaching the summit of Slieve Binnian with a good lead. In an exciting finish both Adrian and Jim passed Robin on the descent before Robin fought back on the final section of track and road to finish twelve seconds behind Adrian.

I doubt whether any men have recorded three straight wins but the inscription plate of our winner's trophy only bears the names of winners since 1979. The previous plate, which recorded winners since the race started in 1946 and up to 1979 (when I won it in an eleven-man field), went missing about 1980 or 1981. We would love to have it back, so if any reader or any trophy-shop which may have had it for inscribing, is reminded of its whereabouts please let me know. The winner in 1946 was Bateman Eyre and a nineteen fifties or sixties winner was Brian Olleranshaw.
Derick Jewell

RESULTS

1. P.Bowler	Staffs	25.40
2. A. Cory-Wright	Dk Pk	25.50
3. A.Hume V	Pennine	26.12
4. K.Davis	Pennine	26.23
5. M.Innis	Holm	26.24
6. R.Wilde V	Mcr	26.26
7. G.Berry V	Dk Pk	26.29
8. T.Hayward	Deelux	26.33
	Hallam	26.46
10.P.Crowson	Dk Pk	26.49

VETERANS O/40

1. A.Hulme	Pennine	26.12
2. R.Wilde	Mcr	26.26
3. G.Berry	DK Pk	26.29
4. D.Cartwright	PFR	27.51
5. G.Band	Dk Pk	27.55

VETERANS O/50

1. S.Wild	Hallam	30.41
2. R.Mason	Totley	31.27
3. A.Wright	Unatt	32.32
4. P.Kohn	Dk Pk	32.58

LADIES

1. S.Boler V	P'stone	31.05
2. M.Chippendale V	Stock	32.05
3. P.Mee V	Gloss	32.54
4. A.Jorgensen	P'stone	33.03
5. R.Briggs	Sheff Uni	33.23
6. A.Wright	Maccle	33.39
7. C.Wild V	Hallam	33.43
8. P.Bishop V	Unatt	33.56

JUNIORS

1. C.Manthorpe	Sheff	13.40
2. A.Tumer	H'field	14.03
3. A.Marshall	Castle	14.15

ROSTREVOR HILL RACE County Antrim AM/7m/2600ft 6.7.91

The Rostrevor course is much more like a continental race than a typical British fell race, with almost the entire route being on forest tracks. With 2600ft of climb in seven miles it is very similar to the short course at the World Cup in Zermatt this year, and hence was used as a selection race.

Robin Bryson lead from the start and looked full of running as he finished almost a minute clear of Eamon McMahon from Dundalk, who was thirteenth in last years World Cup race. Both Robin and Eamon will be representing the Republic of Ireland in Zermatt.

Sally Patrick ran well to finish a minute ahead of Suzie Carson in the ladies race over five miles with 1800ft climb.

Track runner Stephen Crowe made an impressive debut on the hills by winning the junior race by almost three minutes.
Brian Ervine

RESULTS

1. R.Bryson	N'castle	53.03
2. E.McMahon	D'dalk	53.55
3. A.Philpott	D'cairn	55.41
4. P.Rodgers	N'castle	56.32
5. R.Rodgers	N'castle	56.50
6. N.McMonagle	Sparta	56.53
7. A.Callan	N'castle	58.39
8. J.Patterson V	D'cairn	58.43
9. J.Hayes V	B'drain	58.48
10.T.Breen	D'cairn	60.14

VETERANS O/40

1. J.Patterson	D'cairn	58.43
2. J.Hayes	B'drain	58.48

LADIES

1. S.Patrick V	D'cairn	50.53
2. S.Carson	D'cairn	51.56
3. M.Havern	Newry	56.07
4. J.Flanagan	Barf	59.23
5. J.Boyle	Barf	61.10

JUNIORS

1. S.Crowe	D'cairn	42.08
2. C.Adgey	A'ville	44.58
3. M.McManuw	Larne	47.05

THE 14th SAUNDERS LAKELAND MOUNTAIN MARATHON

Cumbria
0/2 day July 6/7th

This year's Saunders Lakeland Mountain Marathon (SLMM), sponsored by tent makers Robert Saunders Ltd., took 898 runners and walkers across the fells of central and eastern lakeland for 2 days of competition, testing their endurance, navigation and camping skills.

In 7 different classes, ranging from 40 to 80km, 84% of the competitors completed their course, starting and finishing on the Grasmere Sports field, with an overnight camp at Glenridding. Except in the unique solo elite class, the competition was for pairs carrying everything needed for their overnight stop, and using map and compass skills to select the best route between carefully placed checkpoints.

The weekend was a triumph for organiser Martin Bagness, who was criticised after bad weather last year caused very low finish rates. Easier courses, but still featuring checkpoints requiring good technical navigation, and offering a good choice of different routes, combined with hot, clear weather ensured his aim of a high finish rate was achieved.

The SLMM has the widest range of classes in any mountain marathon, and with 2 walkers classes, attracts many newcomers to this popular mix of mountain walking and orienteering. The event also features the Klets Classic Class, the only solo class in any mountain marathon. Ladies and mixed classes were combined this year due to a very low entry by ladies pairs.



Kitted up for the Saunders
Photo: Rob Howard

Despite the popularity of the event, the numbers competing were reduced this year out of concern for the environment. The use of 7 different classes, and courses featuring several possible routes, also spread the impact of the event. In a break with tradition a permanent campsite was used on the Saturday evening, ensuring better control of rubbish and waste.

This year's courses covered the area around Fairfield and Helvellyn, taking competitors in the longer courses as far East as High Street on the second day. In the Klets Classic Class John Redmayne showed impressive form defending his title, winning by over an hour against tough opposition, while in the Scafell Class Martin Stone and Mark Rigby, survived a strong challenge from David Rosen and Andrew Lewsley.

In all except the Bowfell Class the overnight leaders maintained their form to win. Chris and Julian Rhodes held a precarious overnight lead of just 32 seconds in the Bowfell Class, but on day 2 a determined challenge by Graham Wallis and Nigel Aston gave them victory by 14 minutes.

Joan Saunders presented prizes on behalf of the sponsors, who have made many designs and technological breakthrough in the production of the lightweight tents used by campers and mountain marathon enthusiasts.

Rob Howard

RESULTS

KLETS CLASSIC

1. J. Redmayne	9.50.27
2. P. Driver	10.53.56
3. G. Williams	11.12.37

SCAFELL - MEN

1. M.Stone/M. Rigby	10.47.20
2. D. Rosen/A. Lewsley	11.10.18
3. H. Sawyer/A.Brear	12.46.45

SCAFELL - MIXED

1. J. Aitken/T. Calder	13.29.48
2. R. Defane/C. Foulton	16.52.01

BOWFELL - MEN

1. G. Wallis/N. Aston	9.48.04
2. C. Rhodes/J. Rhodes	10.02.46
3. K. Adams/P. Baxter	10.17.35

BOWFELL - MIXED & LADIES

1. T. Dibden/J. Atkins	10.31.46
2. N. Holmes/W. Holmes	11.31.01
3. J. Nicholson/N. Church	12.02.46

WANSFELL - MEN

1. J. Hammond/S. Hill	8.38.01
2. C. Dickinson/B. Haywood/Smith	8.53.06
3. A. Davies/J. Constable	8.57.42

WANSFELL - MIXED & LADIES

1. J. Dallinson/K. Dallinson	9.15.17
2. N. Jellings/F. Read	9.35.32
3. K. Holder/S. Clark	10.40.34

KIRKFELL - MEN

1. A. Coulthard/J. Coulthard	8.07.43
2. B. McDonald/R. Baile\$	16.02
3. P. Whitehead/G. Tudbury	8.24.13

KIRKFELL - MIXED & LADIES

1. B. Robbins/S. Robbins	9.33.55
2. I. Campbell/C. Walkington	10.09.26
3. K. Cameron/P. Line	11.53.45

CARROCKFELL - MEN

1. A. Philipson/M. Philipson	8.06.37
2. P. Eastwood/A. McGee	8.26.45
3. R. Maynard/K. Maynard	9.06.50

CARROCKFELL - MIXED & LADIES

1. N. Ellstone/S. Lewsley	8.50.28
2. A. Huyton/M. Huyton	9.28.04
3. J. Edwards/A. Payne	11.12.04

BEDAFELL - MEN

1. K. Pollard/K. Abbott	9.24.53
2. B. Hardaker/V. Devlin	9.46.01
3. R. Griffiths/D. Bentley	10.22.24

BEDAFELL - MIXED & LADIES

1. M. Stafford/J. Harwood	10.07.04
2. S. Hitch/R. Hitch	10.33.39
3. A. Mitchell/K. Norton	13.10.53

ST. JOHN'S FAIR FELL I.O.M. AS/3m/900ft 7.7.91

Come-back man, Tony Rowley, showed a welcome return to form in winning this short three mile sprint to the summit of Slieau Whallian and back. On probably the hottest day of the summer so far, Tony hit the front soon after the plantation track and was always in control of the race on the return back to the St. John's Cricket Club, to finish just 17 seconds ahead of Veteran, David Young, who makes a habit of running well on this particular course.

The event was part of the St. John's Cricket Club Sports Day providing a good tough little race for the competitors and an enjoyable afternoon out for the spectators.
I. Callister

RESULTS

1. T. Rowley	MFR	26.26
2. D. Young	MFR	26.43
3. R. Stevenson	MFR	26.58
4. D. Corrin	MAC	27.29
5. M. Bridson	MFR	27.51
6. I. Callister	MAC	27.58
7. A. Howarth	Clay	28.05
8. D. Maddrell	MFR	28.12
9. M. Cowbourne	MFR	28.16
10. P. Kenny	MFR	28.42

VETERANS O/40

1. D. Young	MFR	26.43
2. D. Corrin	MAC	27.29
3. M. Cowbourne	MFR	28.16

VETERANS O/50

1.B. Baxter	MAC	37.29
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PEAKERS STROLL Derbyshire BL/25m/4000ft 7.7.91

This year a total of 36 runners took part in the 4th annual Peakers Stroll event which starts/finishes at the Devonshire Arms, Peak Forest, Nr. Buxton, Derbyshire.

This year's event was met with uncomfortably hot weather making it difficult for the runners to achieve record times. Despite this, the eventual winner, Mike Egner, with a time of 3hrs 11mins, was only two minutes outside the record time set by Ray Ball.

The course of 25 miles offers some marvellous views of the Peak District, and is more across country than on road. Starting at around 1,000 ft above sea level, the course finds its way to the highest point of 1,706 ft at Mam Tor above Castleton.

Only nine minutes separated the first three runners which says a lot for the competitiveness, bearing in mind the heat and distance covered.

J. Hipwell

RESULTS

1. M. Egner	3.11.00
2. D. Tait	3.16.00
3. T. Ratcliffe	3.20.00
4. C. Johnson	3.29.00
4. P. Booth	3.29.00
6. S. McDonald	3.32.00
7. C. Stamp	3.33.00
8. D. O'Brien	3.35.00
9. S. Ratcliffe	3.38.00
10. R. Ball	3.44.00
10. B. Bridgestock	3.44.00

SKIDDAW FELL RACE Cumbria AM/9m/2700ft 7.7.91

Although entries were down and the "top" fell runners (or some of them) were missing, records were still established. It was the first time C.F.R. have provided first individual (which was also a personal best for the club and Barry Thompson). It was also the first time that first, second and third have been Cumbria based runners. New record time for over 50's, also first time "super vet" has beaten vet.

All in all an interesting and enjoyable day except perhaps for those who had to give a pint of blood to use the changing facilities at Keswick School! - sorry about the double booking. Hope to do better in 1992.

Des Oliver

RESULTS

1. B. Thompson	Cumber	1.06.05
2. J. Bulman	Borrow	1.07.57
3. S. Booth	Kesw	1.08.18
4. G. Bland	Borrow	1.08.50
5. P. Skelton	Kesw	1.08.58
6. M. Aspinall	Ross	1.09.09
7. M. Fleming	Amble	1.09.24
8. D. Wilkinson	Roch	1.09.59
9. S. Willis	Amble	1.11.34
10. S. Bell	Wat	1.12.07

VETERANS O/40

1. I. Charlton	Kesw	1.15.57
2. F. Anderson	CFR	1.17.11
3. B. Wheatley	Unatt	1.17.49

VETERANS O/45

1. M. Curson	Grim	1.19.48
2. P. Kelly	Ross	1.21.06
3. A. Calder	CFR	1.25.31

VETERANS O/50

1. R. Bell	Amble	1.13.09
2. D. Ashton	Black	1.16.26
3. B. Thackery	Dk Pk	1.23.17

LADIES

1. C. Greenwood	Calder	1.21.30
2. A. George	Unatt	1.26.50
3. L. Thompson	Kesw	1.28.25
4. E. Thackray	Fellan	1.29.06

HEATHCLIFF & CATHY CANTER West Yorkshire CS/6.5m/800ft 9.7.91

With no superstars present like last year, the men's race was open to all comers. Pudsey & Bramley clubmates, Richard Pallister and Alan Whalley, took advantage and claimed a "one/two". Richard finished in 38.23, eight seconds clear of "Bof" Whalley with James Parker third in 38.37. Three Peaks winner, Ian Ferguson led the pack out and was fourth in 39.09. Matt Woods showed the rapid strides he's taking at present, to finish fifth in 39.30.

Welsh international, Jill Teague, took up the front running in the ladies' race from Carol Greenwood and led on the ascent up to Top Withens. She never looked like relinquishing the lead on the run-back to Penistone Hill and finished 38th overall. In spite of a strong headwind on the way out, Jill lopped almost three minutes off the present ladies' record finishing in 44.43.

RESULTS

1. R. Pallister	P&B	38.23
2. A. Whalley	P&B	38.31



*Heathcliff & Cathy Canter out of Penistone Hill Quarry
- Mike Wallis leads with Ian Ferguson and Richard Pallister among the chasers
Photo: Dave Woodhead*

3. J. Parker	Ilk	38.37
4. I. Ferguson	Bing	39.09
5. M. Woods	Unatt	39.30
6. M. Falgate	P&B	39.43
7. T. Lofthouse	Bing	40.08
8. J. Verity	StBedes	40.12
9. P. Mitchell	Bing	40.26
10. M. Wallis	Clay	40.28

VETERANS O/40

1. P. Bramham	Crav	44.18
2. B. Horsley	CaldV	44.42
3. M. Smith	KHR	44.51
4. J. Dore	Roch	44.53

VETERANS O/50

1. K. Lodge	Hfx	47.07
2. H. Manning	Clay	48.58
3. A. Ratcliffe	KRR	52.49

VETERANS O/60

1. R. Appleby	Bing	61.15
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LADIES

1. J. Teague (V)	Bing	44.43
2. C. Greenwood	CaldV	45.42
3. A. Isdale	Unatt	48.33
4. K. Gott (V)	Clay	48.52
5. D. Gowans	Accr	51.27

FELLSIDE FELL RACE Cumbria AM/7M/1900ft 10.7.91

Quality not quantity was the theme of this year's race. Despite better pre-race publicity, there were only two more runners than last year. However, it was a good race with micro route choice on the second half catching a few people out.

Everyone enjoyed the good weather, the magnificent views and the opportunity to run on some of the quietest and most runnable lakeland terrain.

Finally, congratulations to the two gentlemen over 60 who had never run a fell race before - they were originally just going to do the first checkpoint but were enjoying it so much, they carried on!

S. Lewsley

RESULTS

1. J. Bulman	Borr	51.43
2. B. Bland	Borr	52.14
3. A. Bowness	CFR	53.03
4. J. Wootton	Kesw	54.00
5. J. Hooson	Amble	54.05
6. P. Skelton	Kesw	55.43
7. G. Bland	Borr	58.04
8. D. Stewart	Kesw	58.13
9. D. Wilkinson	Borr	59.01
10. D. Bodecote	CFR	59.38

VETERANS O/40

1. B. Bland	Borr	52.14
2. M. Hudson	Kend	59.40
3. S. Sharp	Cock	63.36
4. T. Walker	Kend	64.19

VETERANS O/50

1. H. Blenkinsop	Kesw	63.54
2. C. Lates	BL	73.40

LADIES

1. S. Parkin (V)	Kend	65.50
2. R. Pickvance	Kend	68.38

THURLSTONE CHASE South Yorkshire CS/4.25m/800ft 13.7.91

Fine weather and hot conditions meant a near record turnout, but no records over the course.

Road runner, Chris Maddocks, controlled the senior race from start to finish, and he was well clear at the end.

Kath Drake won the ladies' trophy for the second time, ahead of Syl Boler from the host club, who has also won the event twice previously.

P. McLeod

RESULTS

1. C. Maddocks	Sheff	21.51
2. L. Warburton	Spenn	22.05
3. M. Russell	Roth	22.23
4. P. Blakeney	Sheff	22.49
5. P. Mangles	Roth	22.52
6. M. Farran	Bolt	23.05
7. A. Wolfenden	Spenn	23.11
8. K. Davis	P'stone	23.12
9. A. Gartside	HuntBT	23.15

VETERANS O/40

1. R. Innes	Stocks	24.11
2. P. Buttery	DenbyD	24.16
3. D. Bonnington	SteelCs	24.33
4. R. Hardcastle	Longw	24.41
5. P. Glover	P'stone	24.44

VETERANS O/45

1. G. Berry	DkPk	23.49
2. M. Cartwright	P'stone	26.07
3. G. Ranson	Clowne	27.15
4. C. Drake	Spenn	27.28

VETERANS O/50

1. D. Bamforth	HolmeVSq	24.35
2. K. Bamforth	HolmeVSq	26.11
3. P. King	DenbyD	26.41
4. R. Shaw	EPOC	27.53

VETERANS O/55

1. G. Richardson	Clowne	31.41
2. H. Machin	Spenn	35.17

VETERANS O/65

1. P. White	Stone	39.09
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LADIES

1. K. Drake	Spenn	26.30
2. S. Boler (V)	P'stone	27.01
3. W. Dodds (V)	Clay	29.11
4. A. Jorkensen	P'stone	29.26
5. G. Cohen (V)	P'stone	30.22
6. K. Whittingham	P'stone	30.59

GATEGILL FELL RACE

Cumbria

AS/4m/1500ft 11.8.91

Our 'supa' watch got in a tangle hence no times for most of the runners. A fell race win for Kenny Stuart following a gentle come back. Of course the weather cleared to bring sun on forty four fortunate runners. Strong winds on the top sent runners dashing for the warmth and comfort of the pub. This is not supposed to be an elite race you know.

P Haworth

RESULTS

1. K. Stuart	Kesw	26.43
2. R. Jameson	Amble	26.48
3. W. Brindle	Horw	
4. P. Skelton	Kesw	
5. C. Valentine	Kesw	
6. G. Webb	Cald	
7. D. Stuart	Kesw	
8. K. Johnson	Ryhope	
9. D. Carroll	Amble	
10. R. Bardgett	Fl Gypses	

VETERANS O/40

1. D. Bridge	Kesw	
2. S. Harwood	Kesw	
3. G. Lloyd	Unatt	
4. L. Bow	Unatt	
5. P. Newton	Kesw	

VETERANS O/50

1. R. Bell	Amble	
2. B. Booth	Kesw	
3. D. Hodgson	Amble	
4. J. Garbarino	Ach Rat	

LADIES

1. J. Harrold	Horw	
2. J. Hoyle V	Horw	
3. J. Poole	Mid'ton	

WADSWORTH VILLAGE FELL RACE

West Yorkshire

BS/4.5m/800ft 11.8.91

International Dutch runner Jan Korvaar cruised home only eight seconds outside the course record and twenty seven seconds ahead of the second man A.Green of Hallamshire. One hundred and twenty runners started the race which is the centre piece of the local village fair. As usual a variety of prizes were donated by local traders which included an evening out for two in a vintage car as the veteran O/50 prize. The first woman was M.Roberts of Mandale from Wilma Korvaar of the Netherlands who was second woman. Todmorden Harriers just pipped Clayton-Le-Moor for the women's team prize. The first junior was J.Smith of CVFR.

B Pierce

RESULTS

1. J. Korvaar	Netherlands	23.24
2. A. Green	Hallam	23.51
3. K. Stirratt	H'fax	24.13
4. R. Jackson	Horw	24.20
5. A. Malloney	Roch	24.26
6. C. Lyons	Horw	24.32
7. J. Smith	P&B	24.54
8. H. Waterhouse V	Sadd	24.59
9. J. Winder V	Cald	25.14
10. A. Sunter	Horw	25.23

VETERANS O/40

1. H. Waterhouse	Sadd	24.59
2. J. Winder	Cald	25.14
3. P. Lyons	Bury	25.56
4. K. Shand	Roch	26.20
5. J. Barker	E.Hull	27.07

VETERANS O/50

1. D. Ashton	Black	26.23
2. J. Toehill	Brad	27.59
3. E. Blamire	Tod	28.55
4. P. Southwell	EPOC	30.16
5. D. Clutterbuck	Roch	31.19

LADIES

1. M. Roberts	Mand	30.03
2. W. Korvaar	Netherlands	32.33
3. P. Dore V	Unatt	33.07
4. M. Ashton V	CLEM	33.58
5. J. Bugler	Tod	34.05
6. I. Neville V	Cald	34.12
7. H. Chapman	Tod	35.01
8. S. Rearey	Hallam	35.38

JUNIORS U/18

1. J. Smith	Cald	26.22
2. C. Ashton	Black	31.27
3. J. Sloane	Cald	33.52

DALCHULLY HILL RACE

Lochaber

AS/4.5m/1500ft 11.8.91

Two hundred yards of tarmac, two hundred yards of landrover track, then a river crossing, a wee bit of a grassy field, and up the hill where you get some soft scrambling. Same again, but faster on the way back. £1 entry, no medals, no toilets (but plenty of bushes), no changing facilities, no fuss. Not a building in sight. Sandy Hasting's horse box was the perfect registration and results office, and more important, tea room. A hill runner's hill race.

This year the race was a counter in the Scottish Championship. Galas' John Wilkinson won comfortably leading all the way, knocking twenty one seconds off John Musgrave's 1986 record. Well done John, and hard lines on missing out on selection for Scotland in the World Cup. Who would be a selector? Classy Trish Calder set a new womens' record which is going to be hard to beat.

Roger Boswell

RESULTS

1. J. Wilkinson	Gala	26.54
2. P. Hughes	L.A.C.	27.43
3. D. Bell	H.E.L.P.	27.49
4. P. James	Bris Or	27.49
5. J. Brooks	L.A.C.	27.57
6. R. Boswell	L.A.C.	29.09
7. J. Coyle	Carn	29.14
8. P. Mowbray	Unatt	29.16
9. P. Marshall V	H.E.L.P.	29.25
10. S. Burns	L.A.C.	29.38

VETERANS O/40

1. P. Marshall	H.E.L.P.	29.25
2. E. Butler	Aber	29.42
3. E. Rennie	Aber	31.36

VETERANS O/50

1. B. Gauld	Carn	30.39
2. D. Amour	Cam	33.23
3. R. Gorman	S.V.H.C	36.34

LADIES

1. T. Calder V	ESPCAC	32.30
2. L. Hope	L.A.C.	37.15
3. M. Small V	Clyde	41.41

BARNOLDSWICK WEETS FELL RACE

Lancashire

CS/6m/800ft 11.8.91

This year the race attracted an especially strong field from a wide area. Of worthy note is the fact that Ron Hill has run in all the Weets races and as usual presented the prizes with the Gala Queen (May, Ron's wife keeping a check!). In all modesty, this years race went like a dream and all who took part enjoyed the race, presentation and social after the race. Weets goes from strength to strength and has now come of age.
Bob



Supervet Tony Ball of Clayton in the Wray Caton Moor Race
Photo: Bill Smith

RESULTS

1. B. Hussein	S'port	32.32
2. S. Hawkins	Bing	32.50
3. M. Aspinall	Ross	33.09
4. T. Chew	Clay	33.42
5. R. Brewster	Clay	33.54
6. C. Metcalfe	Skip	34.11
7. J. Hartley	Clay	35.08
8. P.Brannon	Clay	35.20
9. R.Pallister	P&B	35.30
10. J.Wieczorek	Acc	35.34

VETERANS O/40

1. R. Hargreaves	Clay	36.26
2. D. Wright	Clay	36.55

VETERANS O/45

1. B. Mitchell	Clay	37.24
2. G. Murray	Clay	39.15

VETERANS O/50

1. R. Hill	Clay	38.50
2. P. Fleming	Horw	39.47

VETERANS O/55

1. B. Leathley	Clay	47.21
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VETERANS O/60

1. J. Vemey	Clay	48.38
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VETERANS O/65

1. J. Riley	Clay	55.12
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LADIES

1. K. Drake	A&Spen	40.06
2. P. Powell	P'wortham	40.50
3. A. Bulcock	Skip	42.08

DRUNKEN DUCK FELL RACE

Cumbria

BM/7m/1500ft 14.8.9

There were good running conditions for this slightly lengthened event resulting in some superb times from, in particular, Keith Anderson and Roger Bell. Both British Champions this year (Roger in V50 category), each smashed the existing records. Keith sliced 2.36 off his previous record and Roger an amazing 6.24! At the top of the first climb up Black Fell J.Korevaar from Holland was leading, but two miles later Keith had stretched out an unchallengeable 500 yard lead and was going away strongly from Mark Fleming who had taken second place. The large field was well spread out over the undulating course - 123 entries compared to the previous years 44 - the ladies battle was a close one until the halfway mark (the infamous 'little bastard') when Stella Lewsley began to pull away finishing with a three minute lead over Clare Kenny. A good number of competitors and spectators stayed for the prize giving which is always gratifying - perhaps the free pint on production of the race number helped to swell the numbers! A good atmosphere, good conditions, brilliant racing and an excellent field all combined to make this years race a great success.

Peter Barton

RESULTS

1. K. Anderson	Amble	47.04
2. J. Korevaar	Holland	51.04
3. M. Fleming	Amble	51.34
4. J. Hooson	Amble	52.22
5. S. Hicks	Amble	53.51
6. J. Broxap	Kesw	54.09
7. N. Langhan	Kesw	54.21
8. M. Richardson	Ambl	54.56
9. F. Smith	Salt	55.05
10. D. Wilkinson	Amble	55.10

VETERANS O/40

1. B. Crewdson	Black	56.44
2. I. Charlton	Kend	58.02
3. C. Crawshaw	B.C.R	59.13

VETERANS O/50

1. R. Bell	Amble	56.13
2. J. Bettinson	Hd Hill	63.28
3. D. Hodgson	Amble	67.08
4. J. Taylor	Kend	69.18

VETERANS O/60

1. J. Peel	B.C.R	78.01
2. C. Brasher	Amble	82.38

LADIES

1. S. Lewsley	Kesw	68.55
2. C. Kenny	Ach Rat	70.41
3. C. Charlton	Kesw	71.21
4. J. Laverack	Amble	73.21
5. V. Hindmarsh	B.C.R	74.04
6. W. Korevaar	Holland	76.19
7. J. Laycock V	Amble	88.30
8. K. Barnard V	B.C.R	91.23

STOP PRESS • STOP PRESS

CHAMPIONSHIPS STILL UNSETTLED Thieveley Pike 28.9.91 3.5m/900'

Kenny Stuart's 8 year old course record was not put under threat despite a strong field of British and English championship contenders. Keith Anderson confirmed his British superiority, finishing the series just three points short of maximum. Andy Peace beat Gavin Bland in the race but not by enough to take second slot from him in the championships.

In the ladies race Carol Greenwood (nee Haigh) is still on a comeback and was well beaten by Trish Calder - still outside Carol's 1984 course record. Calder thus emphasised her current superiority as both ladies open and lady veterans champion, taking maximum points.

Ambleside take the team championship despite losing on the day to Bingley, with 3 wins and a second; Pudsey and Bramley are runners-up.

No change at the top of the English tables as Peter Dymoke stays 11 points clear of ex-champion Gary Devine. Langdale will prove the decider, as with the English vets where Tony Hesketh, thanks to his win at Thieveley, can share the honours with Bob Whitfield if he wins at Langdale.

RESULTS

1. K. Anderson	23.41 Amb
2. M. Croasdale	24.06 Lanc
3. A. Peace	24.22 Bing
4. S. Hawkins	24.35 Bing
5. G. Bland	24.45 Bor
6. J. Bulman	25.08 Bor
7. P. Dymoke	25.12 Liv
8. I. Holmes	25.19 Bin
9. S. Livesey	25.22 Ross
10. M. Bagness	25.24 Amb
11. M. Rice	25.26 Tod
12. S. Thompson	25.29 Clem
13. M. Rigby	25.30 Amb
14. J. Taylor	25.32 Holm
15. B. Potts	25.33 Clem
16. J. Wilkinson	25.45 Gala
17. J. Parker	25.47 Ilk
18. J. Hudson	25.49 Amb
19. G. Schofield	25.54 Black
20. M. Crewe	26.00
32. T. Hesketh V	26.48 Hor
36. B. Whitfield V	27.03 Bing

LADIES

1. (99) T. Calder V	29.22 ESPC
2. (161) C. Greenwood	31.19 CV
3. (165) M. Todd	31.23 Amb
4. (168) C. Cook	31.26 Clem
5. (173) M. Bergstand	31.36 Mand
6. (177) C. Drofts	31.40 DPFR
7. (188) H. Diamantides	31.58 Amb
8. (193) J. Teague V	32.04 Bing
9. (197) J. Smith V	32.08 DPFR
10. (198) K. Gott V	32.09 Clem

TEAM

Bingley: Peace/Hawkins/Holmes.



Ben Nevis: Alan Lamb (North Shields Poly) and Scott Hyslop (Livingstone) continue the descent after coming out of the Red Burn.

Photo: Peter Hartley



Donald Ashton, Blackburn's great supervet, returned to winning ways during the summer following a long illness. He is seen here approaching the last checkpoint on Winder in the Sedburgh Hills Race.

Photo: Bill Smith



Founded 4th April 1970

Safety First

A personal view of the FRA safety and navigation course

Janet Mail of Pennine Fellrunners recounts the honest ramblings of a novice fellrunner who embarked on the ambitious task of the FRA course at Edale.

My first moment of anxiety arrived when I tried to park my brand new Ford Escort and found myself firmly attached to a large rock - everyone out while we tried to push it off onto safer ground - parking did seem to be a major problem for everyone but, fortunately, one of only few problems. The Youth Hostel was almost luxurious and not only did the showers work but there were even matching curtains and duvet covers! The first evening was spent drinking coffee and then beer in a relaxed, friendly manner; getting to know ones companions. Eddie, Sue and I soon found ourselves totally immersed in running/injury dialogue which seemed to please everyone. After a while we all settled down to a good nights sleep - except for Eddie, who managed to have such a bad nightmare that he woke up all his room mates, much to their dismay.

Polly Gibb's alarm was the first I knew of Saturday morning but when I realised it was only 5.00 a.m. I soon dozed off again, only to be woken up by Polly returning from the fell as it was too misty to run. Eventually we assembled for our first lecture on map reading and compass skills, ably carried out by a very nervous Malcolm Patterson, and then on to the fell to practice what he'd preached. We all returned safely for a canteen lunch (for the lazy, anyway) and then off to Blackamoor for a series of orienteering courses to further enhance our newly found compass and map reading skills! My first problem was finding Blackamoor by car! For some reason (probably Eddie) we were late leaving and despite Malcolm's assurances that we should "just follow" him he went out of sight after 10 minutes, leaving us without a map - so much for his advice on the fell!

However, after several U-turns and mithering dozens of innocent passers-by, we eventually arrived, only to learn there was a shortage of expertise to assist us as we hadn't been missed and everyone else had started - how could they forget us so soon?! We remained undaunted and pursued our courses with vigour... everything went well... there were the usual arguments about who was to use the compass and long discussions about who had moved the markers; until, of course, they were found - with more than a little help from the Dark Peak Fell runners, who showed amazing patience and good humour throughout the whole of the course.

But disaster was round the corner, I managed to almost break my arm, tripping over a stone after triumphantly discovering a waving flag and frienziedly punching my card - there is no justice on the fells!!

Back to the drawing board and evening lectures on physiotherapy and physiology - Eddie taking copious notes but not remembering a word except for the marvels of the banana, which has since become his guru! The pub was heaving as usual with the boasts of the day and I was able to drawl on at length about my poor arm. Back in the bunks all was well until Sue was awoken by a male intruder attempting to climb into her bunk. he soon saw that he was outnumbered and scarpered, leaving us in hysterics for hours.

I was sure that Malcolm would let me off the following days exercise as I knew it was going to be a difficult one and my arm was killing me; but no such luck, his warm, friendly manner assured me that because I was injured I was allowed to go first, out on my own - what a mistake!! I panicked immediately and fled to the map turning my compass all ways trying to work out the bearings - then of course, I remembered I knew the way, I'd been to the first checkpoint before - aha! - no need to take a bearing for that one - a piece of cake - or was it? Way off target, I missed the first two checkpoints and only through cheating arrived at the third (following others). However, I can honestly say that I traversed the rest of the course successfully, albeit at a crawling pace, and felt a glow of confidence in my newfound skill.

A final lecture on mountain rescue; numerous thank-yous and goodbyes and it was time to go. A thoroughly enjoyable venture for us all - well organised, informative, friendly, well worth a second visit - if they'll have me!!



SAFETY LAST!

Keith Anderson and Jack Maitland attack the notorious Burnsall Wall.

Photo: Tim Wakefield.

Don't doss on holiday.

or 'ever been a dossard?'

Runner David Fagg describes his first experience on the international scene.

My family spent several weeks on a caravanning holiday in France this summer, and while staying near the city of Gap, south of Grenoble in the Haute Alpes, I took part in my first French fell race.

This event was "la premiere montee du Sapet" and was in fact the inaugural event conceived by the local dozen of running to precede a "fete de Champette" or rustic carnival held in the forest.

The event started at 10.00 a.m.; when I arrived at 9.15 I was faced with a choice of two tables in the sunshine outside the local cafe; one was marked 'Repas 15F', the other 'Dossards 20F'. It turned out that the repas for 15F to be collected after the event was very good value for money. The entry fee at 20F was what you paid to obtain a 'dossard' (running number - interestingly all recycled from previous events). I rather liked the idea of being a dossard as I have been known by a similar term all my life!

The route was not circular but started in the valley and finished up in the forest about 3 miles away. The route itself was a 13k course over stoney paths climbing about 700 metres in the first 6k. Not too bad until you consider that the temperature was already around 28C (82F)!

Since the route was not circular the organisers had laid on a bus so that runners could park at the finish and be ferried back in time for the start. In fact the organisation was very good and the excessive heat had been catered for with water and sponging stations every kilometre. By British standards this does seem rather over the top, but on the day it really was necessary, especially when you consider that as a small event it had attracted tourists like me and local "have-a-goers" as well as some very good athletes.

As for the entrants themselves it became clear that this part of France has its share of fit and fast runners (a bit like Lancashire) who can cope with sustained ascents as well as plenty of also rans like me. How the local elite would cope with something like the Marsden - Edale trog is another matter, but I was impressed by the modesty and enthusiasm of these runners. Interestingly the Master of Ceremonies (the start was equipped with an impressive PA system) thought it was worthy of mention that the field contained a number of veterans of the London marathon and was very pleased that it included foreigners.

I greatly enjoyed the run for several reasons. I had not had a run for three weeks but felt that I managed fairly well under the circumstances with the heat, the lack of fitness (local food and wine having no relevance, of course) the altitude, - summit at 5,600ft - and the fact that I was running in road shoes over fell type tracks. (Without exception, the locals wore road shoes; proving that it can be done but meaning that there must be a market here for fell shoes).

In the end I finished 80th out of 112 in 77 minutes. The race was won in 52 minutes with a strong group of runners recording good times. The event had attracted runners from as far afield as Paris (probably holidaymakers) but also from Grenoble and Chambéry who had travelled down specially for it. As I mentioned before, there were a number of foreigners in the race - myself, some Belgians, Dutch and a German. Approaching the finish I mused that at least I would be the first Englishman. It turned out that I was actually the first foreigner and, at the prizewinning, lo and behold, there was a cup for 'premier etranger'. This is the first cup I have ever won in my running career, and could well be the last!

Altogether I would suggest that the event was probably a C.M. by FRA standards, but under rather different conditions to Britain. Still, I would heartily recommend events of this kind to any runner who feels like a run on holiday - so long as it isn't treated too seriously.

Race Review: Wasdale 1991 - Natural Advantage

Mike Browell reflects on the uncertainty factor in bad weather.

Fellrunning is much more than being able to run quickly. It's more than being able to climb, or plummet downhill fearlessly, or survive a long energy draining mountain run. It's about being able to find your way in the worst of weathers. It's also about uncertainty.

Uncertainty is the special ingredient that only comes into play on long courses. It is the antithesis of the flagged route, the short course and the village gala run.

When one doesn't excel in the normal skills we may hope to gain a natural advantage from uncertainty. So when our day comes we should greet it with open arms. And in the case of this year's Wasdale, with a large umbrella.

Peering out into the grey Wasdale morning, the glories of England's most scenic mountain landscape hidden somewhere beneath the soggy grey blanket, one might have been forgiven for mixed feelings of joy and horror. Horror for the gloom and misery of spending more than five hours deprived of comfort and with scenic views restricted to the immediate 20 metres. Joy for the challenge and uncertainty.

Clustered around the wind buffeted semi detached frame tents of registration were the hollow faces of the serious fellracers. Buzzing around above the splattering sound of rain on canvas were threats of cancellation, of truncated courses and of excessive Safety on Mountains. Mutiny was in the air, and all the time a savage southwesterly blew squalling showers over the sheltering masses.

When at last the call to start came, it came with a soft seductive whisper: "if you're lucky we'll call you off from Pillar." This promise warmed the hard hearts and brought momentary smiles to many stony faces, giving them the strength to start.

Within seconds of starting the assembled stampee was absorbed silently into the grey clouds and it was as if there were no fells, no scenery, just the persistent buffeting and splattering of the

climatological absurdity of England's finest valley.

And within minutes, the first errors of the day were being made. Streams of follow-my-leaders were doing what comes naturally and changing the course to their disadvantage. The race descending from Whin Rigg ceased to be a tumbling crocodile and became a mosaic of random trajectories, crossing and disappearing into the mists, eventually to unravel from the grey blanket into roughly the same patch of field. But the pack had been seriously shuffled by these detours. Uncertainty had been dealt out.

As serious racers overtook casual midfielders at double pace on the well flagged valley crossing it became clear that today was a day for natural advantage..

Ascending the rounded flanks of Seatallan is always a bit of a mystery; the summit retreating as each false crest is reached. In the thick clag the mystery deepened and for most of the time even the incipient path disappeared. The summit cairn announced itself to those lucky enough to stumble over it; bodies bounced off and deflected towards the presumed descent route.

And for many participants, that was where the rough got going, going, gone... Detours via Scoat Fell (both), Scoat Tam and Red Pike were quite popular and the only certainty about this section was the random scattering which ensured minimal impact on the footpaths.

From up in the mists came the possibility of



SKYRAC'S Howard Sawyer emerges out of the gloom at Beck Head.
Photo: Steve Bateson.

seductive whispering from Pillar. Will the race be called down, out of the clouds...? Even strong hearts quaked at the uncomfortable words, more of a sneer than a whisper, about as unsexy as Ms K Minogue. On with the race...

Those words proved to be a certain inducement to early retirement. There and then they dropped like flies, broken spirited men and women who had already done more than enough additional mileage.

The survivors took comfort from glimpses through the clouds; glimpses of fellow survivors strung out along the improving paths to Gable. But leaving the uncertainty of Gable's summit gave scope for a 90 degree error and some took it, arriving some time later at Wind Gap.

Even the proper descent from Gable was somewhat less than satisfactory, the rocks offering nothing in the way of grip, and bruised bums became the norm. The usual convivial gathering of supporters at Styhead had shrunk to a couple of loiterers in the shelter of the stretcher box. Esk Hause beckoned but from where? Some were never to discover...

Safety in numbers now seemed to be the order of the day and those overhauled on the trudge up to Scafell plugged into line, keeping eyeball contact with their lifeline.

Off the Pike on a bearing which met with popular approval and reassured a couple of lost souls searching for the Corridor Route. But as the field spread out over the lethal rocks it became apparent that there was potential for one last sting in the trail. Just where to cut loose and fly? For those for whom pace counted, no problem in finding the descending contour to Lingmell Nose. And for those who didn't, the delights of Brown Tongue stuck out in a last raspberry.

Slow times for all and an unhealthily high drop out rate of 45% characterised this year's Wasdale, and no bad thing because it reminds us all of the uncertainty which characterises long fell races.

A few weeks ago, watching track athletics at the World Student Games brought this all home. On the one hand there are marginal certainties of thousandths of a second and on the other, massive uncertainties of 30 minutes. Where would you rather be?



Kirkfell is lost in mist as Dave Yates of Calder Valley heads for Great Gable.
Photo: Steve Bateson.

Ouch!!!

The treatment of soft tissue injury

Physiotherapist **Nick Dinsdale** B.F.S.T., B.C.F. Mass. Dip. sports therapist and coach explains how to prevent and treat those annoying injuries that come to us all in the end.

The aim of any athlete should firstly be towards avoiding/minimising the risk of injury. By simply understanding the concept of injury prevention and implementing the relevant points the problem of injury can be brought under control.

However, on some occasions, soft tissue injuries are unavoidable in which case some degree of treatment is usually necessary. On these occasions priority must be given to administering **immediate** first aid. Often minor injuries are neglected and by continuing to exercise further aggravation and damage is sustained, prolonging the injury period.

It therefore becomes crucial that minor injury problems become identified, accepted and treated accordingly at the earliest possible opportunity. Usually by introducing early application of first aid treatment (I.C.E. - Ice, Compression, Elevation) most injuries can be controlled and time-out periods kept to a minimum thereby allowing an early return to training as well as minimising physio costs.

To prevent injury, or at least to minimise the possibility of injury, there is a simple 10 point plan:

1. Warm up (a programme was suggested in the last *Fellrunner* and a detailed programme will be published in the next).
2. Warm down
3. Use graduated training loads i.e. progress slowly from light training to heavy.
4. Avoid overtraining
5. Apply specific exercises for strengthening, stretching and mobility
6. Avoid training through injury
7. Assess environmental factors i.e. take account of the surface, situation, temperature, weather conditions etc.
8. Replenish fluid and salt losses to prevent dehydration
9. Check equipment and clothing
10. Use the correct footwear

The treatment of soft tissue injury, should it occur, can be summarised as 4 stages, taking into account the immediate, intermediate, short and long term strategies to rehabilitate the injury.

Stage 1 comprises the time immediately after the injury is caused and up to 48 hours. In this phase first aid must be applied and cold is usually the best treatment. **ASSESS** the injury; partially or completely **IMMOBILISE** it and apply rest and I.C.E. with the objectives of reducing bleeding, preventing swelling and preventing further damage.

Stage 2 is from 48 hours to around 3 days when hot and cold treatment is applied. **REASSESS** the injury, **CHECK** stability, range of movement, swelling and apply gentle **HOT &**

COLD treatment. Continue compression, elevation rest and immobility as necessary. The aim of this phase is to increase blood supply to promote tissue repair.

Stage 3 involves the next 3 or 4 days when heat is applied. Again **REASSESS** the injury and **CHECK** stability etc.; at this stage gentle **MASSAGE** may be applied and electrotherapy treatment. Try also **STRETCHING** exercises and isometric **STRENGTHENING** exercises. This will breakdown scar tissue, increase the blood supply to the site of the injury, remove stiffness and minimise the problem of fibrositis.

The final phase is to lead to a complete rehabilitation, restoring full flexibility, joint movement and stability, muscular strength, co-ordination and balance and, of course, to prevent recurrence and secondary injury. This phase - which could last for weeks or months after the initial few days - involves dynamic **STRENGTHENING** exercises, **STRETCHING** exercises, **MOBILISING** exercises, **BALANCING/CO-ORDINATION** exercises and the gradual use of increased training loads.

This is by no means a comprehensive list, it has been compiled with the intention of giving a reasonable guide to soft tissue treatment. Obviously each injury must be assessed and the varying circumstances taken into consideration, such as degree and type of injury and the time and facilities available for treatment.

- Nick Dinsdale

HIMALAYAN HALF

15 - 28 March '92 £1180

15 - 31 March '92 £1260

HIMALAYAN CLIMBATHON

7 - 21 November '92 £1295

7 - 24 November '92 £1370

Both races take place after a one week trek in the Annapurna foothills in Nepal, with optional white water rafting and safari. The half marathon is on easy mountain trails with 300m ascent. The climbathon is a tough race, about 25 miles on steep and rough trails with 2000m ascent and descent.

Further information from

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A grimace at the Wrekin - could this be that dreaded ankle twist?

Photo: Steve Bateson.

Race Review: Peris Horseshoe 1991 "It was great!"

This was Paul Brownson's first reaction on winning this hard but rewarding race, set among the high peaks of Snowdonia. Later, he modified it to "a really good race which deserves more support; it's a classic route and it's good to see it getting recognition as a championship race." First vet Del Davies confirmed this view, praising the race for both the route and as a "well organised and thoroughly enjoyable run".

Taking in four 3,000 footers and two 2,000 footers (one only 53 feet short of 3,000) the race describes a classic horseshoe over some of Wales best known peaks. Snowdon is the highest of these but before reaching it you take in Elidir Fawr, Y Garn, Glyder Fawr and Y Lliwedd - and it isn't a ridge run! The climb (8,500 according to the calendar, 7,500 according to the certificate, 10,500 according to my legs) took place in ever worsening weather conditions, the gale force winds being particularly unwelcome on the knife edge ridge of Lliwedd and the wind being contrary enough to topple runners by dropping (- try leaning 45 degrees into a gale and suddenly finding it not there-) when they least expected it. Add to this scattered clag, some torrential rain and stinging hail for those silly enough to take over four hours and you have a reasonable picture of how welcome free soup, tea and coffee and a comfy chair in the hotel can be!

Paul's 3.25.02 is a new course record, beating the one set last year by Colin Donnelly when the compulsory crossing of Moel Cyghorion was included. The team prize, of course, went to local club Eryri and the ladies' to MDC's Lydia Kirk.

All praise to the organisers for an excellent day on the hills, albeit in foul weather; the race will be a fitting climax to next years championships.

- Y Corach

Race Review: Burnsall Feast Classic Dead Heat

It's a bit like the vagaries of Easter - the first full moon after the first Sunday after the first something else - but on the first Saturday after the first Sunday after the Glorious 12th the Burnsall Feast Classic is run. Less than 2 miles but with 872' of climb it is a blast from start to finish. A push up to the cairn at 1,345' and then a steep, rocky, heathery descent back into the village.

The race was originally a guides race and started some time around the mid 19th century when the route choice was up to the competitors and the best descenders leapt the 8' wall that stood in their path on the way down. Early reports suggest that not only was route choice optional - but so was clothing - as the race was run nude by odd people (double entendre intended!).

The race has, since its inception, been a place for daredevil descenders to show their paces with both Bill



UP..... Bashir Hussain beats Mark Croasdale to the summit.....
Photo: Peter Hartley.



This picture shows one of the early races - somewhere between 1920 and 1933 - is it the first amateur race in 1932? Burnsall committee would be grateful for any information on the date or participants.

Teasdale and Tommy Metcalfe as early winners. The most famous descent, however, is that of Ernest Dalzell in 1910, clocked at an amazing 2.42 to set a course record of 12.59.8. An observer commented "it was something inhuman - for the man stayed in the air longer than nature intended".

The race came under the amateur code in 1932 and before the war was dominated by cross-country runner Albert Swainson and Pat Campbell. Post war winners include Jack Bloor, Derek Ibbotson and Dave Cannon while the 50s saw intense rivalry between Pete Watson and retiring FRA Chairman Dave Hodgson.

This years contest involved a neck and neck tussle between internationals Andy Peace of Bingley Harriers and Keith Anderson of Ambleside. Anderson's new design 'EVA' shoe didn't let him down as he tore down the descent in 3.40, overtaking Bashir Hussain who had been first to the cairn. Peace, still recovering from an injury sustained in an early season Championship Race, managed to hold off Anderson as the pair hurtled into the narrow tunnel created by the enthusiastic support. Could he have passed with more room? We'll never know; the timekeepers were unable to separate them on 12.55 - inside Dalzell's mark, but outside the current record set in 1983 by John Wild (12.48) but first across the line, by a whisker, was Andy Peace to make it a hat-trick of wins.

Early information draws heavily on Bill Smith's 'Stud-marks'.
- D.Sender.



AND DOWN..... Andy Peace takes the wall with Keith Anderson still in the distance.
Photo: Peter Hartley.



The Fell Runner's Dream

A night as black as hell's coals
a comfortable chair to ease
the satiated body of a festive season
Wind pushing on the panes
is music to dull the mind,
ease away the present

I feel the warmth of sun upon my back,
a hand to soothe, to ameliorate
the mind and rid itself of urban dross.
I am a lone contender of the fell,
no others presence to mar the serenity.
There is no pain, no rasping breath,
no hardened muscle to stab the legs.
A disembodied spirit that has
found its solace in the ultimate liberation

And the vision fades,
the darkened windows resist a thousand tapping fingers
My spirit has felt the fullness of such joy
that is only impeded by a mortal frame.

Peter Travis

Written on New Year's Day 1991 when I felt the
effects of a festive few days!

The Quiet Man

David Overend takes a brief look at the life and times of England team manager Pete Bland. (This article was originally written for — and appears courtesy of — The Yorkshire Post.)

Stand Pete Bland in a busy street and he is unlikely to attract much attention; place him among a crowd of athletes on some obscure mountainside and he is instantly recognisable and always in demand.

He is an enigma whose name outside his beloved Lakeland is far better known than his face, but should England go one better than they did last year and win fell racing's World name before him — he is always to be seen sporting sweatshirts emblazoned with the logo which advertises his specialist sports shop in the traffic-choked town of Kendal.

Athletes from throughout the country make regular pilgrimages to but the equipment they need to face up to the gruelling conditions to be found on Britain's highest and sometimes loneliest places. Yet weaving a way through the endless stream of lorries and cars is probably far more dangerous and exhausting. The reward, however, is certainly worth the effort; and if you wear a Pete Bland pully you wear your art on your chest and are instantly recognisable to fellow fell enthusiasts throughout the country.

Pete Bland knows all there is to know about fellrunning. Nowadays he sports a thatch of grey hair and struggles to overcome a ligament injury which has kept him sidelined from competition for more than a year, but he has more than three decades of experience and success behind him.

"When I was a young boy at school in Windermere, I wanted to do fellrunning, but in those days it was mostly the professional guides races at local sports and there was very little for the amateur" he says. But a motorbike smash left the teenage Bland with a broken leg and it wasn't until he was 18 that he really took to the fells.

"My first win was at a race at a small place called Knock," he recalls, "after that I won a lot. My best victory came at Ambleside in 1968 — at my 9th attempt. I also won the British Hill Championship two years in succession, but I could never win at Grasmere which has always been considered the one to win. My best



Track-suited Pete Bland pictured with the England team - winners of the Snowdon International. 1 to r: NatWest sponsors, Robin Bergstrand, Bland, Mark Croasdale, Malcolm Patterson, Craig Roberts.

Photo: Rob Howard.

there was second. I stopped professional racing in 1972. I had done all there was to do and I wanted to enter longer runs which were all amateur events.

So began another chapter in an eventful life which has more than once seen him mistaken for another of Lakeland's running legends, the great Billy Bland. "There is a family connection somewhere," says Peter, "and a lot of people think I am Billy, until they see me run!"

And all the time there has been work. Kendal has always had a great say in the nation's feet. The K shoes factories turn out millions of pairs a year, and Pete Bland spent 20 years working for the firm. But in 1974, just two years after embracing the amateur code, he took a small step into the business world on his own account by turning up at races with his car packed with running shoes. His involvement with Norman Walsh, who is to the manufacture of fellrunning shoes what Barbour is to the world of waxed jackets, now means that the pair supply most of the market.

Gone is the car; now Bland arrives with a van with logos and crammed with goods necessary to the fellrunner. No sooner has he parked than a queue forms and orders are delivered and taken. Everyone is on first name terms with this quiet, unassuming man, and he knows most of them by

name, not surprising since he is also membership secretary of the FRA.

"I've been on the FRA committee for years" he says, "and now I'm also the England team manager. I got the job last year at short notice because the manager suddenly resigned. There's quite a lot of work involved — more than I ever imagined — but I think it's the best thing that ever happened to me. It's a great honour; last year the England team came second to the Italians, and that's the best we've ever done."

If Pete Bland's injury clears up and he can find to spare from his plethora of jobs, he might soon be back in action on the fells. At 49 he no longer has the strength and stamina of youth to help him grind his way to the tops and then plunge downhill to victory, but there should be many years left in which to enjoy the peculiar masochism which characterises the fellrunner.

He has a son and daughter who have not followed in his footsteps, but wife Anne is also an accomplished athlete in her own right although her particular forte is as a marathon runner. "She is more famous than I am," says Pete, but should he achieve his greatest ambition and lead England to World Cup glory — if not this year then maybe next — then the quiet man of fellrunning will no longer need to sport a logo. His name and fame will be assured.



Pauline Dore

Snippets

Mea Maxima Culpa

Our deepest apologies to Pauline Dore whose photograph in the last Fellrunner certainly did not do her justice; an action shot, maybe, but the angle and the light had anything but a flattering effect! She is a youthful 39 and a mere 8 stone 2 - here seen at the Turnslack race earlier this year.

Rumour has it...

that the Ordnance Survey will soon have no further use for Trig points as satellites can provide more accurate mapping information than any land based lump of rock. Also, they are expensive to maintain and, of course, many landowners don't like them. If farmers wish to remove them, the Ordnance Survey will give them help to do so. A word in the ear of the OS might not go amiss, however, to maintain the more remote ones; how many times would I have been benighted on Black Hill if it wasn't for the friendly Trig looming out of the murk? Adopt your local Trig - tell the OS you want to keep it!

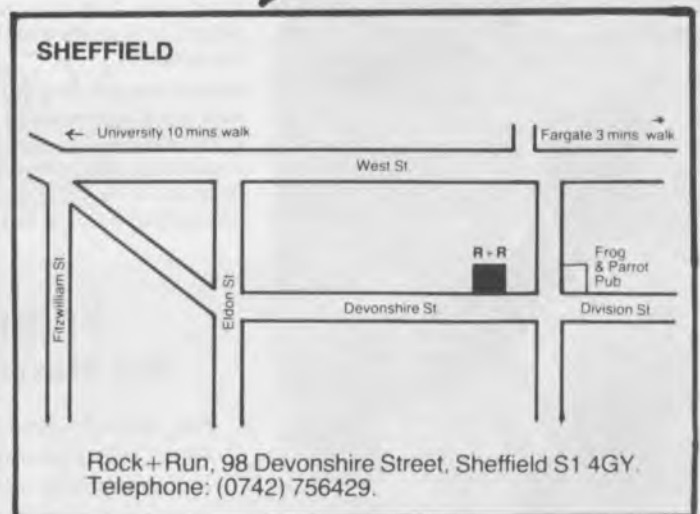
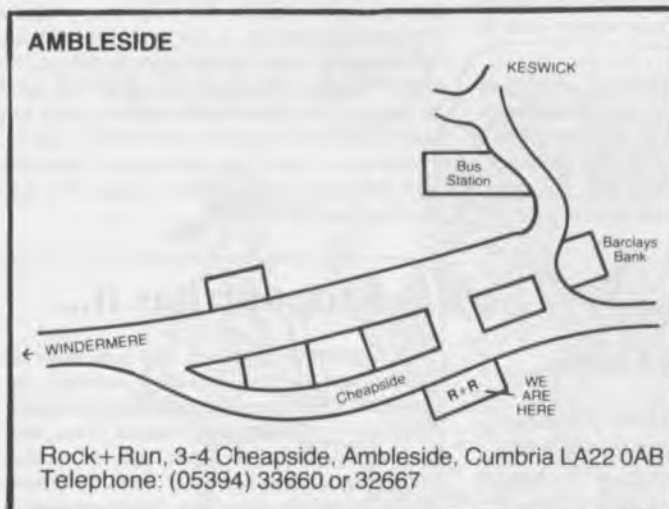
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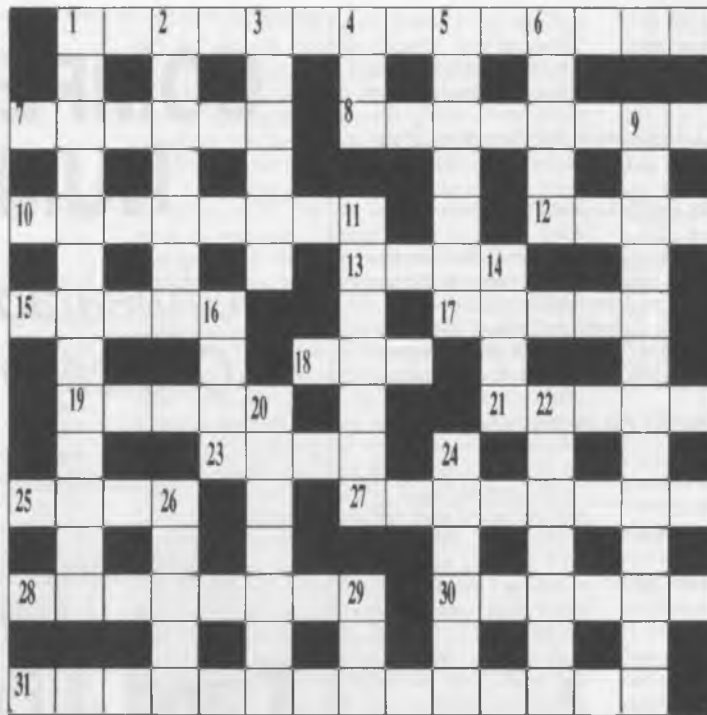
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Prize Crossword

Clues

Across

1. and 5 down. Book from met; sun, mist, dust harms O.K.? (9,2,3,7)
7. One Spanish gentleman, too old for the first race! (6)
8. The New York members are little beauties.(8)
10. Rodent trapped by exemplary pigs house knows how to win.(8)
12. Walk model about kilo (4)
13. Confused seat needed on 12 (4)
15. See 19
17. Sounds like Irish cut! (5)
18. Modelled rodent in oils (3)
19. 15,25 Tired after 24 hour opus; that's the job! (3,2,1,4,4)
21. Year almost a fool, figure a plus (3,2)
23. Churchman made an entry (4)
25. See 19
27. Property of cornucopia? (4,4)



28. Stage opening for spidery type (4-4)
30. Fractions of teepees containing hydrogen. (6)
31. A bow to the East, and North-West gives beads on the forehead (5,2,3,4)

Down

1. Party perspired due to difficult task (7,6)
2. One year, almost, singly (7)
3. Scarred currency for editor (6)
4. Quick single? (3)
5. See 1 across
6. Or not a quick single? (2,3)
9. Yearly exhibition for traditional fell race? (3, 6, 4)
11. The very first 2 point rayon (4,3)
14. Contained in Irish race for Scots runners (4)
16. Tops slipped? (4)
20. One lone old boy makes Italian wine for Mr President (7)
22. Eastern pal acts as authority (7)
24. Around not so long ago, neither first nor last. (6)
26. Greek letter heard putting a lid on (5)
29. Could be smelt, or about 18 (3)

Prize Crossword

Winners of the last crossword (solution below) were John Coope of Manchester, Brian Covell of Edinburgh and Joan Nicholson of York. 21st birthday T shirts have been despatched. This one doesn't need the calendar but you might need to know a little bit about the sport. Have a go - 3 more T shirts are on offer!

Entries to the Editor,

39 Withyside, Denby Dale, West Yorks. HD8 8SF to arrive before December 31st.



Rumour has it...

that a well respected wall and hill artist for the Calendar cover was seen removing some samples of art practice from a stone wall on the Carneddau race. Sadly, he found them too heavy for his bum bag so he left them where they fell. One presumes he had the foresight to tell the race organiser of this occurrence so it could not be misconstrued as an act of rural vandalism!

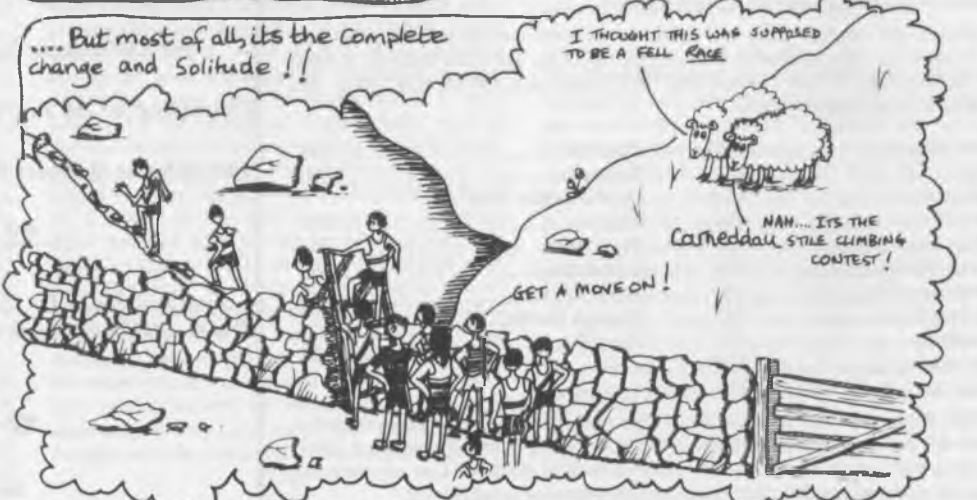
Rumour has it...

that the 1992 Bradwell Fell Race will be an attempt at the world's longest queue
G.R.

GRIPPING YARNS



Racing With Stile!



Disgusted response...

Who does David Bird of Oadby think he is, poking fun at Leicestershire in his article "Fellrunning for southern jessies"? Doesn't he know that Leicestershire is in the Midlands, not in the South?

Hasn't he seen the course profile for the Loughborough Half Marathon? (New course this year, devised by FRA member 1041 as revenge for being volunteered onto the Race Committee.)

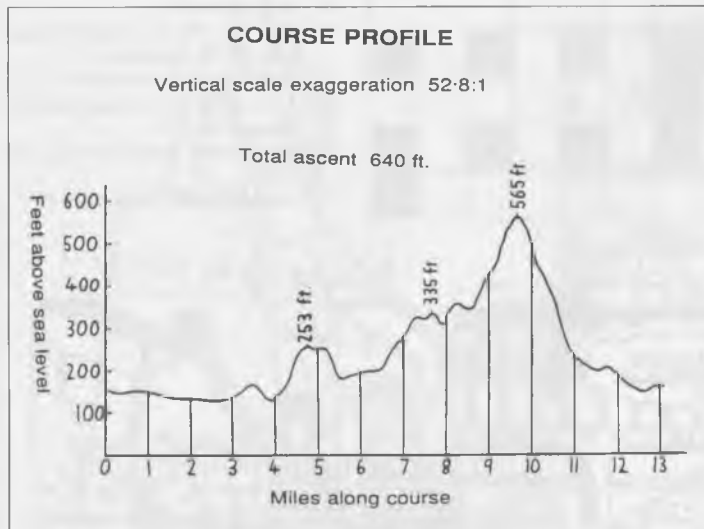
Hasn't he noticed the names of villages to the East of Leicester (Houghton-on-the-Hill, Illston-on-the-Hill, Tilton-on-the-Hill, etc.)?

Doesn't he realise that running 166 times up the stairs of Towers Hall at Loughborough University involves the same ascent as running from sea level to the top of Everest? (Yes, it has been done, by a group of students running in relay.)

Hasn't he noticed that every aggregate quarrying company in England is greedily trying to destroy the famous hills of Leicestershire? (Bardon Hill -912ft., highest hill in the county- half gone; Croft Hill, nearly half gone; High Sharpley, threatened; etc.etc.)

Will Mr. Bird's Oadby and Wigston Legionnaires win the FRA relay championships? I doubt it.

Disgusted of Loughborough



Britains toughest race?

Have you completed a race and decided there can't be anything harder? David Burke offers a new system of categorisation.

Ever wondered what's the toughest race in Britain? The traditional guide has been the classification by race category as set down in the FRA Calendar ranging from A LONG to C SHORT. AL races average at least 250' climb per mile, don't have more than 20% of the race on the road, are at least one mile long and the record time is 1 hour 45 or more. C SHORT races - if any exist! - average 100' or more climb per mile, don't have more than 40% of the race on road, contain some genuine fell terrain and a record of less than 40 minutes. The classic Bens of Jura, Ennerdale and Wasdale races are all AL but only a few are CS.

But just how tough are the tough races?

Can any distinction be made between the AL races?

There's a simple way of putting the events into perspective - divide the total height gained by the race distance giving the average climb per mile.

Ben Nevis is 'only' classed as AM - because the record time is less than 105 minutes but it's still damn difficult! I've worked out a table of the races I've done - and thrown in the Bens of Jura to put the others into perspective! I've never ventured to Jura and if I one day consider such an expedition I will only need to glance at this table to prevent a costly mistake!

I'd like to see a section in the next calendar with every race categorised in this way - if anyone has the patience to work out the full chart. The table below is of some of the fell races I've run - except Jura - and I reckon it's a worthwhile guide. The memories come flooding back!

Bens of Jura.....468'	Three Shires.....307'
Peris.....466'	Skiddaw.....300'
Buttermere 9.....452'	and at the other end...
Ben Nevis.....440'	Edale.....214'
Wasdale.....428'	Three Peaks.....191'
Pike o Blisco.....400'	Hutton Crag.....185'
Buttermere 20.....400'	Man v Horse.....182'
Borrowdale.....382'	Haworth Hobble.....133'
Fairfield.....333'	Three Towers.....125'
Ennerdale.....326'	
Snowdon.....320'	

A quick glance at the calendar shows that there could be problems with such a system - the hardest races are the shortest; Chapelgill at 1.5 miles and 1400' gaining 933' per mile and therefore twice as hard as the Bens. Can anyone come up with a formula so that short races aren't represented unfairly? -Ed

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See you on the Hills!

Race Review: THE KINDER TROG

A GENTLEMAN'S GUIDE TO CIVILISED RUNNING

In an article which first appeared in Pennine Magazine, Dave Jones describes Pennine's first club championship race.

Hayfield Scout Hut car-park; Sunday 16th June 1991; forty minutes to go before the start of the Kinder Trog. Perfect, perfect conditions; none of your disgusting, unhealthy sun-lounger-on-the-Algarve foreign Duddon Valley Fell Race type weather today, oh no; rain, lots of it, with quite clearly more to come from the massed banks of delightfully leaden grey clouds sweeping majestically over Hayfield and obscuring all but the first 600' of Kinder Scout. Hard to tell how many competitors there were as everyone was huddled in their cars or sheltering in whatever haven they could find but gradually it became apparent that a lot of Pennine were putting in an appearance. The Pennine Fell-runners VW Caravanette Owners Club were well represented, only one member being absent, and promptly had their vehicles customised by the Marshall Multi-colour Transfer Service - anonymity is now a thing of the past. A necessary sortie to the Scout Hut to register revealed a goodly number of runners and all the signs of a tight organisation; especially prominent was the large notice for Paul Brownson's benefit making it quite plain which was the official route from South Head and the sight of the five shotgun-toting marshals heading off to enforce it implied a "no-nonsense" approach was the order of the day. The start drew ever closer and an indication of the weather conditions can be found from the fact that everyone assembled UNDER the by-pass bridge; familiar faces abounded; John Richardson had come to terms with his customary clothing indecision by coating himself in bitumastic underseal from the waist to the knees and consequently had an uncharacteristically confident air about him; Eddie, true to form and not a man to lightly discard firmly held beliefs, was pushing a costermonger's barrow of bananas and carrying a hundredweight box of Mars Bars; Vinny was taking things VERY seriously indeed he had a COMPASS strung around his neck, but more of that later.

OFF! In the usual fashion of the Trog everyone except for the glory-hunters at the front pattered sociably down the road in the rain, chatting about this and that. I got two hundred yards before joining the stumbling, tripping-up and bumping-into-things group who had decided to take waterproofs off after all, so mine finished up in the bum-bag as well. Up onto Lantern Pike, off the other side, round the track, onto the road and here we go up the serious stuff of the Mill Hill ascent. Trot, trot, trot; all nicely controlled so far; half-way up comes a familiar voice from behind - "Bit fast at this stage isn't it?" Rob Taylor, fresh (and I use the word advisedly, as you will see) from the British Championship Carneddau Race the previous day; mapless, almost clothesless, compassless, happy, cheerful and far, far too fit. I tried to convince him that the four red/gold/black vests in front were all going a lot faster than I was but he would have none of it, asked politely if it was all right if he ran round with me (sardonic sod!) and from that point on the race took on a convivial charm of its own.

Over Mill Hill (Rob - "Is this Brown Knoll, we do go to Brown Knoll, don't we?") and up into the lovely, thick mist and the rain on the plateau. Quite fast round to the Downfall and here I made a swift assessment of the situation and decided it required the application of mature wisdom and TACTICS

("Tactics - justification for continuing to run slowly). Still just about in catching distance, with an awful, awful lot of effort, were Phil Booth, Dennis, Vinny and Alan. If we did catch them that would mean six of us thundering over the top and they would easily outrun me over the last bit. No; hang back, plough a lone furrow over the peat and pray that they would have a collective navigational nightmare. No basis for this at all but one can at least clutch to straws on these occasions - Vinny's new compass, worn proudly round his neck on a six-inch cord a la Medallion Man, was obviously far too precious to him to take out and get dirty; Dennis, being a New Zealander, under the stress of racing might forget which side of the world he was on, subtract 174° instead of adding 6° and find himself in Holmfirth; Alan, similarly stressed, might misread the 7,000 bearings plastered all over his Dark Peak map and burn off westwards for a few miles on the Kinder Downfall route; Phil, now there was a problem, no known weaknesses but he is a "High Mountain Man" and it's a well-known fact that their brains become incapable of functioning below 23,000' - as Kinder is 2,088' at its highest then he might!?! With these unlikely scenarios in mind Rob and I arrived at Red Brook, in company with a runner from Staffs Moorlands; at least we thought it was Staffs Moorlands - it was a little hard to tell as the cunning chap had camouflaged the front of his vest, shorts and knees in thick peat mud in a pathetic attempt to conceal himself from the opposition. He endeared himself to us at once by admitting he hadn't a clue where he was but I don't think his confidence was helped much by Rob's reply to his enquiry as we tore off into the prehistoric sludge - "It's all right mate, he's got one of those twirly things." Fortunately the "twirly thing" did its stuff and Kinder Low Trig point emerged out of the gloom dead ahead, surrounded by a 20' radio mast and a dense crowd of extremely earnest, concerned people, all encased from head to toe in hi-tech, vapour-transmitting, microporous, polysyllabic, multi-hued waterproofs and all with proper maps in proper map-cases WITH strings. The culture shock as three half-naked, under-equipped runners and a "twirly thing" hurtled upon them out of the murk was clearly immense but we were soon gone and heading down out of the mist, me eager to see if my far-fetched ploy had worked and scanning the route ahead for the familiar cluster of gold, black and red. "Sod it !!" - there they were, exactly the same distance in front as they had been before, bobbing up to Brown Knoll like a bunch of manic chrysanthemums; at least no-one can accuse Pennine colours of being inconspicuous.

Sensing disappointment and imminent heartbreak Rob attempted to raise spirits by the display of a miracle - despite all too patently having nowhere to carry such an item he produced a slab of chocolate and insisted that Staffs Moorlands and I join him in a moveable feast. Not having the heart to tell him that eating on a race produces instant indigestion in me, I took a square and on we went, wondering as we chewed where exactly Rob had kept the chocolate! Brown Knoll, the most depressing place on the whole race, possibly in the whole known universe; build a house there if you want peace, solitude and a contemplative environment - no-one would EVER disturb you if they could avoid it. What appalling crimes the poor marshals had committed to have drawn the short straw of Brown Knoll I can't imagine, so we exchanged a sympathetic word or two and escaped to the fast running to South Head. Things were going O.K. along there until, just as we started the steep bit, there was a swoosh of displaced air, a roar of recriminatory conversation and Aidie Jones and Alan Kirk, having got well and truly lost thanks to Aidie's misplaced 'Local Knowledge', shot past depressingly fast in a blur or rippling muscles in an attempt to cut back the deficit. Their relationship wasn't helped much by Tony (the soul of tact and discretion) Hulme, perched thoughtfully just at the bit where you're wondering if all-fours might be a less painful method of ascent, who commented innocently as they came up to him "Hello, Aidie, I thought you'd be further up the field at this stage!"

Over the top and Rob took off down the hill at something approaching his normal pace. "There he goes," I thought. "Knew it couldn't last; an athlete of his ability; must have been Aidie and Alan going past like that". What a slur those thoughts were! What a calumny on a noble soul! What did he do but stop at the gate on the track, hold it open for me and Staffs Moorlands, offer our companion another pound or two of Dairy Milk extracted from wherever he was concealing the stuff, shut the gate neatly and tidily and set off past us to repeat the procedure a few hundred yards further on. Round the corner, up the road, a quick thankyou to the support team and off up THE TRACK TO CHINLEY CHURN!! Why the capitals you ask? The track to Chinley Churn is the best known example of those complex laws of physics that state time and distance are elastic and deserves a place in University textbooks. Go up it on a training run and you drift effortlessly up its gentle gradient in a few minutes of elegant athleticism, arriving at the top breathing normally to place hands on hips and gaze serenely at the view with the breeze caressing your hair - "Grand little hill, that". By the time you get to it at the end of the Trog some swine has extended it by a mile or two, jacked it up to 80°, it takes an hour or two of grinding, unrelenting effort and you arrive at the top in a state of muscular and cardio-vascular distress only marginally short of death. Aware that Staffs Moorlands and I were suffering, Rob thought a little psychology would help and started to paint a picture of pints of cool Ruddles in the Royal - wrong tactic. "Knock it off Rob; I'm dying for a wee as it is!" He tried again, creating a scene like a Bounty advert, all warm sand, bright sunshine, etc. but I, ungratefully, reminded him of the Duddon and pointed out that I hate the seaside because (a) the sand gets in your sandwiches and all the other little places it shouldn't and b) the sea's full of slimy, threatening, deadly lifeforms.

We were well on the way down Fantasy Road by now, so with only a little modification we were lying on the cool deck of a luxury yacht well ABOVE the refreshingly blue sea with lithe Jamaican girls smoothly massaging tired limbs When we were idly musing about what they might do with the peeled grapes BEFORE they slid them into our expectant mouths we noticed that Staffs Moorlands, clearly having concluded he was in the company of Pennine Fellrunners Perverts Section had prudently dropped back a bit. We re-assured him and snapped back to the task in hand; the last of the chrysanthemums was just vanishing over the top and the final climb proved the torture it always is. Having finally convinced Rob that all this chivalry, comradeship and selflessness was all very well and much appreciated but that he really ought to have a bit of a burn on the downhill run in, I watched him step on the accelerator and glide off through the cowpats. Going down, I reflected on what a superb race it is and watched Hayfield coming closer and closer. Staffs Moorlands went past on the downhill road before the bus-station, but then I knew he would; he did wait at the finish for a chat, so the race concluded in the civilised fashion in which we'd run it.

The Chrysanthemums were all there looking pleased, having had their private battles on the final section and so was Paul Brownson, delighted with having entered the plateau maelstrom in seventh place and coming out if it, **HEADING IN THE RIGHT DIRECTION**, in second - the position in which he finished. One by one the rest of Pennine rolled in, all eighteen of them, a superb turn-out; in fact one of the marshals said that at one stage it looked like Pennine benefit week at the finish, so fast were we all arriving. Plenty of food, plenty of orange and tea, plenty of beer at the Packhorse and the Royal but poor Rob had to dash off home to swot up Hydraulics for Monday morning - I think he drove but we did pass a vaguely familiar, lean figure striding down the A6 holding a large, red textbook in front of it as it ran....

Dave Jones

NEW MUNRO RECORD

RAMSAY'S ROUND EXTENDED TO 28 MUNROS IN SIMULTANEOUS SUMMER AND WINTER ATTEMPT

Adrian Belton gives a personal account of his record-breaking run.

It is Tuesday, 28th May, 9p.m.; I am sitting in Fort William Hospital awaiting the consultant surgeon's verdict on a suspected fractured elbow. Various thoughts flash through my mind; will this be an enforced retirement from mountaineering and running; surely no chance of a record attempt this coming Saturday; what about all the other activities in life that require use of one's elbow?

My mind wanders back seven hours earlier to the gory scene coming off Beinn Bheoil, having only just burned my buttocks off on a snowfield descending Ben Alder. It was only the thought that there was no-one around for miles that kept me from fainting at the sight of the bones moving through the gash. By then I was half way round recyccing the eastern extension to Ramsay's round, and experimenting with the Ben Alder plateau to see if 32 Munros in 24 hours was a serious possibility.

A week of clear blue skies, scorching sun and brilliant weather saw me shaping up perfectly for another attempt at extending Ramsay's round, after two attempts last year were thwarted by bad weather.

I had successfully duped the usual willing band of pacers into accompanying me again, on the basis, that, if I succeeded this time, I really would retire from this head-banging game. They had a vested interest in attending this time to ensure I retired! And now, would it all be called off with only three days to go? As luck would have it, the junior doctor treating me was a Munro bagger himself and was interested in getting me fit for Saturday. Severe bruising was eventually diagnosed, and stitches were inserted as we swapped stories about Munros, to that doctor I am eternally grateful.

The next few days were spent lazing in the sun, getting regular weather outlooks for the weekend, and persuading the pacers that the injury wasn't serious enough to thwart an attempt.

I latched on to one particularly helpful weather service - "Weather Watchers" who publish a weekly outlook in "Scotland on Sunday". The meteorologist was interested in the attempt and gave me very detailed forecast wind/cloud/temperature conditions for the glens and summits. Thursday afternoon he was predicting snow (!) by Sunday, possibly even by dusk on Saturday. He urged me to think about a midnight to midnight attempt on the Saturday, rather than the 9am start. Other forecasters were not quite so pessimistic; John Blair-Fish's contacts at Edinburgh University's Meteorology Department reckoned the weak front would cause temperatures to drop to more comfortable levels, with the possibility only of a little drizzle - certainly no precipitation or high winds.

More importantly, the pacers could only make it on the Saturday morning, so I reluctantly ruled out a midnight start. By Friday, my friendly forecaster was predicting stable conditions for all of Saturday, extending into Sunday, as the peak front remained stationary. Nevertheless, I scheduled for 29 peaks, rather than 30, on the basis that, if all went well, we could perhaps add in the 30th en route.

So all looked set for near perfect conditions and we ate and slept well on Friday evening. It was particularly touching and inspiring to get a 'phone call from Charlie Ramsay himself, wishing me well.

Saturday, 1st June dawned with high cloud cover, cool air and perfect weather. By 9am at Fersit Dam, our chosen start point, there was not a cloud in the sky, my only protection from sunburn was a huge bandage over my elbow; sun block seems to be impossible to obtain in Spean Bridge.

I scheduled 7 hours to Glen Nevis, along the Grey Corries and over the 4000 footers, with Mark Rigby



*The long ascent up Ben Nevis still proving hot in September
Photo: Peter Hartley*

adopting the pacer-in-chief title this year. Being so hot, we left out all the usual kit, and opted for extra water bottles instead. Helene Diamantides witnessed our departure and embarked on the food and kit preparation for the remainder of the day and would meet us in Glen Nevis.

The early peaks fell quickly, and we had the most amazing views over the Grey Corries and out to the west - rarely is one privileged such views; time was only lost to capture some of them on camera. As we thirsted up Stob Coire Claurigh, I noticed Mark's absence; eventually we re-grouped as he sheepishly admitted having left the extra water behind us; we had no water now until we met Roger Boswell just before Aonach Beag and the heat of the day approached. Meanwhile, my arm was suffering elephantiasis beyond the elbow, down to my knuckles.

The relief in meeting Roger and his dogs was immense; he had carted up what seemed like a tanker of water and we tackled Aonach Beag, direct route, to clip the schedule further still. A new hazard was introduced at this stage, Roger's dogs, whilst fit and entertaining company, had the habit of running up ahead, dislodging rocks and then descending under one's feet. Little did they know how far they were to go that day!

Mark Elder appeared on Aonach Mor to ply me with sunhat and suncream, whilst Val prepared the picnic in the col below. After acquiring an unexpected pacer on Carn Mor Dearg - a friend of Mark Rigby's on a training run - we submitted the Ben itself, clad in shorts and sunhats only much to the bemusement of the whole world who seemed to be on the plateau that particular afternoon). But more spectacular scenes were to follow as we shot down 2000 feet of snow slopes in Red Burn - burning the buttocks yet again. How the dogs kept up never ceased to amaze me.

Entering the cauldron of Glen Nevis all the pacers could be seen lazing by the bridge, watching with some bemusement until, spurred into action, one was sponging me down, another plying suncream, another harrying JBF into pacing, another feeding me rice pudding and Dr. Jill prescribing removal of the bandage to ease the elephantiasis. If only I had known the near scenes of panic only minutes earlier, as several pacers had still not arrived!

And so, with the dogs pacing me and Roger and JBF straggling behind, we crawled up the heathery slopes of Mullach Nan Coirean half an hour up on schedule.

Still the weather looked set for a clear, sunny evening, but the breeze was cold, and my kit was not with my pacers, but with Andrew Addis, who was scheduled to meet us below Devil's Ridge. Somehow we lost a little momentum on this section, but revival came in the form of Mark Greenwood on Am Bodach, and Mark (R) and Helene on An Garbanach

- Helene choosing this knife-edge ridge to feed me an apple pie in one hand, a custard pot in the other, and then coolly producing a camera as I balanced along. Such is the humour of my support team.

Meanwhile, JBF had called it a day, and Roger's dogs were relieved to descent into Glen Nevis off an Garbanach with Mark and Helene.

We matched schedule along the Mamores, and had an exciting snow slope to descent off Binnein Mor. Andrew would leave us here as Mike and I plodded over Sgurr Eilde Mor to meet Quentin Harding, who should have been at Loch Eilde Beag. By now, 21 Munros had been done in just over 13 hours.

Dusk gathered, and although still twenty minutes up on schedule there was no sign of Quentin. Mike and I were oblivious to the cold, but poor old Quentin was at this very moment shivering himself awake in the hut at the other end of the loch, unable to see us. Mike abandoned me with the food and sprinted back to locate Quentin. I was getting annoyed - precious daylight was ebbing fast and the night section beckoned with a supposedly fast track run down to Loch Treig.

In the ensuing rush to get back into rhythm, Mike began to exhaust with his sprinting back and forth and I slipped and fell down the waterfall in the Abhainn Rath - banging my elbow and getting a complete soaking. Time slipped away alarmingly quickly and we found it difficult to restore the momentum, until the main track by Loch Treig. I had badly underestimated how long it would take to cover the track in the dark, and we arrived at Coorour Youth Hostel twenty five minutes behind schedule with the clag descending. Thankfully, Steve Libby's lights on Carn Dearg and his earlier marking of the route up enabled Quentin and me to get a good line; poor Mike meantime went round Loch Ossian to locate the pacers' car at the Lodge. I was falling asleep on my feet at this stage and lacking willpower; a sense of *deja vu* came over me about abandoning attempts after only 16 hours due to bad weather. If I had been on my own, I would have given up there and then; it was the thought of my long suffering pacers that inspired me to keep going for their sake. They would never forgive me if I gave up again.

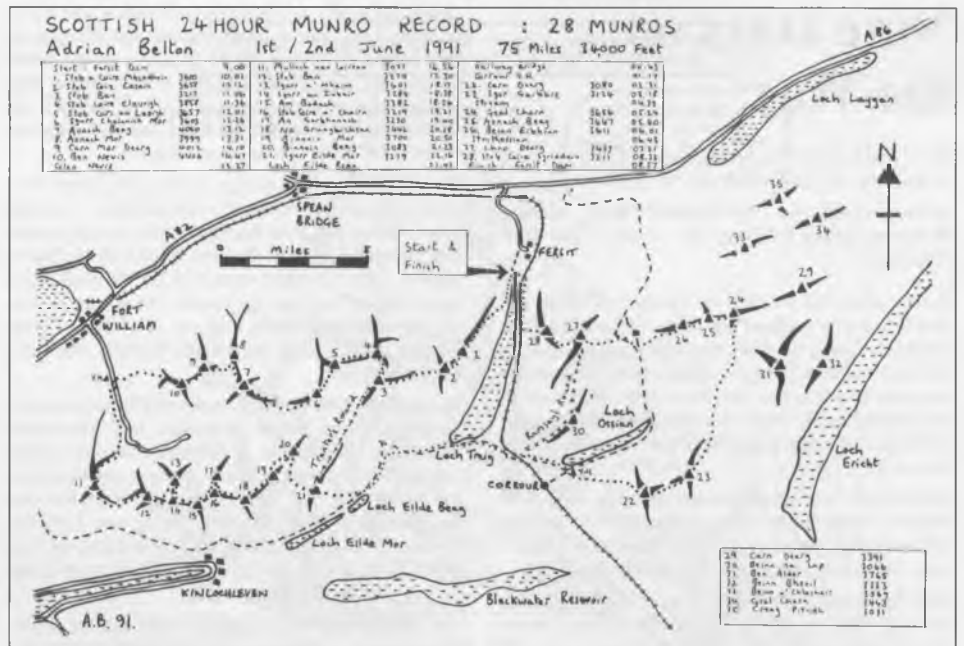
Seeing the clag clamp down on Stob Gaibhre and finding it difficult to descend Carn Dearg convinced me that we would have to omit the far eastern Munro (another Carn Dearg) and go for 28 Munros instead. Val and Mark (E)'s lights over Stob Gaibhre and that welcome flask of coffee pulled us through to the heathery contour run; the only worry now was about abandoning Mark Rigby who had gone out to Carn Dearg. Thankfully he saw our lights cross the stream below and he raced back to Strathossian as we battled up Geal Cham in driving snow and bitterly cold winds.

With Quentin navigating supremely well in near white out conditions we picked off the next few summits and descended with relief to Strathossian, where Mark (R) and Helene would take over from the tiring Steve and Quentin, and lead me back into the snow and wind on the final two summits; but I was only three minutes ahead of schedule and conditions were deteriorating rapidly. Somehow the others convinced me that I had to do it and so with grim determination (and painful memories of how easy it is to get lost between Chno Dearg and Stob Coire Sgriodain), I stumbled and slithered through the snow, following Mark and Helene who were pace-counting on compass bearings and doing the most unbelievable job of navigating in what seemed to me to be impossible conditions.

With snatched words in the bitter winds - ice was forming in my beard and my lungs were rasping in the cold - we agreed on the direct western descent off the last peak, down to the railway line, along which Mark reckoned we had a three kilometre run to return to Fersit Dam.

I allowed myself to freefall down that last slope, forgetting about elbow and survival, simply concentrating on the watch ticking away the final minutes. With 16 minutes left, we hit the railway line and it was eyeballs out to the dam to meet incredulous pacers who had not seen our unexpected line of approach. With only 3 minutes left I collapsed against the dam and - too tired to cry, but feeling incredibly relieved and pleased. Charlie was there, as was the whole team, and just as we posed for a team picture the inexhaustible Roger turned up on his bicycle, having cycled against the wind and rain for the past two hours to get there. Where were the dogs? "Oh, they're b.....d", he says, grinning and producing a welcome flask of coffee.

It was too cold and wet to celebrate there, so we retired to Mark (E)'s house at Kentallen and changed, then rang the meteorologist to congratulate him on the perspicacity of his Thursday forecast. Meanwhile,



national warnings were being posted to keep people off the hills as the arctic conditions gripped the area. We were lucky to complete the round with just 3 minutes to spare, but desperately unlucky to be plagued with such bad weather for the final 7 hours. Perhaps I can count this as a simultaneous summer and winter attempt!

I'm often asked what I eat on such runs; well, the usual fare of quiche, chicken legs, cheese spread butties, honey butties, rice pudding, tinned fruit, apple pies, custard, fig rolls, chocolate bars, mint cake, jellied sweets, peeled oranges, and cereal, banana, orange juice at "breakfast" time I drank mostly water, with coffee in the early hours and the

bitter cold. Incidentally, the menu can be consumed in any order and at any time of the day, but usually every 30/40 minutes.

Apart from consuming at least two pints of rice pudding, key statistics of interest are that I covered about 75 miles and 34,000 feet of ascent. The remaining peaks to give the total 30 in Lochaber are Beinn Na Lap, and the eastern Carn Dearg. Now what about adding Ben Alder I am bored being retired! Oh now, I can hear the pacers groan! My thanks to them all - maybe one day they'll get some good weather to support a Munro record attempt!
Adrian Belton - June 1991

Survival Kit

Let's be honest, Fellrunning can be a dangerous business. The fells are no place for the unfit or unprepared and we must all train on them to some extent. Lucky are those who can use races for training purposes, since the race organisers usually succeed in ensuring the safety of all competitors. The rest of us must be more careful and again we are largely successful. Yet no matter how careful we are, one day the unthinkable may happen.

Even the most comprehensive survival kit cannot guarantee to save you in worst case conditions. Indeed



Take safety seriously and hold hands with your running companion! Albert Sunter and Neil Burrows leap a ditch in the Wray Caton Moor Race
Photo: Bill Smith

many have survived in spite of a total lack of kit, since it is largely a matter of will to live. My purpose is to educate you, my reader, in the simple precautions that may save your life and the simple equipment which can help.

Firstly whenever you go onto the fells, ensure that someone trustworthy has details of your route, intended start/completion times, emergency escapes routes etc. Ensure that you are able to contact them if you are delayed in any way or forced to abandon for any reason. This agency may be a relative, a National Park information office or a Police Station. DON'T FORGET TO INFORM THEM WHEN YOU'VE FINISHED/ABANDONED or Mountain/Cave Rescue may be scouring the fells for you!

Now the kit, it must be light or you'll be tempted to leave it behind. Survival kit availability appears to be subject to a variation of Murphy's Law. When you've got it - you don't need it, when you haven't - you do; even if it's only a medi-swab to confirm that the graze isn't serious. First and foremost is protection, if you're immobilised by injury keeping rain and wind out are number one priority. Forget "Space" blankets, they're sods to handle and can rip easily, Polybags are best. BCB of Cardiff produce a good lightweight one their CammoGlo emergency bag, which is really two bags one green and one orange; on the fells I carry the orange one. First aid is another part of protection in preventing a bad situation deteriorating further and my preference is for a Coghlan Pack 1 and a Ministry of Defence type First Field Dressing. Both are designed for use by relatively unskilled people in traumatic situations and reasonably compact to carry.

Our next priority is location and the obvious items is the whistle, which should be a "Perry" whistle designed to provide a penetrating note for minimum effort. A torch is also useful, but this is a multi purpose item used primarily for navigation/lighting your way should you be delayed after dark. I carry a "Gelert" AAA torch, a copy of the Mini-Maglite AAA, sharing its spare bulb in tail cap feature and wrist loop. Another BCB item which may be useful is a mini-strobe unit which flashes continuously for two hours or so using a watch battery for power.

Food/water, ordinarily food and water are unnecessary for short term survival; but fellrunners are probably a

special case. The fancy "Emergency Ration Packs" are heavy and better suited to an expedition since they are designed to provide longer term sustenance. In our likely circumstances easily digested food is vital both for speed and economy of effort. Thus a high carbohydrate food like Kendal Mint Cake is best.

Using the Kit. First are your clothes wet or dry and can you replace them? If you can change into dry kit, do so and don any weatherproofs you have. If first aid is required this should of course come first. Prepare your emergency bag by making holes for ventilation at the "bottom"; (it's actually the top!). Now pull it over your head, and if you can draw up your knees so you are sitting with your knees bent and your feet flat on the ground. Try to fold as much of the remainder of the bag under your bottom, after ensuring that you have all your kit inside with you; this will help insulate you from the ground.

You should be chewing the first few pieces of emergency food while doing the above. Commence signalling, six short whistle blasts/torch flashes followed by a minute's pause is the international distress signal. (The reply is three short blasts/flashes and a minute's pause, but I wouldn't stop until actually made to; there's too damn many fools loose with whistles nowadays). Eat small pieces of food as you go along to keep up your strength and morale.

Having written the above I sincerely hope that no-one reading this ever needs to use such a kit, and like mine it remains unused!
Bill Houlder

Stockists: Most of the BCB equipment can be obtained from Special Air-Sea Services, St. George's Works, St. George's Quay, Lancaster, Lancashire. LA1 5QJ. Telephone: (0524) 64204
(They are primarily a military supplier but they stock most of the bits and can be phoned between 10a.m. and 7p.m.)
Coghlan Pack 1 first aid kit and Kendal Mint Cake are available from many outdoor stockists.

Nine Days on the Way

Neil Shuttleworth describes a week and a bit spent completing the Pennine Way.

Accompanying the Glossopdale man - Mike McKenna, Frank Fielding, Alan Francis and John Brightmore

Except when the thunder on Featherbed Moss and the mist on Pen-y-Ghent and Cross Fell restricted the extensive views, we enjoyed mostly sunny weather. The best moment? There were too many memorable moments to select just one; the worst? When one of our original group called it a day after five days and 150 miles - the day after one of the hottest July days for years.

Surprisingly, our group knitted together quite well despite a range of abilities - from 78 to 95 minute half marathon times - and personalities. We had a single purpose and this was to complete The Way.

Mike McKenna had booked us into Youth Hostels on the way; there are plenty to choose from. Rochdale's Nick Matthews had done the Way in seven days but felt that he was travelling too fast. "You don't have chance to see anything and it doesn't really fit into the Youth Hostel culture. We'd arrive late and 'mug'

people for food". It is possible to 'rough it' and bivvy as some have. Given good weather and exceptional fitness, this is the way to do it, using all the hours of daylight. Geoff Bell of Dark Peak did the Way in four days in 1981, being self-sufficient for the whole journey and was awarded the Bob Graham Club Achievement of the Year Award.

We soon developed a routine, leaving the Youth Hostel at around nine we ran at a relaxed pace - carrying spare clothes and food Karrimor style - lunch at mid-day, then a run/walk to the next Youth Hostel. Then a shower, a meal and bed soon after 10. We might have been tired on reaching the Hostel, but it was the sort of recoverable tiredness that one feels after a long Sunday run. Certainly we were sufficiently recovered for the next day.

By carefully following the map and PW waymarks it is unlikely that fellow Wayfarers will experience difficulties. *Footprint* produce two excellent coloured strip maps, but these are best supplemented by Wainwright and the OS. We did have the odd navigational blunder, the worst being near Lambley Colliery/A69. Mike McKenna suggested that the lack of PW signs contributed to this and the responsibility lay with the local parish council.

The style of waymarks is quite varied. Across a complicated series of fields near Baldersdale a wooden gate in a wall had 'Push PW' on one side and 'Pull PW' on the other; not quite the same as a standard engraved post from the Pennine Way Coun-

cil. The terrain changed on the way north, passing over ridges, moors and dales, going through bogs and pastures, up rivers and down mountains. Our journey was in July and the farmers were harvesting around Lothersdale; some shepherds had sheared, others shearing.

One common feature on the Way was litter which seemed virtually absent only on the Cheviot ridge. Erosion control was also much in evidence. In the popular boggy areas various methods were used - duckboards, planks, a 'high-tech' suspended gravel highway, wool fleeces and paving stones.

We found three items of equipment essential to our journey. Good shoes, a good ruc sac and a waterproof. Since it had been very dry we didn't get terribly wet. Even so, we tended to our feet - it was worth carrying a few luxuries. A second pair of shoes was carried by our crew; usually a pair of road shoes for the Hostel and a pair of fell/studded shoes for the boggy sections like Kinder, Bleaklow, Featherbed Moss or Sleightholme Moor.

Shoes and waterproofs are a matter of preference; the sac, I feel, should be a Ridge Runner from Rock and Run. It has a minimum bounce and fits extremely comfortably.

Running the Way in this manner was ideal; we appreciated the differences in nature, terrain and people. It was like pressing the fast forward button on a video - only a little slower. AW notes the various highlights on the route and on the whole we agree with these. Arguably the best comes in the Yorkshire Dales or Teesdale.

At times we met others in various stages of completion of their journey. At around half way some took a while to comprehend that our trek had begun only a handful of days before. The classic anecdote is that of Arthur Puckrin, 20, who arrived at Mankinholes Youth Hostel one wet night in 1958 and said he'd come from Edale. The warden didn't believe him! Relative to walkers, we were moving at speed, yet our average speed was only three and a half mph. Put as minutes per mile it is 18 and quite slow - although in that time are included the many breaks to admire the views etc.

At times we met some characters; conversely, we were sometimes the 'characters' that others met on the Way. The common bond of the Pennine Way developed a camaraderie and AW allows two pages for one to chronicle such friendships under 'The Brotherhood of the Pennine Way'. It's worth carrying your own AW because you're entitled to a free half at the end - if they're open. Alas, there is no public house at Keld, otherwise they are frequent.

- Neil Shuttleworth



Alan Francis, Mike McKenna and John Brightmore steer clear on Cam High Road.
Photo: Neil Shuttleworth

CZECHMATE

Well, you read about Czechmate (January '91, p.17) - the scheme to enable Czech runners to experience some international competition, something denied to most by the combination of low pay and adverse exchange rate. But in spite of your best intentions, (with notable exceptions) you did nothing about it! There was just sufficient support from the characteristically generous Scots for the scheme to go ahead and run up a whopping overdraft. Still, it makes a change to run up as well as down.

Anyway, whilst you were enjoying Lattrigg or the Angus Munros or whatever, your generosity (hem hem) enable Jiri Urbanek and Oldrich Cepelka, organisers of the Jested race in Liberec (6th October) to travel to Switzerland for the spectacular mountain races at Aigle and Thyon. The Aigle - Ai - Leysin race lofted 5300' out of the Rhone valley, through forests and meadows into the high cool air. After an eternity of lung-bursting ascent, the course plunged 2000' to finish in the streets of the smart resort of Leysin, enabling the Brits to show their mettle and gain some places. Blair-fish, revelling in his veteran status, collected yet another pair of downhill skis at the lavish prizegiving; whilst Urbanek was happy to be placed 4th senior, John Marstrand, visibly arthritic but fighting back, also collected a pair of skis for his sterling V60 performance.

At Thyon the competition was intense; Francisco Sanchez, in his first race outside Colombia, trounced the field - including his mentor, world champion Jairo Correa. Martin Jones returned a powerful 4th; best-placed Czech was 27th. The course is spectacular, varied and alluring, with a breathtaking finish atop the world's highest dam!

For the Czechs, an idiosyncratic choice of races, perhaps; but a memorable and worthwhile experience of competition in the greater Europe to which they, and even the 700-year-old Swiss Confederation, now belong. And it's not too late for you to contribute to this venture and - who knows? - to its 1992 successor, just as you intended all those months ago. Please don't put it off again.

Czechmate, c/o Colin Pritchard, 18 Mentone Terrace, Edinburgh EH9 2DF.

Aigle-Ai-Lesin 1st August 20km 1600m

700 years of Swiss history reached the glorious climax on 1st August in a smart Alpine resort of Leysin as this traditionally Swiss-dominated race fell into the hands of foreigners. Ben Mabkhout, a lonely 8 and a half minutes in front of his nearest rival, carried off the laurels in the form of a mountain bike twice his size; whilst JFB, who hurtled past Urbanek

on the final 600m final descent, won yet another pair of downhill skis for his trouble. But participation was all.

The creaking boards of the antique Swiss hotel (cheapest on the list) sounded reveille at 7, and Jiri and I hunched over a brew, concocted with the help of his heater and the shaver socket (Achtung! nur für razors!) A tramp through narrow streets still sodden from the previous day's storm led us to the registration hall, pungent with embrocation. That storm had been a close call, brought out high on the ridge above our eyrie at Thyon 2000 by a hailstorm of awesome proportions. I had to beat a hasty retreat, with only two seconds between lightning and thunder throughout my headlong flight; on the next morning I felt ill-prepared for a 1600m grind.

On the gun we cavorted on a lap of honour round deserted streets, then headed off uphill for the cool shade of the forest, a track of unrelenting steepness, redolent of the Ben. Eventually this gave out into shallow, faster but interminable zigzags of road and track mounting into the high cool air and eventually into the cloud. Alone and struggling I beamed momentarily at the lone figure of "Jogging's" photographer at the high point, then plunged down to where the strangling cloud parted to reveal still higher summits, unvisited. Pointing downwards (The only direction I understood) I regained some energy and a dozen places before Leysin shot up to meet me, then my

needs (well, some of them) were being ministered by svelte Swiss svenches, and it was all over bar the swimming.

Jiri, sole invited runner and Czechmate beneficiary, was ecstatic about his prizewinning and lashed out an hour's earnings on an icecream. For once he was persuaded to return the 30 miles by public transport rather than on foot. To make up for this JBF dragged him up a 10,800 foot hill next day, while lesser mortals were stalking marmots amid fragrant floral meadows.

Such are the delights of the Valais; see you there next year.

Colin Pritchard

1. K. B. Mabkhout	Month	1.43.22	
4. John Blair-Fish	Carn	1.55.02	1st Vet
5. Jir Urbanek	Czech	1.56.16	
7. Kurt Blersch	Ger	1.57.28	1st Vet 50
14. John Kerley	Dor	2.01.32	
16. Dave Francis	West	2.01.48	6th Vet
120. John Mastrand	Loch	2.37.29	1st Vet 60
123. Colin Pritchard	Carn	2.38.23	

Thyon - Dixence

4th August 16km 500m

In his first race outside Colombia, 24 year old Francisson Sanchez, stormed to victory at Thyon, half a minute ahead of his fellow countryman and world champion Jairo Correa. Now there is news of his victory at Sierre-Zinal, so that by 8th September we may expect a new world champion.

But there were also struggles further down the high quality field: tall, and newcomer Martin Jones surprised everyone with his splendid 4th (6th at Sierre-Zinal) and Jiri Urbanek, having both walked and run the course the previous day turned in a creditable 27th. Readers who interested themselves in such things will note that the T-shirt was "the best design I've seen in twenty years" and that a divine fellow traveller was exceedingly and uncharacteristically sober. The mounted chamois-head presented to Sanchez earned well-deserved boos from the vociferous Leeds contingent, and at least one spot prize fell into deserving hands. That's our only hope, isn't it?

Colin Pritchard

1. Sanchez Francisco	Colom	1.10.34	
2. Jairo Correa	Colom	1.11.16	
4. Martin Jones	GB	1.12.16	
13. Neil Wilkinson	GB	1.15.08	
19. Ian Holmes	Bing	1.17.11	
22. Martin Roscoe	GB	1.18.42	
24. Andy Peace	Bing	1.19.28	
26. Gary Devine	Pud	1.20.01	
27. Jiri Urbanek	Czech	1.20.02	
31. Shane Green	GB	1.21.20	
33. Tony Hesketh	Horw	1.21.40	4th Vet
34. Mike Short	Sav	1.22.07	5th Vet
54. Sally Goldsmith	GN	1.28.26	(2nd Lady)

Sierre-Zinal

11th August 31km 1990m

1. Francisco Sanchez	Colom	2.32.51	(record)
2. Jairo Correa	Colom	2.38.03	
3. Norbert Moulin	Swiss	2.38.38	
6. Martin Jones	Bolt	2.40.48	
11. Colin Donnelly	Eryri	2.45.56	
12. Martin Roscoe	Leeds	2.47.00	
13. Andy Peace	Bing	2.48.25	
14. James Bulman	Kesw	2.48.47	
15. Gary Devine	Puds	2.50.34	
16. Ian Holmes	Bing	2.50.54	
27. John Nixon	Horw	2.56.16	1st Vet
33. Phil Davies	Leeds	2.56.55	
42. Shane Green	Leeds	2.58.51	
47. Billy Bland	Borro	3.00.10	5th Vet
48. Tony Hesketh	Horw	3.00.24	6th Vet
49. John Blair-Fish	Carn	3.00.52	
55. Alan Catley	Tyne	3.02.15	11th Vet
57. Will Ramsbottom	Puds	3.03.51	
63. Jeff Norman	Altrin	3.06.21	13th Vet
66. Gavin Bland	Borro	3.07.37	
76. Duncan Mason	GB	3.10.18	
134. Sally Goldsmith	GB	3.20.21	2nd Lady

1418 starters, 1224 finishers.



Annual Dinner and Presentation

Saturday 9th November 1991

At the

Blackburn Moat House

Yew Tree Drive, Preston New Road

Blackburn, Lancashire BB2 7BE

0254 64441



Menu

cream of Mushroom Soup

*

Roast Lamb with mint sauce, chateau potatoes and two veg

*

Black Forest Gateau

*

Coffee and Mints

*

Vegetarian alternatives (order direct from organiser)

*

Price £11.00

SPECIAL WEEKEND PACKAGE

Accommodation from 1.00 p.m. Saturday

*

Dinner as shown

Full English Breakfast

*

Price £24.85 each adult

Single Room supplement £4.00

Tickets available from Kevin Shand

0706 70080 or regular sellers

Weekend package: £5.00 deposit to Rita Hunt (FRA)

Moat House. Balance by 4th November 1991

Martin Stone's Long Distance News Summary

LONG DISTANCE AWARD

If you wish to be considered for the 1991 Long Distance Award please send a schedule and details of your run as soon as possible to the address below. Achievements for which information is received will be considered in October and the award presented on Saturday 9th November during the FRA dinner at Blackburn. The current holder is Hugh Symonds for his Mountains of Britain run last year.

I keep a register of Long Distance Individual Fell Records and rely on those who set new records to keep me informed. Please send details of record-breaking runs to: *Martin Stone, 12 Moorlands, 103 Garstang Road, PRESTON PR1 1NN.*

BOB GRAHAM CLUB ACHIEVEMENT OF THE YEAR AWARD

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 year runs from January to December and the presentation is made the following October. The holder of the 1989 award is Mike Hartley for his Pennine Way record.

To be eligible for the award, the member MUST BE NOMINATED by a friend or someone who witnessed the event. In recent years, The Club has not always been made aware of achievements which merit consideration. The nomination should include a description of the challenge, a schedule and reasons why the achievement merits the award. Nominations for the 1991 award should be sent by February 1992 to:

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

MIKE HARTLEY - WAINWRIGHT'S COAST TO COAST RECORD

The prolific long distance record-breaker, Mike Hartley, has been at work again. This year was to be a 'resting' year after his '3 Rounds In 3 Days' epic of 1990. He chose Wainwright's Coast to Coast, 190 miles from St. Bees to Robin Hood's Bay and his target time was just 42 hours. He followed the precise route used 6 years earlier by Mike Cudahy who previously held the record. Although he found the run much harder than was expected, this didn't stop him taking 7 hours 13 minutes off the old record. On July 19/20th, he completed the run in 39 hours 36 mins and 52 seconds. Although Mike seems to make a habit of breaking Mike Cudahy's records, the two are great friends and Mike was in fact paced by Mike C. for much of the last 50 miles across the North York Moors.

Earlier this year the two Mikes attempted a 2-man Pennine Way relay, each running about 25 miles before exchanging the 'baton'. Unfortunately, this adventure ground to a halt in bad weather at about half way. Rumour has it that Mike Hartley will be attempting another big assault next year. He hopes to tackle Jos Naylor's 1986 record for the round of the 214 'Wainwright' Lakeland Peaks which stands at 7 days.

ADRIAN BELTON - 28 SCOTTISH MUNROS IN 24 HOURS

Third time lucky for Adrian who made two unsuccessful attempts in 1990 to set a new Scottish 24 Hour Record. In 1988, Jon Broxap completed a sub 24 hour round of 28 Munros in the Cluanie/Ossian region a few days before leaving for Australia. Adrian concentrated his three attempts in the Lochaber area where a tradition for tackling big rounds had been established by Tranter, Ramsay and Stone.

This year, his attempt on the 1st/2nd June to break Broxap's record was plagued by an extraordinary change of weather from a heatwave during the day to blizzard overnight. The round was based at Fersit Dam, the aim to complete 29 Munros, 75 miles and about 35,000ft ascent/descent. The full story is elsewhere in this issue. Will Adrian now retire as promised and allow his loyal pacers a well earned rest by surrendering gracefully to middle-age? I doubt it!

ANNE STENTIFORD - WELSH CLASSICAL (PADDY BUCKLEY) ROUND OVERALL RECORD

Maybe this 24 hour round should be renamed 'The Ladies Round' in view of the way the ladies have so dominated the process of reducing the overall record. The first successful completion of the route was by Wendy Dodds who in 1982 took 25 hours. Since the first sub 24 hour round in 1985 by Martin Stone, there have been a handful of attempts each year. Two years ago, Helene Diamantides set a time of 20 hours 8 which improved the previous record by about 2 hours.

Anne Stentiford set off from Plas Y Brenin at 01.00 on Saturday 24th August and completed the round of 47 peaks, 27,700 feet and 61 miles in the remarkable time of 19 hours 19, some 49 minutes inside Helene's time. In the process she set record times for two of the five sections and her run was comparable with an 18 hour 15 Bob Graham Round. Although her Bob Graham two years ago was completed in a good time, Anne has never been a top performer at fell races. She attributes this success to being 'extremely motivated'.

MARTIN STONE - BRECON BEACONS TRAVERSE RECORD

On 7th September I completed the traverse of the 31 peaks in South Wales which exceed 2000ft. This 72 mile route with 17,000ft ascent starts near Brynamman, it crosses the Beacons, the Black Mountains and finishes at Llanthony Priory near Abergavenny.

It was dreamed up and first completed in 1983 by Derek Fisher and Andy Lewsley. Since then, the time has been improved on four occasions and there has been one recorded completion by a woman. The record holder is presented with a challenge shield which names previous holders and their times.

I managed to reduce Adrian Belton's 1990 time by 17 minutes, setting a record of 14 hours 55 mins. The first 30 miles to the Storey Arms were completed alone but with road support. It was good to be paced and supported from there to the finish through the heat of the day and I'm sure that without it, a record would have been out of the question. It is possible to get away with a small team of (very hardworking) helpers, three in my case. However, time is inevitably lost if there are too few to make the support run smoothly. For anyone keen to attempt this record I would say that given the right fitness and conditions, there are another 30 minutes to be sliced off.

TONY RATCLIFFE - FELLSMAN RECORD

This 61 mile Long Distance Walker Association (LDWA) event in the Yorkshire Dales is popular with fell runners and a few of the previous record holders are Martin Hudson, Jeff Coulson, Paul Mitchell and Gifford Kerr. In 1990 Tony Ratcliffe was pipped by Mike Hartley, however the situation was exactly reversed this year as Tony pulled away from Mike in the second half. His time of 10.10 beat Paul & Gifford's 1988 record by about 12 minutes.

MARK MCDERMOTT - BULLOCK SMITHY RECORD

After overheating on the Fellsman while competing with Tony Ratcliffe and Mike Hartley, Mark got it right on a very hot September day in Derbyshire. On home territory, he completed the 52 miler in 8.12, some 5 minutes inside the old record.

PETER SIMPSON - ALMOST ALL THE DONALDS IN A WEEK

Peter's name has cropped up many times over the years in conjunction with multi-day Summer and Winter runs. His imaginative approach has led to a number of new challenges, the Winter Bob Graham for example. He was inspired by Colin Donnelly who in 1981 ran 380 miles in 11 days across the 130 peaks of 2000 foot in the Southern Uplands. As a result, Peter spent a soggy week this Summer tackling 158 tops and peaks ('Donalds') in the same area. He used a car to travel east from one group of hills to the next, excluding the Ochils and Cheviots but adding the outliers Tinto and Cauldcleugh Head. In a week of 'tranquil solitude in unlit, unroded hills' he met only two people and was treated to 'dawns above the clouds, magic sunsets after 10pm and distant views of hills without end'.

ANNE STENTIFORD: BOB GRAHAM ROUND LADIES RECORD

While she was still fit, Anne thought it might be a nice idea to go for the ladies' BG record. Four weeks after setting the Welsh record she left the Moot Hall in dubious weather at 0140 on Saturday 21st September, attempting a clockwise round. After 5 hours of darkness she was still inside her 19 hour schedule. Fred Rogerson was at Dunmail Raise and his encouragement spurred her on when after 7 hours of cold and mist she was considering retiring. The weather deteriorated and by the Scafell's was gusting to gale force. She arrived at Wasdale with a few minutes in hand.

The Pillar and Gable section became a fight for survival as the wind now hit storm force, lifting the team off their feet and throwing them to the ground. At times it pinned them down and it was necessary to scramble behind boulders, choosing routes sheltered from its blast.

Climbing Gable, the sky went black and a terrific storm of horizontal hail raged for 15 minutes. Quite unbelievably, Anne still kept to her 19 hour schedule and was given an emotional welcome at Honister. Fred was there to greet her and said that in all his years of association with the BG club he had never known anyone to cope with worse conditions, let alone be setting records. Darkness came after the final descent off Robinson and Anne completed the last few miles of road to Keswick in torrential rain.

Her time of 18 hours 49 minutes reduced Helene Diamantides 2 year old record by 21 minutes. It was one of the most sensational rounds ever and a performance that took great courage and determination.



Photo: Steve Bateson

Main picture shows a youngster showing excellent style at Cowpe Hill, the race won by Robert Whittam of Todmorden. Maybe one day we'll see him at international races . . .
(Photo: Steve Bateson)

Insets show (clockwise) Jackie Smith at the Sedbergh World Cup selection races; Mo Fatchase (who along with Naf Hall are either typing errors or Russian spies) at the Zermatt Open race; and John Lenihan of Ireland, taking second placed Marius Hasler of Switzerland on his way to winning the short race. At home, Robin Bergstrand and Malcolm Patterson pack well at Snowdon while the chasing pack push it along the stoney path.



Photo: Bob Munn



Photo: Bob Munn



Photo Round-up



Photo: Bob Munn



Photo: Bob Munn

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