

The
Fellrunner

June 1993



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Bit at the front *Neil Denby*

So far this season it's cost me around fifteen quid - not that I mind paying out fifteen quid for something - a night out; a Walshie resole and a half; half a tank of petrol - what I do object to is paying fifteen quid for nowt. What am I rambling on about? Pre entry races.

Through no fault of my own I have been unable to get to several races which I had planned to run; it may be injury, it may be that something last minute crops up, it may be illness; whatever it is, the disappointment at not being able to compete is compounded by actually being charged for not running the race.

What's wrong with entries on the day? What is the reason for closing entries a week or more before a race? I can only speculate that it is to have some idea of entries before the race starts; but how many (except in oversubscribed prestigious events like The Three Peaks) are actually turned down if they post their money in? Maybe it is so that the entrants names can be entered into a computer. All well and good if you intend to lug your PC up the fellside in order to churn out results - but isn't a board and sticky labels easier on the day (and faster)?

I can understand the pre entry system for races that are perennially oversubscribed, for races that are bound to be 'busy' - like British Championship events - or if the intention is to limit numbers by actually returning cash to the unsuccessful - but to insist on pre entries just for administrative ease doesn't seem quite fair. Perhaps it wouldn't sting quite so much if a proportion of the money were returned to those intending competitors who just couldn't make it, or maybe carry the entry over to the following year? Meanwhile, if you don't accept entries on the day in your race, why not? And if it's not really such a problem, why not let runners decide in the morning to turn up to your event in the afternoon?

The World Cup is currently renamed the World Fellrunning Trophy and the competition is to be held, now, in Gap, France, with a reduced programme of races. With the difficulties which have beset this annual competition perhaps it is time to revive the debate on making the event more prestigious and 'host country friendly' by having it less often. Or maybe it's time to tell the ICMR that they can run up their mountains and we'll run down ours.

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*Cover photo by Steve Bateson:
Working hard at Boulsworth Hill Race*

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+'' 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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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.

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Clive Michener 1953-1993

Keswick AAC members were shocked to hear of the tragic death of Clive Michener who had joined the club in recent years. The fatal accident took place on Saturday 30th January 1993 while Clive, together with two companions, was descending a snowy ridge on Ben Chaliun, a 3354 foot Munro above Tyndrum in Perthshire.

Despite coming into athletics late Clive, at 39 years old, had a promising future ahead, particularly in the veterans category. Clive started running in local road races but on joining Keswick AAC he took an active interest in fell running. During 1992 he gained in experience and fitness, thus posing a serious threat to some of our long established fellrunners. Clive brought to Keswick's fellrunning scene freshness and enthusiasm which together with his infectious smile will be sadly missed.

- Harry Blenkinsop



*Clive Michener at Grisedale 1992.
Photo: Dave Woodhead*

Notice of Annual General Meeting

The annual general meeting of the Fellrunners Association will follow the Langdale Horseshoe Fell Race on **Saturday 9th October 1993 at 4pm in Chapel Stile Village Hall, Langdale, Ambleside.**

MOTIONS for the agenda should be notified in writing to the Secretary by 9 September 1993.

NOMINATIONS for Officers and Committee members and for Club (English) representatives on the Committee should be notified in writing to the Secretary by 25 September 1993.

Clubs affiliated to the FRA and English Clubs affiliated to BAF having paid the incremental subscription for Fellrunning are entitled to 2 votes at the AGM. Club appointees for this purpose should also be notified in writing to the Secretary by 25 September 1993.

FRA Radios

C.B. Radios now available

As reported previously the Association has bought 10 c.b. radios which are now available to race organisers. It is hoped that the use of the radios will significantly improve the organiser's ability to monitor competitors progress, particularly in long and medium events.

The sets are each powered by non rechargeable batteries which will not be supplied by the FRA. The scheme will be administered by committee member Pete Browning, and technical advice on the use and maintenance of the sets has kindly been offered by John Fish. It is hoped that written notes for guidance will be produced and possibly a course may be set up to make some training available for race organisers.

Organisers should initially contact Pete Browning on 0254 56681.

Snippets

FRA Chairman Selwyn Wright is moving from Brade Street. His new address is 1, Church Street, Broughton in Furness, LA 20 6 HG. The telephone number remains the same at 0229 716797

Snippets

In collaboration with Ken Ledward of Borrowdale AC, Joss Naylor has published a special edition of the booklet commemorating his epic week-long journey around the 214 Lakeland 'Wainwright' tops.

Profits will be used to purchase more portable radios for the FRA as a memorial to Les Ashcroft, the Duddon

fell race marshall who died during last years race. Joss joins with Ken and myself in urging all FRA members to dig deep in this worthy cause. Les was a good friend to many fellrunners from Lakeland and further afield and we all miss him. Copies are available at a cost of £2.00 (cheques/postal orders made payable to the FRA) from Ken at K.L.E.T.S., Low Uzzicar, Newlands Valley, Keswick, CA12, 5TS.

News and Views

Secretary's Corner

There have been three committee meetings since the last edition of *The Fellrunner*. routine matters take up much of the time and I have little of interest to report. I refer below to a few topics which I think that members would wish to be made aware of.

Denby Dale, 30 January 1993

- i) World Cup. The French are unable to stage the competition at St. Gervais. Alternative possibilities are being investigated by the ICMR.
- ii) Junior Championships. Increasing interest is most encouraging. It was agreed to stage a Junior Home International competition on behalf of the Baf Fell and Hill Running Commission. An ad hoc committee to plan and organise this comprises Dave Richardson, Dave Hodgson, Selwyn Wright and Gary Harold (Horwich).
- iii) FRA Relay. This is to be staged by a trio of Scottish clubs - Camethy, Livingstone and Hunters Bogtrotters at Wanlockhead, near Moffat and will be organised by Robin Morris and Martin Hyman. It will comprise 4 legs; teams of 6.

Burnley, 3 April 1993

- i) Junior Home International. Agreed to proceed with plans for event at Grasmere on the weekend of 9/10 October 1993 and to link in with the Butter Craggs Race. Age limits are to be decided at the next F & HRC meeting.
- ii) Membership stands at 3,416 individuals plus 214 affiliated clubs.
- iii) World Cup. An alternative venue is likely at Gap, France with the likely format as up and down with only one senior mens race.
- iv) FRA relay; outline agreed, see entry details in this issue.
- v) Safety and navigation course, Edale. Arrangements are in hand with 31 members enrolled. Thanks to Dark Peak for their continuing commitment to this valuable training weekend.

Wilmslow, 23rd May 1993

- i) As a result of recent discussions and correspondence it was decided to recommend to race organisers that toilet facilities be made available. This recommendation would be included in the Fixture Secretary's advice to organisers.
- ii) Junior International Event. Plans for this event are proceeding. An u/14 event for girls and boys will also be promoted although this will not have international or British Championship status.

iii) A good word for BAF! The £10 incremental subscription from clubs has now been paid to the FRA. BAF have also provided £500 to assist in the financing of the Junior International. Further discussions are still being held regarding BAF's contribution to FRA administration costs.

Finally, the committee needs feedback about the operation of our access agreement with North West Water (yet to be confirmed by their board). Matt Simms is our Access and Environment Officer and would appreciate comments from organisers and competitors. Does the agreement work and are there any problems in practice? NWW will no doubt be monitoring races over their land and we must do the same to provide information in the event of further discussions.

-Mike Rose

Views

Results grouse

Dear Sir,

I would like to say that I was disappointed with the coverage given to the 1992 FRA championships in the last edition of *The Fellrunner*. Last year the finishing tables were published thus providing greater recognition of the efforts which had gone into the full series of races.

I know that Mark Hobson produced very detailed results for the 1992 season too. It is a pity that space wasn't found to publish them.

Yours faithfully,

Keith Wilson, Mandate Harriers

The results were held over to this issue due to pressure of space on the last. They are always available from the FRA statistician. - Ed.

Much Thanks

Dear Sir,

During the Ilkley Moor Fell Race I missed my footing down into the gully and broke my ankle. However, I was never in any serious danger as one runner after another offered help. I would like to thank in particular the lady runner who lent me her sweat shirt and T shirt (I hope that you found them at the finish) and the member of Ilkley Harriers who helped me off the moor and back to the finish

Yours gratefully,
Richard Barker, Otley

Safety Issues

Dear Sir,

With regard to the letters and articles about safety requirements in the last issue of *The Fellrunner* - whilst having some sympathy with the 'freedom of choice' argument, I feel there are more important issues which override this.

Firstly, I think that Mr Hamilton reads too much into the matter of disclaimers - the safety requirements originated a long time ago, as a practical measure to ensure competitors' safety; not to avoid any negligence proceedings, which are a comparatively recent 'hazard'.

Secondly, the rules exist, in part, to protect competitors from themselves. Especially these days, with more people coming into fell running without any sort of mountaineering background (and many of the long 'A' races must be regarded as mountaineering expeditions). Problems can arise if we give people the freedom to take risks, in that others may then feel obliged to take similar risks in order to avoid disadvantage. There is a direct analogy here with the use of performance enhancing drugs - we all know that drug taking is risky, but if one person is allowed to take the risk, others will follow



*A hat, gloves, leggings... even front runners need protective clothing
Kendal's M. Roberts 12th at Long Mynd.*

Photo: Francis Uhlman



*A Ufa or a light cag can be a lifesaver. The climb from Tumhole Clough: Boulsworth Hill.
Photo: Bill Smith*

and someone's health will suffer sooner or later. I'm not against the taking of risks, but the risk should be something the individual can control; for instance some runners may have the skill and confidence to negotiate rocky terrain, whereas others may avoid it in favour of a longer, safer route. But taking chances with the weather, or drug taking, do not fall into this category. So it is best that we impose a restriction which ensures everyone starts on an equal footing. (Providing of course that the kit requirement is not applied willy-nilly, but only where appropriate - race organisers with their local knowledge are the best judges of this).

Unfortunately many race organisers do not enforce their own rules. One race in which I partake regularly has a kit requirement of full body cover, hat, map, whistle, compass and emergency food. I won't name the race, suffice it to say that I personally feel that these requirements are a bit 'over the top' for this particular race. However, I always comply, on the basis that it is the same for everybody (or should be).

However, the organiser never does a kit check, and many runners seem to ignore the rule, or pay it lip service by carrying a tiny pouch no bigger than a spectacle case. It's a bit galling to be toiling uphill with a 21b bumbag and being overtaken by people carrying practically nothing.

This raises a side issue - whether a competitor's kit is adequate for its intended purpose. I certainly can't get away with the 10oz quoted in the editor's 'Bit at the Front'. My 21b is made up as follows - cagoule 335 grams, overtrousers 270, hat 60, choc bar 60, compass 25, whistle 25, bumbag 110 - total 885 grams, just under 21bs. Now we can't expect race organisers to carry weighing scales, or micrometers to measure the thickness of cagoules, etc. So it appears that, when all's said and done, there is quite a lot of freedom of choice left anyway. Perhaps this will be enough to satisfy Mr Hamilton?

Yours faithfully,
Reg Clucas, Timperley

Views cont...

More on Safety

Dear Sir,

I think that the one thing for certain is that the hills are dangerous, and that, for their own safety, those who choose to run in the hills should take care to ensure that their next run is not their last. In the case of a lone runner out for a training/ recreational run, then safety is firmly in his or her own hands, however, races are quite a different story.

The FRA is a governing body, as Mike Rose correctly states 'A governing body must have at least some rules'. The FRA has a set of safety rules which, as stated, must be adhered to in all races advertised in the Calendar. The tragic death of Mrs Matthews last year brought the sport firmly into the public eye. I am sure that during the inquest that followed, both the legal system and the press looked quite closely at the role of the FRA as governing body of the sport and, in particular, at the efforts it made to ensure competitor safety. Had there not been a stated Policy for Safety, which was seen to be enforced, the ensuing outcry would have been extremely detrimental to the sport as we know it. In short, there are safety rules for races, if you do not want to abide by them, don't enter!

I do not look on the FRA rules as restrictive or bureaucratic, they are common sense.

As a final point, the one thing that I find both disappointing and inconsistent is that the rules were not applied as strictly to the FRA relay competitors as they were to Mr Hamilton, especially as this event was an official FRA championship. This kind of inconsistency could be very damaging.

Yours faithfully,
Kevin Walker, Filey

Valuable water

Dear Sir,

Your snippet about water at the Kirkstone Inn reminds me of last June when I was, as usual, warming up for a fell race by cycling to the venue. Now, it may seem a bit excessive to cycle over Kirkstone Pass to warm up for the Mell Fell Dash (or, looking at it another way, it may seem daft to interrupt a cycle ride from Grange over sands to Carlisle by dashing up Great Mell fell;) but that's another story. The point is, my water bottle was empty a few miles out of Windermere (it being rather a warm day), so I went into the Inn at the top of the pass to get it refilled. It struck me that the barman's manner was rather brusque.

I now understand why : here was this sweaty cyclist coming into his bar and asking for some of his precious H₂O as if it was just, well ... water. If he is reading this, I hope that he will accept my apology for my presumption on that occasion; I simply didn't realise how valuable his water is. Anyway, it tasted excellent

Yours faithfully,
Anthony Kay, Loughborough.

Calderdale Way Mud Slinging

Extracts from the angry correspondence between Pudsey and Bramley and CW organisers Halifax Harriers

Dear Sir,

I write to ask for an explanation of the paragraph in the results which reads:

"No specific cases of shortcutting were reported, so no penalties for this have been given. Pudsey and Bramley A were said not to have been seen going up Windy Bank on Leg 5. With a team starting 200 metres ahead and one 600 metres behind it is unlikely that they would short cut, if there is one up the Queensbury wad"

Can you tell me what this paragraph means? I think it is a blatant defamation of character against Pudsey and Bramley AC. This has caused a lot of discussion at P&B as the paragraph reads as if, although the team were not caught short cutting they could possibly have cheated by not going up Windy Bank on leg 5. This casts doubt over P&B's honesty, honour and integrity. Who was it who didn't see the team go up Windy bank - and if the accusation cannot be proved then surely it does not merit an entry in the results.

In one short paragraph, any one of the participating clubs from all over the country are given the impression that P&B are in the habit of **cheating**.

Let me say that I have been involved with this club for thirteen years. I have found the Pudsey and Bramley athletes always to be ultra competitive whilst remaining true to the rules of the race/event. Most of the fellrunning fraternity are aware of P&B's ability over this course having won it on three occasions and never failing to finish outside the top four.

As for this particular part of the race, running up Windy bank, if the runners concerned, Paul Stephenson and Paul Sheard, did not run up there, where did they go? There is no short cut and even if there was one they would not use it. I have asked them about this part of the race and have been told that they were within 20 yards of Clayton a team going up the hill. As you can see from the results these two teams were still together at the end of the leg.

As you might have gathered, we at the club are extremely annoyed at whoever made the allegation and published it in the results. We demand a retraction and apology to be fully publicised amongst all the competing clubs. Despite this slur, we are determined to compete again in 1993 and win as usual by means of superior **athletic** ability.

Yours faithfully,
Richard Lange, Pudsey

The following is published unabridged and unedited at the specific request of the writer. The complaint has been passed on to the FRA committee for discussion at the next meeting.

REVISED COPY - PUBLISH IN FULL

Dear Fellrunner,

For the first time in my life I feel that I must put pen to paper for a health and environmental issue.

Being a keen outdoor enthusiast and fellrunner, I turned up on Sunday 7th March for the Ilkley Moor fell race on the green opposite Ilkley College to my horror I found that there was no toilet facilities at all within the vicinity, even consultation of the race map and information provided no 'relief'.

As approximately 150 runners possibly required to relieve themselves in one way or another due to nerves, excitement and adrenalin taking over. It seemed ludicrous that the only refuge/facilities were bushes, shrubs and trees. In fact several runners making enquiries on the subject were directed by officials/Marshalls to the shrubbery.

This event is now in its third year and there is no evidence of the 'mess' being cleared up. Despite I may add to comments made to officials/organisers on the subject previously. Indeed even FRA committee members have been approached about this unsanitary behaviour, when they have competed there. Obviously nothing has materialised otherwise I would not be writing now!

I'm sure you'll agree it isn't sightly seeing runners 'going to the toilet' on such a beautiful and public moor, whilst others choose to take air and exercise with their family on the sabbath day.

It's ironic on the day in question that the organisers were petitioning that Bradford Metropolitan Council were proposing to charge a levy, similar to the North West Water issue. How can they have such double standards? And the question begs, do they deserve the freedom of the fells?

This is not the only race with a ridiculous attitude to this problem but Ilkley has incensed me the most for three years!

Surely it isn't only up to the organisers to make sure provision is made for the availability of facilities be them chemical, mobile units or hire of school, college etc. but responsibility surely must fall heavily on the shoulders of the FRA, as a governing body, to take action on races who provide only walls or greenery.

Since after all aren't the FRA advertising the races to 3000+ runners in their annual calendar and subsequent magazines? All races advertised here have been sanctioned by the FRA and are consequently held under their rules along with supposedly a pat on the back from the British Athletic Federation. Its ironic don't you think that they've just done battle against North West Water on behalf of the organisers so their policy of not interfering with organisers is somewhat dubious.

How about if 150 runners congregated in their favourite haunt/beauty spot or backyard doing what comes naturally, odds are the matter would/might have more importance.

Could you please explain how runner Peter Hamilton can be put on the rack by the FRA disciplinary sub committee, and yet organisers remain aloof of any repercussions.

Remember the moors/fells are for *everybody* not just the privileged few, but won't be if this health and environmental issue is allowed to carry on in this way.

Would the land owners, tenants, the police, the National Trust, local MPs, Councils, the British Athletics Federation (BAF), Water authorities or even the House of Commons be as amiable towards fellrunners/running; if they were made aware of such an unacceptable practice! All seemingly allowable under the present FRA committees policy, I for one don't find this acceptable; after reading this - do you find it acceptable?

Yours hopefully,

Eileen Woodhead.

PS. I am **NOT** an FRA member, but believe this needs publishing. If for some reason this isn't so, can you explain why? then I can take the issue elsewhere, as a member of the general public

Response from the organiser

Dear Sir,

I have already spoken to Eileen Woodhead on the evening following the race and apologised for any inconvenience caused.

I fully accept that it is the responsibility of the organiser to ensure adequate facilities are available at any race and the oversight at the Ilkley fell race was not helped by a change of organisers from previous years due to a full commitment transporting provisions to Romania.

It would be a great shame if such an issue was allowed to overshadow what I personally consider to be a tremendous race which offers

- * a fully flagged course
- * over £300 in prizes plus numerous spot prizes
- * hot showers and changing facilities at Ben Rhydding Sports Club
- * Free food for all runners and cheap food for spectators
- * Welcoming bar facilities at the prize giving

We are currently organising a fell race on behalf of the Yorkshire Veterans Association and will ensure that toilet facilities are available. This will probably be by formal arrangement with Ilkley College.

I hope that you can accept my apology on behalf of Ilkley Harriers, whose only objective in organising the race is to put something back into the sport that we enjoy so much

Yours faithfully,

James Parker, Ilkley Harriers Committee



Many of our races are held in areas that are not very remote. Onlookers watch Rob Jackson leading a bunch on to Rivington Pike.

Photo: Bill Smith

Views cont....

Eileen has also written to committee members. This is the response of one of them.

Where to pee?

Dear Sir,

In response to Eileen Woodhead's letter to FRA committee members regarding the issue of toilet provision at fell races, I feel I have to make several pertinent comments in my capacity as a race organiser as well as an FRA committee member.

In this letter she made reference to the Mickleden Straddle Fell Race which has been successfully organised by Denby Dale Travellers in February for the past three years. I quote: "The re musn't be too great a distance from the venue or start of the race. An example being Mickleden Straddle where the start is ten minutes from registration. Here runners used on route trees, walls, shrubbery etc. - a toilet at the start would have alleviated this."

I took over the race organisation in 1993 and, like my predecessor, used the Flouch Inn for registration and for the prize giving. Before the start of the race we made sure that the race entrants had access to toilets in the pub itself. The actual race start was about 5-10 minutes jogging time from the pub. As a race organiser I felt that we made adequate provision for both men and women.

In a subsequent conversation with both Eileen and Dave Woodhead I was told I should consider providing toilets at the actual start of the race, i.e. via the only vehicle access point, half a mile down a very muddy, uneven, forestry track near the Langsett reservoir. Even if we

could have physically deposited two chemical toilets, one for men and one for women, at the end of this muddy forestry track, who can guarantee that the race participants would have actually used them? And who wants the job of cleaning them out afterwards anyway?

As it was, the Dark Peak Ranger was quite adamant that we only had **one** vehicle parked at the side of the reservoir during the race. This meant that two vehicles that had brought down heavy water containers, a tent for storing participants' gear and a tent for the organisation of results had to drive back up to the main road and the race officials then had to leg it back to the start. So if we had portable toilets to contend with as well, it would really be an added headache to the race officials.

As a race organiser I feel I provide adequate toilet provision at the Mickleden Straddle Fell Race prior to the start of the race and it is the responsibility of the participants to ensure that they make full use of these facilities. If they choose to ignore these facilities then there is nothing anybody can do about this. I could understand Eileen and Dave Woodhead being distressed if there were no toilet facilities provided at all. However this was certainly not the case but at the end of the day I can't tell people where to have a pee!

Yours faithfully,
Judith Johnson

Rumour has it...

that Manchester University are bright enough to deliberately not field a first pair on the first leg of the Calderdale Way - if you can be awarded a second leg start of 17th position, why bother to trouble with runners??

FRA Response

FRA Chairman Selwyn Wright was also drawn to respond to this correspondence.

Eileen's letter draws attention to the fact that several races in the FRA Calendar appear not to have toilet provision. Clearly it is unacceptable for several hundred fellrunners to be simply using whatever bushes and trees happen to be in the vicinity of the race start!

The situation at Ilkley has been discussed by the FRA Committee and the general problem has been discussed at a Committee Meeting. In fact this is just the sort of environmental problem which led to our appointment of an Access and Environment Officer (Matt Simms) at the last AGM.

My own belief is that fellrunners must be prepared to pay a little extra in race entry fees so that race organisers can provide facilities where they don't already exist. I also think that the FRA should be persuading organisers that they are responsible for making sure they have toilet facilities at races.

However, although the FRA is the sport's governing body, we've always operated on the basis that fellrunning should have as few rules as possible. The Committee wants to support race organisers rather than regulate them! Organisers put in huge amounts of time and effort for little or no reward and the last thing they need is the FRA throwing its weight around. If we take that line before it's absolutely necessary then we're going to find a lot of organisers dropping out of the sport!

So what I say to Eileen is, let's see if a little friendly persuasion works first, before the FRA comes up with a rule. If you're a race organiser and you don't already provide toilets then how about hiring some and passing the cost on to the runners? And if you're a runner, how about paying the extra without a grumble.

- Selwyn Wright

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Howarth Hobble runners well wrapped up.
Photo: Dave Woodhead

The Safety Issue

FRA General Secretary Mike Rose responds to recent opinions about safety on the fell.

There have never been many rules in fell running. I guess that's the attraction for many of us. We can switch right off from the petty hassles, procedures and ever more restricting laws of everyday existence, by turning to the simple life. There's no more straightforward athletic event than the fell race, where we pit ourselves against whatever nature has put in the way!

And running up on to the fells we are surely responsible for our own safety. We take what experience suggests might be necessary, and if we're wrong then we cope with the consequences for ourselves. Because it's part of the fun to be lost from time to time, or cold and wet and knackered, and experience grows largely through righting our own mistakes.

So what is the FRA up to? With its new set of safety requirements? And *banning* a runner for goodness sake?

These are the questions raised by writers in the last issue of *The Fellrunner*. Very good questions springing from the fellrunners core philosophy, which I as Chairman - and I'm sure the rest of the committee - certainly share.

To look for the answers I have to take you back to the events of April 1st 1991, when Carol Matthews died of exposure on a bleak Welsh hillside after becoming lost during a fell race. At the 3 day long inquest, the race organiser, John Brooks of the MDC club, was savagely questioned by the barrister and was vilified by the Welsh press. The TV cameras hovered outside the court and the pres-

sure on John was intense. In the words of his countryman "I know, coz I was there!"

The barrister asked questions such as "How far apart were the markers?" and "was it possible to see from one to the other even in misty conditions?". He wanted minute detail about the organisation of the race: "Who took the minutes of the pre race organisers meetings?" Questions which any race organiser would find it hard to answer.

And now, two years later, it is not all over. The threat of a legal action for negligence still hangs over John and his club. The Matthews family solicitors are at this moment seeking to interview witnesses at the inquest (of which, by the way, there were 24!)

So what exactly had John Brooks done to deserve this torrent of criticism (which in fact put him off running for many months)? No more than organise a fell race - and organise it rather well actually. How many races can you name where the organiser gives you a colour photocopy map with the route marked on it? Far from being negligent John Brooks and his helpers worked diligently to organise an enjoyable and safe event for their fellow runners with no thought of personal profit, in this of course they are no different from the vast majority of race organisers.

Just because you are providing a service without profit is no defence to the nightmare through which John Brooks had to pass. Just because the competitors are all adults whose team managers have all signed to say that they are experienced mountain runners who can take responsibility for themselves, doesn't impress lawyers at all.

The fact is that whether we like it or not the race organiser is responsible for the safety of all the competitors, and if he doesn't organise the race as safely as he can then he will be liable. But even if the organiser is absolutely squeaky clean, he will still have to go through the same trauma as John Brooks if there happens to be a tragedy.

In his letter to the last edition of *The Fellrunner* Peter Hamilton suggests a lengthy disclaimer by which the organiser could avoid liability. I can assure him that no organiser would be protected by any disclaimer, for his negligent organisation.

As a race organiser myself I found the inquest most disconcerting. "There but for the grace of God go I" was and remains my reaction. Whenever we compete we should be under no illusion about the debt we owe to the organiser for taking on this responsibility. It should go without saying that all competitors should co-operate fully with the organisers instructions about safety.

Sadly this doesn't always happen. Peter Hamilton refused to take the required

gear with him at last years Brecon Beacons Race, and writes that it is not the organisers responsibility to ensure his safety. The short answer is that the courts don't agree! If Peter Hamilton doesn't like race organisers' instructions then he has the choice not to run.

But if he does run, if he pays his money and signs on the dotted line, then he takes what the organiser has to offer, warts and all. There's no picking and choosing which of the organiser's rules he will comply with. If he doesn't like a particular rule then he is free to go off and run somewhere else - somewhere he can be completely responsible for himself.

Of course we've all seen runners not carrying what they should be. The problem is that the more people are seen to get away with it the more others copy them. I'm afraid that the only answer is to have kit checks at race finishes and to disqualify the cheats. That's what we'll be doing at the Three Shires Race this year - you've been warned!!

And let there be no mistake, the FRA will do all in its power to support race organisers. If that means disciplining runners who break the rules (having first given them the chance to explain themselves), then that's exactly what we'll do. We owe it to the organisers; we owe it to the people who stick to the rules; but most of all we owe it to Carol Matthews!



Rick Robson on Yearlet: Long Mynd Valleys
Photo: John Cartwright

Rumour has it...

that Mark Croasdale sprinted off up Ingleborough on the Three Peaks just so that YTV could get their shots in. The shots turned out brilliantly, but Mark only managed fourth. Still, that's show business.....

Calendar Update

Rather a lot of them this time, some of them new, some of them on new dates, some late entries. All of them are, as usual, arranged in chronological order according to when they will now take place.

Tuesday, June 1. Foel Lus. AS. 7.00p.m. 2m/1000' from Gwesty Legend Inn, Penmaenmaur (GR SH -729772). £1 on night only. Over 17. Also junior races. Details: E. Roberts, Bro Dawel, Rock Villa Road, Penmaenmaur, Gwynned. Tel: 0492 623503

Wednesday, June 9. Waugh's Well Fell Race. N. 5m/1000' from the private quarry road, two-thirds of a mile from Edenfield on the A680 Rochdale Road. £1.50 on night only. PM/NS/LK. Over 18. Details: P. Jebson, 9 Greenside, Ainsworth, Bolton BL2 5SE. Tel: 0204 384 514.

Thursday, June 10. CS. 7.30p.m. 3.25m/800' from Ballymageoch. Kilkeel. £2 on night only. PM. Records: 22.58 R. Bryson 1992; f. 29.08 R. McConville 1991. Details: D. Watson, 15 Moume Park, Castlewellan, Co. Down, N. Ireland, Tel: 03967 78423.

Saturday, June 12. Penistone Long Distance Relay. 7.00a.m. Twenty leg/eighty mile relay from Cubley Green, near Penistone. NS. Maximum of twenty runners per team but can be fewer than this. Unbelievably complex system of handicapping and team composition involving men, women, children, veterans and probably budgies and goldfish as well!!! Far too bewildering to go into here but sounds like a lot of fun. Details: A. Musgrave, 29 Springfield Street, Barnsley, S. Yorkshire. S70 6HH. Tel: 0226 204727.

Tuesday, June 15. Graig Gogh. AS. 7.00p.m. 5.5m/1400' from Nebo School, Nebo, Penygroes. £1 on night only. Over 17. Also junior races. Details: D. Tomos, Gwelfor, Rhostryfan, Caernarfon, Gwynned LL54 7PE. Tel: 0286 830142.

Thursday, June 17. Crossone. 2.5m/1700' from Bloody Bridge, Newcastle. £2 on night only. Records: 29.59 I. Park 1989; f. 41.44 R. McConville 1991. Details: D. Watson, 15 Mourne Park, Castlewellan, Co. Down, N. Ireland. Tel: 03967 78423.

Thursday, June 17. South Stainmore Fell Race. CS. 7.00p.m. 5m/660' from South Stainmore (GR NY 854125). £2.50 to organiser by June 14 or £3.50 on night. PM. Records: 32.30 A. Shedden, 1992; f. 41.56 D. Tunstall 1992. Details: D. Brass, Barras Farm, Barras, Kirkby Stephen, Cumbria CA17 4ET. Tel: 07683 41397.

Thursday, June 17. Worth Way Relay. 7.30p.m. 11 m/600' from Keighley Railway Station. £5 per team of four to or-

ganiser by June 10. Limit of 20 teams. NS/LK. Over 17. Records: 66.10 Keighley Hill Runners 1990; f. 91.28 Valley Striders 1992. Details: V. Whitehead, 294 Fell Lane, Keighley, W. Yorkshire BD22 6BZ. Tel: 0535 667036.

Thursday, June 25. Drinahilly. BS. 7.30p.m. 3.5m/800' from Donard Park, Newcastle. £2 on night only. PM. Records: 23.07 I. Park 1989; f. 29.09 B. McAllister 1992. Details: D. Watson, 15 Moume Park, Castlewellan, Co. Down, N. Ireland. Tel: 03967 78423.

Tuesday, June 29. Garndolbenmaen. BS. 7.00p.m. 5m/1200' from the Village Hall, Neuadd y Pentref, Gamdolbenmaen (GR SH 497442). £1 on night only. Over 17. Also junior races. Details: L. Owen, Cae y Llyn, Garndolbenmaen, Gwynned. Tel: 0766 75397.

Saturday/Sunday, July 3/4. Saunders Lakeland Mountain Marathon. O. Two-day event for teams of two from a venue to be disclosed to competitors shortly before the event. Range of courses plus solo 'Klets' course. Entries close on June 1. Details: M. Bagness, 2 Gale Crescent, Lower Gale, Ambleside, Cumbria LA22 0BD.

Tuesday, July 13. Elidir Fawr. AS. 7.00p.m. 5m/2200' from the Vaynol Arms, Nant Peris (GR SH 606583). £2 on night only. Over 18. Also junior races. Tuesday Evening Series' Presentation will follow the race, Details: D. Ellis, 11 Gelrt Street, Caernarfon, Gwynned. Tel: 0286 675184.

Saturday/Sunday, July 17/18. Rock and Run Mountain Marathon. O. Two-day event for teams of two from a venue in the Scottish Highlands, north of Stirling. Details and entry forms from Rohan Designs, 30 Maryland Road, Tongwell, Milton Keynes MK15 8HN.

Sunday, July 25. Keswick Sports Fell Race. AS. 12.30p.m. 5.5m/1450' from Fritz Park, Keswick. £3 on day only (fee is also entry to Sports Field). PM. Over 14. race run in conjunction with Keswick Sports—all 's'al sports activities. Details: S. Harwood, 15 Eskin Street, Keswick, Cumbria CA12 4DQ. Tel: 07687 71130.

Friday, August 6. Lowther Run. CM. 12 noon. 13m/1200' from Lowther Showfield. £3 to organiser by July 24. PM. Race fee includes entry to Show Field, parking and refreshments. Also 5 mile fun run; all ages; 12 noon. Records: 71.08 K. West 1989; f. 88.17 L. Thompson 1990. Details: P. Davies, Snowhill Cottage, Caldbeck, Wigton, Cumbria CA7 8HL. Tel: 09657 249.

Saturday, August 21. Noon Stone Fell Race. N. 12 noon. 9m/2300' from the Top Brink Inn, Lumbutts, Todmorden. £2 on day only. Teams free. PM/NS/ER. Over 18. Details: B. Schofield, 'Four Seasons,' Castle Lane, Todmorden, Lancashire OL14 8AF. Tel: 0706 816267.

Sunday, August 22. Halton Gill Sports Fell Races. AS. 2.00p.m. 1.25m/720' from the Halton Gill Sports Field, Halton Gill, 11 miles north of Grassington. £1.50 on day only. Teams free. PM. Over 14. Also junior race; under 14; 0.5m/150', 2.00p.m.; 50p on day only. Details: M. McKenzie, Rose Cottage, Amcliffe, Nr. Skipton, N. Yorkshire BD23 5QO. Tel: 0756 770329.

Black Combe Runners are offering combined prizes (in addition to the usual prizes) for the best aggregate times in the DUNNERDALE (Nov 6th) and KIRKBYMOOR (Nov 28th) races. Prizes will go to best male, best male over 40, best female and best female over 35. Details: Keith Nixon, 18 Broughton Park, Broughton in Furness, Cumbria LA20 6HB. Tel: 0229 716491



Access and Environmental Guidelines for Fell Race Organisers

These guidelines have been drawn up by Access & environment Officer Matt Simmson They are a consultative document for members so please feel free to let him know of any errors or omissions. A guideline regarding toilets, for example, may be needed.

1. Introduction

1.1 As a sport dependant upon wild and 'natural' upland areas for our enjoyment, fell runners have a duty to ensure that they do not despoil the very environment which they cherish. Race organisers should seek to protect landscapes, wildlife and local communities from the impact of their event and see that no lasting sign that the event took place remains.

1.2 The following are suggested guidelines for organising races in a way that will minimise their impact upon the environment.

2.0 Event Planning - General

2.1 In planning the event, organisers should have due regard for the impact it will have upon the environment and organisers should be prepared to modify their proposals to ensure no unacceptable impact.

2.2 All land belongs to someone and you should establish all the owners and gain their permission well in advance of the race. Landowners should be made fully aware of what the event entails and the number of runners anticipated etc.

2.3 The race should be considered in the overall context of mountain recreation within the competition area. Consider the impact of other activities as well as the number and timing of other fell races. If necessary consult with other race or event organisers and if appropriate authorities such as the National Parks. Be prepared to change the date/timing of the event and consider "resting" the event from time to time.

2.4 The event centre should allow for sufficient car parking and arrangements for traffic control should be made if necessary. The impact of the event on local village communities as well as other recreational users, is an important consideration. Be prepared to limit the size of your event.

3.0 Wildlife and Ecology

3.1 Organisers should be aware of any particular designations for areas of wildlife/ecological importance such as sites of Special Scientific Interest (SSSIs) or National Nature Reserves (NNR's). It is the duty of the landowner to inform the



relevant authorities (English Nature, or Countryside Council for Wales) of any action which is likely to be damaging. Such designations may entail certain restrictions. If in doubt consult with the relevant authorities and the landowner.

3.2 Certain habitat types may be particularly sensitive and may warrant special consideration. If in doubt consult English Nature or Countryside Council for Wales.

- Scree and rocky gullies: may be home to sensitive plant communities including ferns, mosses and lichens.

- Wetland: usually upland mosses, bogs and mires. Delicate plants are susceptible to trampling and birds may be disturbed during the breeding season.

- Crags and rocky outcrops: May provide nesting sites for birds of prey and others like Ring Ouzel, disturbance during the breeding season should be avoided.

- Watersides: Potential disturbance to waterfowl.

- Moorland: Extensive areas of moorland are frequently designated as SSSI's because of their importance for ground nesting birds. During the breeding season (Mid-March to Mid-June) it is best to adhere to heavily trafficked routes to avoid disturbance and trampling of nests.

- Valley bottom areas: Flower rich hay meadows should be avoided until after the hay-cut.

4. Route Management

4.1 Where possible use existing paths but try to avoid those that are already suffering from extreme overuse and overpopularity.

4.2 Avoid creating new paths on areas where they don't already exist. Limiting numbers, introducing route choice, resting the course and varying the route may prevent the formation

of new paths as well as presenting a challenge to competitors.

4.3 Manage the race route to avoid areas of sensitivity or conflict. Flag the route where appropriate and place Marshalls at strategic points. Runners should be well informed and briefed concerning any restrictions. Restrictions will only work if organisers are prepared to enforce them and penalise any offenders.

4.4 Be specific about any crossing points on wall/fence boundaries. Consult with farmers and use appropriate gates and stiles or make other arrangements. Again penalise any offenders.

4.5 Rectify any damage that may occur to any boundaries and ensure that you are insured for claims for damage against you.

4.6 Consult farmers about possible disturbance to stock, notably ewes at lambing time and cattle in enclosed pasture. If necessary make arrangements for stock to be moved for the duration of the event.

4.7 Discourage training and reconnaissance over the route prior to the race.

5.0 Other Considerations

5.1 Ensure that the race route and event centre are left litter free. Make arrangements for the removal of all course markers after the event. Request that participants take their litter home with them.

5.2 Manage car parking so as not to inconvenience others. Keep off road side verges and soft fields.

5.3 The number of participants and the size of your event should reflect the "holding" capacity of the event area and your level of organisation. If you don't want hassle keep numbers low and the event low key.

5.4 Accept that your event is one of a number of pressures upon the mountain environment. Consider a donation from the event proceeds towards an appropriate organisation involved in constructively managing the uplands.

5.5 Vary the route of the race from time to time to avoid trouble spots and consider resting the route from time to time.

Race Review

Ravenstone Brow, May 1st,
10m/1250ft

The feel of summer...

Another one of Saddleworth Fellrunners excellent series of races based on and around the Greenfield/Chew Valley area, this one stretches to 10 miles and is extremely fast if the going is good, with a course record that would be a good time for the Tadcaster Ten mile road race, held on the same day.

It looks like a fast start, but the runners who tear up the track are soon slowed down by a short sharp climb up three fields cut on the vertical. The stronger runners manage to jog all the way up this while the tailenders find themselves walking very early on in the race. An innovation this year saw the problem of the bottleneck at the field stiles solved - with the result that there was nowhere to take a breather on the climb!

A fast couple of miles on paths and tracks is then followed by a climb, taking you up on to the fell proper, following alongside a waterfall - dangerous when in spate but thankfully reasonably quiet this year - and on to its source amongst the turks heads on the top.

A mile or two then of territory that would be familiar to anyone who has had a bash at the Chew Valley race in the past. Peat bog, turks heads, grassy tufts that disappear beneath your feet, in and out of groughs, you know the sort of thing - lovely! And a certain amount of vicarious pleasure to be gained from watching those in flats that sped past you on the bottom track slip sliding away.

The visit to England's highest man made reservoir, Chew, is brief and the race then follows the flat line of the old quarry railway until dropping off the steep descent down Charnel Clough. From here it is a flying finish across the fields. A clear day and a light breeze, with the sun shining from time to time, meant that many runners who had 'overdressed' soon relieved themselves of extra tops, vests or lifas, making this perhaps the first race of the year with the feel of 'summer' to it. (There were those in vest and shorts only for the Peaks the week before; but the foul weather mitigated against any feeling that winter had passed.)

A look at the leader board (already posted by the time I arrive at the finish) confirms that Carol Greenwood has followed up her victory at the Three Peaks (where her ducking in the not-so-infant River Ribble at Ribblehead obviously didn't put her off) although pre race favourite Andy Trigg could only manage second place - the honours going to L. Warrington runner Mark Kinch in a time of 59.57.

Give it a try next year, it's got a bit of everything and is excellent for a 'bum'.

D. Sender

ENVIRONMENTAL AUDIT :

The capabilities and expertise of the famed Dark Peak Fell Runners Bob Graham Machine are well recorded and need little introduction. Those who have been part of the machine, or on the receiving end know its awesome power. This unstoppable leviathan drains energy from all it's parts and is rumoured to have a mind of it's own. It has been said that the machine is so independent that it would perform it's defined task whether or not a BG candidate could be found. The frightening thought of a bodiless DPFR BG Machine trundling a blow-up doll around the 42 summits has caused severe psychological stress amongst the more delicate of our members.

Fears have been expressed that the BG Machine serves no-one but itself; that it's schedule is in-human and unachievable. But to date no-one has had the audacity to attempt re-programming. For years it had also been thought that the machine was uni-directional and would only rotate in an anti-clockwise mode. It therefore had only limited application in the real world. It was therefore a chilling surprise to find that the monster could be re-programmed to a new schedule and now runs in clockwise mode equally proficiently.

After witnessing the beast in action on three occasions in 1992 it seemed appropriate to attempt an Environmental Audit and costing exercise. After all, such a machine may have a market value. DPFR might get a better return per unit energy by hiring the machine out to prospective BG candidates than it does from the Edale Skyline? But before marketing it would be essential to assess the running costs so as to calculate an appropriate profitable return. In these recession hit times it pays to have a lead over competitors. What better than the credibility of an Environmental Audit.... and later who knows..... perhaps Quality Assurance BS 5750?

To make a meaningful assessment several pseudo-scientific assumptions have been made and no apologies are made for resulting inaccuracy. A good story is better than dull facts.

SUPPORT ENERGY OUTPUT/PERSON
Each outing requires the total weekend commitment of 16 (average) supporters who would otherwise be carrying out their slothful low energy existence with their feet up in front of the telly. They would not otherwise indulge in any more strenuous activity than opening the odd can of low alcohol beer and would certainly not be decorating the house, walking the dog or visiting the in-laws. It is therefore assumed that their energy demands would be a trivial 2500 calories/day. When transformed into a functioning part of the club machine however these 16 people assume superhuman powers and require extra calories. If each supports for 5 hours at an output of 15 calories/minute, 900/hour, this requires an additional 4500 calories/person over the 24 hour period.

16 people x 4500 = 72000 calories.

This might be provided by a solid diet of crunch bars 33g/142 calories at a unit cost of £0.22.

But more realistically it would probably be supplemented by beer. Say 16 persons drink 2 pints (conservative) on Friday and 3 pints Saturday night = 5 pints.

16 people x 5 pints x £1.10 = £88.00

Beer gives 175 calories per pint, therefore 14000 calories may be deducted.

72000 - 14000 = 58000 / 142 calorie crunch bars = 408 x £0.22 = £89.85

Note that no costs are allowed for the time committed to each outing. For the record this is 16 x 48 hours = 768 hours or 20 working weeks. At minimum pay rates this would be worth £2850!

Campsite charges are £ 1.50/person/night.

16 x 2 x £1.50 = £48.00

Support energy cost £225.85

ORGANISATION

In the background of every BG Machine outing are the hours of telephone liaison, the checks on weather forecasts, the trips to the supermarket, the preparation of schedules and copying. All are largely borne by the BG Godfather, affectionately known as the Mechanic.

Say 50 phone calls at £0.25 average = £5.00

20 photocopies @ £0.10 = £2.00

Organisation cost £7.00

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TRANSPORT

The logistics of organising car pick up and collection points are mind-bogglingly complex to the extent that the planner usually throws in the towel and leaves the results to chance. It is not unusual to return home to discover that a car has been forgotten in an unfrequented corner of the Lake District. Indeed it is rumoured that several cars remain to this day!

An average 8 cars, say 1800cc would each travel 250 miles at an average of 10 miles/litre.

$8 \times 250 = 2000 \text{ miles} / 10 = 200 \text{ litres} \times \text{£}0.44 = \text{£}88.00$

Wear and tear, servicing, oil, tyres etc but excluding fixed costs of depreciation, insurance and tax are approximately £0.12/mile. Intangibles such as fear and loathing and dry cleaning costs induced by manic driving between Honister and Wasdale are not included. Why is it that everyone forgets that it's faster to run from Honister to Wasdale than it is to drive? Not many people know that....

$2000 \times \text{£}0.12 = \text{£}240.00$

Transport cost £328.00

TRASHED GEAR

Walshes/ETA's and whatever else are consumable and experience has shown that four BG rounds (300 miles) will say goodnight to studs, making them only fit for the local village gala runs.

16 people run equivalent of four rounds 300 miles = £45.00

That's a frightening thought isn't it! Clothing seems to last a long time - it's surprising what scruffy gear some DPFR members are prepared to run in. DPFR vests are unfortunately indestructible! But some bits will get lost or damaged, so say two lifa tops and four pairs of socks.

$\text{£}13.50 \times 2 = \text{£}27.00 + \text{£}5.00 = \text{£}33.00$
Trashed gear costs £78.00

ENVIRONMENTAL DEGRADATION

We're just about to get into the nebulous so be prepared for some unsubstantiated assumptions. Mileage covered on foot is proportional to number of candidates. If a ratio of two supporters to one candidate covers 72 miles, each person/round covers 216 miles. There must be a long term cost for path repair but as yet the BG route itself is largely unimproved. There are short sections of rebuilt path and a reserve should be made for the cost of future repairs. Each year at least 200 individual attempts are made on the

BG.

$200 \times 216 = 43200 \text{ miles}$

Quality footpath repairs are expensive in labour, say £35.00/metre. Thousands of other walkers, climbers and fell races cover the same paths, adding to the burden of erosion. In the next 25 years 5% of the 72 miles will need repairs.

$72 \text{ miles} \times 1575 \text{ metres} = 113400 \times 5\% = 5670 \text{ metres}$

If BG rounds account for only 1 % of erosion, $56.70 \text{ metres} @ \text{£}35.00 = \text{£}1984.50$ over 25 years; say £79.38 per annum.

Being a generous club to a fault we should shoulder a 10% burden of this collective responsibility, say £7.92. It has been suggested that an allowance is made for the combined methane generation of the machine as this has a major contribution to the global warming equation. No allowance has been calculated so an arbitrary £0.08 is suggested. Environmental degradation cost £8.00

INDIVIDUAL CANDIDATE ENERGY

Each individual is assumed to have made at least some token effort at training for the attempt. This might be as little as just worrying about it for a few sleepless nights (PG92), abstaining from alcohol for a week (RS92) or actually doing some serious extra mileage? Say an additional 25 miles for

10 weeks = 250 miles. Some very serious minded individuals have even been known to reccy each section, total 72 miles. This is clearly beyond the call of duty because the machine knows the way! (Usually) On the day there is the final 72 miles to add. $250 + 72 + 72 = 394 \text{ miles}$

$394 \text{ miles} @ 3 \text{ miles/hour} = 131.33 \text{ hours}$

$131.33 \times 900 \text{ calories} = 118200 \text{ calories} / 142$

$= 832 \text{ crunch bars} \times \text{£}0.22 = \text{£}183.13$

Individual candidate energy cost £183.13

TOTAL ENERGY COSTS

To calculate a meaningful sum for a typical DPFR BG Machine outing, assume four candidates are supported.

Support energy £225.85 Organisation £7.00

Transport £328.00

Trashed gear £78.00

Environmental degradation £8.00

Individual candidate energy £183.13 (x3)

This equates to an Operational Cost of £57.47/hour. With this mind numbing sum to worry about and such an expensive machine to control it's a wonder that Colin Henson looks so cool.

Mike F Browell

Snippets

They say that you have to be mad to want to be a champion (well, single minded anyway) but what sort of lengths do you go to when you feel that a record is about to slip from you? Ron Hill has run every day since 20th December 1964, despite illness and injury trying to stop him but it looked as if, finally, the 'streak' must come to an end this year. The 125,000 miles on the clock had meant an operation to straighten the bone behind his big toe - a correction of bunions done through surgery. Ron completed his training run before the operation and wondered whether the 125,000 miles over 10,000 consecutive days and 27 years was about to come to an end.

The next day, with the assistance of his son Steven, Ron set out to complete a mile, with pots, on the track in a time of 23 minutes. Within a week he was down to a respectable 12 minutes and soon had it down to under 10, bringing his own design skills into play to fashion a shoe that would bear most of the weight on the heel to enable him to run in pots. By April Ron was competing at Rivington Pike where he clocked 27.12 for the 3" < miles and 800ft - a far cry from his three wins here in the 60s, but thoroughly respectable given the circumstances!



*Carol Greenwood, pictured at the Howarth Hobble
Photo: John Cartwright*

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Rumour has it...

that Yorkshire based reporter (and AAAs official) Granville Becket (known as Gravel Bucket to his adoring fans for his wonderful variations on their names) had virtually drowned Three Peaks ladies' winner Carol Greenwood in the Ribble by the time she reached the pages of The Examiner on the Monday evening after the race. Her experience gradually got worse after the initial reports of a ducking in the Yorkshire Post.....

If I had your young legs, I would show you!

Although racers were divided into age categories a long time ago, they ever desire to compare their performances - wouldn't age make all the difference? How, in fact, does age affect our performance? In different ways of course, on different bodies (and minds).

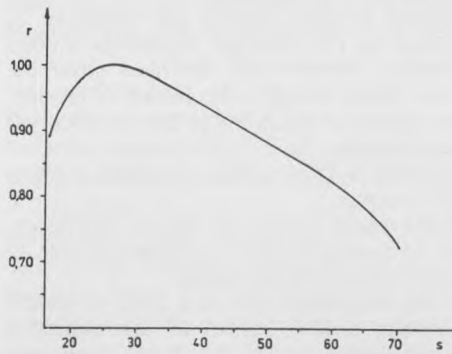
Is it possible to compare directly performances of runners from different age categories? What is the worth of your performance in a race in comparison with the performance of a different age runner in the same race if you take into account the age difference? The general question might get a general answer - but let's take it more seriously...

The influence of age on endurance performances on distances from 10k up to a marathon can be expressed by age coefficients. These were accounted through a statistical analysis based on a study of almost 14,000 performances attained in races in Czechoslovakia by men.

The dependence of performance on age is shown in the diagram. One can see that the best records are attained, on average, by runners of 26 to 27 years old. The age coefficients in the table express the decrease of performance according to age in comparison with the 'ideal runner's' age. They are valid for men (including aerobic runners) and for distances from 10k to marathon. There is no need to worry about the accurate measurement of distance or about the race profile.

It is worth noting that I can prove that the shape of the curves for different distances in the range are nearly the same. Therefore I can generalize them into the one curve and count the age coefficients as common.

Moreover, it is evident that there is no break in performance at the 40th year,



quite the opposite, the decline of average speeds is quite linear! however, although this rationally makes the traditional age categories dubious, please continue to run on in your present V40, V50 or V999 if you are used to it.

You may have faith in the statistical results because they were produced from a mix of hundreds of races of various profiles and surfaces. I compare quotients of average unit speeds and that is why we can ignore factors such as accuracy of distance, climb, surface etc. in your selected race. Of course, you have to realise that your current age coefficient was created from thousands of others - because you cannot find a "life coefficient" of your own!

To use the age coefficients is quite easy. The time attained is converted to the same units (eg. seconds) and multiplied by the pertinent age coefficient. So an adjusted time is obtained which corresponds to the age of the 'ideal runner'.

For example, Jack, who is 60, attained in a race the time of 43.20 minutes i.e. 2,600 seconds. His age coefficient is 0.8252 and the adjusted time is $0.8252 \times 2600 = 2146$ secs = 35.46 minutes. In the same race,

Fred, who is 40, attained a better time, say 41.40 minutes. However, with regard to his age this is $0.9411 \times 2500 = 39.13$ minutes. Therefore, the performance of Jack is more valuable in comparison.

An interesting tool, isn't it? Of course, it is artificial through applying general statistics to specific cases but, from another point of view, why should you be disadvantaged just because of your age?

What use are these stats? On this basis, runners may compare their performances; organisers of races may evaluate competition regardless of age - that is, without the current age categories. This will enable them to proclaim the most valuable result in a race. The age coefficients may be included into adjustments of limits in performance categories for different ages or for methods which compare performance on courses of different distances or, according to the age coefficients, it might be possible to evaluate the long term efficiency of a runner during his career.

Well, try to count your 'ageless' performance. Do it for your race, for your club (annual report?) to find out the most valuable performance. Organise a yearly competition for a group, based on adjusting the results during a season. Or compare your own result in a race with the same one that you got years ago. Or throw this article away and simply forget about it!

And an aside... if you are over 40 - even over 27 - you may compete with your mates in secret. You are not 'old iron' because your friend, be he ten years younger and 30 seconds faster, would probably be worse than you till he reaches your present age... believe it!

- Olda Cepelka, Czech Republic.

s	r	S	r	S	r	S	r	S	r
17	0.9013	29	0.9961	40	0.9411	50	0.8854	60	0.8252
18	0.9243	30	0.9927	41	0.9066	51	0.8796	61	0.8175
15	0.9440	31	0.98817	42	0.9300	52	0.8742	62	0.8093
20	0.9605	32	0.9843	43	0.9244	53	0.8686	63	0.8006
21	0.9740	33	0.9785	44	0.9186	54	0.8631	64	0.7914
22	0.9845	34	0.9744	45	0.9132	55	0.8575	65	0.7817
23	0.9920	35	0.9690	46	0.9077	56	0.8609	66	0.7715
24	0.9966	36	0.9634	47	0.9021	57	0.8451	67	0.7608
25	0.9888	37	0.9579	48	0.8968	58	0.8390	68	0.7496
26	1.0000	38	0.9523	49	0.8900	59	0.8024	69	0.7376
27	1.0000	39	0.9467					70	0.7253
28	0.9986								

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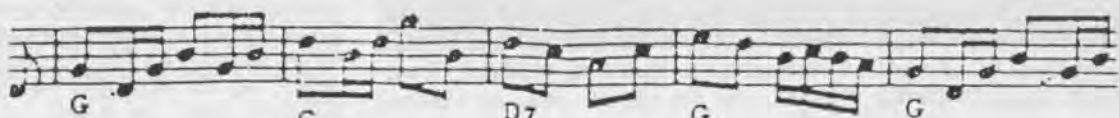
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BINGLEY HARRIERS & ATHLETIC CLUB 1893 -1993

We join Bingley in the celebration of their centenary with a history of this long established club written by Mick Watson.

Plans for a harrier club in Bingley had been made in March 1893 at a meeting organised in the town's Old Queen's Head pub in Main Street. At the meeting were several young men who, previously, used to meet and turn out for a run from a room over the stables of the inn. At that meeting was a man called Tom Smith who was to play a significant part in the Club's history. He was elected to the committee in October 1893 and became the main driving force behind the Club for the next 50 years, acting as both Secretary and Treasurer from 1898, when the two positions were merged. The Club was named simply 'Bingley Harriers' and just 22 members were enrolled during the first season paying subscriptions of 2 shillings (10p) each.

The aim of the Club was modest: to cultivate cross country running. Runs were organised from the first Saturday in October through to the end of March and it would take almost 100 years of this 'cultivation' for the Harriers to become English Cross Country Champions.

The thirties proved to be a make or break period for the Club. The recession had set in, funds were low and membership was dwindling. A scribbled note made by the Secretary, Tom Smith, against the entries for the 1931 Youth's Christmas Handicap reflects his frustration: "less than six turned out". For the 1934/35 season the headquarters were changed to the old police station in Myrtle Place but the premises were unsatisfactory and in October 1935 the Harriers were back in Slicer's Yard. This was the signal for a renewed determination and commitment to the future of the Club at a time when many other clubs were disappearing.

A historic meeting was held on 30th September 1936 to decide whether or not it was worth carrying on. A proposal, made by E. Collier and seconded by W. Palmer, to continue with the Club was passed by 8 votes to 2.

An advertisement was placed in the Bingley Guardian in September 1937 in an effort to attract new members and this must have met with a certain amount of success because the minutes of 4th October read: 'Reported with pleasure that 23 turned out on Saturday last' - a figure that the Club would do well to emulate nowadays, even with a membership of nearly 500! Membership, at last, began to grow and new members regularly joined the youth as well as the senior sections. More Club competitions were organised and, optimistically, two dozen club vests were purchased which were sold for 3/- each. The efforts of the preceding 12 months were finally rewarded when the youth team won the 1938 Bradford & District Championships at St. Bede's, Heaton. At the Annual General Meeting



*Bingley at Calder Valley. M. Bruce, apparently out on his own
Photo: Steve Bateson*

in September 1938 the Chairman said: "looking back on the past season, with the youths winning the Bradford & District Championship, (this) gave promise for the future and the youths should also show gratitude to the older members for keeping the Club going through many lean seasons, no doubt the youths would follow on and still be a greater credit to the Club".

Membership prospered during the 1938/39 season but unfortunately the start of the following season coincided with the outbreak of the Second World War. Combined runs were held for the next five seasons together with Airedale Harriers, Wibsey Park Harriers and Bradford Athletic Club with runs being held from each of these clubs' headquarters in turn.

In May 1945 a meeting was held with the Eldwick Gala Committee with a view to organising races at the Gala. The Gala had been started in 1941 by the Home Guard to provide entertainment for the local children during the war. The representatives organised three handicap races:- a 1h mile event for boys under 14, a 3 mile event for under 18's and a longer 'fell' race for those over 18. The fell race, which has now become an established part of Eldwick Gala, was first held over a course to Dick Hudson's pub and back and was a fairly low key affair. Before it was discontinued in 1953 a race was held to the summit of Hope Hill and back and a record of 17mins 19secs established. In 1967, after a 14 year break, the race was reintroduced and an extensive prize list of watches provided as an enticement for more athletes to take part. A route was taken from the gala field to the trig point on Hope Hill and back along Saltaire Road and over the Glen bridge. In the 1969 race the Yorkshire 10,000m Champion, John Waterhouse, won in a record

time of 15min 11 secs, a victory he was to repeat a year later. In 1970, at the request of the Gala Committee, the road was taken as far as the cattle grid at Lobley Gate from where the runners took a direct line to the moor top. However this route was considered too dangerous and was abandoned after objections from the police. The record over the present course, which has seen minor alterations to the start and finish sections, is 16mins 01 sec and was set in 1981 by Dave Slater. Children's races for all ages are held on the gala field but since 1978 a separate fell race for juniors has been held. The first of these took place on Gala day but more recently the junior race has been held on the Tuesday evening before the gala from the Glen bridge.

By 1950 membership had been steadily growing and now numbered over 70 (more than 80% being under 21) but there were some matters that needed attention and the AGM of 1950 brought with it several major changes, not the least of which was a change of name. The Treasurer, Bill White, suggested that the name of the Club be altered to include "Athletic Club" to indicate that activities included more than just cross country running.

Until this time membership had been restricted to male athletes and the only connection between ladies and the Club had been in a supportive role. A discussion was held at the end of the AGM relating to the proposed formation of a Ladies' Section and despite some reservations being expressed about changing accommodation and the suitability of cross country as a sport for ladies, a small majority voted in favour of the proposition.

A public meeting was held in September to which ladies interested in athletics were invited to attend and during the next 12 months 43 were enrolled as members. The Club became affiliated to the Yorkshire Women's Cross Country Association and in March 1951 finished 3rd team in the Yorkshire Ladies' Championship.

Early in 1951 David Humphreys, then 16, was recruited to the youths section. David's short athletic career lasted just seven years until 1958 when he was forced into a premature retirement owing to a kidney illness. During that time, however, he achieved some outstanding successes not least of which was the distinction of becoming the Club's first senior international representative. As a youth he won the Halifax, Bradford and Yorkshire Championships and was 4th in the 'National'. He won the Bumsall fell race three years in succession in 1955, 1956 and 1957, breaking the record twice. His best time of 13min 56.8sec in 1957 had, at that time, only ever been bettered by the legendary Ernest Dalzell. In 1957, as a senior and having finished 10th in the 'National', he was selected to run for England in Lille where he was the country's 6th runner in 39th position. Robert W Smith was amongst several new members who had been recruited in 1919 and he became an important figure in the history of Bingley Harriers.

It was Bob's organisational ability that was largely responsible for making the Bingley Club what it is today. He organised track meetings which had previously never been held by the Club and started Open Handicap events in 1947 which were traditionally held at Beckfoot School on the 2nd Saturday in January for many years. This race later moved venue to Myrtle Park and finally to Roberts Park in Shipley. This ability to organise events successfully was recognised in 1954 when the Club promoted the Yorkshire Championships at Milnerfield Farm. No other local club had previously hosted such an event and it was due mainly to Bob Smith's guidance that Bingley Harriers were looked upon as competent organisers. Bob went on to help the Club promote the Northern Championships in 1958 and 1962, the Inter-Counties in 1961 and the Yorkshire Championships again in 1960, 1968 and 1971. It was said at the time that he had probably organised more northern athletic and cross country events than any other secretary.

Bob Smith was dedicated to the sport and his attitude towards it was demonstrated when he said "You cannot all be champions but you can enjoy athletics and derive great pleasure in competing and meeting people - and remember to do your best for the Club".

During the sixties the variety of activities continued to grow. Road running was by now an established activity and there was a growing involvement in fell racing which, hitherto, had mainly been restricted to local events at Eldwick and Bumsall. During 1960 forays were made to Ben Nevis and also to the Three Peaks Race where the first of eight

team victories to date was recorded by Geoff Garnett, Oliver Gilbert and Donald Mitchell. The Club has since enjoyed a long association with this event and joined the Three Peaks Association when it was formed in 1964. One of the Club's most consistent performers in 'The Peaks' during the seventies was Alan Spence who very rarely finished outside the top ten places and who was a member of three winning teams. It was not until 1989, however, that Ian Ferguson became the first Harrier to win the 23^{1/2} mile race, a feat he repeated in 1991 and 1992, his 1991 time of 2hrs 51min 41 sec was a course record. An article written by Bob Smith, the Club's Secretary, in 1966 describes the attraction of the race which in those days started and finished at the Hill Inn: *"A light mist hung over Ingleborough but the long ribbon of runners negotiated it without apparent difficulty. The descent from Penyghent is usually one of the pleasanter sections of the course commanding as it does a magnificent view over the Ribble Valley and one can see the tiny moving dots of runners by now spread out over several miles. This year, however, it was a succession of tumbles as the runners struggled to maintain equilibrium in the mud and odd patches of snow which lingered persistently. Whernside can be best described as a bad dream (and) is carried out in utter silence save for the odd moan or grunt. All the previous bonhomie of comrades facing a common enemy is forgotten in the grim determination to reach the distant summit. The final desperate lunge onto the top is accompanied by a wonderful feeling of release and there only remains the short, sharp descent on wooden-like legs to the finish"*. In the early 1980's the nation experienced a tremendous upsurge in road running which

increased participation and interest in this particular branch of athletics.

There was a dramatic increase in the membership of the Club which rose from 100 in 1980 to around 500 in 1985.

This increase in membership meant that the Harriers could now compete at a very good standard in every branch of athletics. During the eighties Bingley Harriers were able to field strong teams at district, county, regional and national level in cross country, track, road and fell events. Junior teams and individuals were prominent in many areas whilst the ladies section continued to prosper.

Poor track facilities in the area coupled with the loss of the use of a gymnasium meant that many athletes began to turn their attention to other branches of the sport. A small group of Harriers had regularly been taking part in various fell races which had grown steadily in popularity over the previous ten years. There had always been good support for events at Bumsall and the Three Peaks and when the Fell Runners Association was formed in 1970 Geoff Gamett, Donald Mitchell and Jack Bates were among its first members. Harriers began to compete at Pendle, Fairfield, Harden Moss and Skiddaw with varying degrees of success. Martin Weeks, who had won the 1973 Burnsall race in a new record time of 13min 11 sec, achieved a great deal of success over the next few seasons but during 1974 and 1975 he turned his attention to the track where he concentrated on the steeplechase and 5,000m events. During 1976 he returned to the fells and became the first ever Yorkshireman to win the Fell Runner of the Year Award and in doing so set new records at both Burnsall and Pike O'Bliscoe.



One of Bingley's most successful athletes is Ian Ferguson, here pictured on his way to winning the Calder Valley Race

Photo: Steve Bateson

During the early seventies a nucleus of youngsters were brought to the Club who showed so much promise that their coaches felt there was a strong possibility of putting together a youths team that could do well in the Northern Championships. They actually laid the foundations upon which, a decade and a half later, the Club was to win the National Championship twice with a bulk of home grown talent. So strong was this group of youngsters that for ten years, from 1975 to 1985 they produced the strongest competition in Yorkshire on the road, fell and country. During the 1975/76 season Colin Moore won the Yorkshire Boys' Cross Country Championship and the following year the junior squad was strengthened when another Keighley youngster, Steve Binns, was recruited.

The growing popularity of fell races did not escape the attention of the Harriers and in June 1981 Peter Jebb organised the first Buckden Pike Fell Race over a distance of about 4 miles, held in conjunction with Buckden Village Gala. The race, which is noted for its testing final descent, regularly attracts 200 competitors and in 1991 was featured in BBC Television's Look North programme. Peter completed the 72 mile 'Bob Graham' round in 1981 with Barry Peace and Ian Ferguson and also won the 62 mile Fellsman Hike. Peter's eye for the longer distance events was turned in 1984 to the 270 miles of the Pennine Way. In 1975 Clayton-le-Moors Harriers, using 24 runners, had established a record of about 35 hours which had been reduced by a number of clubs and now stood at 29hrs 46min. After an unsuccessful attempt in 1984, the Harriers succeeded in reducing the record to 29hr 39min 16sec the following year only to see it wrested away from them shortly afterwards by Holmfirth Harriers. An attempt was made in 1989 to reclaim the record when a 'race' was organised over the route between Bingley and Pudsey and Bramley Harriers. This attempt floundered in bad weather and the following year the Harriers once again set out from Edale with renewed determination. Unfortunately, the time of 29hr 8min 20sec was not recognised because of a dispute over a shorter route taken by Holmfirth Harriers when a quicker time was achieved by them.

During the eighties more and more Bingley athletes became involved in fell running including a few lady members. Maggie Dunn during 1988 won the 62 mile Fellsman Hike, set a new ladies' record in winning the Lakeland 4 x 3,000 event and went on to become the first and so far the only lady member to complete the Bob Graham Round.

Although there were always a few Bingley vests at most of the major events it wasn't until the second half of the decade that the Club began seriously to threaten the likes of Keswick and Kendal in team competition. Martin Weeks, Peter Jebb, Barry Peace, Ian Ferguson, David Weatherhead



Tim Lofthouse leading a distinguished group on the Howarth Hobble

Photo: Steve Bateson

and Gordon Brooks had all been prolific competitors but it wasn't until Bob Whitfield joined from Kendal in 1987 that Bingley were able to raise teams that were sufficiently strong enough to make any impact. That year saw Bob Whitfield win the FRA English Championship, juniors Andy Peace and Steve Hawkins selected to run in the World Cup in Switzerland and the Club, which had finished 3rd in the FRA Championship, win the Calderdale Way Relay for the first time. At Bumsall the fell race was dominated by Bingley athletes with wins by Mick Hawkins, his brother Steve, and also Andy Peace who was to record the first of three successive victories in 1989. In finishing second to Andy in 1989, Steve Hawkins recorded, what was the fastest ever descent at that time, of 3mins 50secs. Both Mick and Steve Hawkins had competed successfully in professional guides' races in Cumbria, the Dales and Scotland and on being granted amateur status had joined Bingley Harriers in 1985 and 1986 respectively.

Places in the English World Cup Team were won by Andy Peace (senior) and Steve Brooks (junior) in 1989 and by the Club's Welsh international, Jill Teague, in 1990 and 1991. In 1992 Steve Hawkins, who had won the British Fell Championship, and Ian Holmes, who had become the first Harrier to win the Northern Counties Fell Championship, were selected for the senior World Cup team in Italy along with Matthew Whitfield who competed in the junior event. The English Fell Championship was won, for the first time by the Harriers, in 1991. During that year Bob Whitfield won both the English and British Veteran Fell Championships and Bingley teams were successful at the Three Peaks, Bumsall and Ben Nevis with Andy Peace, Ian Ferguson and Ian Holmes all prominent. 1991 was also the year that the Harriers took their turn to host the FRA Fell Relay Championship at Kettlewell. The Harriers were once again able to demonstrate their organisational skills and the occasion was a perfect setting for the team to record the first of their two wins to date in this competition. Bingley

Harriers' teams at last were able to compete on equal terms in fell relay events recording wins in both the Ian Hodgson Relay and the Calderdale Way Relay during 1992.

In the 1991 'National' at Luton 98 years of cultivation at last paid off when, under the guidance of a newly appointed Championship Team Manager, Peter Moon, Bingley Harriers finally became English Cross Country Champions. The winning team consisted of five internationals, Richard Nerurkar, Steve Brooks, Colin Moore, Mick Hawkins and Steve Binns with Martin Peace as 6th counter clinching the victory. Success in the English Championship was a momentous achievement and one which was made all the more satisfying by the fact that all but one of the team had begun their careers as juniors with the Club. Steve Brooks' performance in the race was good enough to earn him a place in the World Championships alongside Richard Nerurkar. The success of 1991 was repeated two years later at Parliament Hill Fields during the Club's Centenary year when the Harriers once again became English Champions. Richard Nerurkar gained his third National title and, supported by Colin Moore, Mick Hawkins, Andy Peace, Steve Green and Shaun Winstanley, led the team to a significant 146 point victory over their nearest rivals, Tipton Harriers.

In the Centenary year the Club's membership stands at just over 490, including 150 veterans, 140 ladies and 150 juniors. So what does the future hold in store? A tremendous amount of progress has been made over the years and yet many opportunities and challenges lie ahead as the Harriers enter into their 2nd century. The Club continues to strive for a headquarters with proper training facilities, whilst athletically there will always be something for everyone of all ages and abilities to aim for. Whatever trophies or facilities the future may bring it has been the determination and dedication of the Club's members that has brought us to this milestone and that is what will deliver us to the next.

*Results
and
Reports*

*from over half a
hundred races*



*Lochaber's J. Brooks on his way to winning Tinto Hill
Photo: Brian Covell*

BOLTON BY BOWLAND FELL

RACE

Lancashire

CM/8m/800ft 6.12.92

REPORT

What a contrast in conditions between the two races I organise. Pendleton in August is usually hot and sunny, whilst for those with a masochistic streak Bolton by Bowland on the first Sunday in December is the place to be. This year was no exception, deep, thick mud especially on the long uphill drags.

I don't know if Ray Owen enjoyed the conditions, but he took an early lead and maintained it to the finish. Garry Wilkinson came through strong to take second with Tony Hesketh (veteran) just pipping Andrew Wrench for third.

Carol Greenwood had another fine run to finish first lady twenty fifth overall. Peter Jepson continued his good form with forty second position and first super veteran.

We were able to donate two hundred and fifty pounds to help maintain the Village Hall, around thirty five competitors received prizes.

Roger Dewhurst

RESULTS

1. R. Owen	Black	46.43
2. G. Wilkinson	Clay	47.14
3. T. Hesketh V	Horw	47.16
4. A. Wrench	Tod	47.21
5. G. Schofield	Black	48.09
6. B. Evans	Amble	48.14
7. M. Wallis	Clay	48.16
8. A. Whalley	P&B	49.03
9. D. Wilkinson	Roch	49.07
10. K. Wright	Kly	49.13

VETERANS 0/40

1. T. Hesketh	Horw	47.16
2. G. Newsam	Clay	53.02
3. D. Clough	I'took	53.20
4. J. Winder	Acc	53.33
5. P. Rogan	Clay	54.15

VETERANS 0/45

1. B. Schofield	Tod	50.26
2. P. Lyons	Buty	50.41
3. J. Nuttall	Clay	51.08
4. B. Mitchell	Clay	51.09
5. D. Scou	Clay	54.35

VETERANS 0/50

1. P. Jepson	Bury	54.20
2. J. Blackall	Clay	57.59
3. P. Heneghan	Bolt	58.52
4. J. Swift	Chor	59.41
5. C. Fossard	Unatt	63.04

LADIES

1. C. Greenwood	CalderV	51.45
2. F. Reichardt	P&B	58.54
3. L. Bostock	Clay	60.27
4. A. Lees	Clay	61.51
5. L. Warin	Skip	63.30
6. J. Rawlinson	Clay	63.57
7. C. Leathley	Clay	70.14
8. A. Scott	N.Nomads	70.25

GUISBOROUGH WOODS RACE

Cleveland

BS/5.75m/1000ft 27.12.92

REPORT

Another quality race to continue the festive season. The battle at the front soon developed into a two man race. John Marshall and Paul Lowe soon moved away from the chasing group of Fielden, Smith, Fanning and Connor. The early part of the race was run at a tremendous pace with Marshall always having a slight edge. At the end of the second lap the gap had opened up to twenty seconds with the chasing group to Lowe being a little further adrift. It was on the second lap that our one injury occurred on the one sheet of ice on the descent. Many thanks to those who assisted in carrying him off the hill and taking him to hospital. The third lap resulted in little change at the front of the field, positions were established with bigger gaps resulting.

In the ladies race Wendy Dodds (and dog), chased Sheila Wright, last years winner. This race developed in a similar way to the mens with the leading two, establishing an early gap over the chasing group of Jane Elliott and Cath Proctor. As the race developed gaps were established so that Sheila eventually won with a clear margin whilst Wendy had some consolation in being second and winning the ladies veterans.

In the mens veterans section Peter Connor, showed that he can still show the younger men a thing or three! and regained his title, whilst Richard Puckrin, new to the super veterans won in a record time of forty six minutes and thirteen seconds. Mandale retained their team title with Saltwell close in second.

In the junior race Dave Watson completed a good day for Saltwell by winning in sixteen minutes and fifteen seconds.

Some news of the North Eastern Fell Championships. These will be held in conjunction with the Alwinton Fell Races on 5 June 1993. I am proposing that these will include, for the first time, Women's individual plus Men's and possibly Women's Team championships.

D. Parry; N.E. Counties A.A. Fell Running Representative. (Mandale Hon. Sec.)

RESULTS

1. J. Marshall	D'hamCty	36.27
2. P. Lowe	Mand	37.34
3. D. Fielden	Mand	37.48
4. F. Smith	Salt	38.22
5. M. Fanning	Borr	38.36
6. P. Connor	Mand	39.01
7. K. Wood	Salt	39.32
8. P. McHugh	NewAyc	39.49
9. J. Simpson	CalderV	39.56
10. D. Wilson	Mand	39.59

VETERANS 0/40

1. P. Connor	Mand	39.01
2. G. Young	Wigg	40.31
3. C. Webb	CFR	41.10
4. G. Simes	CalderV	44.10
5. P. Bates	ScarRye	45.15

VETERANS 0/50

1. R. Puckrin	Loftus	46.13
2. A. Cameron	M&C	47.55
3. B. Hood	Mand	49.42

LADIES

1. S. Wright	Mand	46.20
2. W. Dodds V	Clay	47.58
3. J. Elliot	Kesw	53.28
4. C. Proctor	Mand	54.05
5. A. Sailsbury V	Eryri	57.18
6. A. Hood	H.Pierre	57.20
7. V. Hindmarsh V	Mand	59.27
8. T. Hinley	Unatt	60.15
9. C. Robinson	H&H	61.03
10. V. Pakeman	UWCC	61.10

Juniors

1. P. Weall	Mand	42.49
2. D. Booth	Mand	49.15

CAPTAIN COOK RACE

Cleveland

BS/5.5m/750ft 1.1.93

RESULTS

1. P. Lowe	30.29
2. D. Pearson	30.36
3. J. McGreedy	30.45
4. D. Wilson	31.44
5. P. Connors V	31.56
6. V. Rutland	32.11
7. P. Buckbey	32.43
8. J. Blackett	33.06
9. P. Millbum	33.32
10. C. Wright	33.48

FIRST LADY

1. H. Humphrey	37.22
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FIRST VETERAN LADY

I.C. Potts	40.06
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JUNIOR BOY

I. J. Hartottle	35.24
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JUNIOR GIRL

1. S. Jackson	45.01
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NINE STANDARDS FELL RACE

Cumbria

CM/8m/1800ft 1.1.93

REPORT

Mark Fleming celebrated the New Year by winning this race in a new record time, knocking three minutes off the previous best set last year. Peter Holdsworth, last years winner on home leave from his lecturing job at Lyon University, was again first to the standards this year. However, unable to stay upright on the descent because of a wrong choice of shoes, he was passed by Fleming, Schofield and Evans. Ruth Pickvance also took advantage of good conditions to set a new women's record.

New race headquarters were established this year with registration in the Kirkby Stephen Sports and Social Club, where after the race showers and soup were available. A bar was operating in the function room where trophies were presented. Enough prizes were provided for all those who stayed to receive something.

A Richardson

RESULTS

1. M. Fleming	Amble	52.25
2. G. Schofield	Black	52.53
3. B. Evans	Amble	53.27
4. P. Holdsworth	LyonUni	53.55
5. A. Whalley	P&B	54.15
6. R. Cudworth	Hales	54.23
7. M. Walsh V	Kend	54.37
8. R. Jamieson	Amble	55.25
9. G. Hetherington	Unatt	55.30
10. A. Beaty	CFR	55.47

VETERANS 0/40

L. M. Walsh	Kend	54.37
2. B. Cramdson	Black	57.24
3. P. Brewham	CravenFR	58.38
4. W. Tait	Tyne	59.10
5. J. Hoffman	Bfd/Aire	59.16

VETERANS 0/45

1. T. Walker	Amble	62.58
2. K. Tewperton	S'foith	63.52
3. G. Fielding	Ross	65.00
4. G. James	B&F	65.40
5. J. Kelly	Unatt	67.02

VETERANS 0/50

1. R. Bell	Amble	58.06
2. R. Bunn	Unatt	64.38
3. G. Swindon	N.Glou.	64.41
4. K. Lodge	H'fax	65.37
5. P. Dowker	AchRat	67.08

VETERANS 0/55

1. J. Peacock	G'head	66.59
2. D. Fisher	Newport	72.39
3. D. Hodgeson	Amble	73.09

VETERANS 0/60

1. J. Newby	Tod	73.22
2. B. Leathley	Clay	75.55

LADIES

1. R. Pickvance	Kend	64.12
2. K. Beaty	CFR	67.28
3. M. Chippendale V	Stock	71.22
4. J. Robinson	Unatt	76.36
5. M. Smith V	Hoad HH	78.20
6. J. Taylor	N'burgh	81.16
7. C. Leathley V	Clay	83.37
8. E. Scott V	Hen'Jog	84.29



Howarth Hobbler runners try out the new un muddy section of the course
Photo: Steve Bateson

INTERMEDIATES

1. T. Cowin	Howgill	59.14
2. P. Singleton	Amble	61.45
3. J. Went	Unatt	63.31

TEAMS

1. Ambleside	12 pts
2. Blackburn Harriers & A.C.	29 pts
3. Kendal A.A.C.	58 pts

CARRAGHAN FELL RACE

Isle of Man

AS/2m/1 100ft 2.1.93

REPORT

The opening event in this years Manx League saw thick mist cloaking almost all of the two jnile course which goes from the north side of Injebreck Reservoir to the summit of Carraghan and back.

The race turned into a head to head contest between course record holder Keith Callister and defending Manx Champion Tony Rowley. After matching each other stride for stride to the summit turn it was Foxdale farmer, Callister, who chose a slightly better line through the mist on the ultra fast return leg to win by just fifteen seconds.

The lack of visibility was causing all sorts of problems behind the two leaders with bodies flying in all directions, some coming perilously close to a dip in the ice cold water of the reservoir.

Everyone eventually made it back to the finish with notable performances from junior winner Juan Wright in eighth overall, and first time veteran winner Roger Moughtin who had just a single second advantage over the next veteran John Wright, father of the aforementioned Juan.

The only lady finisher was Steph Maddrell who was making a welcome return to the fells after her maternity leave.

Richie Stevenson

RESULTS

1. K. Callister	MH	19.37
2. T. Rowley	MFR	19.52
3. I. Watson	NAC	20.18
4. D. Bawden	MFR	20.21
5. R. Stevenson	MFR	20.46
6. J. Crellin	MH	21.09
7. N. Hansen	S.Africa	23.21
8. J. Wright	MH	23.36
9. R. Moughtin V	WAC	23.49
10. J. Wright V	MFR	23.50

VETERANS 0/40

1. R. Moughtin	WAC	23.49
2. J. Wright	MFR	23.50
3. G. Hull	MFR	23.57

VETERANS 0/50

1. B. Baxter	MH	39.38
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LADY

1. S. Maddrell	WAC	26.07
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JUNIORS

1. J. Wright	MH	23.36
2. S. Milligan	Unatt	27.45

NINTH ANNUAL TRIG POINTS RACE

Staffordshire

CM/15m/1500ft 9.1.93

REPORT

At 9am my mother, father and I were at Brocton Village Hall. We had been around since 7am. Two hundred sausage rolls had been made, four hundred and fifty (secret recipe) biscuits were ready and two hundred rolls were waiting to be filled. It was raining hard and we were already wet. Only seven hours to go. Did we have to go through it all? Why not cancel the race, you could come and get your food and we will have a pools panel to decide the results.

However, by the time the start came the rain had stopped and after a short shower it turned out to be a reasonable day.

The race itself was a two horse affair. Dave Miller and Steve Willmott pushing hard from the start and being two minutes clear at Moor Gorse and a large group of about seven in hot pursuit. Steve and Dave kept up the pace right to the last trig point then David managed to overhaul Steve and win by two and a half minutes. Mark Hartell from came through from the pack to take third place.

With Christine Kilkenny entering the ladies race the winner was a foregone conclusion, but Andrea George pushed her hard and Christine only beat her by one minute and nine seconds.

Next year is the tenth anniversary of the Trig Points and the race will be run in reverse order. Watch out for prizes and fun all the way round. The date is January 8th.

Richard Day

RESULTS

1. D. Miller	Merc	1.32.59
2. S. Willmott	Merc	1.35.27
3. M. Hartell	Macc	1.37.10
4. V. New	Telf	1.37.15
5. M. French	Staff	1.38.37
6. T. Haywood	Merc	1.39.39
7. T. Mayfield	Erewash V	1.40.29
8. C. Beadle	Holm	1.40.35
9. S. Jones	Eryri	1.41.14
10. P. Marsh	TarHen	1.41.21

VETERANS 0/40

1. T. Longman	Huncote	1.43.00
2. M. Wittering	Huncote	1.44.42
3. E. Cockayne	B'field	1.46.18
4. G. Brennan	Huncote	1.46.53
5. P. Whitehead	Erewash V	1.46.54

VETERANS 0/50

1. J. Marsh	TarHen	1.46.42
2. T. Illston	Bowline	1.48.34
3. R. Hyman	Merc	1.49.01
4. J. Amies	Macc	1.49.50
5. B. Morris	WRE	1.51.52

LADIES

1. C. Kilkenny V	C&S	1.56.28
2. A. Priestly	H'forth	1.57.37
3. C. Heslop	Notts AC	2.01.06
4. L. Lee	Staff H	2.01.55
5. S. Pratt V	Huncote	2.02.09
6. C. Goodwin	Unatt	2.07.10
7. J. Meegan	Amazing Feet	2.11.37
8. J. Skidmore	Bowline	2.13.02

BOULSWORTH HILL FELL RACE

Lancashire

BM/6.5m/1200ft 9.1.93

REPORT

The enforced pre-entry meant a reduced field set off on this years race. High winds greeted the runners. The latter end of the field would also have faced driving rain. This did not seem to dampen anybody's spirit and all seemed to agree that they would return next year. The biggest winning margins in the races' six year history were recorded with James Parker one minute and twenty one seconds ahead of his rivals. In the ladies race Carol Greenwood was over six minutes clear of Kath Drake in second place.

The Junior Race was changed from a circular to an 'out and back' course from a safety point of view to avoid two crossings of a swollen brook. The race was won by Tim Davies of Newtown, closely followed by Clayton's David Walker.

D. Thompson

RESULTS

1. J. Parker	Ilk	47.29
2. A. Whalley	P&B	48.50
3. I. Ferguson	Bing	49.16
4. P. Pollitt	Bolt	49.41
5. J. Hooson	Amble	49.48
6. T. Lofthouse	Bing	49.54
7. W. Ramsbotham	P&B	50.00
8. M. Keys	Ross	50.04
9. M. Corbett	Ross	50.17
10. C. Valentine	Kesw	50.41

VETERANS 0/40

1. J. Holt	Clay	52.48
2. P. Lyons	Bury	53.14
3. B. Mitchell	Clay	53.59
4. J. Baton	Ross	55.19
5. K. Carr	Clay	56.23

VETERANS 0/50

1. P. Jepsen	Bury	56.52
2. R. Bell	Amble	57.16
3. M. Coles	Skyrac	62.57
4. P. Dowker	AchRat	63.30
5. R. Jaques	Clay	65.04

VETERANS 0/60

1. B. Leathley	Clay	72.35
2. J. Newby	Tod	74.02
3. B. Thompson	Aire'teers	91.09

LADIES

1. C. Greenwood	CalderV	54.17
2. K. Drake	Spn	60.34
3. K. Harvey	Alt	64.13
4. C. Kenny	AchRat	65.42
5. A. Lee	Clay	66.21

JUNIORS

1. T. Davies	Newtown	20.56
2. D. Walker	Clay	21.02
3. S. Robinson	Black	21.39

TEAMS

1. Bingley	20 pts
2. Ambleside	35 pts
3. Rossendale	45 pts

STANBURY SPLASH

West Yorkshire

BM/7m/1200ft 23.1.93

REPORT

"RANULPH FIENNENES WOULD 'A' BEEN IN TEARS"

That quote heard muttered by Todmorden veteran Alan Ainsworth sums up the appalling weather of freezing driving wind, rain and later snow in the tenth Annual Stanbury Soreen Maltloaf Splash. From the shelter of Penistone Hill Quarry, twenty six juniors and then three hundred and fifty seniors faced their respective races mainly clad form head to foot. The under sixteen and under fourteen events saw thirteen year old John Hart of Rochdale, and Tim Davies (fifteen) from Newtown, Mid wales, conquer the elements with their immense talent, knocking two and eight seconds off each record.

The older folk found the relatively easy course over the Bronte Countryside the worst in the races' history. Winner Colin Donnelly now holds a unique record of being the fastest ever trophy holder as well as the slowest. Certainly his pride was hurt being four minutes outside his own 1991 time of 43.09. He is certain to return, because his better half, Alison, improved her time by eight and a half minutes; so in good weather what could this relate to?

The same goes for the two outstanding performances that day, in that Carol Greenwood and Sarah Rowell, both broke the formers record by a minute. These two also finished in the highly positions of 33rd and 37th respectively, due to the private duel that ensued. That was until Carols tempo gave her the winning yardgate to record her fifth triumph here.

Next year sees her going for her second hat trick and consequent extra prize, while Donnelly and Andy Peace could be the first males to claim a hat trick.



*Start of the Boulsworth Hill Race
Photo: Dave Woodhead*

Afterwards most sought the refuge and temporary safety of their wheeled steeds to thaw out from the elements. Even the free coffee and biscuits seemed to make little impact being quickly despatched.

Once again the awards/prize tables did the competitors proud, with all leaving at least with a clutch of Soreen Malloafs.

Darby and Joan

RESULTS

1. C. Donnelly	Eyri	47.19
2. W. Gaunt	P&B	48.23
3. P. Mitchell	Bing	48.42
4. T. Lofthouse	Bing	48.47
5. G. Devine	P&B	48.54
6.1. Ferguson	Bing	48.58
7. J. Hooson	Amble	48.59
8. C. Metcalfe	Skip	49.00
9. M. Corbett	Ross	49.17
10. A. Schofield	Borr	49.37

VETERANS 0/40

1. J. Holt	Clay	50.28
2. K. Taylor	Ross	50.45
3. B. Ashworth	Ross	51.15
4. J. Hope	AchRat	52.12
5. A. Styan	Holm	54.04

VETERANS 0/50

1. D. Quinlan	Bing	54.38
2. R. Bell	Amble	56.04
3.1. Noot	Eyri	59.00
4. B. Thackery	DkPk	62.21
5. R. Jaques	Clay	62.34

VETERANS 0/60

1. G. Booth	L'wood	61.53
2. J. Newby	Tod	69.19
3. A. Ball	Clay	87.11

LADIES

1.C. Greenwood	CalderV	53.04
2. S. Rowell	P&B	53.18
3. A. Buckley	P&B	57.16
4. K. Drake	Spenn	59.18
5. R. Pickvance	Kend	60.50
6. A. Priestly	Fellan	61.03
7. J. Smith V	DkPk	61.09
8. K. Federer	LdsUni	62.30

INTERMEDIATES

1. S. Brooksbank	Spenn	61.31
2. R. Ashdown	K.H.R.	65.12
3. O. Lewis	Selby	67.30

JUNIORS U/14 - QUARRY RUN

1.J. Hart	Roch	5.18
2. J. Davies	Newtown	5.25
3. R. Slater	K.H.R.	5.43

JUNIORS U/16 - QUARRY RUN

1. T. Davies	Newtown	10.12
2. G. Ridings	Clay	11.02
3.1. Wellock	K.H.R.	11.27

CREG NY BAA

Isle of Man

AM/10m/2700ft 6.2.93

REPORT

Conditions were identical to January's Carraghan Race, with dense mist covering the ten mile course, reducing visibility to a matter of yards in places.

Tony Rowley ran an impressive race stamping his authority on the rest of the field from the off, and despite a spirited chase by Foxdales Keith Callister he had a fifty seconds winning margin at the Windy Comer finish.

Two competitors made the long trip from Lincoln to take part. Richard Durrant and Phil Watson of Rushton Striders doing extremely well in the adverse conditions to claim tenth and eleventh place respectively to make their journey Lincoln their while.

Richie Stevenson

RESULTS

1. T. Rowley	M.F.R.	1.20.55
2. K. Callister	M.H.	1.21.45
3. R. Stevenson	M.F.R.	1.24.51
4. D. Corrin V	M.H.	1.29.00
5. R. Moughtin V	W.A.C.	1.29.46
6. D. Bawden	M.F.R.	1.30.46
7. i. Watson	N.A.C.	1.35.03
8. P. Costley	W.A.C.	1.35.16
9.1. Callister	M.H.	1.36.43
10. R. Dyrant V	R.S.	1.36.47

VETERANS 0/40

1. D. Corrin	M.H.	1.29.00
2. R. Moughtin	W.A.C.	1.29.46
3. R. Dyrant	R.S.	1.36.47
4. P. Watson	R.S.	1.36.48
5. D. Young	M.F.R.	1.38.53

VETERAN 0/60

1. B. Baxter	M.H.	2.24.26
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LADIES

1. S. Maddrell	W.A.C.	1.56.54
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OGDEN MOORS GEOFFREY AKERS MEMORIAL FELL RACE West Yorkshire N/6m/700ft 6.2.93

REPORT

Fast improving Tim Lofthouse of Bingley Harriers beat a class field to secure his first fell victor over the misty and muddy Ogdens Moors course. The Haworth born sports centre attendant had jogged over the same moorland to the Causeway Foot venue from his home in Keighley, leaving himself just enough time to register and familiarise himself with the course map, before leading the one hundred and sixty three strong field home in thirty two minutes and forty six seconds. After the prize presentation, Lofthouse politely declined to take the trophy with him, as he was "going to jog home for a bath".

At the sharp end, Gary Devine was the first to show, taking with him Allan Boff Whalley, Lofthouse and Rossendale's Mervyn Keys. After the first moorland stretch, a fast descent down the rough stoney track towards Haigh Cote saw Boff make a serious bid for the lead, only to have his efforts dashed as he tripped and performed a spectacular head-long fall which left him with a pair of badly cut knees and covered from head to foot in mud.

A brave recovery along the track to the Moorcock Inn brought Boff back into the picture, there being little to choose between this breakaway quartet as they climbed to the road crossing and followed the Calderdale Way footpath over Hunter hill.

Devine again surged into the lead as the golf course came into sight but found the final climb to the Reservoir side finish, to be more energy sapping than it looks. As he began to tire, the others grabbed their chance, Whalley and Lofthouse locked together until near the summit. "Boff began to walk near the top of the climb, but I found I could still jog, but the final run in to the finish line seemed an eternity" commented Lofthouse afterwards.

Spennborough's county level cross country athlete, Kath Drake had a comparatively easy race, beating last year's winner Linda Bostock by over two and a half minutes, and in doing so helped her club take the ladies team prize.

This years race was the second that we have put on, hopefully to become an annual event. We were pleased at the turn out, which seems just about right for the course. We had generous sponsorship from Reebok UK, who provided fell shoe vouchers for the first man and lady. It was decided that we would hold a fun raffle, at 20p a ticket, with the third Reebok voucher as star prize along with other goodies. Micheal Forst of Clayton le Moors was delighted to be the holder of the first ticket drawn. Twenty one pounds was taken in the sale of raffle tickets, which, along with all proceeds from the race, will be ploughed back into the event. The accounts were as follows:

Expenditure	Income	
Race prizes	111.92	Balance from bank 3.60
Sundries	43.85	Entry Fees 240.50
Raffle Prizes	7.55	Raffle Tickets 21.00
Total	163.32	Total Income 265.10
Balance to Bank	101.78	
	265.10	

Thanks must go to all those who helped to make this race possible. Reebok UK, Yorkshire Water, who allow us to run over their land for free, Calderdale Countryside Commission who maintain the pathways and woodland, Frank and Bo Schofield, the farmers who must often wonder why we can't choose Rugby as a sport like any normal person, the Marshals and many helpers, most of who just turned up in the day and offered to help, our Mums who served oranges squash and biscuits and the staff of Causeway Foot Inn who laid on pies and peas, soup and sandwiches.

But most of all to the runners for turning up in such a murky day, and well done to all the winners (that's ail of us in fellrunning).

Allan and Carol Greenwood

RESULTS

1. T. Lofthouse	Bing	32.41
2. A. Whalley	P&B	32/50
3. M. Keys	Ross	32.53
4. G. Devine	P&B	32/59
5. J. Hey	Warr	33.13
6. S. Green	P&B	33.30
7. D. Watson	Holm	33.36
8. J. Maitland	P&B	33.41
9. G. Schofield	Black	33.54
10. K. Taylor V	Ross	34.09

VETERANS 0/40

1. K. Taylor	Ross	34.09
2. P. Bramham	CravenFR	37.36
3. D. Rhodes	Bfd/Aire	37.37
4. J. Hoffman	Bfd/Aire	37.45
5. H. Atkinson	Bing	38.20

VETERANS 0/50

1. D. Quinlan	Bing	36.09
2. P. Jepsen	Bury	39.36
3. M. Coles	Skyrac	40.49
4. G. Collinson	Fellan	41.47
5. L. Sullivan	Clay	41.58

VETERANS 0/60

1. J. Newby	Tod	45.30
2. B. Leathley	Clay	46.16
3. B. Thompson	Aire/teers	60.52

LADIES

1. K. Drake	Spenn	39.09
2. L. Bostock V	Clay	41.59
3. M. Green	Bing	44.19
4. J. Bateman	Man/Tri	45.16
5. L. Threadgoid	Horw	45.37
6. J. Smith V	Kly RR	47.17
7. J. Benham V	Clay	47.46
8. M. Sanderson V	Roch	48.19

INTERMEDIATE

1. C. Cariss		36.18
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JUNIORS U/16

1. A. Burnett	LdsCty	39.35
2. G. Ridings	Clay	40.16



As the Clag descends, the first four finishers in the Ogdens Moors Race trundle off.
Left to Right: Tim Lofthouse, Allan Whalley, Gary Devine, Mervyn Keys
Photo: Allan Greenwood

HANCHURCH HILL RACE

Staffordshire

BM/7.5m/1000ft 7.2.93

REPORT

An organisers task is not easy and sometimes is very thankless. Its when competitors like Paul Cadman take part that it becomes worthwhile. He and Rob Cope contested the lead throughout the event and when Rob went astray, Paul being the gentleman that he is called him back so they could continue their contest.

An outstanding run by Timothy Davies who is still a junior gained him sixth place overall. What potential he has I hope he remains attracted to fell running as Wales appear to have a future World Cup Winner there.

I would like to think the Hanchurch race is small and friendly, with good testing route and generous prizes. Judging by the competitors comments I seem to have got it about right. Many thanks, see you all next year.

Richard Denby

RESULTS

1. P. Cadman	Merc	36.21
2. R. Cope	Wrek	36.27
	Penn	37.26
4. J. Kershaw V	Macc	37.32
5. S. Hewitt	Milton	38.13
6. T. Davies	Newtown	38.17
7. S. Waring	Unatt	38.22
8. A. Whalley	Macc	38.24
9. T. Haywood	Merc	38.30
10. G. Davies	Merc	39.37

VETERANS 0/40

1. M. Foschi	Penn	37.26
2. J. Kershaw	Macc	37.32
3. P. Nolan	Macc	40.49
4. N. Hambrey	Kend	42.02
5. E. Trenbath	Belle Vue	44.01

VETERANS 0/50

1. A. Gratton	Staffs	40.24
2. R. Hyman	Merc	41.45
	Helsby	45.25
4. B. Nicholas	Merc	48.47
5. R. Smith	N'castle	49.17

LADIES

1. L. Austin	Wrek	43.20
2. J. Meegan	Merc	47.09
3. S. Broughton	PM AC	50.20
4. M. Freeman	PMAC	52.51
5. J. Douglas	Stoke AC	60.31

JUNIORS

1. T. Davies	Newtown	38.17
2. G. Turner	WCAC	42.51
3. T. Eastman	WCAC	44.35

MICKLEDEN STRADDLE

Derbyshire

BM/11.5m/1 820ft 7.2.93

REPORT

The present course of the Mickleden Straddle was run for the second time this year and firmly established it as a race not to be underestimated. Coming at the very beginning of the fell racing season the race has a bit of everything: runnable climbs on well-defined tracks, fast running past the Howden reservoir, a difficult tussocky ascent to navigate and then a very fast downhill finish. Excellent weather conditions led to both the men's and ladies' records being broken in convincing fashion. John Taylor knocked over seven minutes from Ian Ferguson's 1992 time, and Tricia Sloan knocked of over four minutes from Jacky Smith's 1992 time. Two hundred and twenty two runners turned out with a very high proportion of veterans taking part. Twenty seven ladies ran the race which was a superb turnout! There will be more printed T-shirts for ladies available next year plus a men's veterans team prize. See you in '94!

Judith Johnson

RESULTS

1. J. Taylor	Holm	1.17.34
2. A. Trigg	Gloss	1.19.57
3. A. Wrench	Tod	1.20.57
4. D. Sunderland	Spen	1.22.55
5. M. Lee	Bolton	1.23.19
6. A. Kirk	Gloss	1.23.31
7. D. Watson	Holm	1.23.44
8. M. Corbett	Ross	1.24.36
9. A. Jones	Gloss	1.25.34
10. M. Cuddy	Gloss	1.27.36

VETERANS 0/40

1. A. Harmer	DkPk	1.28.35
2. P. Buttery	Holm	1.28.56
3. B. Schofield	Tod	1.29.53
4. G. Berry	DkPk	1.30.23
5. D. Tait	Unatt	1.31.05

VETERANS 0/50

1. D. Owen	L'wood	1.43.24
2. T. Eckersley	Sadd	1.43.44

3. B. Thackery	DkPk	1.44.54
4. P. Greenwood	Tod	1.49.08
5. B. Needle	DkPk	1.49.26

VETERANS 0/60

1. J. Newby	Tod	1.58.32
2. B. Hargreaves	Tod	2.11.48

LADIES

1. T. Sloan	Belle Vue	1.40.42
2. J. Smith V	DkPk	1.41.02
3. K. Harvey	Unatt	1.41.09
4. R. Gee V	E.Chesh.	1.44.39
5. A. Jorgensen V	Penn	1.45.44
6. B. Coomber	DDT	1.50.48
7. J. Town	DDT	1.51.10
8. S. Stafford V	Goyt V	1.57.34

TEAMS

1. Glossdale	17 pts
2. Holmfirth	22 pts

TISO CARNETHY FIVE HILL RACE

Midlothian

AM/6m/2500ft 13.2.93

REPORT

Although I received many telephone calls inquiring if there was snow on the shoulders and summits of the hills covered, regrettably we were unable to please competitors who were looking forward to this 'pleasure' on the day. In fact conditions were so good that I really expected both male and female records to be broken: it was not to be though. Neil Wilkinson completing the course in forty eight minutes and forty seven seconds, ie. thirty nine seconds outside the course record set in 1985 by Kenny Stuart (Keswick A.C.). Helen Diamantides finished in sixty one minutes and fifty six seconds, more than three minutes outside the record set in 1989 by Angela Carson (Rhydwyf Eryri).

Appreciating that there were other major events held during the weekend of the Camethy, I must thank all of the three hundred and eighty four competitors who made it to Penicuik that Saturday. With depleted numbers we still had a good field.

You may recall that last year one of the Camethy runners proposed on one knee to his girlfriend, who was spectating on the last hill, well the 'incident' to report this year was that we had a New Zealander singing us a Maori song during the presentation of prizes and trophies. It was suggested by our presenter on stage that Kester Wigram, who had travelled up from London to compete, had given a demonstration of the Haka prior to the start, to put the other competitors off, but apparently this was just a rumour!

Bums Scott

RESULTS

1. N. Wilkinson	C'slang	48.47
2. J. Wilkinson	Gala	50.02
3. D. McGonigle	Shett	50.12
4. J. Musgrave	Aber	50.26
5. P. Fettes	Glas	51.04
	Shett	51.13
7. A. Schofield	Borr	51.20
8. R. Jamieson	Amble	51.28
9. R. Lee	L'ston	52.05
10. A. Ward	Edin	52.08

VETERANS 0/40

1. D. Bell	H.E.L.P.	54.27
2. J. Shields	Clydes	55.52
3. E. Harwood	H'land HR	56.40
4. B. Knox	Teviot	57.00
5. J. Knox	Teviot	57.43

VETERANS 0/50

1. R. Bell	Amble	57.18
2. K. Burns	Cam	60.16
3. B. Waldie	Cam	63.12
4. W. Ryder	Morpeth	64.02
5. A. Philipson	Gosf	65.31

VETERANS 0/60

1. M. Innes	G'bridge	78.50
2. J. Gillies	Cam	81.10
3. E. Campbell	Loch	88.37

LADIES

1. H. Diamantides	Amble	61.56
2. C. Menhennet V	Clydes	63.20
3. C. Whalley	L'ston	65.38
4. KL Hogg V	P'cuik	66.17
5. J. Ramsden	Kesw	66.55
6. L. Hope	Loch	67.22
7. J. Salvona	L'ston	67.27
8. L. Eades	L'ston	67.37

JUNIORS

1. J. Went	Unatt	59.39
2. N. Miller	Unatt	69.45
3. D. Dick	C.Glen H	71.13

TEAMS

1. Ambleside A.C.	41 pts
2. Camethy H.R.C.	75 pts
3. Livingston & Dist. A.	<84 pts

ROSSENDALE WAY RELAY

Lancashire

6 X 2man 14.2.93

REPORT

Over seven hundred athletes enjoyed unseasonably warm sunny weather on this popular event.

The competition was also hot, Clayton gained a four second lead with a record breaking run on the first leg. Pudsey took the lead on the second leg, with Rossendale taking the record on the third and Bingley the records for the fourth and fifth legs, these and Horwich, were all closing down the leaders. At the end of the fifth leg Pudsey's challenge evaporated with an injury to one of their runners. Horwich were first off, Clayton only fourth, but with a record breaking run, overhauled the leading three teams and earned them a win, just nine seconds outside the record.

In the ladies race it was Rochdale who beat Rossendale in a record time on the first leg. Clayton pulled it back on the second leg only for Rossendale to lead after the third. Clayton's strength in depth began to show despite a late charge from Pudsey and Bingley, Pudsey posting a superb fifth leg record and following it with a sixth leg record as well. Clayton won in six hours fourteen minutes and ten seconds in forty sixth position overall.

Clayton also won the veterans award in an excellent sixth position, backed up with their veterans 'B' team in sixteenth place. Thank goodness Todmorden won the mixed team.

Things went off well, Ray net and the Red Cross providing valuable backup. It was disappointing though to see so many teams taking route variations. Pudsey had a one minute time penalty on leg two for a wrong route choice, they were far from the only culprits. We intend clarifying known mistaken route choices for next year.

We did not enforce the cagoule rule this year, much of the day was lovely, but we realise in an event like this safety of the competitors must be uppermost in our minds and we will review our policy for next year.

Thanks to our sponsor Ron Hill Sports and all the officials, timekeepers, results team and kitchen people, a lot of people put in a very long day to keep the event running smoothly.

Thanks to Running Bear and Winner, Raynet, Red Cross and Mencap and thanks to the athletes for turning out.

Regards Mervyn Keys and Lefty

RESULTS

1. Clayton 'A'	4.38.17
2. Horwich 'A'	4.39.25
3. Rossendale 'A'	4.41.28
4. Bingley 'A'	4.42.09
5. Pudsey & Bramley 'A'	4.50.23
6. Clayton Vets 'A'	4.57.10
7. Rochdale 'A'	4.59.53
8. Calder Valley 'A'	5.00.40
9. Rossendale 'B'	5.02.34
10. Preston H 'A'	5.03.03

VETERAN TEAMS

1. Clayton Vets 'A'	4.57.10
2. Clayton Vets 'B'	5.17.34
3. Rochdale Vets	5.21.44
4. Horwich Vets 'A'	5.26.39
5. Rossendale Vets	5.28.52

MIXED TEAMS

1. Todmorden	6.09.25
2. Clayton	6.29.34
3. Accrington RR	6.46.10

LADIES TEAMS

1. Clayton	6.14.10
2. Pudsey & Bramley	6.28.34
3. Bingley	6.34.18
4. Rossendale	6.36.06
5. Rochdale	6.49.07
6. Middleton	6.52.46

TIGGER TOR

Derbyshire

BM/9.5m/1400ft 14.2.93

REPORT

The race was run on Valentines Day this year, with the weather and the prizes to match, it turned out to be a great day. Six bottles of champagne (top quality to be drunk not sprayed) to be won, not to mention a bunch of daffodils for each lady runner. The champagne was kindly donated by our neighbour Russ Hartley. NOT BAD EH?!

Vest and shorts were the order of the day, although some must remember and still bear the scars of earlier years, and set off with full body cover. Even though a thick mist covered the summits it still remained warm, perhaps this was why Pat Corrigan appeared to dive into the deepest part of the Burbage River, or was he taking a short cut to try and beat me?

M.Adcock was leading the race at Stanage Edge Trig Point but finally finished in fourth place. Janies Parker won the race in fifty nine minutes and thirty six seconds, but not easily. Had he known some of the shorter route options (follow a Totley vest next time), I am sure he would have beaten Andy Triggs course record. He was helped on by a strong team from Watford Harriers (I didn't think they had hill down there) who easily won the team race with fourth, sixth and seventh positions. Eighth position was also a Watford Harriers member (just in case one fell down!).

John Hooson finished second, with road runner John Beeden third. Mind you the rugby pitches slowed them all down, next year Russ Hartley promises a ploughed field, he said you all looked too fresh at the finish!!

Hallamshire Harriers won second team place with Denby Dale winning the ladies team.

My apologies go to Carol Greenwood for not including her record in the fixture book. It still remains at seventy one minutes and twenty four seconds, Kath Harvey (Altrincham) won this year, still a good time. Well Done!

Don Longley

RESULTS

1.J. Parker	Ilk	0.59.36
2. J. Hooson	Amble	1.00.35
3. J. Beeden	Sheff	1.00.49
4. M. Adcock	Watf	1.00.55
5. A. Green	Hallam	1.01.31
6. S. Francis	Watf	1.01.46
7. N. Francis	Watf	1.01.53
8. S. Bell	Watf	1.03.04
9. M. Williams	Penn	1.04.01
10. M. Greaves	Hallam	1.04.06

VETERANS 0/44)

1. M. Greaves	Hallam	64.06
2. P. Buttery	Holm	64.35
3. G. Berry	DkPk	64.56
4. D. Tait	Unatt	66.12
5. M. Moorhouse	Matlock	67.55

VETERANS 0/50

1.J. Clarke	Brampton	73.58
2. B. Sprakes	DkPk	76.57
3. R. Mason	Totley	79.03
4. P. Kohn	DkPk	80.25
5. B. Hood	Mand	81.56

VETERAN 0/60

1. K. Barras	Fellan	77.59
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LADIES

1. K. Harvey	Alt	74.25
2. J. James	DkPk	75.33
3. A. Jorgensen V	P'stone	78.56
4. B. Coomber	Denby	80.31
5. G. Berrrow	Penn	82.08
6. K. Davis	N.Derbys	82.12
7. E. Denby	Denby	82.52
8. Y. Eyres	Penn	86.44

JUNIORS

1. L. Banton	ClowneRR
2. M. Shaw	ClowneRR
3. S. Woollacot	Unatt

TEAMS

1. Watford Harriers	17 pts
2. Hallamshire Harriers 29 pts	
3. Dark Peak	65 pts

BLAENGARW BUNNY

S.Glamorgan

AS/3.5m/1500ft 20.2.93

REPORT

Last year, during the planning of the inaugural Blaengarw Bunny the start time of twelve noon was considered to be of critical importance. Falling as it does mid five Nations championship, the noon start allows the course to be marked, run and de-flagged all in time to allow the organisers to arrive, a little sweaty at the Arms Park for a lusty rendition of the national anthem. Alas, the best laid plans.....

With no northern hordes descending on this early season stunner it was left to the South Walian stalwarts to battle it out for precious points in the penultimate race of the winter league season. Thirty five hardy souls shivered and collectively moaned about their indifferent form on the start line at the end of a road through some of the most startling post-industrial decay to be seen in the valleys. Interestingly Mid Glamorgan County Council are active in their pursuit of valley regeneration. Pride of place in this isolated spot must go to the giant propellers that have recently sprouted on Werfa, a site particularly well chosen judging by the gale that greeted the steam bunnies as they marked the course.

The course, of course is a fell runners delight and judging by the cussing and swearing overheard on the first climb, enjoyed by all. All that is except the unfortunate organiser who was walloped in the chest by a falling rock, or was it a boulder, set loose by an ignorant git who, ignoring pre race instructions, strayed away from the fence on that first haul of a climb. Actually it was quite a convenient excuse to

take it easy and sample the delights of a comfortable mid-field position.

Meanwhile at the sharp end Mark Saunders confirmed that his startling loss of weight was accompanied by impressive fitness as he romped to an easy win. Most of the rest of the field contrived to finish within the next minute (much to the finish marshalls disgust), despite a good shuffling on the second climb as Saunders pursuers chose to ignore the markers up the longer, quicker route and take the shorter (direct) but longer option instead. This was much to the delight of Bunny Blease who bounded into third, a position he was not to relinquish. Recently wrinkly John 'Puffing Billy' Darby, looking unusually sprightly for the time of year, cleaned up in the veteran stakes, while ladies fought out a ferocious finish sprint with*Ann Nixon prevailing on the line from Jane Coker, just.

Thanks must go to family Ryder, including barely one year old Holly and Mr Jonathan Gibbon, Cardiff s own Czechophile, for their finish line help, perhaps we can persuade him to run next year.

Steam Bunny

RESULTS

1. M. Saunders	MDC	29.21
2. P. Maggs	Islwyn	29.33
3. S. Blease	Brych	30.02
4. D. Adlam	MDC	30.34
5. A. Woods	MDC	30.37
6. M. Walker	Unatt	30.39
7. M. Ellis	Bridgend	30.43
8. L. Foulkes	MIX;	30.44
9. J. Darby V	MDC	30.59
10. G. Copp	SanDom	31.00

VETERAN 0/40

1. J. Darby	MDC	30.59
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VETERAN 0/50

1. E. Meredith	Blaen	35.03
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LADIES

1. A. Nixon V	MDC	36.21
2. J. Coker	MDC	36.21
3. S. Woods	MDC	37.07

JUNIOR

1. D. Lewis	MDC	32.09
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WADSWORTH TROG

West Yorkshire

BL/20m/4000ft 20.2.93

REPORT

Although dry underfoot the strong north wind did preserve some of the races reputation for being 'the beast'.

Ian Ferguson broke the course record by three minutes and thirty three seconds and finishing almost eight minutes ahead of Dave Horsfall who had quite a tussle with first veteran, and third overall. Jack Holt of Clayton. Calder Valley Fell Runners packed well in fifth, sixth and seventh places to secure the team prize. Sylvia Watson won the women's race almost twenty three minutes in front of Ruth Fletcher of Tynedale.

The organisation ran smoothly, thanks to the co-operation of local landowners and all those who volunteered help. Despite the kinder weather, runners still asked the organisers after the race, "Why isn't this race grade AL?"

B. Piewe

RESULTS

1. I. Ferguson	Bing	2.51.05
2. D. Horsfall	Bing	2.59.01
3. J. Holt V	Clay	3.00.01
4. C. Hirst	Settle	3.05.03
5. G. Webb	CalderV	3.05.56
6. D. Thompson	CalderV	3.09.48
7. J. Winder V	CalderV	3.12.28
8. L. Thompson	Clay	3.12.38
9. T. Spicer V	Ross	3.12.43
10. I. Verity	St.Bedes	3.12.53

VETERANS 0/40

1. J. Holt	Clay	3.00.01
2. J. Winder	CalderV	3.12.28
3. T. Spicer	Ross	3.12.43
4. T. Longman	Huncotes	3.15.23
5. B. Schofield	Tod	3.18.58

VETERANS 0/50

1. B. Price	CalderV	3.41.14
2. M. Coles	Skyrac	3.41.30
3. P. Greenwood	Tod	3.45.20
4. P. Blakeley	Unatt	3.54.07
5. D. Lucas	Roch	3.55.00

LADIES

1. S. Watson V	V Striders	3.38.21
2. R. Fletcher V	Tyne	4.01.18
3. A. Lee	Clay	4.12.18
4. D. Gowans	Acc	4.12.49
5. J. Hancock	LdsUni	4.13.34
6. L. Hayles	CalderV	4.26.03
7. J. Howard	AirePacers	4.29.05
8. I. Neville V	CalderV	4.41.40

TEAM

1. Calder Valley Fell Runners	18 pts
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LONG MYND VALLEY'S

Shropshire

AM/10.5ni/4500ft 21.2.93

RESULTS

1. A. Trigg	Gloss	1.37.12
2. A. Schofield	Borr	1.37.24
3. D. Lee	CFR	1.37.51
4. P. Mitchell	Bing	1.38.00
5. B. Thompson	CFR	1.38.02
6. M. Kinch	Warr	1.38.04
7. H. Wallis	Clay	1.38.06
8. A. Hauser	Fellan	1.38.08
9. R. Whitfield V	Bing	1.38.09
10. M. Hoffe V	Amble	1.38.10
11. G. Wilkinson	Clay	1.38.39
12. H. Roberts	Kend	1.38.45
13. T. Hesketh V	Horw	1.39.00
14. G. Huddleston	Clay	1.39.22
15. G. Bland	Borr	1.39.50
16. D. Weil	Unatt	1.39.50
17. J. Bland	Borr	1.39.52
18. G. Devine	P&B	1.39.55
19. D. Woodhead	Horw	1.40.07
20. S. Booth	Borr	1.40.08
21. A. Peace	Bing	1.40.22
22. A. Wrench	Tod	1.40.35
23. R. Jamieson	Amble	1.41.14
24. S. Barlow	Horw	1.41.46
25. T. Laney	Clay	1.41.54
26. J. Wootton	Bing	1.41.56
27. M. Keys	Ross	1.42.35
28. M. Fleming	Amble	1.42.40
29. H. Jarrett V	CFR	1.42.43
30. S. Thompson	Clay	1.42.44

VETERANS 0/40

1. R. Whitfield	Bing	1.38.09
2. M. Hoffe	Amble	1.38.10
3. T. Hesketh	Horw	1.39.00
4. K. Taylor	Ross	1.43.05
5. W. Bland	Borr	1.43.18

VETERANS 0/50

1. R. Bell	Amble	1.48.13
2. D. Quinlan	Bing	1.56.45
3. A. Evans	Amble	1.57.19
4. T. Trowbridge	DkPk	1.59.58
5. T. Baxter	CFR	2.00.11

VETERANS 0/60

1. G. Barras	Fellan	2.04.13
2. G. Booth	L'wood	2.05.20
3. D. Hodgson	Fellan	2.06.00



*Bridget Coomber of Denby Dale Travellers
Photo: Allan Greenwood*

LADIES

1. C. Greenwood	CalderV	1.46.24
2. J. Kenyon	Horw	1.50.24
3. C. Crofts	DkPk	1.55.54
4. C. Greasley V	Macc	1.56.05
5. S. Hodgson	Fellan	1.56.49
6. A. Priestley	Fellan	2.04.02
7. J. Reid	CFR	2.04.24
8. J. Shotter	Fellan	2.04.47

TEAMS

1. Clayton-Le-Moor	32 pts
2. Bingley	34 pts
3. Borrowdale	34 pts

TITTERSTONE CLEE RACE

Shropshire

AS/2.5m/750ft 20.2.93

REPORT

Titterstone Clee at 1750 feet is overshadowed by its near neighbour Brown Clee Hill but nevertheless its short ascent and descent provides a nice warm up for the Long Mynd Valleys race the following day. There are no obvious paths to the summit except for the last rocky ascent and the state of the bracken and sheep trails have a major bearing on the times recorded. The results of the two races are combined to produce an overall winner for the two days.

This year with the Long Mynd Valleys race designated as an English Championship race, a number of new faces were staying in the area and chose to sample the race. Gary Devine showed everyone a clean pair of heels leading at the trig point and controlling the race on the descent to finish two seconds ahead of his Pudsey & Bramley clubmate Will Ramsbotham. Tony Hesketh, first veteran man, lost a position on the descent but was still only six seconds behind the young lads from Yorkshire. Local man Mick Ligema who has been running this race for most of the eleven year history was fourth. First lady home was Janet Kenyon.

Michael Day

RESULTS

1. G. Devine	P&B	18.26
2. W. Ramsbotham	P&B	18.28
3. T. Hesketh V	Horw	18.34
4. M. Ligema	Croft Ambrey	18.45
5. P. Sheard	P&B	18.51
6. T. Haywood	Merc	19.16
7. S. Mansbridge	Merc	19.31
8. A. Darby	MDC	19.37
9. J. Childs	Hereford	19.58
10. D. Blackhurst	Ross	20.01

VETERANS 0/40

1. T. Hesketh	Horw	
2. M. Rasgaustic	Eryri	
3. A. Gaye	Wilm	
4. N. Walker	Amble	
5. M. Trevor	Sand well	

VETERANS 0/50

1. R. Inness	Stocks	23.25
2. M. Pierpoint	Shrews	25.38
3. L. Clarke	S'fields	25.42
4. J. Sproson	Merc	28.10
5. R. Myers	Merc	28.12

LADIES

1. J. Kenyon	Horw	21.25
2. J. Burnett	Unatt	24.32
3. W. Knox	Kesw	24.41
4. T. Langdown	Croft Ambrey	27.36
5. L. Thompson	BlackCombe	28.32
6. B. Parker	Hereford	29.12
7. J. Williamson	Shrop	29.13
8. L. Macdermid V	Bowline	32.14

JUNIOR

1. L. Boulton		23.00
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MOEL Y CI

Gwynedd

AS/2.25m/1000ft 6.3.93

REPORT

The early leader was Dei Huws but was overtaken at the summit by John Hey, who went on to win the race followed by Dei Huws. Hebog's Sian Roberts won the Ladies Race, knocking two seconds off her record time for the race.

Nigel Fisher

RESULTS

1. J. Hey	Warr	18.15
2. D. Huws	Eryri	18.48
3. H. Roberts	Hebog	19.16
4. D. Roberts	Hebog	20.05
5. C. Williams	Hebog	20.10
6. E. Evans	Eryri	20.16
7. S. Barnard	Eryri	20.26
8. S. Bibby	NWRR	20.30
9. D. Williams V	Eryri	20.55
10. A. Williams	Hebog	21.21

VETERANS 0/40

1. D. Williams	Eryri	21.26
2. P. Jones	Hebog	21.58
3. P. Stott	Hebog	22.08
4. B. Davies	Eryri	23.30
5. D. Thomas	Eryri	22.56

VETERANS 0/50

1. D. Williams	Eryri	20.55
2. P. Jepsen	Bury	22.25
3. B. Evans	P'atyn	25.15
4. M. Cox	DkPk	26.05
5. L. Pollard	ARCC	26.42

VETERAN 0/60

1. J. Pope	Eryri	32.38
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Shaun Mansbridge of Mercia passes the radar golf ball at Titterstone Clee.

Photo: Francis Uhlman

LADIES

1. S. Roberts	Hebog	23.40
2. S. Farrar	Eryri	25.31
3. A. Donnelly	Eryri	27.34
4. G. Anderton	ARCC	29.03
5. S. Lloyd V	Eryri	30.32
6. G. Wood V	Wrex	30.34
7. S. Anderton V	ARCC	32.48

JUNIORS

1. G. Jones	Rhiwlas	9.37
2. G. Bennell	Eryri	9.49
3. G. Jones	Rhiwlas	10.03



Shaun Livesey on his way to victory in the final stages on the Pendle Half Tour

Photo: Bill Smith

HALF TOUR OF PENDLE

Lancashire

BM/9m 1800ft 6.3.9

REPORT

The cloud that covered the higher points of Pendle Hill all morning cleared (some would say thankfully) ten minutes before the start of the race. This eased navigation considerably on a route run in reverse (clockwise) for the first time. As organisers, we considered the clockwise route tougher and so were disappointed when Shaun Livesey, on winning for the second year running, announced it to be "much easier", knocking two minutes off last year's time. A fine race for second place saw Simon Thompson beat John Wiczarek by four seconds, these two being so well matched that they teamed up to win the Haworth Hobbles. Good runs by Ken Taylor (5th overall), and Geraldine Walkington (99th) won the Veterans and Ladies' titles respectively.

Particularly pleasing was the good turnout for the second running of the Barley Hill Junior Race. Credit for this should go to the Horwich "grown ups", whose efforts meant that over half the field represented Horwich - other Clubs please take note! Stuart Robinson won the race (it's all in the genes, Keith) with three seconds covering the next three places. Performances worthy of note came from thirteen year old Chris Singleton (4th place) and twelve year old Chris Livesey (6th).

Keith Thompson

RESULTS

1. S. Livesey	Unatt	62.57
2. S. Thompson	Clay	66.48
3. J. Wiczarek	Acc	66.52
4. A. Wrench	Tod	67.33
5. K. Taylor V	Ross	68.07
6. P. Irwin	Ross	68.25
7. G. McMahon	Notts	69.15
8. M. Woods	Clay	69.53
9. P. Thompson	Black	69.56
10. S. Anderton	Tod	70.02

VETERANS

1. K. Taylor V/45	Ross	68.07
2. B. Schofield VMS	Tod	71.09
3. J. Nuttall V/50	Clay	73.35
4. R. Hargreaves V/45	Clay	73.44
5. M. Targett V/40	Clay	74.13
6. J. Talbot V/45	Tod	76.41

VETERANS 0/60

1. B. Leathley	Clay	93.27
2. C. Rushton	Wesh	94.29
3. J. Newby	Tod	97.24

LADIES

1. G. Walkington V/35	Horw	88.02
2. L. Bostock V/35	Clay	88.20
3. A. Lee	Clay	89.22
4. L. Lord V/35	Clay	89.48
5. J. Rawlinson	Clay	90.50
6. K. Thompson V/35	Clay	95.57

JUNIORS - Barley Hill

1. S. Robinson	Black	21.42
2. M. Warwick	Horw	21.56
3. G. Ridings	Clay	21.57
4. C. Singleton	Clay	21.58
5. G. Rothwell	Horw	22.21
6. C. Livesey	Pres	22.25

MYNYDD MAEN TRAVERSE

Gwent BM/7.5m/1700ft 6.3.93

REPORT

A strong field of runners took part in this years race which was in ideal weather. The excellent conditions underfoot helped Welsh International, Graham Patten, set a blistering pace to break Nigel Webb's course record by twenty seven seconds.

The quality of this years race could be seen by the competition going on up front with the first eight runners home inside the time set by last years second placed runner in similar conditions.

Veronica Callaghan dominated the Ladies race with a well fought out battle for second and third positions. The course record, however, remained intact.

John Darby won the first veterans prize, keenly contested by fourteen runners, coming a very creditable twelfth overall. It was extremely pleasing to see his brother Andrew (second position) return to fell running form after a long lay off through injury.

Mynyddwr De Cymru won the overall team prize and a very pleasant afternoon was spent by all competitors in the bar at Fairwater Leisure Centre after the event.

RESULTS

1. G. Pailen	Brych	49.36
2. A. Darby	MDC	51.16
3. P. Janies	BOK	52.21
4. P. Maggs	Chep	52.44
5. A. Woods	MDC	53.02
6. S. Blease	Brych	53.10
7. G. Burke	MDC	54.38
8. A. Slade	Torfæen	54.42
9. D. Vasses	F'water	55.00
10. P. Cleary	CalderV	55.05

VETERANS 0/40

1.J. Darby	MDC	55.24
2. J. Sweeting	MDC	60.08
3. T. Smith	MDC	64.27
4. M. Purchase	Griff	64.50
5. D. Finch	Chep	65.25

VETERAN 0/50

1. P. Wallace	Newport	85.05
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LADIES

1. V. Callaghan	Ennis	58.37
2. A. Nixon V	MDC	61.01
3. J. Coker	MDC	61.16
4. A. Franklin V	MDC	62.21
5. S. Ashton V	Chep	65.15
6. S. Woods	MDC	65.28

SLIEVE GULLION

Armagh AS/3.5myi000ft 7.3.93

REPORT

An interesting new race was added to the list of Slieve Gullion challenges on Sunday with the inaugural running of a Northside route taking in both cairns.

The start of the race was just west of Camlough Wood and roughly takes in an old way marked walking route to the two summits of Slieve Gullion.

A total of thirty three runners found the start in time to compete, as others although supplied with a six figure map reference failed the basic navigation test of getting there!

Brian Ervine was an early and determined leader, quickly building up an unassailable lead over the fast first section and then disappearing out of sight altogether on the climb through the heather.

A group of four athletes including Jim Browne, Paul Mawhirt, Adrian Philpott and Gerard Maguire fought it out together for the runner-up places, as Ervine disappeared into the dense mist that shrouded the top of the mountain.

Ervine reached the South Cairn well clear, and by the time he had returned to the North Cairn and the descent there was no catching him. Taking a direct route through the steepest downhill section he made little of the heather, bog, swamp and occasional rocks to arrive at the finish more than four minutes clear of Jim Browne, who in turn took second by the closest of margins from Paul Mawhirt.

The first junior home was Patrick Mallon in thirty six minutes fifteen seconds, with Leroy Brady in thirty six minutes forty two seconds. Denis Kerr was Armagh's best finisher in tenth in a time of thirty six minutes and thirty one seconds.

The women's race was won by Mary Havem, with Siobhan Connolly second and Jane Kennedy in third.

The veterans were won respectively by Adrian Philpott, John Sloan of North Down AC (0/45), and Brian Vallely, (0/50).

A total of twenty four runners finished the race with the remaining nine starters either disqualified for missing one or other of the checkpoints, or arriving back by car having gone astray in the mist shrouded mountain and having had to ascend to the road miles from the finish.

The race, however, was judged a great success and the organisers Armagh AC can be justly praised for their work. Sincere thanks is offered to all who helped in manning check points, judging the finish and recording times.

Brian Vallely

RESULTS

1. B. Ervine	B'drain	29.54
2. J. Browne	BARF	34.04
3. P. Mawhirt	N'castle	34.06
4. A. Philpott	Unatt	34.32
5. G. Maguire	A'ville	34.55
6. E. Hawkins	N'castle	35.54
7. D. Watson	N'castle	36.08
8. F. O'Hagan	Newry/Tri	36.21
9. D. Kerr	Armagh	36.31
10. M. McNiff	BARF	36.48

VETERAN 0/45

1. J. Sloan	N.Down	38.39
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VETERANS 0/50

1. B. Vallely	Armagh	56.44
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LADIES

1.M. Havem	Newry/Sham	51.27
2. S. Connolly	Unatt	57.01
3. J. Kennedy	Unatt	75.15

JUNIORS

1. P. Mallon	C'Cruppen	36.15
2. L. Brady	Armagh	36.42

ILKLEY MOOR FELL RACE

West Yorkshire AS/4.5m/1150ft 7.3.93

REPORT

James Parker and Neil Wilkinson both used the Ilkley Moor Fell Race as a sharpener for the following week's championship race at Criffell. The well flagged course ensured that James could not get lost, even on home territory!, but he was beaten in a tight finish by Scottish International Neil Wilkinson in a new course record of thirty six minutes and fifty five seconds.

Lucy Wright comfortably won the ladies race, followed by Sarah Young and Platt.

Apologies to anybody who was inconvenienced by lack of toilet facilities, this will be rectified for next year.

RESULTS

1. N. Wilkinson	Mane	36.55
2. J. Parker	Ilk	36.57
3. M. Roscoe	LdsCty	37.58
4. C. Metcalfe	Skip	38.05
5. W. Ramsbotham	P&B	38.42
6. S. Green	P&B	39.11
7. A. Whalley	P&B	39.15
8. C. Watson	Bing	39.16
9. M. Wilson	DkPk	39.21
10. C. Walker	P&B	39.39

VETERANS 0/40

1. K. Bowskoll	Stock	44.51
2. T. Thomley	Ilk	44.56
3. C. Smethurst	Chor	45.34
4. R. Haigh	Ilk	45.37
5. T. Robertshaw	Clay	45.55

VETERANS 0/45

1. B. Hilton	LdsCty	43.48
2. C. Todd	Harr	44.48
3. J. Ellis	Ilk	46.36
4. N. Claton	Skyrac	46.42
5. A. Mellor	Tod	47.24

VETERANS 0/50

1. P. Jepson	Bury	45.41
2. Mallett	Harr	47.08
3. T. McDonald	Harr	47.29

VETERAN 0/60

I.G. Barras	Fellan	48.00
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LADIES

1.L. Wright	LdsUni	45.57
2. S. Young	AleHse	50.51
3. L. Platt	Unatt	53.18

LADY VETERANS 0/35

1. M. Sanderson	Roch	55.35
2. R. Gooch	Ilk	62.11
3. R. Blackburn	Ilk	66.43

AXNFELL RACE

Isle of Man AL/21m/7000ft 7.3.93

REPORT

Fell runner come mountain biker, Dave Bawden, took full advantage of his handicap to score his first ever win on the fells in this years Axnfeli Handicap Fell Race, which was held in cool but pleasant conditions. He had a comfortable margin of eight and a half minutes in hand over fastest veteran Dave Corrin at the end of the tough twenty one mile course.

Fastest on corrected time was Tony Rowley for the second consecutive year to score maximum points towards retaining his Manx Championship.

The Axnfeli will not take place again until 1995 as it has been decided to run this event and the Elian Vannin races on alternate years on the early March date due to lack of entries in the larger events.

Richie Stevenson

RESULTS

1. D. Bawden	M.F.R.	4.45:54
2. D. Corrin V	M.H.	4.29:30
3. G. Hull V	M.F.R.	5.28:35
4. R. Stevenson	M.F.R.	4.24:43
5. D. Young V	M.F.R.	4.42:29
6. D. Ronan	M.H.	4.42:29
8. T. Rowley	M.F.R.	4.09:53
9. S. Temple	M.F.R.	5.0:53
10. B. Baxter SV	M.H.	6.30:40
11. R. Moughtin V	W.A.C.	4.56:57
12. M. Prikington	Unatt	6.10:35

IAN ROBERTS MEMORIAL ROAD AND FELL RELAY RACE

West Yorkshire 4x4m 13.3.93

REPORT

A Close team race saw four teams finish leg one almost level. Pudsey and Bramley, without Devine and Co were unable to hold onto Colin Walker's lead. Taylor gave Holmfirth a big lead on leg two which they held until a storming Martin Roscoe caught Bob Harbisher on the final fell leg.

The British Championship event on the Sunday deprived some of the regular front runners of their high places, but it was nice to see new names like Halesowen (Billy Nock a future fell star?) in the frame.

R.Futrell

RESULTS - LEG ONE

1.C. Walker	P&B	22.39
2. M. Elliot	Cham	22.40
3. R. Padgett	Spem	22.45
4. P. McTigue	LdsUni	23.01
5. K. Robinson	Bing	23.15

LEG TWO

1.J. Taylor	Holm	46.14
2. J. Hornby	Spem	46.54
3. P. Davies	LdsPast	47.51
4. R. Pal lister	P&B	48.29
5. S. Oldfield	Bfd/Aire	48.59

LEG THREE

1.A. Winspear	Holm	70.00
2. R. Hudson	LdsUni	70.49
3. C. Durham	H'owen	71.52
4. P. Stevenson	P&B	72.16
5. M. Sykes	Spem	72.16

LEG FOUR

1.M. Roscoe	LdsUni	94.21
2. R. Harbisher	Holm	95.27
3. W. Nock	H'owen	95.34
4. A. Brear	P&B	99.25
5. G. Oldfield	Bfd/Aire	99.50

BLACK COMBE FELL RACE

Cumbria AM/9m/3800ft 14.3.93

REPORT

The second Black Combe Fell Race, on the new course was attended by ninety one afficanados of true fell running. Steep and runnable ascents, fast downhills, coupled with little wind, no rain, and just enough clay on the top to make it interesting, ensured a good run enjoyed by all. Although the winning time was slightly down on last year, it was a good creditable performance especially as P.Crowson led through each checkpoint, closely followed through by the second man home. It was interesting to note that out of the field, over a third were 'old and bold'. Is this indicative of something? Prior to its prize giving all runners enjoyed typical BCR hospitality at no extra cost.

K. Nixon

RESULTS

1. P. Crowson	DkPk	73.40
2. A. Smith	CFR	73.45
3. M. Egner	Denby	74.12
4. N. Lanaghan	Kesw	74.58
5. T. Lofthouse	Bing	75.28
6. T. Kelly	Black	77.22
7. R. Green	AchRat	78.28
8.1. Block	CFR	78.32
9. A. Holden	Unatt	78.43
10. J. Hope V	AchRat	80.00

VETERANS 0/40

1. J. Hope	AchRat	80.00
2. C. Webb	CFR	81.06
3. C. Coote	Kend	82.14

VETERANS 0/50

1. B. Laycock	Amble	94.09
2. P. McHale	AchRat	94.18
3. E. Murray	Chor	100.37

VETERANS 0/60

1. B. Leathley	Clay	97.25
2. B. Fielding	Fellan	98.04
3. D? Talbot	Clay	104.26

LADIES

1. T. Smith	CFR	95.23
2. C. Kenney	AchRat *	96.59
3. M. Chippendale	Stock	101.28
4. L. Platt	Unatt	102.23
5. M. Radford	Unatt	110.68

CHARNWOOD HILLS RACE
Leicestershire
CM/12m/1500ft 14.3.93

REPORT

This race organised by the Bowline Climbing Club (Climbers running, yes, lots do it!) is billed as 'the toughest in the county' and attracts the areas top cross country runners but only a few (in the geographically northern sense) fell runners. Its not that far down the M1, bear us in mind next year when we propose to run the race in quieter (in the FRA calendar) but climatically tougher month of January. This years race was blessed with good weather, was pretty firm underfoot and was won by Sean Fenwick (the county cross-country champion) as it was in 92. His record of one hour twelve minutes and fifty nine seconds stands as does ladies record (also 92) of one hour twenty four minutes and fifty seven seconds by Tricia Calder (lady fell runner on a raid from north of the border). First lady this year was Julia Gilbert of who had to rush off after the race to relieve her babysitter!

Notable veteran performances came from 0/40's veteran Robert King and John Heywood both of local club Huncote Harriers and veteran 0/50, Tony Ilston of the Bowline. The popular team prize (BEER) went to Huncote, with only three runners to count, surely that can ensure at least one car load of fast fell runners next year. If not surely the spot prizes or free post race Hot Cross buns and tea might tempt you. Hope to see you in 94.

Craig Harwood

RESULTS

1. S. Fenwick	Mkt Har	1.16.36
2. A. Hart	Leic' Corit	1.17.13
3. A. Long	C'ville	1.18.43
4.1. Mant	NottsAC	1.19.55
5.1. Hart	NottsAC	
6. R. Swann	B'stoke	1.20.16
7. R. Seager	Cham	1.20.41
8. B. Busby	Wreake	1.22.31
9. T. Haywood	Merc	1.22.41
1.0. R. King V	Huncote	1.22.58

VETERANS 0/40

1. R. King	Huncote	1.22.58
2. J. Heywood	Huncote	1.25.51
3. P. Smith V	Hinck	1.26.29

VETERANS 0/50

1. T. Ilston	Bow	1.29.50
2. P. Leake	C'ville	1.31.55
3. G. Spencer	Unatt	1.35.15

LADIES

1. J. Gilbert	H&H	1.36.12
2. H. Fiddament V	Rugby&Dist	1.43.08
3. M. Picken V	Derby	1.43.41



*Mark Stock from Shep shed is chased by John Haywood (Huncote) and Andrew Dickinson at the Charwood Hills Race
Photo: John Cartwright*

CRIFFEL MICRO HILL RACE
Kircudbright
AM/7m/1800ft 14.3.93

RESULTS

1. M. Croasdale	L&M	47.34
2. A. Peace	Bing	47.42
3. S. Hawkins	Bing	48.37
4. J. Parker	Ilk	48.55
5. G. Bland	Borr	48.57
6. M. Kinch	Warr	48.57
7. S. Livesey	Unatt	49.10
8.1. Brooks	Loch	49.32
9. C. Roberts	Kend	50.00
10. A. Trigg	Gloss	50.05
11. D. Neil	Mercia	50.09
12. M. Hoffe V	Amb	50.21
13. J. Wilkinson	GALA	50.23
14. R. Bergstrand	Mand	50.26
IS. W. Ramsbottom	P&B	50.32
16. W. Gaunt	P&B	50.32
17. M. Roberts	Kend	50.41
18. G. Wilkinson	Clay	50.46
19. B. Thompson	CFR	51.03
20. N. Wilson	Cambtts	51.14
21. G. Huddleston	Clay	51.25
22. D. Rodgers	Loch	51.40
23. R. Whitfield V	Bing	51.44
24. M. Rigby	Amb	51.51
25. J. Hooson	Amb	51.52
26. G. Ackland	L'stone	51.52
27. J. Thin	Cam	52.01
28. G. Devine	P&B	52.09
29. T. Hesketh V	Horw	52.25
30. J. Atkinson	Amb	52.27

VETERANS 0/40

1. M. Hoffe	Amble	50.21
2. R. Whitfield	Bing	51.44
3. T. Hesketh	Horw	52.25
4. H. Jarrett	CFR	53.26
5. M. Foschi	Penn	53.45

VETERANS 0/50

L.J. Nuttall	Clay	57.25
2. D. Quinlan	Bing	58.38
3. R. Bell	Amble	59.04
4. K. Bums	Cam	60.40
5. S. McKie	Dumfries	61.20

LADIES

1.C. Crofs	DkPk	60.59
2. M. Todd	Amble	61.18
3. C. Greasiey V	Macc	62.15
4. A. Brand-Barker	Kesw	63.46
5. J. Smith V	DkPk	63.52
6. J. Reid	CFR	64.42
7. H. Diamantides	Amble	65.11
8. K. Beaty	CFR	66.31

TEAMS

1. Bingley	28 pts
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LLANBEDR TO BLAENAVON FELL RACE
Gwent
AL/14m/4500ft 21.3.93

REPORT

Our fourteenth year this time round and win No.eight for Andy Darby, quite a record.

The day dawned very menacingly with mist on all the tops and a moderate breeze so full kit seemed a good idea. By the time we started things had improved and conditions were actually very pleasant. It was nice to see though that competitors now arrive prepared for the weather and there were no objections to carrying full kit.

Nice to see a few people from other sports running and well up the field; orienteers and triathletes are obviously quite fit. If any fell runners feel like reciprocating I do organise both other sports and could let you have details.

One disappointing point was the absence from our race of many of those that completed in the Welsh Championship race the day before. As we had arranged the two races to coincide and catered for extra numbers, we felt a bit let down.

The St Johns as usual were on hand and while we were busy organising the prizegiving they were busy helping one of the backenders off the hill.

All in all a good day was had by all.

RESULTS

1. A. Darby	MDC	2.02.44
2. P. James	BOK	2.04.03
3. J. Nixon V	Horw	2.08.24
4. A. Woods	MDC	2.10.32
5.1. Powell	Wrek	2.10.52
6. G. Williams V	69	2.12.43
7. M. Palmer	GloucTri	2.15.53
8. K. Willis	Chelten	2.15.53
9. L. Gwilym	MDC	2.16.42
10. M. Saunders	MDC	2.18.42

VETERANS 0/40

1. J. Nixon	Horw	2.08.24
2. G. Williams	69	2.12.43
3. M. Rasgouski	Eryri	2.27.33
4. J. Sweeting	MDC	2.30.24
5. P. Jones	Eryri	2.34.07

VETERANS 0/50

1. E. Meredith	MDC	2.34.10
2. T. Gravina	Marl	2.34.55
3. C. Gravina	Amble	3.05.42

LADIES

1. M. Todd	Amble	2.22.19
2. S. Ashton	Chep	2.46.31
3. C. Holden	Marl	2.53.43

OLLERSETT MOOR
BM/6.5m/830ft 21.3.93

RESULTS

1. D. Gartley	41.24
2. P. Grimes	41.56
3. S. Charlesworth	42.07
4. S. Burthem	42.50
5. S. Entwistle	43.25
6. J. Hoffiman	43.28
7. J. Miller	43.37
8. F. Livesey	43.43
9. H. Twist	44.00
10. J. Quine	44.31

VETERANS 0/40

L.J. Hoffiman	43.28
2. T. Hulme	45.29
3. P. Nolan	45.36
4. R. Scotney	45.41
5. C. Knott	45.59

VETERANS 0/50

1. P. Jepson	45.49
2. M. Morrison	52.36
3. D. Wood	58.20
4. J. Robertson	58.29
5. G. Richardson	69.59

LADIES

1. K. Harvey	49.25
2. D. Copley	51.30
3. S. Ratcliffe V	53.57
4. J. Barber V	54.52
5. T. Griffin	55.56
6. A. Crosby	56.18
7. H. Bell	56.29
8. L. Threadgold	58.17

DON MORRISON MEMORIAL
EDALE SKYLINE FELL RACE
Derbyshire
AL/21m/4500ft 28.3.93

REPORT

Tim Haywood took an early lead but slipped into second place after five miles with the eventual winner lying fourth. At the seven mile point, Cheshire Cheese, the group at the front were destined to lead and finish high in the final order. By the half-way stage at Mam Nick, Colin Donnelly had taken the lead over Mark Kinch by three seconds and the two were neck and neck over the long, trying stretch to Brown Knoll followed closely by James Parker and the cousins Gavin and Jonathon Bland with Tim Haywood slipping behind.

From there Donnelly continued to lead with second place swopping with Kinch beating Parker over the last few miles. The event of the day, especially for Dark Peak, the race organisers, was Jacky Smith's effort in beating the ladies record by six minutes finishing 32nd overall. A very notable achievement.

Conditions were better than the previous year with reasonable visibility. To the race co-ordinator's relief all retiring runners did report back to base.

RESULTS

1.C. Donnelly	Eryri	2.33.10
2. M. Kinch	Warr	2.34.44
3. J. Parker	Ilkley	2.35.27
4. G. Bland	Borr	2.41.34
5. A. Schofield	Borr	2.47.37
6. J. Bland	Borr	2.48.47
7. T. Haywood	Merc	2.49.36
8. R. Leggett	Horw	2.50.48
9. J. Hey	Warr	2.54.27
10. T. Longman V	Huncote	2.55.18

VETERANS 0/40

1. T. Longman	Huncote	2.55.18
2. G. Berry	DkPk	3.00.27
3. R. Britton	H&H	3.01.24

VETERANS 0/50

1. D. Ashton	Black	2.59.17
2. T. Illston	Huncote	3.15.41
3. B. Thackery	DkPk	3.21.41

LADIES

1. i. Smith	DkPk	3.07.33
2. J. Jennings	R'ham	3.19.14
3. S. Newman	Gloss	3.22.51
4. K. Harvey	Alt	3.28.01

LADY VETERANS 0/35

i. J. Smith	DkPk	3.07.33
2. R. Clayton	Derwent V	3.38.45
3. A. Jorgenson	P'stone	3.41.44

PENDLE FELL RACE

Lancashire
AS/4.5m/1 500ft 3.4.93

RESULTS

1. S. Livesey	Clay	30.21
2. N. Wilkinson	ManUni	30.48
3. J. Maitland	P&B	31.22
4. G. Schofield	Black	31.31
5. C. Walker	P&B	31.33
6. C. Watson	Bing	31.41
7. J. Wiczorek	Acc	31.47
8. S. Cock	Lds	31.59
9. C. Hurst	Settle	32.18
10. J. Wootton	Bing	32.35

VETERANS 0/40

1. S. Breckell	Clay	32.38
2. H. Waterhouse	Sadd	33.28
3. B. Schofield	Tod	33.33
4. P. Bowler	Merc	32.52
5. B. Peace		34.24

VETERANS 0/50

1. D. Quinlan	Bing	34.12
2. P. Jepson	Bury	37.21
3. F. Gibbs	Bing	37.33
4. P. Blagbrough	Sadd	38.46
5. M. Elwell	Sadd	40.57

LADIES

1. C. Greenwood	CalderV	34.25
2. A. Bucklet	P&B	36.04
3. G. Cook	Roch	39.36
4. L. Bostock V	Clay	39.48
5. A. Isdale V	Bing	40.26
6. J. Rawlinson V		41.22
7. G. Walkington V	Horw	41.56
8. L. Lord V	Clay	41.59

FOUR TOPS HILL RACE

Inverness-Shire
AL/14m/5100ft 4.4.93

RESULTS

1. D. Rodgers	L.A.C.	2.16.30
2. M. Rigby	W'lands	2.20.34
3. J. Thin	Cam	2.26.02
4. R. Boswell V	L.A.C.	2.26.14
5. P. Hughes	L.A.C.	2.26.23
6. J. Hepburn	Dundee	2.28.17
7. I. Veitch	Gala	2.30.35
8. I. Wallace	HBT	2.30.50
9. G. Bartlett	Forres	2.31.24
10. D. McGuiness	HELP	2.32.31

VETERANS 0/40

1. R. Boswell	L.A.C.	2.26.14
2. D. Bell	HELP	2.33.22
3. J. Blair-Fish	Cam	2.42.43
4. C. Shaw	W'lands	2.44.34
5. B. Lawrie	Aber	2.46.23

VETERANS 0/50

1. K. Bums	Cam	2.46.47
2. C. Love	Dundee	2.46.51
3. G. Clark	Art> Ftrs	3.05.13
4. I. Chrystal	L.A.C.	3.05.52
5. D. MacDonald	L.A.C.	3.07.28

LADIES

1. H. Diamantides	W'lands	2.57.49
2. J. Schreiber	W'lands	3.16.06
3. H. Searle	L.A.C.	3.25.43
4. P. McLaughlin	W'lands	4.02.25
5. M. Woodman	Cam	4.43.07

HARDEN MOOR BUNNY RUN

West Yorkshire
CS/3m/300ft 6.4.93

REPORT

It was certainly 'choes away' as one hundred and forty six runners set off on this three mile Bunny run to get back as quickly and humanly as possible to get their clammy mitts on the Cadbury's Creme Eggs to all finishers. Continuing the topical theme some forty easter eggs were carried off by the different category winners.

This year, the second, saw the introduction of the fluffy bunny perpetual trophies awarded to first buck, doe and veteran buck. Gary Devine, Carol Greenwood along with 0/40 Dennis Quinlan will now find their respective names engraved on the afore mentioned Bunnies Belly Plaque. An innovation this year Was the 'Stage Easter Egg Prize' award for the first runner to the rocks on Spring Head Height, a mere four minute mad dash. Todmordens Andy Wrench hared off, and proved to have the rapider pace. After Wrench was snared, Craig Watson set the tempo until Devine caught the junior on the rougher stuff. The Pudsey

& Bramley Harrier had to work sweat to keep the determined Watson at bay whilst others would have given up the ghost. James Parker found himself only fourth after Steve Cock out-sprinted him, a similar feat he managed last year to defeat Watson to win. Pudsey and Bramley won the chocolate white rabbit lollies team prize, while Tracy Marshall anchored Bingley ladies to their chocolate rabbits.

Warning:- This race is for chocoholics only!!

Anne G.G. Cup

RESULTS

1. G. Devine	P&B	18.01
2. C. Watson	Bing	18.05
3. S. Cock	LdsCty	18.31
4. J. Parker	Ilk	18.32
5. A. Wrench	Tod	18.41
6. S. Green	P&B	18.44
7. P. Mitchell	Bing	19.04
8. J. Maitland	P&B	19.11
9. J. Wootton	Bing	19.21
10. M. Falgate	P&B	19.25

VETERANS 0/40

1. R. Haigh	Ilk	21.10
2. B. Hargreaves	Bing	21.32
3. G. Symes	CalderV	21.42
4. S. Thompson	Bing	22.21
5. K. Hopkinson	K.H.R.	22.24

VETERANS 0/50

1. D. Quinlan	Bing	20.34
2. T. McDonald	Bing	20.22
3. M. Coles	Skyrac	23.01
4. T. Cock	LdsCty	23.11
5. R. Blakeley	Unatt	23.23

VETERAN 0/60

1. B. Thompson	Aire	32.24
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LADIES

1. C. Greenwood	CalderV	20.06
2. K. Drake	Spn	22.10
3. J. Shoter	Fellan	24.00
4. R. Whitehead	Bing	24.28
5. L. Pickles	Kly	24.42
6. P. Oldfield	Bfd/Aire	25.11
I.C. Dewhurst	Clay	26.06
8. Pange	P&B	27.04

JUNIORS U/16

1. A. Burnett	LdsCty	21.25
2. O. Ashby	Unatt	21.56
3. S. Ashworth	Spn	23.02

MANX MOUNTAIN MARATHON

Isle of Man

AL/30m/8000ft 10.4.93

REPORT

The annual Manx Mountain Marathon took place on Easter Saturday over the traditional thirty one mile course that takes competitors from Ramsey in the North of the Isle of Man to Port Erin in the South visiting eleven summit checkpoints en route.

Weather conditions on Good Friday had been atrocious with dense mist and torrential rain. Luckily by the following morning conditions could not have been better with bright sunshine and clear blue skies making navigation relatively easy compared to recent years.

As early as checkpoint two on Clagh Ouyr, defending champion John Nixon was out of contention with a suspected broken ankle forcing his retirement at the St.Johns ambulance station at the Black Hut. Fortunately, after a visit to the local Ramsey Hospital his injuries were diagnosed as no more serious than damaged ligaments.

Andy Hauser of Leeds led from Colden onwards, shaking off a determined effort by fellow Yorkshireman Shane Green and Will Ramsbotham to arrive at the Bradda Glen finish with just over two minutes in hand after nearly four hours and forty five minutes of racing.

It was thirty eight year old Hausers record win in three years having finished record best to John Nixon last year. Surprisingly his winning time was way off fourth finisher Brent Brindles 1988 record.

Second and third place went to the Pudsey duo of Green and Ramsbotham respectively. Green had the satisfaction of knocking a missive one hour and six minutes off his previous best time recorded in the dense mist of 1991, whilst Ramsbotham's impressive debut run earned him the Quirk Trophy for best newcomer.

Clayton-Le-Moors reclaimed the Elite team prize they last won in 1991 with Martin Stone in fifth and Peter Brown's sixth place backed up by the reliable Andy Howarth's seventeenth position.

The Standard section turned into a family affair with Duncan Thompson just getting the better of brother Gordon in times good enough to make the top ten in the Elite. Local runner Dave Corrin made up the first three and also took the overall veteran prize.



Andy Hauser (here pictured behind M. Bruce on the Calder Valley) again won the Manx Mountain Marathon
Photo: Steve Bateson

SLIEVE MUCK NOVICE RACE

Co. Antrim
AS/3.5m/1400' 4.4.93

Roma McConville got her bid for a third successive NI title underway by taking 2mins 14 secs off Suzie Carron's 1984 course record. Behind the Bangor mother of four last year's Championship runner-up in Stephanie Pruzina, newcomer Anne Sandford of Ballydrain and Mary Havem who is now running for BARF, all ran very well to finish inside the long standing record.

In addition to being the opening round of the NI Ladies and Junior Men's Championships, the event is also a "novice" race for senior men with only those who have won a NIFRA Championship race eligible to compete.

It was no great surprise that Ian Lyle, who finished 32nd in the short race at last year's World Cup, won comfortably by just over a minute. Eddie Hawkins came through from sixth at the top to grab the runner-up spot ahead of Paul Mawhirst who is producing some impressive results in his first season on the hills.

An outstanding run by 15 year old Neil Jackson gained him maximum points in the opening round of the Junior Men's Championship as he finished fourth among the seniors and second junior Padraig Mallon was also well up in eighth overall.

So a very successful twenty fourth Manx with the beautiful weather making life easier for competitors and officials alike. Race Organisers Arthur Jones and his many loyal helpers can feel well pleased with all their hard work and they are all due a warm thankyou from the competitors.

An added bonus this year was the welcome sponsorship of Isle of Man breweries, who provided a T-shirt for all the finishers who attended the excellent prize giving and buffet after the race.

Richie Stevenson

RESULTS - ELITE

1. A. Hauser	Fellan	4.43.16
2. S. Green	P&B	4.45.39
3. W. Ramsbotham	P&B	4.53.35
4. B. Brindle	Horw	4.58.33
5. M. Stone	Clay	5.10.15

VETERAN 0/40

1. R. Stevenson	M.F.R.	5.43.39
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VETERAN 0/50

1. A. Ireland	Macc	6.10.31
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RESULTS-STANDARD

1. D. Thompson	Cald	5.29.59
2. G. Thompson	Prest	5.31.51
3. D. Corrin V	Manx	5.41.18
4. J. Ronan	Manx	5.43.15
5. E. Jack	Glas	5.56.26

VETERANS 0/40

1. D. Corrin	Manx	5.41.18
2. D. Ashton	Saif	6.25.15
3. J. Matuszewski	Stock	7.11.31

VETERANS 0/50

1. E. Murray	Chor	6.40.11
2. E. Brew	Manx	7.49.59
3. N. Tandy	Unatt	8.06.20

RESULTS - WALKERS

1. J. Britton V	7.53.40
2. J. Stewart	8.18.58
3. J. Smith	8.36.49
4. M. Pilkington	9.17.09
5. K. Tomkins	9.17.24

VETERANS 0/40

1. J. Britton	7.53.40
2. J. Preston	9.30.16
3. G. Preston	9.30.16

VETERANS 0/50

1.R. Waller	10.42.16
2. D. Viney	10.42.16
3. J. Viney	10.42.16

**MOELWYN PEAKS
Gwynedd
AM/9.5m/2800ft 17.4.93**

REPORT

A clear day this year, a big change from the misty conditions of 1992. Sixty six starters in the Senior race with sixty four completing the course. A reasonable turn out considering that three other fell races were on the same day, but still a small increase in turn out.

E. Hughes

RESULTS

1. J. Hey	Warr	1.18.40
2. G. Huddleston	Clay	1.18.43
3. E. Roberts	Eryri	1.22.43
4. G. Williams	Eryri	1.23.48
5. C. Williams	Hebog	1.25.48
5. T. Laney	Clay	1.25.48
7. S. Barnard	Eryri	1.26.14
8. P. Bonner	Clydes	1.27.29
9. E. Evans	Eryri	1.28.49
10. C. Giltrow-Shaw	Clay	1.31.07

VETERANS 0/40

1. D. Williams	Eryri	1.31.33
2. M. Blake	Eryri	1.35.07
3. A. Kenny	AchRat	1.38.05
4. A. Wright	N.Vets	1.42.35
5. P. Heneghan	Bolt	1.42.51

LADIES

1. A. Brand-Baker	Eryri	1.36.26
2. C. Kenny	Kend	1.44.09
3. A. Nixon	MDC	1.44.23
4. S. Farrar	Eryri	1.46.38
5. S. Bennett	Eryri	2.08.59
6. S. Lloyd	Eryri	2.09.37
7. B. Ripley	Eryri	2.38.00

JUNIOR RACE

1. C. Roberts	Eryri	42.25
2. M. Tyler-Childs	Unatt	44.00
3. S. Roberts	Unatt	44.50

**WARDLE SKYLINE FELL RACE
Lancashire
CS/7m/1 000ft 17.4.93**

REPORT

Yet another fine day for this event with dry(ish) conditions underfoot meant fast times. However, our return to the 1990 start - moved because of Water Authority works - left Colin Donnelly just over a minute outside the course record of forty minutes and forty seven seconds set by John Taylor in 1990. Colin won Wardle for the second year in succession, we hope he will try for the hat trick and new course record next year!

Stephen Barlow led the winning Horwich team with veterans Beels and Holloway setting examples to younger competitors and putting Rochdale in second place. Glynis Cook took the honours as first lady home

As usual, Wardle enjoyed playing host to a distinguished and good humoured field of competitors and their supporters. We hope to see you all next year.

Allan Buckley

RESULTS

1. C. Donnelly	Eryri	41.24
2. J. Brown	Saif	42.05
3. M. Keys	Ross	43.18
4. G. Devine	P&B	43.29
5. S. Barlow	Horw	43.31
6. J. Simmonite	Fylde	44.08
7. R. Haworth	Midd	44.30
8. D. Woodhead	Horw	44.58
9. C. Lyon	Horw	45.14
10. C. Urmston	Roch	45.22

VETERANS 0/40

1. D. Beels	Roch	47.13
2. I. Holloway	Roch	47.25
3. R. Waterhouse	Sadd	47.35

VETERANS 0/50

1. P. Jepson	Bury	50.44
2. P. Blaeskrough	Sadd	51.29
3. T. Eckersley	Sadd	52.17
4. M. Coles	Skyrac	52.52
5. B. Buckley	Gloss	53.17

LADIES

1. G. Cook	Roch	54.40
2. J. Shotter	Feland	54.59
3. A. Lee	Clay	55.39
4. A. Harris V	Stock	55.48
5. J. Keys	Ross	55.49
6. C. Walkington V	Horw	56.08
7. J. Ashworth	Midd	56.20
8. D. Fleming V	Ross	57.07

JUNIORS

1. J. Scarr	Roch	50.33
2. A. Burnett	Leeds	51.30
3. J. Parr	Roch	53.12

**GRISEDAL GRIND
Cumbria
AS/3.5m/1600ft 17.4.93**

REPORT

Gavin Bland now holds three course records for the Grisedale Grind. Unfortunately, a few days before the race I was told by the Forestry Commission at Grisedale Forest to move the start, finish and parking away from the Visitors' Centre. I was disappointed that the "sting in the tail" up to the Visitors' Centre was removed, although most of the runners did not seem to mind! Hopefully the course will now stay the same for a while although I will have to charge more next year to cover parking and possibly a permit fee. If I feel the amount is unreasonable, the race will not go ahead.

Gavin's excellent descent won the day. Alan Bowness, returning from injury, led by one hundred and fifty yards at the top, and held the lead until after the wall crossing. Gavin's caught Alan just before the road and won in twenty four minutes and forty nine seconds. Brian Thompson, last year's winner was third.

The race again failed to attract many runners from far away. Are they scared of the "Grind"? It was therefore good to see Robert Jackson from Horwich in fifth. Matt Whitfield in sixth, and Bob Whitfield winning the 0/40's race in twenty seven minutes and seven seconds. Tommy Baxter won the 0/50's in thirty one minutes and five seconds.

There was very tight team race, Borrowdale Fell Runners winning by one point from Cumberland Fell Runners when Andy Schofield passed Donald Lee on the track.

I must thank everyone who helped on the day - Fran Webb, Steve Harwood, Stephen Sharp, Dennis Hayes and my wife, Lynn. I would particularly like to thank Jim and June Hall. I have organised nearly twenty races in Whinlatter and Jim and June have helped on most of these.

I mentioned earlier that the Whinlatter Visitors' Centre is now run from Grizedale Forest in South Lakeland. This has brought home to me how much we owe to Mike Pearson at Whinlatter who has been so supportive of fell racing from Whinlatter. Thank you Mike.

Lastly I must thank you all for supporting the event. I hope to see you all at the Lords Seat Race on Wednesday, August 18th (7.00pm start) and at next year's Grind - Forestry Commission permitting!

Pete Skelton

RESULTS

1. G. Bland	Borr	24.49
2. A. Bowness	CFR	25.05
3. B. Thompson	CFR	25.35
4. J. Bland	Borr	25.48
5. R. Jackson	Horw	26.14
6. M. Whitfield	Bing	26.29
7. A. Schofield	Borr	26.34
8. D. Lee	CFR	26.43
9. M. Fanning	Borr	26.50
10. S. Willis	Amble	26.55

VETERANS 0/40

1. B. Whitfield	Bing	27.07
2. H. Jarrett	CFR	28.10
3. M. Litt	CFR	29.22
4. J. Rea	CFR	29.40
5. C. Webb	CFR	29.45

VETERANS 0/50

1. T. Baxter	CFR	31.05
2. P. Murray	Horw	31.10
3. H. Blenkinsop	Kesw	33.19
4. B. Johnson	CFR	34.20
5. B. Hillon	CFR	34.41

VETERAN 0/60

1. R. Todhunter	CFR	48.28
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LADIES

1. S. Hodgson	Fellan	31.27
2. J. Reid	CFR	32.21
3. K. Beaty	CFR	33.44
4. K. Arnold	CFR	34.42
5. L. Hibbert V	CFR	34.46
6. T. Smith	CFR	35.07
7. E. Thackery	Fellan	35.25
8. J. Laverack	Amble	36.07

**MYNYDD MAWR
Gwynedd
AS/4m/1300ft 24.4.93**

REPORT

The eighth Ras Mynydd Mawr was held under perfect running conditions and as a result four records were broken. With a good turnout in the Junior races, there was some good competition, and both Rachel Jones and Carwyn Roberts broke the under twelve records, while Alun Vaughan continued his fine form to win the under sixteen comfortably and Rhiannon Tomas improved her time considerably in the under sixteen girls.

There was a record turnout of sixty eight in the senior race. Colin Donnelly had some stiff opposition from Simon Forster and Matthew Moorhouse, while Colin Jones will soon be back to top form after his long lay-off with injury. Colin Donnelly eventually broke the course record by twelve seconds, the half-tour mark is the next challenge. The evergreen Don Williams has just turned fifty and is still beating most of the forty year olds, breaking the record for the race.

The ladies were well represented also with Stell Farrar winning on her first attempt at the race, and Sheila Bennell once again coming to the fore in the Veteran's section.

Added to the good conditions, the heather had been set fire to so that some likened the race to running on a grass track. Therefore, anybody who did not record a PB, will never have it so good again.

Dewi Tomas

RESULTS

1. C. Donnelly	Eryri	30.25
2. S. Forster	Eryri	31.10
3. M. Moorhouse	Saif	31.23
4. C. Jones	Eryri	31.58
5. H. Griffiths	Hebog	33.15
6. B. Beachell	Halfx	34.03
7. G. Owen	Eryri	34.53
8. G. Jones	Hebog	34.55
9. C. Williams	Hebog	35.07
10. D. Williams V/50	Eryri	35.13

VETERANS 0/40

1. D. Williams	Eryri	35.35
2. P. Jones	Eryri	35.45
3. B. Davies	Eryri	36.42

VETERANS 0/50

1. D. Williams	Eryri	35.13
2. M. Taylor	Eryri	40.37
3. B. Evans	Prestyn	41.46
4. R. Hughes	Eryri	42.11
5. M. Cox	DkPk	42.29



*Ruth Whitehead descends Bodbury Hill at the Long Mynd
Photo: Allan Greenwood*

VETERAN 0/60

1. J. Pope	Eryri	54.06
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LADIES

1. S. Farrar	Eryri	42.26
2. B. Ripley	Eryri	45.41
3. S. Bennell V	Eryri	46.19
4. S. Lloyd	Eryri	50.01

THREE PEAKS RACE N. Yorkshire AL/23.5m/4500ft 25.4.93

REPORT

1993 was the year the Three Peaks Race ran out of luck with the weather. The rain started at 6.00 am and continued with varying intensity until the leading runners finished. Sell Gill was knee deep and Little Dale Beck at the foot of Whemside was a raging torrent almost waist deep.

Given these conditions, judgement of pace and what clothing to wear were of critical importance and several runners suffered from the debilitating effects of mild hypothermia during the long descent from Ingleborough to the finish. The number of retirements was, however, the lowest for three years, which must reflect credit on the fitness and experience of entrants in the event.

Not surprisingly, the winning times were generally slower. Mark Croasdale had the mortifying experience of losing a lead of five minutes between Ingleborough summit and the finish. All credit to Gavin Bland, whose strength in the closing stages enabled him to become the youngest ever winner of the Three Peaks Race. Congratulations also to Mark Roberts and Paul Mitchell, the latter led Bingley to yet another team victory despite the absence of three of last years counters. Their winning team included the winners of the Veterans and Super Veterans categories! Carol Greenwood survived a ducking at Little Dale Beck to win the ladies race, but Ruth Pickvance and Kath Drake pressed her harder than expected.

Finally, may I take this opportunity of expressing the thanks of the Three Peaks Race Committee and all competitors to BT Mobile Communications for their generous sponsorship of this years event. We hope they have enjoyed their initial association with fell racing despite the weather.

Dave Hodgson

RESULTS

1. G. Bland	Borr	3.05.17
2. M. Roberts	Kend	3.05.21
3. P. Mitchell	Bing	3.06.23
4. M. Croasdale	L&M	3.07.38
5. R. Whitfield V	Bing	3.08.36
6. M. Wallis	Clay	3.09.53
7. D. Horsfall	Bing	3.11.08
8. S. Thompson	Clay	3.11.27
9. J. Parker	Ilkl	3.11.38
10. R. Brown	HBT	3.12.02
11. G. Schofield	Black	3.12.22
12. R. Jamieson	Amb	3.13.15
13. P. James	BristO	3.13.24
14. D. Woodhead	Horw	3.13.39
15. P. Clark V	Kend	3.13.58
16. J. Holt V	Clay	3.14.15
17. J. Wiczorek	Acc	3.16.24
18. G. Wilkinson	Clay	3.17.47
19. P. Briscoe	VallS	3.17.50
20. A. Hauser	Feland	3.18.51

VETERANS 0/40

1. R. Whitfield	Bing	3.08.36
2. P. Clark	Kend	3.13.58
3. J. Holt	Clay	3.14.15
4. S. Breckell	Clay	3.20.22
5. M. Walford	Kend	3.23.54

VETERANS 0/50

1. D. Quinlan	Bing	3.21.57
2. R. Bell	Amb	3.31.58
3. F. Gibbs	Bing	3.52.29
4. W. Wade	Holm	3.56.18

VETERANS 0/60

1. G. Booth	Long	4.09.27
2. D. Hodgson	Feland	4.23.21
3. B. Leathley	Clay	4.33.08

LADIES

1. C. Greenwood	CaldV	3.39.50
2. R. Pickvance	Kend	3.44.14
3. K. Drake	Spen	3.45.41
4. A. Priestley	Feland	3.52.39
5. G. Walkington V	Horw	4.03.34
6. J. Shoter	Feland	4.04.15
7. A. Isdale V	Bing	4.13.05
8. K. Arnold	CFR	4.16.13

TEAMS

1. Bingley	42 Pts
2. Clayton	48 Pts
3. Kendal	72 Pts

TEAMS-LADIES

1. Fellandale	680 Pts
2. Clayton	997 Pts

PENTYRCH HILL RACE Mid Glamorgan BM/7.5m/1700ft 27.4.93

REPORT

One hundred and four runners - a record entry - competed in the race which climbs the Garth Hill, north of Cardiff, twice. The evening was dry with a strong northerly wind that blew in the faces of the runners as they approached the top of the Garth on the first occasion. The forestry tracks were muddy following recent heavy rain.

Richard Jones, who arrived thinking it was a road race, quickly set off creating a lead of two hundred metres by the end of the first mile. He gradually built on that lead to win over a minute in front of the host Club's Murray Williams in his first year as a Veteran. G. Patten.

The winner of the Ladies' section, V. Colleran, broke the course record by over two minutes.

J. Gough

RESULTS

1. R. Jones	Card	51.02
2. M. Williams V	Bed	52.15
3. G. Patten	Brych	52.31
4. A. Woods	MDC	52.39
5. S. Blease	Brych	53.35
6. S. Rhind	H'beatW	53.48
7. J. Sage	Ink	54.23
8. P. Coker	MDC	54.40
9. J. Poinon V	Ponty	54.49
10. M. Saunders	MDC	54.53

VETERANS

1. M. Williams	Bed	52.15
2. J. Poinon	Ponty	54.49
3. J. Ayoub	Brynnna	60.53
4. F. Stevens	Peg	60.53

LADIES

1. V. Colleran	Brych	57.35
2. J. Coker	MDC	61.52
3. B. Boylan	Card	64.16
4. A. Bedwell	MDC	65.06
5. S. Ashton	Chep	65.24

MIDDLEFELL FELL RACE Cumbria N/6.5m/1700ft 28.4.93

REPORT

This was the first fell race organised by the Screes Hotel, due in no small measure to the enthusiasm and great help of Danny Hughes and his wife Norma.

A perfect April evening attracted fifty eight runners who tackled a course having a long one and a quarter mile run out before climbing Middlefell itself. Weather conditions enabled the race to be run without incident, no lost competitors and no injuries.

Prizes were awarded to the first three ladies and the last and likewise for the men. Angela Brand Barker was running her one hundredth fell race.

D.H. Simpson - Landlord of the Screes

RESULTS

1. A. Bowness	CFR	52.42
2. A. Smith	CFR	54.02
3. S. Francis	Wat	54.11
4. D. Wilkinson	Roch	54.41
5. H. Jarrett	CFR	55.12
6. C. Urmston	Roch	55.43
7. A. Holden	Unatt	56.21
8. J. Taylor	LancU	56.32
9. A. Beatty	CFR	56.57
10. J. Arnold	CFR	57.12

LADIES

1. A. Brand Barker	Kesw	66.38
2. T. Smith	CFR	69.00
3. V. Hindmarsh	B'combe	81.25
4. L. Lecky Thompson	B'combe	100.41

CONISTON FELL RACES Cumbria AM/9m/3500ft 1.5.93

REPORT

Ian Holmes started by leading himself and others astray off the top of Mouldry Bank, Gavin Bland and company were much too canny to follow but must have been disappointed to see your man appear again still in front, maintaining his lead off the Old Man summit to run in a strong winner.

Amongst the ladies, Beverley Redfeam celebrated a return to fell running with a great run, followed by Sue Parkin.

I must pay tribute to the standard of this years race. All categories provided some truly excellent runs. If Coniston is to be a yardstick for the season, fell running is in great heart.

Nick Matthews

RESULTS

1. I. Holmes	Bing	1.08.39
2. G. Bland	Borr	1.10.03
3. I. Ferguson	Bing	1.10.08
4. M. Hoffe V	Amb	1.10.17
5. J. Bland	Borr	1.12.21
6. W. Gaunt	P&B	1.12.27
7. C. Roberts	Kend	1.12.27
8. M. Keys	Ross	1.12.37
9. I. Ramsbottom	P&B	1.12.46
10. J. Wootton	Unatt	1.13.57
11. A. Cory Wright	DkPk	1.14.07
12. S. Francis	Watf	1.14.27
13. C. Valentine	Kesw	1.14.30
14. M. Fleming	Amb	1.15.21
15. S. Green	P&B	1.15.28
16. K. Lomax	MDOC	1.15.35
17. N. Lanaghan	Kesw	1.15.39
18. B. Clough	Amb	1.15.39
19. J. Gloyn Williams	Amb	1.16.33
20. G. Devine	P&B	1.17.30

VETERANS 0/40

1. M. Hoffe	Amb	1.10.17
2. M. Richardson	Amb	1.18.38
3. I. Holloway	Roch	1.19.33
4. K. Carr	Clay	1.21.36
5. M. Parry	Kend	1.28.54

VETERANS 0/50

1. J. Nuttall	Clay	1.19.15
2. D. Jones	Pen	1.30.11
3. D. Simpson	Prest	1.33.50
4. R. Lay cock	Amb	1.34.01
5. P. Hennesman	Bolt	1.35.04

VETERANS 0/60

1. D. Hodgson	Amb	1.39.40
2. K. Rushton	Wes	1.42.15

LADIES

1. B. Redfem V	Carn	1.25.33
2. S. Parkin V	Kend	1.28.09
3. J. Smith V	DkPk	1.30.28
4. K. Beaty	CFR	1.31.39
5. A. Priestley	Feland	1.36.09
6. M. Chippendale V	Stock	1.42.40
7. L. Hibbert V	CFR	1.42.49
8. A. Lintley V	CFR	1.45.04

TEAMS

1. Pudsey & Bramley	50 Pts
2. Ambleside	55 Pts

SLIEVE BEARNAGH County Down AM/7m/2650ft 1.5.93

RESULTS

1. R. Bryson	N'castle	54.52
2. B. Ervine	B'drain	55.55
3. A. Philpott	Lisb	57.53
4. N. Caity	N.Down	58.03
5. J. Brown	BARF	59.54
6. E. Hawkins	N'castle	60.04
7. J. Patterson V	Dune	60.14
8. B. McKay V	A'ville	60.36
9. P. Mavirt	N'castle	60.36
10. E. McMahon	Dund	62.28
11. S. Sharpe	IHRA	63.01
12. R. Forde	IHRA	63.46
13. P. Howie	Larne	65.17
14. J. McDonnell	IHRA	65.22
15. C. Young	IHRA	65.22

VETERANS 0/40

1. B. McKay	A'ville	60.36
2. W. Kytelle	ACKC	70.39
3. M. Barton	ACKC	70.43
4. T. Wilson	IHRA	72.00
5. M. Kelly	IHRA	74.44

VETERANS 0/45

1. J. Patterson	Dune	60.14
2. B. McGee	Lame	68.24
3. F. Strickland	B'drain	68.29
4. J. Sloan	N.Down	70.56
5. D. Rankin	A'ville	71.13

LADIES

1. S. Pruzina	BARF	75.25
2. R. McConolle	N.Down	75.33
3. A. Standford	B'drain	78.18
4. J. Mitchell	Dub	78.19
5. M. Havem	BARF	86.36

JUNIORS

1. P. Mallon	CarrCrup	24.57
2. N. Jackson	B'drain	24.59
3. B. McCauley	Dub	25.33



Mark Croasdale, first to the top of Rivington Pike and currently first in the British Championships
Photo: Bill Smith

THREE FEATHERS FELL RACE POWYS AM/7m 1.5.93

REPORT

The 1993 race went ahead in good conditions with a record entry of over 170 competitors taking part, with all prize categories being contested at the highest level, making the Three Feathers one of the principalities premier fell races.

This years event was again sponsored by Crown Buckley, with prizes to all categories including first womens team and tee shirts to first eighty men and twenty women.

Both the mens and womens records fell with Paul Wheeler running the race of his life to finish over two minutes ahead of Graham Patten and a good class field including Andy Darby of "Survival of the Fittest" game who finished fifth.

Veronica Collieran took charge of the womens race with a good margin over second place Angela Brand Barker. Graham Finlayson, Race Director was very pleased with the high class turn out and the excellent conditions and hopes the event now a Welsh Championship, can be included in the British Championships for 1994.

The event also incorporated the Welsh T.A. Championships.

K. C. Fulthorpe - Press Officer

RESULTS

1. P. Wheeler	3RRW	51.12
2. G. Patten	Brych	53.20
3. P. James	MDC	53.54
4. D. Richards	4RRW	55.11
5. A. Darby	MDC	55.18
6. S. Mansbridge	Mercia	55.50
7. M. Cherrington	4RRW	56.36
8. R. Eagle	MDC	57.12
9. T. Taylor	Heref	57.15
10. G. Bagnall	Chelt	57.23
11. M. Edwards	3RRW	57.34
12. N. Webb	3RRW	57.51
13. P. Maggs	MDC	57.59
14. M. Mundinano	Chelt	58.35
15. A. Woods	MDC	58.39
16. G. Ayers	TaffTri	58.49
17. J. Rees	4RRW	59.12
18. S. Evans	4RRW	59.36
19. N. Miller	West	61.11
20. C. Davies	4RRW	61.16

VETERANS 0/40

1. W. Darby	MDC	61.20
2. P. Jones	Eryri	61.37

VETERAN 0/50

1. F. Thomas	Chelt	69.20
--------------	-------	-------

LADIES

1. V. Collieran	Brych	62.19
2. A. Brand-Barker	Eryri	65.32

3. S. Manser	Llis	67.20
4. D. Kenwright	SamHelen	69.31
5. A. Nixon	MDC	71.20
6. S. Ashton	MDC	72.56
7. A. Fiddler	MDC	73.14
8. S. Woods	MDC	73.23

TEAMS

1. Mynyddwr De Cymru	16 Pts
2. 3RRW	24 Pts

RAVENSTONES FELL RACE Lancashire BM/10m/1250ft 1.5.93

REPORT

Good conditions underfoot, clear weather and a cracking pace by Mark Kinch resulted in some very fast times in this years race, with senior, veteran and ladies records all being broken.

Mark became the first man to break the hour for the course, knocking a minute off John Taylors 1991 time. Carol Greenwood took an unbelievable ten minutes off the previous best ladies time. Dave Ibbetson took Tony Hulmes 1989 record in the veterans category on his way to five overall wins in the three day event.

D. Whittam

RESULTS

1. M. Kinch	Warr	59.57
2. A. Trigg	Gloss	62.03
3. M. Corbett	Ross	63.26
4. M. Prady	Gloss	65.12
5. D. Ibbetson V	Gloss	66.00
6. T. Hesketh	Horw	66.25
7. D. Watson	Holm	66.41
8. D. Gartley	Gloss	66.43
9. G. Webb	CaldV	66.59
10. C. Lyon	Horw	67.24

VETERANS 0/40

1. D. Ibbetson	Gloss	66.00
2. T. Hesketh	Horw	66.25
3. J. Kershaw	Macc	68.51
4. H. Waterhouse	Sadd	69.17
5. W. Waterhouse	Sadd	69.55

VETERANS 0/50

1. T. Eckersley	Sadd	77.43
2. M. Elwell	Sadd	79.31
3. W. Buckley	Gloss	79.48
4. P. Blagborough	Sadd	81.24
5. P. King	Denby	81.28

LADIES

1. C. Greenwood	CaldV	72.45
2. S. Newman	Gloss	81.33
3. G. Cook	Ross	81.55
4. G. Walkington V	Horw	84.24
5. K. Harvey	Altrinch	85.00

MOEL EDLIO Wales AM 8m/3000' 15.5.93

RESULTS

1. Mark Croasdale	Lancs/Mrcmb	58.36
2. Mark Kinch	Warrington	58.54
3. B. Thompson	CPR	60.24
4. Simon Forster	ERYRI	60.37
5. Mark Roberts	Kendal	60.54
6. Paul Wheeler	MDC	61.26
7. Dave Neil	Mercia	61.30
8. Stephen Wilks	Bangor Univ.	61.39
9. Graham Huddleston	Clayton le Mr	61.56
10. J. B. Parker	Ukley H.	62.12
11. Michael Hoffe	Ambleside	62.20
12. Martin Lee	Bolton U Hac	62.32
13. Willie Gaunt	Pudsey	62.40
14. Gary Wilkinson	Clayton le Mr	62.42
15. Robin Jamieson	Ambleside	62.46
16. Mark Rigby	Ambleside	63.22
17. John Hooson	Ambleside	63.32
18. R. E. Whitfield	Bingley H.	63.36
19. Graham Patten	Brychetriog	63.49
20. Paul Sheard	Pudsey & Br.	63.55
21. Shane Green	Pudsey & Br.	64.00
22. Peter James	MDC	64.09
23. Andrew Schofield	Bon-owdale	64.20
24. Paul Cadman	Mercia F.R.	64.23
25. Shaun Mansbridge	Mercia	64.29
26. Mike Fanning	Borrowdale	64.35
27. Mike Wallis	Clayton le Mr	64.38
28. David Richards	MDC	64.42
29. Jonaihan Bland	Borrowdale	64.50
30. Billy Bland	Boirowdale	65.29

LADIES

1. Angela Brand/Barker	Keswick	75.27
2. Jacky Smith	DPFR	75.53
3. Caroline Hughes	DPFR	77.35
4. Jackie Reed	CFR	78.20
5. Glynda Cook	Rochdale	81.21

VETERANS 0/40

1. Michael Hoffe	Ambleside	62.20
2. R. E. Whitfield	Bingley H.	63.36
3. Billy Bland	Borrowdale	65.29
4. Harry Jarrett	CFR	66.36
5. Tony Hulme	Pennine FR	67.02
6. Phil Clarie	Kendal	67.03
7. Mario Foschia	Pennine PR	68.15
8. Robert Taylor	Pennine	68.20
9. Kenneth Taylor	Rossendale	68.46
10. David Beels	Rochdale H.	70.15

LADY VETERANS

1. Kathleen Beaty	CFR	80.21
2. Amanda Isdale	Bingley	80.40
3. Geraldine Walk/ton	Horwich RMI	82.14
4. Dawn Kenwright	Sam Helen	82.39
5. Lynn Thompson	Keswick	82.59

**Rostrevor to Newcastle
RELAY
28th March
Mourne Mountains, N. Ireland**

A record of 27 teams, including seven from Scotland, raced 20 miles across the Mourne Mountains, in four stages.

After the opening road leg, old rivals Newcastle and Ballydrain Harriers were out in front on the Eagle Mountain leg. By the changeover, Ballydrain had a lead of 4:20, after Northern Ireland fell champion Brian Ervine broke the leg record by 1:15.

Newcastle regained the lead on the final leg approaching the summit of Slieve Donard, and on the long descent to the finish at Newcastle, extended the lead to 46secs. Scottish international Mark Rigby broke the Slieve Donard leg record by 1:14 to bring Westerlands through to third, ahead of North Belfast Harriers.

Westerland's women were in a class of their own as they set new records for each of the four legs, breaking the overall record by 45.07, and finishing well ahead of locals BARF and Dub.

RESULTS

1. Newcastle A	0:18:05	0:53:54	0:25:50 1:06:53	2:43:53
2. Ballydrain A	0:19:15	0:48:21	0:26:47 1:10:16	2:44:39
3. Westland Men	0:21:10	0:55:58	0:27:35 1:00:57	2:45:40
4. N. Belfast	0:18:28	0:58:31	0:25:27 1:07:01	2:49:27
5. Newcastle B	0:17:54	0:58:40	0:26:37 1:09:07	2:52:18
6. Fed 3	0:20:45	0:57:42	0:27:28 1:09:20	2:55:15
7. BARF A Men	0:20:05	0:56:30	0:25:45 1:13:00	2:55:20
8. Newcastle C	0:20:54	1:07:34	0:28:31 1:09:10	3:06:09
9. Fed 2	0:17:40	0:57:16	0:23:33 1:28:26	3:06:55
10. Hunters Bog Trotters	0:19:24	0:58:05	0:28:54 1:20:34	3:06:57
11. Albertville	0:19:00	0:58:47	0:28:53 1:21:19	3:07:59
12. Willowfield	0:18:37	1:09:51	0:23:42 1:18:21	3:10:31
13. ACKC Vets	0:20:12	1:04:50	0:27:49 1:21:22	3:14:13
14. Dub Men	0:20:21	1:00:41	0:27:07 1:28:39	3:16:48
15. Westland Ladies	0:23:20	1:15:15	0:29:25 1:17:02	3:25:02
16. Ballydrain C	0:22:03	1:15:03	0:27:19 1:24:24	3:28:49
17. ACKC (Collegians)	0:22:07	1:11:59	0:30:36 1:26:03	3:30:45
18. Fed 1	0:18:26	1:02:58	0:25:16 1:44:36	3:31:16
19. Newcastle D	0:24:21	1:23:28	0:32:06 1:12:21	3:32:16
20. BARF B Men	0:18:00	1:16:51	0:31:29 1:32:36	3:39:06
21. Ballydrain Vets	0:22:30	1:15:37	0:32:35 1:32:34	3:43:16
22. Fed 4 Overfeds	0:19:57	1:24:37	0:32:44 1:44:04	4:01:22
23. BARF Ladies	0:30:15	1:31:57	0:37:41 1:37:55	4:17:48
24. Dub Vet Ladies	0:25:10	1:28:48	0:39:49 1:46:23	4:20:10
25. Armagh	0:19:31	2:15:34	0:31:32 2:19:36	5:26:13

RECORDS

Men	Ballydrain	2:41:35	1983	
Ladies	Westland	3:25:02	1993	
Man	Leg 1	John Ctinningham	0:16:48	1990
	Leg 2	Brian Ervine	0:48:21	1993
	Leg 3	Dave Lonnen	0:22:55	1990
	Leg 4	Mark Rigby	1:00:57	1993
Ladies	Leg 1	Elspheth Scott	0:23:20	1993
	Leg 2	Jo Schrieber	1:15:15	1993
	Leg 3	Jane Robertson	0:29:25	1993
	Leg 4	Helen Diamantides	1:17:02	1993

RIVINGTON PIKE 1993

Kendal's Craig Roberts won the Easter Saturday race with 22 seconds spare. Second last year, he was two seconds short of the 1980 winning time set by club mate Andy Taylor, the third fastest ever. In near perfect conditions Roberts was chased hard by fellow international Mark Croasdale from Lancaster up to the 1191 foot high peak. Yorkshirewoman Kath Drake, the prolific racer from Spenborough who won the Salford 10k on Good Friday, was over a minute outside the tough standard of 19:55 set by Carol high in 1986.

The race was started by the nine times winner T. Pat Campbell who saw the promising talent in Matthew Moorhouse first-hand. Although pleased that the future was in safe hands he bemoaned that the race was on made up road for a long way now: "Not what it used to be." Campbell won his race in the 1930's.

Three times winner Ron Hill (1961, 65, and 66), an Olympian had different fortunes. After a foot operation in January he took 27:12, over ten minutes slower than his best ever.

There was a race for Juniors: 53 ran.

Neil Shuttleworth.

WOMEN

1. K. Drake	Spen.	21.19
2. G. Walkington	Hor.	23.30
3. J. Harold	Hor.	23.42

MEN

1. C. Roberts	Kendal	16.37
2. M. Croasdale	Lancaster M	16.59
3. N. Smart	SaleH	17.59
4. G. Schofield	Blackburn	18.00
5. M. Morehouse	Salford H	18.04
6. R. Smith	Horwich	18.10
7. P. Pollitt	Bolton UH	18.12
8. S. Barlow	Horwich	18.16
9. R. Jackson	Horwich	18.18
10. S. Breckell	Clayton 1M	18.20

VETERANS 040

1. S. Breckell	Clayton 1M	18.20
2. P. Bowler	Mercia	18.32
3. G. Woodbum	Blackburn	19.02



**L'AUTOBUS TRIP DE
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DU MONDE EST AUX
LES ALPES**

GAP 1-7 September 1993

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Brush up votre français

**Pour reservee votre place
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**Alan Judd, 32 Hollin Lane,
LEEDS, LS16 5LZ**



*Carole Lyon (Newburgh Nomads) descending Rivington Pike
Photo: Bill Smith*



*Geoff Oldfield takes the baton for
Saddleworth at the Rossendale Way Relay
Photo: Steve Bateson*

LANCASHIRE SHOE REPAIRS

SPORTS SHOE REPAIRS BY CRAFTSMEN

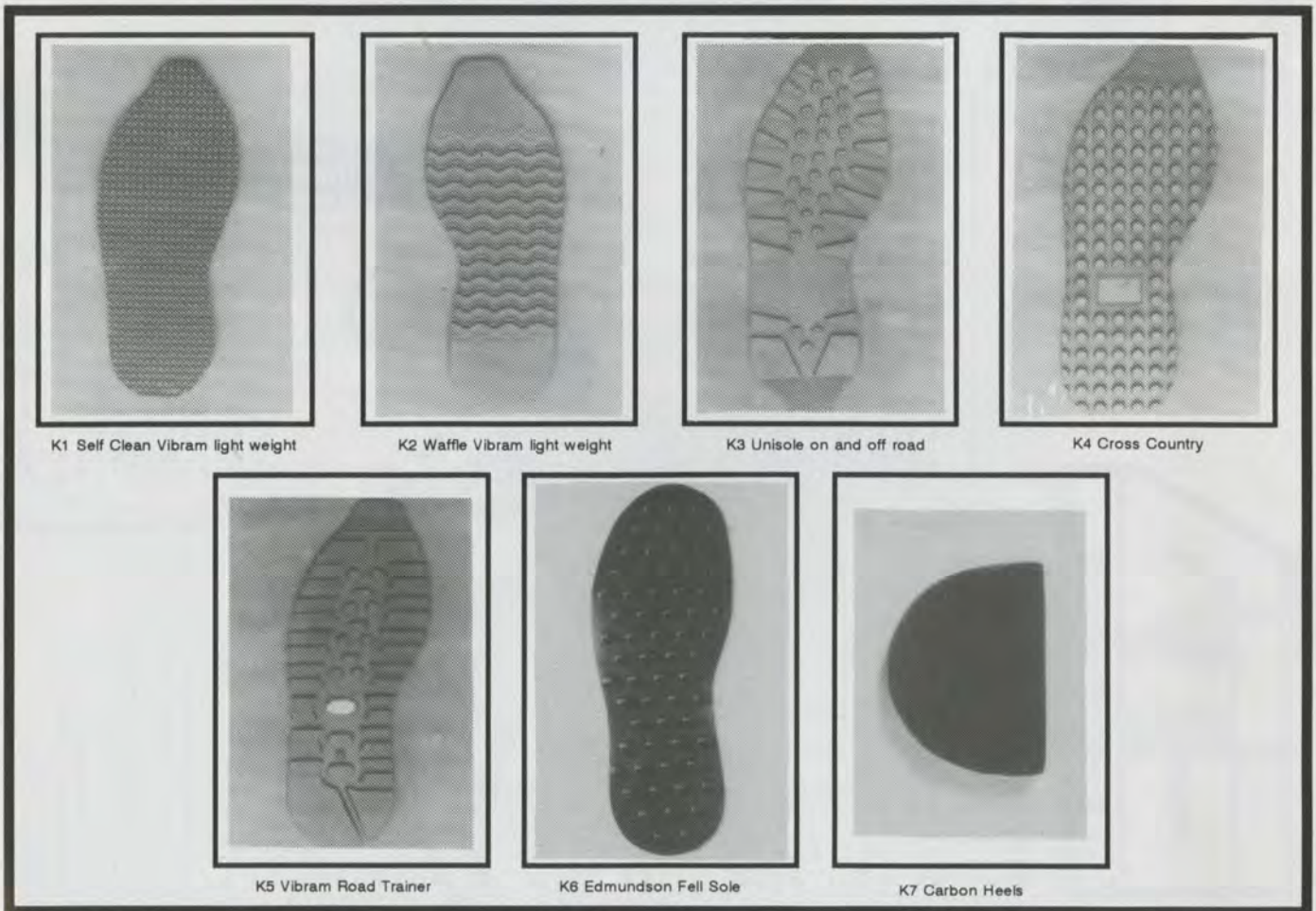
We combine the Traditional skills of the Master Repairers with the latest technology used by the modern manufacturers, we have top quality replacement soles for any make of Running, Walking or Rock Climbing Boots.

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Please Print your Name and Address, Tel. No. and type of repair **Clearly** and make all Cheques or Postal Orders Payable to: David Comer, and send to, Lancashire Shoe Repairs, Unit 4, Industrial Place, Bacup, Lancashire. OL13 9NU Tel: 0706 812284

Lancashire Shoe Repairs will donate to the Fell Runners Association 25p for every Re-Sole Repair sent in when the Customer mentions reading the advertisement in the **Fell Runner**, valid until 25th December 1993*



Lancashire Shoe Repairs are also pleased to be the officially appointed repairers to E.T.A. Racing Shoes. We wish them all the success in the future.



Welcome to our NEW '93 INFORMATION SHEET which details E.T.A. products available for the coming season, which includes the original racing shoes now featuring new performance specification improvements, but also introduces the two latest E.T.A. products which again focuses on ultra lightweight, high performance footwear plus a new, unique E.T.A. concept in clothing, all of which we are sure you will find both interesting and exciting

All E.T.A. products are designed, developed, distributed and marketed by us and manufactured in the U.K., we are also pleased to inform you that E.T.A. has moved into larger premises at Milnthorpe, the location is perfect for E.T.A., situated in the countryside of South Lakeland adjacent to the mountains and surrounded by a superb network of footpaths, yet only 10 minutes to the M6 motorway. We hope you will call in and see us whenever you are in the area.

Alan Evans

Alan Evans

Peter Townsend

Peter Townsend

QUOTE

"...overwhelmingly sexy footwear.....the best shoes I've ever had the privilege to sniff.....(I have used E.T.A.'s for running, mountain-biking and scrambling, their superior fit and design put them far above any other fell running shoes I have used.....a major step forward in action footwear design, E.T.A. have addressed many of the glaring problems that other fell running shoe manufacturers have ignored for decades. At last there is a company dedicated to the production of this very specialist area of footwear, and what's more they listen and act on criticism. I can't wait to see what else they have in the pipeline!"
Andy Hyslop, Top Fell Runner, Orienteer and Rock Climber.
Partner of Rock & Run - Ambleside and Sheffield

RACING

Fell, Orienteering and Cross Country Running shoe, over the previous 12 months many international runners have worn this performance product.

In the BRECON BEACONS last April, KEITH ANDERSON and the RACING shoe was the British Championship ace, taking only 23 minutes to visit the top of CORN DU and PENY-Y-FAN, and then descend to the finish 2,000 feet below in the unbelievable time of 7 minutes.

This specialist fitting shoe is probably the most comfortable cross-country racing shoe available. The unique design of the sole unit, produced in a special rubber compound, provides fantastic grip on steep mountains, whether you are travelling up, down or across terrain.

QUOTE: "These are more comfortable than anything else.....the fit is excellent, which is important in rough terrain.....I like the speed lacing - just the thing when you've finished a race with cold fingers!"

*Evette Hague, Britains most successful Orienteer
3rd overall in the 1992 World Cup*

"Really light and grippy.....when I put on the RACER I feel like racing."

*Martin Bagness, International Fell Runner
Orienteer and Rock Climber*



SPECIFICATION

- Weight 225 grams
- Unique sole unit design features protective toe grip.
- Midsole in high performance E.V.A.(10mm) for long life impact absorption.
- Made from VELON-S - strong, durable, low water retention.
- Lined in CAMBRELLE - comfortable, cool to wear, high moisture absorption.
- Real suede abrasion protective heel area.
- SIZES - EUROPEAN CONTINENTAL - 36 - 47

Recommended Retail - £49.99

TRAIL

Designed 18 months ago, they perform the same function and purpose of the RACING shoe but offer a slightly wider fitting and provide a higher (14mm) midsole to increase impact absorption properties.

For Fell running, orienteering and cross country racing, this shoe is ideal for the heavier runner. The design follows the low racing side cut for maximum performance.

QUOTE: "Ideal for summer crag approaches, rapid descents, having a tremendous grip on steep grass and a very robust construction, but being light enough to carry on routes if required"

*Stephen Reid
Mountaineer*

*Equipment Tester for "on the Edge" Magazine
Owner of Needle Sports - Keswick*



SPECIFICATION

- Weight 235 grams
- Same as RACING in increased midsole heel area.
- All E.T.A. products feature a lace system allowing quick and easy get-on/adjustment and equalizes lace tension on the foot instep.
- Extended abrasion resistance to heel area.
- Cushion layered in collar and tongue for superb foot fitting.
- Made from VELON-S - Lined with CAMBRELLE
- Sock - anatomically designed, foot contoured to provide a close but natural fit - cushion layer to increase impact absorption.
- SIZES - EUROPEAN CONTINENTAL - 36 - 47

Recommended Retail - £49.99

PATHFINDER

A new shoe developed for racing and training on footpaths, rock and varied terrain. This product is designed on a new last offering a wider, more accommodating fitting than in RACING and TRAIL.

This shoe has been developed with such races in mind as the 'SNOWDON INTERNATIONAL MOUNTAIN RACE' but would also be superb for completing such events as the 'THREE TOWERS' and BEN NEVIS. Long distance walkers will also find PATHFINDER the perfect footwear if they wish to tackle the PENNINE WAY, DOWNSMAN 100, TOUR DE MT. BLANC or even the circuit of ANNAPURNA.

QUOTE: "The E.T.A. PATHFINDER is an extremely comfortable shoe with a broad stud that gives excellent grip and security on rock."

It is definitely my first choice for a long day over rough terrain like the 'Bob Graham' or the Welsh 14 x 3000, though I find it useful on a mountain bike as well!"

*Rob Collister,
The Mountaineer's Mountaineer,
President British Mountain
Guides' Association*



SPECIFICATION

- Weight 250 grams
- New sole unit - maximum studded area for ultimate grip, produced in a special rubber compound for high performance and slip resistance in all conditions.
- High impact absorption midsole.
- Extended high abrasion and protective heel area.
- All E.T.A. products have an anatomically designed sock designed to follow the contours of the foot to ensure a natural fit.
- Made from VELON-S - Lined with CAMBRELLE
- SIZES - EUROPEAN CONTINENTAL - 36 - 47

Recommended Retail - £49.99

TREKKER

Offering the same wider fitting as PATHFINDER, and still only weighing 310 grams, this is very much an ultra lightweight, high performance product.

For those people who might like to do all the events suggested for the PATHFINDER but require the support and protection that a boot provides, the TREKKER is for you.

Our testers have used this boot on mountains, in the gullies of ALUM POT and even in the pub and in all cases they found it fantastically comfortable.

Features the same sole unit as PATHFINDER so it has unbelievable grip on even greasy rock surfaces. Also ideal for those who prefer to use a boot when carrying a rucksack or rock scrambling.



QUOTE: "This is, without question, the best lightweight boot I have ever worn - ideal for long distance backpacking, running, bouldering or ghyll scrambling, it offers the Freedom and comfort of a fell running shoe, plus the protection and support of a walking boot, a low profile sole which provides outstanding security on the greatest of rock, in mud and on wet grass."

*Elifon Jones
Mountaineer and Outdoor Educationalist
Head of High Borrans Outdoor Centre.*

SPECIFICATION

- Weight 310 grams
- Extended heel in suede, for abrasion resistance.
- Design features deep cushioned collar and tongue.
- DUAL ankle fastening with easy, adjustable fitting strap.
- New sole unit - maximum studded area.
- New rubber compound sole for ultimate grip in all conditions.
- Deep heel midsole for high impact absorption
- Made from VELON-S - Lined in CAMBRELLE
- SIZES - EUROPEAN CONTINENTAL - 36 - 47

Recommended Retail - £59.99

F.R.A. BRITISH RELAY CHAMPIONSHIPS 1993

Organised by Carnethy H R C, Hunters Bog Trotters, and Livingston & District A AC.

Date Sunday October 17th. (Starting at 11 am.)

Place Wanlockhead, Scotland. This is 50 miles NW of Carlisle.

Competition

For teams of 6, from FRA or SAFAffiliated clubs.

The competition will be in the following categories:

Open, Ladies, Vets.

Courses

On O.S. 1:50,000 map, sheet 78.

Stage	Miles	Climb	Best time	Description	Marked	Runners
1	4	1,250'	30 min	No path. Most grassy.	Yes	Solo
2	12	3,050	75 min	Pathless. Some rough.	No	Pairs
3	4 1/2	660'	25 min	All on footpath.	Yes	Solo
4	7	2,000'	60 min	Pathless. Some steep rough.	No	Pairs

Conditions

All the courses run over estates which depend entirely on revenue from grouse shooting. Permission to compete during the season has been given on the understanding that there will be no prior intrusion on the land. It is vital that this is respected. Accordingly course locations will not be announced till early on race day. However, course profiles will be published in advance and large scale photocopy maps will be issued on the day.

We have also been asked to ensure that no fires will be lit, nor dogs taken on to the land.

The organisers will insist on the following safety precautions:-

- i) All competitors must have full body cover (The start is above 1,500'). This will be enforced.
- ii) Pairs on legs 2 and 4 must stay together at all times.
- iii) Each pair, on legs 2 and 4, must carry an appropriate map and compass, and must include an experienced navigator.

Entries and Further Information

The entry fee is £20 per team. There is no limit to the number of teams.

Send to Robin Morris, 33, Morningside Rd. Edinburgh. EH10 4DR.

State which categories you wish to enter (open, ladies, or vets) and enclose the appropriate entry fee. (payable to "FRA Relay Champs 1993")

Please enclose a large s.a.e. for reply. Note entries close Friday September 24th.

Further information, including details of event camp site, and other local accommodation, will be sent on receipt of entries.

Enquiries

Phone: Robin Morris, (031 447 8846) or Martin Hyman (0506 412322).

Rules for Competition

A translation...Questions on the topics below have cropped up frequently over the last few years and recently a club was disqualified by the organisers of a fell race relay for fielding a first claim member of another club. I don't believe the offending club set out to deliberately break the rules, which are pretty confusing, to say the least. Those who think fellrunning rules should be few and simple would have a fit if they tried to wade through the BAF Rules for Competition. I don't pretend to be an expert, but perhaps the following notes will be helpful.

Most clubs are affiliated to BAF and their members are bound by BAF rules, a small number of purely fellrunning clubs do not affiliate to BAF but are affiliated directly to the FRA. FRA Rules for Competition incorporate all relevant BAF rules, so members of FRA affiliated clubs are similarly bound by those Rules.

1 Clubs

Athletics is organised within the following disciplines:

- Track and Field
- Race Walking
- Road Running
- Cross Country

- Fell and Hill Running
- Tug of War

Clubs affiliated to BAF pay a subscription to their Regional association and also a levy for each of the disciplines for which the club caters.

A fellrunner may apply to join a club under the jurisdiction of BAF or a fellrunning club which is affiliated to the FRA and not necessarily affiliated to BAF.

2 First Claim Status

On first joining a club, an athlete immediately gains first claim status for that club. When an athlete is a member of more than one club, the club showing the longest period of unbroken membership has First Claim.

If the First Claim club does not cater for fellrunning, that is, does not pay the BAF fellrunning levy, an athlete may represent a second claim club at fell races.

3 Secondary First Claim

In order to keep these topics as simple as possible and to avoid confusion I have not tried to explain "Secondary First Claim" which will probably apply to a small minority of members. For example, a member of both an English and a Scottish Club may be eligible to compete for either club in particular situations. Further details should be directed to the relevant regional association of BAF.

4 Nine Months Rule

When membership of a club ceases, an athlete may not represent another club in team competitions for a period of nine months. Membership of the previous club is deemed to have ceased on the day of tendering the resignation, unless money is owed, in which case the resignation takes effect when the debt is paid.

Exemption from the nine month rule may be requested by applying to the Regional association (of the club they wish to represent) Hardship Committee, or to the FRA when either or both of the affected clubs are not affiliated to BAF. The most likely grounds on which exemption might be granted are move of residence, inadequate facilities for training/competition, or the agreement of both clubs concerned in the move.

The address of the Secretary of the North of England AA Hardship Committee is Roger Lawton, 5 Jim Lane, Marsh, Huddersfield, HD14QS

This is an honest attempt to summarise my understanding of the Rules in question. Members seeking further detail should refer to the current BAF handbook - and the best of luck! In recent years, many insurance policies, official forms and the like, have benefitted from being rewritten in plain English. One hopes that one day BAF will do likewise.

—Mike Rose

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THE PACE SETTERS FOR STRENGTH AND ENDURANCE

Championship update

Croasdale sets out his stall

Lancashire and Morecambe's Mark Croasdale has shown that he intends to take the British Fellrunning Championship this year. In winning the first two British Championship races at Criffel and Moel Eilio he is already 8 points clear of second placed Mark Kinch. Croasdale is no slouch at the distance events either, as he showed at the Three Peaks, and will prove hard to beat.

Ambleside's Mick Hoffe is also on maximum points, having broken the veterans record at Criffel and, in coming 11th overall, securing first vet at Moel Eilio. In recent years it has been unusual not to see Bob Whitfield in pole position but currently he is lying second, just 4 points adrift. For the ladies, Angela Brand-Barker leads and it looks as if Jackie Smith will be British lady veterans champion again. Early days though... all these predictions could be wrong!

Moel Eilio

15.5.93 (British)

With a couple of inches of snow on the tops of both Moel Eilio and Cynghorion it looked as if no race records would be broken at this years Championship Race. As the leading runners had to pioneer a path through the snow the achievement of breaking the course record was even more noteworthy. Mark Croasdale commented that he couldn't believe that the record was broken' considering the underfoot conditions. This was not a soft record either; it had stood for 4 years having been set by Colin Donnelly when he was the first to dip under the hour. Still it was only Croasdale and second placed Mark Kinch of Warrington who came in in less than 60 minutes.

In the ladies race, Angela Brand-Barker just pipped Jacky Smith by 30 seconds but Jacky has the consolation of being the first lady vet.



Cumberland Fell Runners Brian Thompson leads the charge of Dunnerdale. He is currently lying fifth in the British Championships

Photo: David Weatherhead



There are hills in Shropshire! G. Lloyd of Wrexham and Gordon Trevor of Shrewsbury climb at the Long Mynd

Photo: Allan Greenwood

Criffel

14.3.93 (British)

The thirteenth Criffel Micro Hill Race was one of the most keenly contested hill races ever, due to the fact the first six runners all equalled or were within Rod Pilbeams course record set in 1987. The times were all the more creditable considering a strong headwind and thick mist on the tops. First to the top and overall winner was Mark Croasdale he was followed by Andrew Peace, and third was Steve Hawkins who gained two places on the descent. The veterans record was also shattered by Mick Hoffe who knocked almost two minutes off the previous best. In the 0/50 class John Nuttall also recorded a new best for the course.

There were no records in the womens race but that was no reflection on performances or the level of competition. Clare Crofts ran a superb race for first and was followed home by Marie Todd with the first veteran woman Cecelia Greasley in third spot. The first local was New Abbey resident Les Baird.

The only one of the trio of organisers to run was Mike Johnstone such was the strain on resources due to the large field. Various sections of the path were cordoned off due to severe erosion and the runners much to their credit observed the route variations. The race was not without its controversial moments however, some confusion arose regarding the SHRA rule on full body cover which clearly stated that "waterproof full body cover" should be worn or carried. The SHRA secretary seemed unaware of this ruling. One wonders what his interpretation of the rule which states that "walking stick should not be used for assistance during races" might be.

Anyway thanks to Criffel Micro Business Systems for sponsoring the race, Moffat Mountain Rescue, the New Abbey village hall committee and all who helped in anyway.

Ray Austin

Slieve Bearnagh

1.5.93 (All Ireland)

A field of sixty one runners took part in the All-Ireland Fell Running Championships.

With sunny skies and a light breeze conditions were near perfect as the runners took off from the Happy Valley. As they raced through the first checkpoint onto the Trassey track Brian Ervine and Robbie Bryson made their intentions known as they bounded their way towards Hares Gap and onto the slopes of Beamagh. The chasing pack of Carty, Phlpott, Brown and Hawkins kept up a relentless pursuit. On the climb up Meel More the leading pair were neck and neck and began to pull away from the rest of the field. As they raced through the checkpoint at Meel More/Meel Beg col only ten seconds seperated them. On the return journey Bryson had stretched his lead to almost a minute. This is how it stayed until the finish where both men were inside the course record.

In the ladies race Stephanie Pruzina gained her second record in three days, taking three minutes and forty nine seconds off the previous best, indeed the first four ladies broke the old record.

In the junior race the first had a great race to the line with Pdraig Mallon having two seconds to spare over Neil Jackson.

F. Morgan

Long Mynd Valley

21.2.93 (English)

"You surely can't get 4500 ft of climb done in ten miles in Shropshire," was the familiar comment made to me on the phone prior to the race. The three hundred and seventy six runners who completed this years Long Mynd Valleys Race now know why this is one of the toughest medium races in the Calender. The race which was originally conceived by Eddie Harwood traverses across the top of the Long Mynd and then returns across the deep grassy and heather valleys which bisect this area so beloved by Houseman, the Shropshire poet.

Andy Trigg and Carol Greenwood were worthy winners. Andy timed his run to perfection, staying off the pace in the early miles but pulling strongly through in the last four miles, when the majority of the climbing occurs. He finished over a minute ahead of Andy Schofield and Donald Lee. Carol was four minutes clear of Janet Kenyon and Clare Crofts and her overall position of fifty fourth gives an idea of what a superb run this was. Both runs will stand as course records on the new course which this year started half way up the Cardingmill Valley. Bob Whitfield had a real tussle with Mike Hoffe to snatch the veterans prize and Tony Hesketh was not far behind. Tony and Janet were the overall winners over the two days on which the sun had shone in good measure, something uncommon to the Shropshire weekend. *Michael Day*



Wendy Dodds checks her watch as she climbs up to the Long Mynd Plateau. She went on to finish the race in 2 hours, 15 mins.

No 367 is G. Fletcher of CLe Moors

Photo: Allan Greenwood

Junior Update

The first championship race got under way at Belmont Winter Hill and was a resounding success with a tremendous response and large numbers of youngsters turning out, especially at the younger end of the scale. Over 70 youngsters ran in the first race of u12 and u14 combined and 22 in the u 16 race with the u18 and inters running in the senior race. It was also very pleasing to see the wide spread of club vests appearing, and an increasing number of girls.

Unfortunately a small contingent of runners did not see the start time as advertised in the spring edition of *The Fellrunner* and missed the start. It is to be hoped that the format of 4 out of 6 races to count, compensates for this. It is important to check with the organisers as many of the races in the calendar are start times for the senior race. This was due to the fact that the races were not able to be fully confirmed until a draft copy of the calendar had been produced and such amendments were not possible. There has also been a clash with Hutton Roof and an International Race in Ireland where a U20 team has been selected. Due to the fact that I was only told of this event by someone whilst watching the junior race on the slopes of Winter Hill there was nothing I could do to avert this clash.

Out on the fells around Keswick over the easter vacation it was good to see Pat Boyd, last years intermediate winner getting a taste of real hills in anticipation of the coming season. They are a lot bigger and more rugged up here!!

But despite that comment the main objective is to encourage youngsters to get into fell running and thus the races at the younger end of the scale are not too long. It is to be hoped that by running the inters in all the senior races it will give them a flavour of the senior scene with-



Juniors descending near Buttock on the Pendle Half Tour

Photo: Bill Smith

out putting them off. As one parent told me the other day, their son likes to disappear in the field (despite the fact I am told he has been bought a brightly coloured pair of shorts).

Due to the large numbers of clubs competing I feel a Club team relay race is a real possibility and if any clubs are interested then please contact me. The format would have to include teams with varying age groups on different stages. Once again a final format needs to be thrashed out and any constructive suggestions would be gratefully recieved.

Dave Richardson

Junior Fell International

Exciting news for junior fellrunners

In line with its policy to develop junior fellrunning, the FRA is to stage a major event in Grasmere this Autumn. Sunday October 10th will see the first ever Home International Fell races at under 16 and under 18 level. As well as invited teams from England, Scotland, Wales and Northern Ireland, the races will be open to anyone to enter and individual winners will receive British Junior Championship Trophies. International competitors at u/18 and u/16 boys and u/18 girls levels will stay at Thomey

How YouthHostel the night before the races and a presentation lunch will follow the events. Jointly funded by BAF and the FRA it is hoped that the event will also include a British Championship race for boys and girls u/14, although there will be no international competition at this level.

The event will be held in conjunction with the prestigious Butter Craggs Race, organised by Pete Bland, although there will be variations in the courses. It is planned to invite a guest team from Eire at the older age levels.

Entry details and selection details (for those seeking England vests) will be available at FRA Junior Championship Races later in the Summer. The organising committee consists of Dave Richardson, Gary Harrold, Dave Hodgson and Selwyn Wright. Offers of help should be made directly to the organisers - but please, we have no more details at this stage so don't phone us for information, we'll be in touch at junior races.

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Steve Hawkins : 1992

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Record breakers

Is it something in the air? Course records in Northern Ireland have been tumbling this year with only one race, at the time of writing (mid May), in which at least one record - juniors, ladies, mens or veterans - hasn't been broken. That was at Slieve Moughanmore at the beginning of April; a race that was run in atrocious conditions (thick mist, heavy rain, high winds - you name it!) and even here the winning time was just a scant 7 seconds outside the course record. In many cases, it is not just the winner of a race that has broken the course record but the runner up and several others as well.

Were these 'soft' records? Have we experienced exceptionally dry conditions or unseasonably clement weather? The reasons for this record spree do not lie in exceptionally dry ground conditions but in increased fitness and increased competition amongst our leading runners. It is not a change in course, or even an influx of new talent; all the events have been run for several years and it is mainly the same people breaking records that set them in the first place.

Most prolific record breaker has been Robin Bryson, setting 5 course records in the space of 15 days, including retaining the All Ireland Fell Running Championship at Slieve Beamagh.

For the ladies, Roma McConville has been inside the record on 7 occasions this year although on two of those occasions she failed to win the race. The battle between her and Stephanie Pruzina stands currently at a score of 2-1 to Stephanie - who is a three times record breaker this year. Ann Sandford has been inside the mark on four occasions, but the competition is such that she has only won one of those events, taking Cavehill from Roma on the 21st April.

Many records have also fallen in the midweek Hill and Dale series of short category races and in both rounds of the NI Championship so far, both mens and ladies records have tumbled.

The vast majority is home grown talent as well - only two records have gone to visitors from the mainland (Mark Rigby and Helene Diamantides); all the rest are ours!

— Brian Ervine

Snippets

Kev White's book, 'Shuggie and Duggie Take One' is in all good book shops now. A cartoon tale of neighbours across Hadrian's Wall, it is taken from Kev's strip in the *Daily Record*.

Race Review: Rocky and Hen, 29th April 1993, AS

Up Hill and Down Dale

There is a series of midweek races where the crack is good, the ale flows freely and the competition is fierce - unfortunately they are away across the water in Northern Ireland - but to be recommended if you ever have the chance. This report is of the fourth race in the series.

The fourth race in the Hill and Dale Series produced a significant increase in quality with both the women's and men's records comprehensively broken.

Stephanie Pruzina took over four minutes off the previous best time by a woman over the course, with last year's women's champion Roma McConville also over four minutes inside the record.

Stephanie, one of nine BARF athletes in the field, took the race on from the start. By the top of Rocky, the race pattern had been established with McConville in second place.

Pruzina came home in 44.03, four seconds clear. The BARF girl also indulged in a little husband beating, with a six second advantage over spouse Mark. In the Men's 0/40 race, Albertville's Billy McKay dominated with almost five minutes to spare over the reborn Phil Holmes. Billy's run placed him in eighth place overall. Ballydrain's Fred Strickland won the 0/45 race, placing 14th overall and some two places and 56 seconds ahead of Billy Magee.

Other fine efforts on the night abounded throughout the 59 strong field. Local man Peter O'Hare, in his first full season of fell running, achieved his first top 20 place. The pony tailed Ainsborough man was 17th at the top of Rocky and battled on to finish in 19th place. Another new face in the top 20 is NWOCs Steven Linton, finishing 12th in 38.41 while Lame's Martin Beattie, in 15th place continues to progress.

At the front end of the race Newcastle's Robin Bryson again broke the race record

- his fourth in three weeks; including the All Ireland Championship. Robbie set off at a very fast pace in an attempt to take the sting out of his rivals especially Ballydrain's Brian Ervine. Bryson's tactics worked well as he reached the top of Rocky with a minute to spare on the long striding Ervine. On the descent, Ervine rapidly closed the gap. Behind these two was Neil Carty who tripped and fell his way down Rocky followed by Slim Jim Brown and Adrian Philpott who is now showing a return to the form that made him All Ireland Champion.

As this pair tackled the ascent to Hen they were locked in tough negotiations which may see Philpott becoming a BARF man. The outcome of this business meeting is still a closely guarded secret but I feel the way Slim Jim chaperoned his potential catch to the finish line and 'minded' him at the presentation in Doran's may be significant.

Back at the head of the field, Bryson again established his lead up the slopes of Hen Mountain to eventually breast the tape 48 seconds ahead of Ervine. North Belfast's Neil Carty finished third.

Brown came home fourth, feeling that if the race had been a mile longer he would have given a much better account of himself. Philpott was fifth, his head awash with offers and counter offers from the BARF fly.

Quote of the night came from Brian McBumey as he quizzically scratched his head and complained "the faster I run, the farther down the field I finish".

Mounie Observer



Sarah Rowell & Carolyn Hunter-Rowe also breaking records! They finished 8th overall in the Howarth Hobble
Photo: Dave Wood head



Leading British Championships contender Mark Crossdale led the 3 Peaks Race for most of the way - only to be beaten over the final furlong. A slender lead on Pen Y Ghent (here) was stretched to over 6 minutes and then pulled back

Photo: Bill Smith

Race Review
Three Peaks Race,
23 miles/4500ft, AL, April 1993
Bland in virgin
success

In the entry details for the Three Peaks Race there is a little symbol which denotes the first time competitor. It is not often that at the end of the race this symbol is combined with the winner's trophy. This year, however, in foul conditions which meant that runners never actually saw the tops until they were on them, Borrowdale's Gavin Bland took the race by the scruff of its neck on the first attempt.

Leading the way for most of the event was international Mark Croasdale but, as the wind whipped the mist on to the tops, he faded over the last descent - losing a six minute lead on the descent from Ingleborough to drop to fourth place.

It is well said that this race does not start until the top of Ingleborough and Mark's lonely trek up the mountain (as featured on YTV) left him short of the power he needed in his legs over the last section. Gavin Bland and Mark Roberts managed a sprint finish to delight the crowd of spectators who turned out despite the miserable weather as only 4 seconds separated them across the line. Paul Mitchell of Bingley came through into third place.

The ladies race was dominated, as so many events this year have been, by an in form Carol Greenwood who finished almost 5 minutes away from Ruth Pickvance of Kendal. Carol had attempted the course a couple of times before but this, in her own words, was "the first time I've taken it seriously"; she was pushed all the way by Ruth and by Spen's Kath Drake who came in third. Bingley netted the team prize in spite of not fielding their three leading fellsmen with Clayton just six points behind them.

The weather turned exceptionally nasty to mark the first year of sponsorship by British Telecom

Mobile but mobile they were, with a helicopter following the runners around the course. Indeed, on Ingleborough, it seemed that the TV crew carrying beast had descended as the sound of its rotors was deafening in the fog. The infant River Ribble also got a little above itself and had a go at pretending to be a big grown up river leaving several runners floundering and some well ducked in its raging waters. However, as most runners could not have got any wetter had they tried, this was just a temporary set back. The sun even shone down in the valley, but the TV crew were not quick enough to catch it!

Results in results section.

The TV programme was shown on the following Thursday and was extremely well done; several people have been in touch with YTV and moves are afoot to make a full record of the race from the 5 plus hours of film taken

- Ray Swatcher

Rumour has it...

that two not unknown and not inexperienced runners - one an old hand and the other still of tender years (but fast with it) disappeared off a Welsh mountain in the general direction of Cardiff - the opposite way to which they should have been travelling. Still, at least they were fully kitted out and reappeared (not in first and second place as they had been, as the race had finished) before the mountain rescue set out. Further details from J.G. (perhaps it's his house they were visiting?)

Rumour has it...

that certain good (and very good) ladies are looking for a new club that will recognise their talent.... could it be you, or do you treat women and children as 'also rans'?



Rock and Run Revival

Rohan revive the Rock and Run

One of the most exciting orienteering events of recent years is back on the calendar for 1993. After complex and bitter access disputes on Skye halted the Rock and Run Mountain Marathon in 1991 it seemed destined never to run again; however, strong support from the performance outdoor clothing retailers Rohan, has firmly re established this popular event in the calendar. With the new sponsors shouldering the financial strain and workload the future of the event certainly looks bright, and Martin Bagness (whose new book on Mountain Navigation is reviewed on page 29), one of Britain's top orienteers returns as course planner and is enthusiastic about the new set up.



Not many ladies pairs enter but this Saddleworth pair were doing well on day 1
Photo: Rob Howard



Mass restart on Day 2 after overnight camp
Photo: Rob Howard

"Finding a venue and negotiating access for these events is a real headache and in the past there was too much for too few people to do, but with Rohan we now have a strong team and real commitment. The appointment of Colin Hunter from Aviemore as highland co-ordinator is a real step forward and having someone who lives and works in the area to deal with landowners is a great help"

Of the six courses set amid the rugged mountains and moorland of one of the most spectacular and scenic landscapes in Scotland he adds

"The emphasis will be on the quality of terrain and courses. The checkpoints will be technical and those on the elite and A courses can expect some scrambling"

The event co-ordinator, Neil McMillan of Rohan says the company is keen to support an event benefitting active outdoor enthusiasts adding

"From the response we have already had from many runners it is obvious that the

Rock and Run was highly regarded and it is good to be able to step in and bring it back. We have kept things very much as they were before, with low key organisation and the emphasis on providing a quality event for competitors. A great deal of work has gone into planning and we are confident that the event will contain something for everyone - even the most hardened of competitors"

The first Rohan Rock and Run Mountain Marathon will be held in the Scottish Highlands over the weekend of 17th/18th July and, as in previous years, will be a two day competition with overnight campsite. As entry is limited to 500 teams of two, those wishing to enter should do so without delay. Either contact Neil McMillan on 061 928 9511, pick up an entry form at any Rohan shop or write to Rohan Rock and Run Mountain Marathon, 30 Maryland Road, Tongwell, Milton Keynes, MK15 8HN.

— Neil McMillan



Different route choices are apparent at an early stage
Photo: Rob Howard

1992 CHAMPIONSHIP RESULTS

BRITISH

MEN			
1	S Hawkins	Bing	106
2=	D Neill	Staffs	94
2=	G Bland	Borrow	94
4	K Anderson	Amble	93
5=	M Rigby	Amble	90
5=	B Whitfield	Bing	90
7	A Peace	Bing	83
8	J Hooson	Amble	75
9	J Parker	Ilkley	74
10	G Wilkinson	CleM	64
11	R Bergstrand	Mandale	61
12=	J Atkinson	Amble	60
12=	G Devine	PandB	60
14	M Wallis	CleM	54
15	P Dymoke	Liv	52
16	A Trigg	Gloss	51
17	B Thompson	CFR	50
18	I Ferguson	Bing	49
19	R Jamieson	Amble	47
20	G Schofield	Black	43
20	N Wilkinson	MCR	43
22	M Fleming	Amble	42
23	J Bland	Borrow	38
24	B Clough	Amble	34
25	A Schofield	Ross	33
26	C Donnelly	Eryri	32
27	M Hoffe	Amble	31
28	S Thompson	CleM	30
29=	J Ward	Derby	29
29=	I Holmes	Bing	29
VETERANS OVER 40			
1	B Whitfield	Bing	88
2	T Hesketh	Horw	73
3	P Stott	Hebog	66
4	T Hulme	Penn	45
5=	M Hoffe	Amble	38
5=	R Rawlinson	Ross	38
7	R Mitchell	Mand	35
8	J Blair-Fish	Cam	35
9	B Bland	Borrow	34
10	J Holt	CleM	34
11	J Hope	Achille	32
12	J Talbot	Tod	30
13	M Parker	Keyham	29
14	R Sutcliffe	CV	28
15	P Jones	Eryri	25
16	J Crummett	CFR	24
17	J Nuttall	CleM	24
18	K Wilson	Mand	20
19	J Dore	Roch	20
20	D Keams	Bol	19
VETERANS OVER 50			
1	D Ashton	Black	88
2	R Bell	Amble	78
3=	H Blenkinsop	Kes	67
3=	A Trowbridge	DPFR	67
5	P Dowker	Achille	55
6	B Johnson	CFR	50
7	G Lloyd	Wrex	38
8=	P Murray	Hor	34
8=	A Philipson	Gos	34
10	M Coles	Sky	31
11	T Hildridge	Eryri	25
12	J Marsh	Tarren	22
13=	B Graves	Milton	20
13=	J Newby	Tod	20
15	D Quinlan	Bing	19
16=	R Mason	Tot	18
16=	J Shields	Clyde	18
16=	P Jepson	Bury	18
19=	G Collinson	Fell	17
19=	A Evans	Amble	17
LADIES			
1	C Crofts	DPFR	45
2	A Brand Barker	Kes	27
3	J Kenyon	Hor	24
4	J Smith	DPFR	22
5	Y Hague		17
6	A Bedwell	PandB	16
7=	T Calder	Hunt	12
7=	S Rowell	PandB	12
7=	H Diamantides	Amble	12
10=	C Hughes	Reading	10
10=	N Lavery	Amble	10
LADY VETERANS			
1	J Smith	DPFR	42
2	L Thompson	Kes	25
3	W Dodds	CleM	20
4=	C McNeill	Amble	14
4=	C Charlton	Kes	14
6=	J Rawlinson	CleM	12
6=	T Calder	Hunt	12
6=	R Gee	E Ches	12
6=	S Parkin	Ken	12
6=	S Lewsley	Kes	12
TEAM			
1	Amble		48
2	Bingley		42

3	Horwich		25
4	CleM		23
5=	Pudsey and Bramley		18
5=	Rochdale		18
7	Eryri		16
8	Rossendale		15
9	Calder Valley		13
10	Pennine		10

LADIES TEAM			
1	Keswick		45
2	Pudsey and Bramley		26
3	Dark Peak		21
4	Amble		17
5	Eryri		12

ENGLISH

MEN			
1	B Thompson	CFR	114
2	G Bland	Borrow	92
3=	B Bland	Borrow	81
3=	G Devine	PandB	81
5	M Wallis	CleM	78
6	G Huddleston	CleM	76
7=	G Wilkinson	CleM	75
7=	W Brindle	Horw	75
9	B Whitfield	Bing	73
10	J Bland	Borrow	72
11	J Parker	Ilkley	62
12	K Manning	CleM	59
13	I Holmes	Bing	58
14=	J Bulman	Borrow	57
14=	S Hawkins	Bing	57
16=	A Peace	Bing	55
16=	S Thompson	CleM	55
18	M Kinch	Warr	54
19	R Rawlinson	Ross	53
20	T Hesketh	Hor	52
VETERANS 0/40			
1	B Bland	Borrow	80
2	B Whitfield	Bing	78
3	T Hesketh	Horw	67
4=	R Rawlinson	Ross	63
4=	R Mitchell	Man	63
6	P Buttery	Penn	55
7	K Wilson	Bol	39
8=	T Hulme	CV	37
8=	D Keams	Holm	37
10	R Sutcliffe	Amble	36
11	J Nixon	Achille	31
12	B Ashworth	Ross	26
13	J Winder	CV	25
14	N Berry	Holm	22
15	M Hoffe	Amble	19
16=	K Taylor	Ross	18
16=	R Wood	Helsby	18
18=	D Beels	Roch	17
18=	R Taylor	Penn	17
18=	S Breckell	CleM	17
18=	C Webb	CFR	17
VETERANS 0/50			
1	D Ashton	Black	88
2	R Bell	Amble	82
3	H Blenkinsop	Kes	62
4	B Johnson	CFR	56
5	A Trowbridge	DPFR	35
6	A Philipson	Gos	33
7	R Bunn	Hales	31
8=	G Lloyd	Wrex	30
8=	P Dowker	Achille	30
10	P Murray	Hor	28
11	H Thompson	CleM	25
12	J Taylor	Amble	24
13	D Clutterbuck	Roch	23
14	B Morris	Wrekin	19
15=	R Hyman	Mercia	18
15=	P Jepson	Bury	18
15=	B Toogood	DPFR	18
16=	M Ward	Osw	17
16=	J Newby	Tod	17
16=	B Price	CV	17
16=	W Cooper	CFR	17

LADIES			
1	J Smith	DPFR	34
2	J Kenyon	Hor	25
3	Y Hague	PandB	24
4	C Crofts	DPFR	19
5	A Isdale	Bing	17
6	L Thompson	Kes	16
7=	C Hughes	Reading	15
7=	C Greasley	Macc	15
9=	N Wilkinson	Black	13
9=	J Reid	CFR	13

LADY VETERANS			
1	J Smith	DPFR	45
2	L Thompson	Kes	34
3	S Rowson	Macc	22
4	W Dodds	CleM	20
5	A Isdale	Bing	16
6=	S Parkin	Ken	12
6=	C Charlton	Kes	12
6=	R Gee	E Ches	12

9=	V Dempsey	Ken	8
9=	S Boler	Penn	8

TEAM			
1	CleM		
2=	Horwich		
2=	Bingley		
4	Pudsey and Bramley		
5	Amble		
6	Cumberland FR		
7	Borrowdale		
8	Rossendale		
9	Rochdale		
10	Calder Valley		

LADIES TEAM			
1	Keswick		
2	Cumberland FR		
3	Dark Peak FR		
4	Amble		
5	Pudsey and Bramley		

WELSH

SENIOR MEN			
1	Steven Hughes	Hebog	86
2	Emlyn Roberts	Eryri	77
3	Trefor Jones	Eryri	63
4	Paul Stott	Hebog	62
5=	Simon Blease	Bryn	51
5=	Dei Huws	Eryri	51
7	Colin Donnelly	Eryri	44
8=	Phil Jones	Eryri	43
8=	Steve Jones	Eryri	43
10	Fon Williams	Eryri	41

VETERANS 0/40			
1	P Stott	Eryri	88
2	D Williams	Eryri	78
3	J Marsh	Tarren	72 (v50)
4	P Taylor	Wrex	66
5	P Jones	Eryri	60
7	J Sweeting	MDC	58
7	J Bennell	Eryri	54
8=	M Blake	Eryri	44
8=	A Oliver	Eryri	44
10	F Uhlman	u/a	41

VETERANS 0/50			
1	J Marsh	Tarren	88
2	T Hildige	Eryri	80
3	G Lloyd	Wrex	59
4	B Evans	Eryri	51
5=	G Billingham	G Gartrell	31

LADIES			
1	Angela Brand Barker	Kes	86
2	Alice Bedwell	MDC	82
3=	Dawn Kenwright(V)	Fam Helen	73
3=	Tracy Williams	Eryri	73
5	Sheila Bennell	Eryri	54

SCOTTISH

MEN			
1	A Kitchen	Livingston	75
2	D McGonigle	Shettleston	71
3	I Murphy	Clydesdale	66
4	J Coyle	Camethy	60
5	M Rigby	Westerlands	54
6	J Wilkinson	Gala	49
7	P Hughes	Lochaber	44
8	N Wilkinson	Manchester Univ	40
9	S Livingston	Livingston	38
10	B Knox	Taviotdale	36
11	J Hepburn	Dundee	34
12	R Longmore	Solway	30
13	J Brooks	Lochaber	29
14	D Crow	Shettleston	29
15	H Lorimer	HBT	26

VETERANS			
1	W Knox	Teviotdale H	82
2	J Blair-Fish	Camethy	73
3	D Milligan	Solway	68
4	J Shields	Clydesdale	62
5	R Boswell	Lochaber	58
6	J Holden	Fife	54
7	T Ross	Fife	51
8	G Clarke	Ochill	47
9	B Eldridge	Clydesdale	46
10	C Shaw	Westerlands	33

SUPER VETERAN			
1	D Amour	Highland HR	40
2	G Armstrong	HELP	36
3	I Chrystal	Lochaber	31
4	D Turnbull	E. Kilbride	22
5	J Buchanan	Annan & District	21

LADIES			
1	L Hope	Lochaber	36
2	T Calder	ESPC AC	33
3	C Menhennet	Clydesdale H.	33
4	J Salvona	Livingston	27
5	A Mudge	Ochill HR	10

JUNIORS			
1	J Brooks	Lochaber	33
2	H Hutchinson	ESPC AC	17
3	B Brooks	Lochaber	12
4	N Renton	Galashiels	11
5=	P Mowbray	Edinburgh Univ.	9
5=	S Cameron	Lochaber	9

Prize Crossword

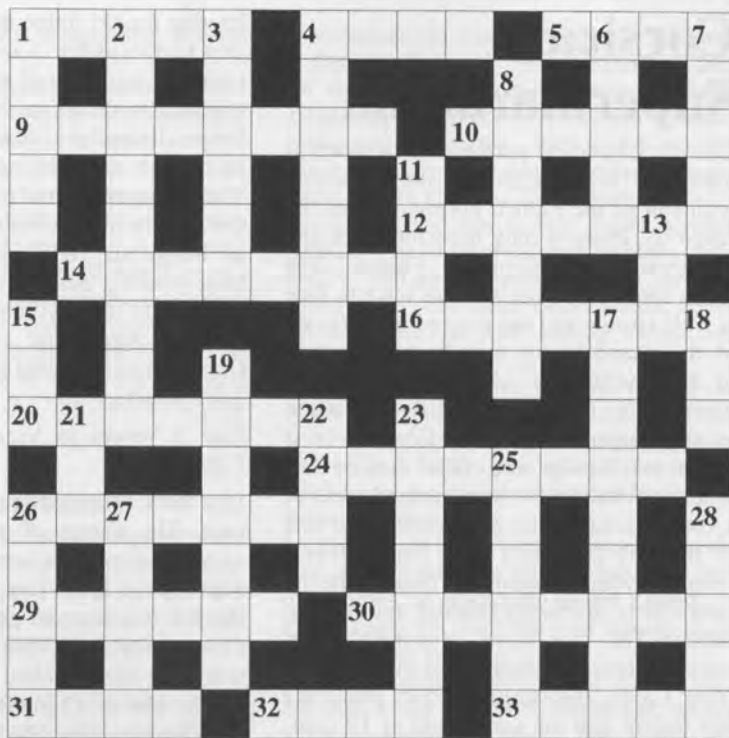
The prize for this issue's crossword is Martin Bagness' book on Mountain Navigating for Runners - reviewed on page 29. FRA 21st Birthday T shirts to the runners up.

Clues ACROSS

- 1, 5, 31, 33 The four 9's; in quarters? (5;4;4;5)
4. See 1 down
- 9, 10, High priest shows to quarters (8,6)
12. Hold! I work for the papers. (7)
14. Quarter in gravities to get half a reference (8)
16. Second signature we hear is used in maths (7)
20. Model in faded insect; goodnight, now! (7)
- 24 and 8 down. Mesh in magic mixture of MPs in a lettuce shows the way (8,7)
26. Pasta for gunner with instrument for setter (7)
29. Bug inset around around (6)
30. Roll coat together, puts together (8)
31. See 1 across
32. Keep from Mensa, very hard (4)
33. See 1 across.

Clues DOWN

- 1 and 4 across. French exclamation uses crab fifty times (5,4)
2. Not told, French one told (9)
3. Jewish longing while I'm in quarter hat (6)
4. Stance attained by using 8 (7)
6. Three quarters of inland revenue picks prizes (5)
7. Model inquires after jobs (5)
- 8 and 10 across. Any combination of 1,5,31,33 range indicates (7,6)
11. Spinner from 500 is 100 (4)
- 13, 18,31, 1 ac, 31 was around, up and down (3,3)
- 15 and 20, Bear in mixed drink by bone name (6)
17. Pilot needs 24,8 (9)
18. See 13
19. Sunder, or dice against order (7)
21. See 15
22. We hear poem up from potentate (4)
23. Old individual has a go with Eden (4,3)
25. Lady; Lady Waugh? (6)
26. French queen holds back quarter
27. Containers against one and three quarters (5)
28. Top of church lights the way (5)



Winners of the last puzzle and recipients of FRA t-shirts were

P. Jepson, Bolton

M. Lowthian, Bury

S.R.Coveney, N Humberside.

Entries to this puzzle to the editorial address before the next deadline; first three out of the editor's bumbag win.

First prize is a signed copy of Martin Bagness' book, reviewed overleaf



CALENDRIER OFFICIEL DE LA CIME 1993

	Date	Dénomination	Pays	Cat.	Distance	Déniv.	Coordinateur	Téléphone
JUN	5	Cressier - Chaumont	S	Super	13	750	Simon Fournier - Case 68 St-Martin 2088 Cressier	043 31 32 56
	6	Gedendiauf-Seelesberg	S	brune	9,5	115	Tino Tramonti - Hofstatt - 6377 Seelisberg	043 31 32 56
	13	Crêtes des Voiron	Fr	brune	14	1000	COCV - Marie de Cranves-Sales 74380 Cranves-Sales	503 930 18
	13	Vugelles-Chasseron	S	Super	11	1080	Yves Gander - Poste - 1453 Bullet	024 61 17 31 024 61 23 85
	20	Trophée du Six-Blanc	S	brune	8,2	1195	Michl Rousis - de Champex - 1937 Orsieres	026 83 39 22
	27	Monreux - Rochers de Noyse	S	rouge	18,5	1700	Roper Seematter - Marronniers 26 1800 Vevey	021 921 47 86
JUILLET	3	Crêtes du Mont- Blanc	Fr	rouge		30,5	G. Ebrat - lasterke - 64250 Espelette	599 386 92
	4	Cross du Mont-Blanc	Fr	rouge	23,5	1360	C. Rousel - 63 rte des Praz - 74400 Chamonix	505 588 59
	11	Dainsberglauf	S	grise	10,4	536	Wendlin Parpan - Postfoch - 7078nLenserheide	081 344 391
	11	Grimpeé du Molé	Fr	grise	12	800	S. Stedile - 581 av. de la Mairie 74970 Marignier	503 453 38
	18	Montée du Nid d'Rigle	Fr	rouge	20	1800	M. Lourent - 1701, av, de miage 74170 St-Gervais	509 344 89
	24	Aries-sur-Tech	Fr	Super	50	1320	J. Foure - Aizine Rodone - 66150 Aries-sur-Tech	683 908 23
	25	Crères de Megevé	Fr	rouge	18	765	Club des Sports - 176, r. de la Poste 75120 Megeve	502 131 50
AOÛT	1	Cime de la Bonette	Fr	rouge	27	1662	Contet N. - 38, r, Droite 06660 St. Etienne de Tinee	930 245 05
	J	Thyon - Dixence	S	brune	16,35	680	Marlyse Thetaz - Tonneliers 11 - 1950 Sion	027 22 91 65 027 22 71 72
	1	Grand Prix des isards	Fr	brune	16,1	710	Pierre Honthaas - 64490 Aysius	593 457 69
	8	Sierre - Zinal	S	hors d.	31	2000	J. Cl. Mom - Chantevent 28 - 3960 Sierre	027 55 22 85
	8	Bareges-Pic du Midi-Bareges	Fr	rouge	27	1600	Club des sports "L'Svalanche" - 65120 Bareges	629 628 19
	15	Tour alpin du Grand-Massif	Fr	Super	20,3	1029	Ch. Sauvage - Club des Sports - 74300 Flaine	509 080 19
	15	Neirivue - Le Moleson	A	gris	12,9	1234	Pascal L'Homme - 1668 Neirivue	053 582 590 029 226 27
	*>	Mit/buehierhorniauf	A	grise	12,9	1234	F. Puckl - Kaiseweg 111/2 - 6353 Going	053 582 590
	29	L'Aisacienne des Crètes	Fr	rouge	32	1000	L. Marlier - 8r. de gunsbach - 68000 Colmar	897 951 87
SEPT	5	Ovrennez - Rambert	S	brune	8,4	1360	Bernard Bessard - 1912 Ovronnoz	127 86 23 21 027 86 17 84
	5	Balcon du Mont-Blanc	Fr	Super	13,8	1100	Office du tourisme - 74700 Cordon	505 801 57
	19	St-Julien - Le Solevé	Fr	rouge	19	900	G. Reix-52 Allée des Launages 74160 Callonges sous Saleve	504 367 33
	26	Fully - sorniot	S	brune	7,8	1600	A. M. Bender - Ch. Pre.leuri - 1926 Fully	026 46 18 80
OCT	3	Mont- Jested I berec	CRS	grise	8,4	567	O. Cepelko - Gagarinova 769 - 46007 Liberec 7	004 248 487 369
	10	Trophée du cret de la Neuve	S	brune	15	830	William Berseth - Ski-club - 1261 Marchissy	022 368 14 41
	31	Astbergiauf	A	brune	6	568	F. Puckl - Kaiseweg 111/2 - 6353 Going	053 582 590

Corsican Supermarathon

Calvi in Corsica is perhaps best known as being the headquarters of the parachute regiment of the French Foreign legion. Its credo is "There is only hardship, pain and the possibility of dying for France." The harsh life these tough soldiers have to face is well known and the rugged countryside of the island seems to reflect the nature of their work. The "Alta Strada" (which translates as the High Road) is advertised as the Supermarathon of Corsica. It is organised locally and falls outside the other well known Swiss organised races of a similar nature. The race follows the line of the GR 20 which is a long distance footpath which diagonally bisects the island and is discreetly marked and easy to follow. The race starts at a rural town called Calenzana about three miles inland from Calvi. Registration took place the day before and the small field of 19 competitors were provided with adequate hotel accommodation for the night given the early 7:00 am start the following morning.

Day 1 Calenzana to Haut Asco (16 miles / 8,000 ft)

The organisers decided on a staggered start with the first runners going off at 7:00am. Race regulations required that each competitor carried a small back pack containing several items of survival kit. When they required that three flares were to be carried it seemed somewhat excessive but the reasons why soon became evident. The first 300 metres is on the road just before the start of the trail proper; this proved to be the last real runnable terrain of the first day. Those who had run the previous years event had given the new hands ominous warnings about the severity of the first day. The easy trails soon gave way to steep rocky tracks which required a basic scrambling technique. Many continental European races are criticised for being simple trail runs. This race is not one of those events. It is rocky, steep and run in weather hot enough to make most English people wilt. There are no aid stations along the course except for the occasional refuge hut so runners were totally reliant on streams and springs. This proved to be a concern as successive hot summers have resulted in several sources drying up. A litre of water would last about 2h hours before the sun really came up at 10:00am. After that it would probably only see you through 1 hour. Race favourite Patrice Costa dominated the first day finishing in a time of 4 hours 37' - a very impressive run over difficult terrain. The last home finished some six hours later with two people dropping out at various stages.

Day 2 Haut Asco to Vergio (13 miles, 4,300ft)

Day two promised to be an easier day but had some technical difficulties early after

leaving the ski lodge at Haut Asco. At the area known as the "Circus of Solitude" the runners encountered near vertical drops and had to resort to the use of chains to lower themselves down before climbing up another slope using the same method. The terrain remained rocky throughout the day but the steep climbs of day 1 were not as numerous. The race finished with a long winding descent from the final summit (6,000 feet) which seemed to take an eternity. Again the stage was won by Costa who completed the leg in just under 3 1/2 hours.

Day 3 Vergio to Vizzavona (25 miles / 6,000 feet)

Day three provided the best scenery of the race. The nature of the trails improved as the competitors went past the Lac de Nino, some 5,000 feet above sea level but the hot weather put paid to any thoughts of an easy day. This was also the day when the race reached its highest point at the Breche de Capitello (6,700 feet). The race finishes near the beauty spot known as the "English waterfalls" but no one seemed to know how this tourist spot had earned its name. Costa again easily won the stage in an impressive time of 5 hours 49'. The organisers had a professional masseur on hand to bring relief to all the weary runners and for the first time the doctors were kept busy treating a multitude of minor overuse feet injuries.

Day 4 Vizzavona to Ghisoni Station (10 miles / 2,300 feet)

Day 4 was the easiest day of the race. After an initial steep climb starting at the hottest part of the day the race wound its way through a forest the canopy providing welcome relief from the hot sun. Thereafter there was about six miles of fast flat running along good quality trails. The winning time was 1 hour 23 minutes, Costa winning the leg again.

Day 5 Ghisoni Station to Bavella (32 miles / 4,000 feet)

The weather forecast for day 5 was not good. It was going to be hot and rain was unlikely even at the altitudes we were due to be running at (4,000 to 6,000 feet). Alarms were set for 4:45 am with the first runners departing at 6:00am by torchlight. The pace was slow but at least the footing proved to be reasonable for the first hour. There were two difficult climbs with the first one coming relatively early in the day (about 2 hours for the tailenders) and the harder one at about 25 miles. After the first climb there is a long drawn out section on a precipitous ridge which seems to go on forever and there is little protection from the sun. After descending there is a reasonably flat section along a grassy plateau. However, from a long way off its possible to see the last climb up Mount Incudine (6,400 feet). Prior to this last climb the organisers strategically placed a drop out post which several people decided to take advantage of. The

brave souls who decided to proceed were faced with up to another six hours on their feet. The last four finishing the stage in the dark took up to 16 hours to complete this section. Amazingly, the leg was won by local boy Costa in a time of 7 hours 30 minutes.

Day 6 Bavella to Conca (13 miles)

The final stage highlighted a minor deficiency in the race organisation. Officially the race details suggested that there would be no climb with the entire leg being run either downhill or on the flat. However, there were at least three climbs which although not really significant were enough to trouble the remaining competitors. The first two miles gave the impression that the stage would be completed in a swift pace. Once again the start proved to be deceptive. Steep rocky trails soon emerged and although there was a little relief in the some areas they continued for most of the way. Water supplies proved to be a problem on this stage particularly for the tailenders with the landscape occasionally resembling desert conditions. A long winding ridge keeps the final destination obscured from sight. Eventually with h mile to go the sleepy little village of Conca comes into sight. The race finished at the end of the trail which is just on the outskirts of the town but the actual finish line was at a small campsite a mile further on. We were asked to keep running in case the press were present. We needn't have bothered. The place was absolutely dead with no sign of life anywhere. Several competitors got lost inside the village and had to ask directions to the campsite. This was the only time direction finding proved to be a problem and since the race was over it wasn't a major issue. The race organisation was simple but extremely efficient. Everything happened without a hitch. Although the race entry fee is high (£300) this covers all your accommodation, food and movement of bags from stage to stage for the whole week. The organisers operate on a small budget and do not have a major sponsor. Do not be fooled into thinking this is an easy race. Many of the competitors felt that the official distances and elevations significantly underestimated the distance and climbs.

A brand new pair of fell shoes lasted me two days over the terrain before they were damaged beyond repair; road shoes would definitely be better for this type of terrain. Combined with the weight of a small pack and hot weather conditions are not easy. Some competitors chose small back packs others opted for large bum bags - I'm not convinced that everyone was always carrying the required safety equipment as there was only a kit check on the first day. Still the race comes highly recommended.

— Neil Shuttleworth

Reviews

Mountain Navigation for Runners

Experienced Mountain marathoner and veteran of the British Everest expedition Patrick Green reviews course setter Martin Bagness' book.

When asked to review this new publication, I was a little hesitant and unsure but, having suffered at the hand of the writer wearing his course setters hat, I thought, why not?

My initial reaction was that Martin has managed to remove the 'edge' which a competent navigator will have over an indifferent one and taken away some of my advantage. He has simply and successfully removed the mystique surrounding navigation in the hills by practical and very effective suggestions for acquiring the techniques necessary to enjoy running safely in mountain marathons.

I found the notes on the various maps available very useful and throughout the book, the map and compass skills come with logical and easy to follow instructions. I am sure that every serious fell runner would glean useful tips and helpful hints from this comprehensive addition

Buffalo

Two of the editorial team have been testing some of the excellent products from Buffalo over the last few months and will be writing up their reports in time for the October edition to give you chance to get your orders in before the winter weather. This stuff is revolutionary!

to fell running literature - a gap filling that was much needed.

A small mine of information, concise, useful and interesting, written enthusiastically by a runner who has been there, done it and written the book, 'Mountain Navigation for Runners' is by Martin Bagness. It is published by Misty Fell Books at a price of £4.95 and is obtainable from running and outdoor shops, Saunders/Rohan/Karrimor events or direct (post free) from the publishers: Misty Fell Books; 2 Gale Crescent; Lower Gale; Ambleside; CUMBRIA LA22 0BD to whom cheques should be made out. It is also the crossword prize for this edition of *The F ellrunner*.

The Everest Marathon

"Little did I think that, when I coerced some Aussies away from their beers in Namche Bazaar in the Autumn of 1985 to take part in a race to the Tengboche Monastery and back, that it would develop into the event it is today" Tony Hunt, 1989.

The Everest marathon, the highest in the world, will again take place this year - part of it's two year cycle. What many people do not know is that a book is produced for each marathon which is more than just a record of the course and it's participants. The 1987 version includes descriptions of the course setting, the problems of the course and personal accounts from various competitors. Rob Howard's photos alone are worth the price of the book.

The race has a serious side as well, the reason for its organisation being to obtain

contributions to various Nepalese charities - Cancer Research, the Tengboche Trust (to support the training of novices at the Tengboche monastery), Dr Graham's Homes Kalimpong (originally catering for the unwanted children of Anglo Indian unions), Nepal School Projects, The Himalayan Rescue Association and the Britain Nepal Medical Trust. Details on all of these, plus details of the medical and physiological research, are contained in the publication and, of course, all the details of the race itself and the competitors are here.

1987 saw Jack Maitland winning, with 43 out of the 73 competitors British but 7 out of the first 10 Nepalese this was a great achievement and the book for that year again chronicles not just the race but the events and planning before during and after it.

In 1991 Pierre Gobet of Switzerland won the race, with Gurkha's in the next three positions with, again, a substantial British contingent. Perhaps only the Brits are mad enough to attempt such an event?!

Their madness, however, has raised over £21,000 which has been distributed among various charitable causes. The books are interesting and readable, if a little esoteric and are available from Bufo Ventures, 3 Elim Grove, Bowness on Windermere.

Rumour has it...

that beagles never poo except in a pooper scooper and never, ever pee against a tree!!

Tough waterproof maps



New title: Snowdonia West

Fell races covered in full by this sheet: Peris Horseshoe, Elidr Fawr, Snowdon, Crib y Ddysgl, Moel Elio, Moelwyn Peaks, Cnicht, Moel Siabod



THE WALKER'S MAP
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Most long distance running routes involve climbing every available mountain in sight. This journey, undertaken by **Raphael Murray** was slightly different in that no mountain tops were climbed - the challenge lay in trying to improve on the time taken when the journey was first undertaken over 300 years ago. Running into history certainly adds an extra dimension, to be recommended.

Fort William to Inverary

We set off from the shore at Inverloch, Fort William at 6.30 a.m. The night was still black. The south west wind was driving the rain into our faces and we had more than 50 miles and 8000 feet of climb through some of the roughest, wildest country in Scotland, ahead of us. Anyone with any sense was still in their bed. The gloom deepened as we left the streetlights of Fort William behind to follow the route of the old drove road to Ballachulish, the black mass of the surrounding mountains merging with the mist in the grey pre-dawn light. More than 300 years earlier, MacDonald of Glencoe's failure to get to Inverary to swear an oath of allegiance to the king before the deadline expired in less than 24 hours, had resulted in the massacre of Glencoe. Travelling across country little changed in three centuries we were attempting to get to Inverary on time.

With Paul keeping us on track we made steady progress, picking up the footpath from Lairigmor and slipping and sliding down the steep grassy slope to Callert on the shore of Loch Leven. The lack of a ferry meant that we now had an eight mile road run via the Ballachulish Bridge to Achnacon in Glencoe. From this stage until Glen Aray our route was different from that taken by MacDonald. Whereas we intended taking the direct route south through the hills, MacDonald, perhaps to avoid snow covered passes, took the coast road via Appin and Benderloch. After a brief stop for some food and drink we headed up Fionn Ghleann and over the Fhionnghaill pass to Glen Etive where we met up with Barbara again for more food and drink. The next stage took us up the glen to the east of Ben Starav and through a vast boggy wilderness to Glen Kinglass. at one point the mist threatened to lift and give us a clear view but it quickly closed in again to smother any thoughts of climbing one of the neighbouring Munros, Beinn nan Aighenan, on the way. The relatively mild temperature, meant that we did not have to cope with any significant snow or ice but the incessant rain and melt water meant that we had a few river crossings that provided an equally memorable challenge.

Another mountain pass, over the Lairig Dhoireann, took us into Glen Strae and

then Dalmally and our first road support since Glen Etive. At this point Paul was forced to retire as a result of an injury from a fall earlier in the day. Unfortunately I couldn't think of an excuse so decided to carry on. However, although I had originally intended to go across country to Glen Shira, my unwillingness to get lost as well as knackered, combined with the absolute blackness and the continuing wind and rain, made me decide to follow a more certain route. So after reaching the Duncan Ban memorial above Dalmally I continued along the old military road to Cladich and then down Glen Aray to Inverary. By this time I had slowed considerably but I eventually passed through the archway in the centre of Inverary at about 9.45 pm, 15[^] hours after leaving Fort William.

The change of route and the slowed pace meant that I was now several hours later and several miles away from the time and place that I had arranged to meet Barbara. So continuing through Inverary I started out along the shore of Loch Fyne. However, I didn't get very far before I was asked to identify myself to the local sheriff who was good enough to give me a lift back to the pub where Barbara was waiting with a well earned pint. Not only had I made it inside 24 hours, in contrast to the three days taken by MacDonald, but also, whereas MacDonald had to wait three days in Inverary before the sheriff appeared, the sheriff found me within 15 minutes.

Many thanks to Paul Driver and Barbara for their company and support. March 1993.



More wild open spaces....
leg 4, of the Rossendale Way Relay
Photo: Steve Bateson

As if you weren't confused enough **John Blair-Fish** tries to make you even ...

More BAF fled

Impressions on the BAF FHRC and the SAF HRC

I'm going to attempt to explain what the new bodies, the BAF FHRC and the SAF HRC are and what they do to answer several queries. As I sit down at my keyboard and try to compose something I realised that I'm probably as confused as the reader is.

The British Athletic Federation Fell and Hill Running Commission is the part of the new governing body of British Athletics held to be directly responsible for governing and dealing with matters related to Fell and Hill Running at the British level. There are representatives from governing bodies of the particular section of athletics in the so-called Home Countries, England(3), Wales(2), Scotland(2), and Northern Ireland(1) on the BAF HRC. In England these are elected at the FRA AGM; in Scotland they are sent from the newly formed SAF HRC which I will talk about below. The BAF HRC receives grants directly from BAF. So far this money has been used to run the British Championships and to contribute to the expenses of members of the commission attending ICMR meetings. There is also a healthy budget for coaching but it is not clear what this fund can be used for and whether coaching covers safety and navigation courses.

Invitations for British teams to attend International races also come to the BAF FHRC who have decided to delegate selection of teams to team selectors in each home country. Attempts are also being made to clear up different registration and insurance for races in different home countries so that all races obtain the same insurance as the FRA has negotiated through BAF and to reduce the confusion of having to register a race three times as seems to be the case in Scotland at the end of this year.

The BAF FHRC's task of running the British Championship has been taken over from the FRA, who are no longer deemed to be a British body. Trophies are being sold by the FRA to the BAF FHRC and new medals are being designed to reflect the change. This inverse privatisation may seem bizarre but it does allow a source of funds which come originally from clubs and might otherwise go to another branch of athletics, to be tapped. There are also grants for British Championship races and the FRA Relay The latter event is also judged to be a 'British event' which is just as well after I've persuaded a group of Scottish clubs to stage it in 1993.

The actual selection of British championship races will remain with an FRA sub-committee under Tony Hulme with input

from Scotland and Wales. This decision reflects the ability and experience of this sub-committee in both finding suitable races and negotiating difficulties. In fact it is the general feeling of most members on the commission to try and let things run smoothly more or less as before. It is not obvious to me that another tier of government of mountain/fell/hill running was needed. Some lines of communication were in place through Scottish and Welsh reps on the FRA committee, and certainly attending 5 hour FRA and BAF FHRC meetings in Kendal on successive weekends begs the question of duplication and efficiency. But the reconfiguration of administration and funds at the top has dictated otherwise.

The SAF HRC

When athletics in Scotland was being reorganised in line with the rest of British Athletics it was decided that, as there was an FRA governing Fell Running under the AAAs in England and Wales and a proposed BAF FHRC, that there should be a commission in Scotland to govern the sport, namely the Hill Running Commission of the Scottish Athletic Federation. There has been a chequered history to say the least in previous attempts to form a governing body in Scotland. The FRA had members in Scotland from formation but the SAAAs deemed that the FRA could not have a Scottish branch as it had achieved governing body status in England and Wales and therefore was part of the AAAs and ENGLISH. This led to the setting up of the Scottish Hill Runners Association who attempted to provide a service to Hill Runners in Scotland and aspired to become the governing body in Scotland. In a large number of cases this led to a duplication in services to folk running up and down hills in Scotland. Those who wished to run in the rest of Britain as well as compete in their home championship were forced to belong to the SHRA and FRA.

The SHRA made several attempts to achieve some delegated control and nearly won several motions at SAAAs AGM. Many may not remember it was quite a close thing when we got the motion for the FRA to achieve governing body status through at the AAA AGM. The SAAAs decided that the SHRA lacked credibility and continued to do so when the structure of FSAF was drawn up. THE SAF Hill Running Commission was determined to be made up of convenor, vice-convenor, secretary, and four area representatives elected by clubs in the East, West, North and Borders. The area representatives were to be members of the SHRA. All members of the commission, apart from co-opted members were to be elected at the SAF AGM, a meeting unlikely to attract hill runners, who could only vote anyway as club representatives.

The first elected SAF HRC met in November after the SAF AGM. It has turned out that nearly all members of this SAF HRC, as in the case of the previous interim commission, are former members of the SHRA committee. Team selection and Scottish Hill Running Championships have passed from the SHRA to the SAF HRC. It should be noted that a proposal to change the format of the championships from 6 to 9 races was made by a member of the commission prior to his formal co-option at this first meeting and passed without reference to member clubs or interested individuals. This might give us a hint at how other athletic bodies appear to be unrepresentative and undemocratic.

The SHRA meantime remains in existence with funds from mem-

bers but it is not clear what its future role will be, other than to provide a talking shop for certain loquacious Scottish hill runners. One rather worrying feature of the new Commission, especially SAF HRC, is that they appear to think that they have a remit to develop the sport. We've had ambitious business plans prepared by the SAF HRC finance officers and a development day for new runners to come and see videos about hill running. This latter event was advertised in sports shops! Studmarks may well cringe on his summit! The BAF FHRC has seen the need to hold a junior international to develop the lower age echelons of the sport and to promote a contest for the teams of juniors from a few English clubs travelling round in their minibuses. As a result there's a fight to get funds from BAF and other bodies to hold the event and the SAF HRC wants to write to schools to find promising cross country runners to run on the fells. I've always been told by friends that fell running was something you found out about from friends or, as Keith Burns said "should only be practised between consenting adults" New administrators think otherwise.

Postscript

After writing this article I heard on the Sunday morning's Radio 4 appeal that BAF's stands for the British Adoption and Fostering Society and now wonder who is trying to adopt who in the reorganisation of British Athletics.



"Brenda And Ereda, Fed-up with Hearing about Ruddy Committees, more Like!"



CLWB RHEDWYR ERYRI HARRIERS

**PEDOL PERIS
HORSESHOE
MOUNTAIN RACE**



Saturday 11th Sept.

LLANBERIS



start 11 a.m.

17 miles

8500ft ascent

NO ENTRY
ON DAY

**Saturday
20th Nov.**

**PENMAENMAWR
FELL RACE**

start 10.30 a.m.

12 miles 1450ft

NO ENTRY ON DAY

S.A.E. for
Race Details to G. Clegg
2, BRYN HYFRYD, PENISARWAUN,
CAERNARFON, GWYNEDD LL55 3BU

Martin Stone's Long Distance News Summary

MARK HARTELL - SOUTH WALES TRAVERSE RECORD

This is a 72 mile route with 17,000 feet of ascent and it traverses all 31 peaks in South Wales which are higher than 2,000 feet. Originally designed and completed by Andy Lewsley and Derrick Fisher in 1983, it starts in a remote part of SW Wales on a windswept and desolate A road col above Brynammon and takes you eastward, crossing the wild and rarely visited country of the western Brecon Beacons. The route takes in the Carmarthen Fan and the much better known peaks around Pen Y Fan before a 10 mile low level road section which links up with the south side of the Black Mountains.

During the final 25 miles, peaks are picked off on each of the main ridges before plunging off Pen Y Garn Fawr into the Valley of Ewyras to finish in the beautiful & tranquil surroundings of the ninth century Llanthony Priory. The distance as the crow flies from start to finish is around 45 miles. Groups attempting the run usually camp at the start and set off from the tents, often in thick clag, just as dawn breaks - psychologically, it is a difficult run to start. By contrast the finish is idyllic and the sight of the Priory ruins far below is so welcome as you descend from the final summit. Arrival is timed for dusk and a few minutes can be spent sitting on the grass by the old walls with your friends, contemplating the day and enjoying the first chance to relax for 15 hours, safe in the knowledge that you don't have to chase a tight schedule up yet another 2000 foot peak.

The local inn. The Half Moon is a welcome refuge and a mere 400 metre stroll from the finish. It has accommodation for groups, showers, good bar snacks and great beer - no better place to celebrate a fine run.

Mark's attempt took place on Saturday 24th April and the weather at 5.25am when he set off was none too promising. Thick mist gave way to heavy rain after 3 hours and with the prospect of boggy ground ahead on the Black Mountains, a record did not seem likely. Mark fought really hard to keep to the times set by the two previous record holders, hoping to make inroads over the last 5 hours (25miles). A small, efficient group of pacers doubled as road and fell support, ensuring that little time was lost on the fells and at the six road crossing points. For the first half of the route the pace was too fast to expect a pacer to run for much more than 2 hours at a time while still providing useful support on the fells. Fortunately, the weather cleared out by mid-morning and remained clear, cool with a light breeze for the remainder.

After 9 hours Mark was still on target but now needed to capture the odd minute here and there to break the record. He described the last 5 hours on the Black Mountains as the most sustained and gruelling running he had ever done. Even after 60 miles, it was necessary to run all but the steepest of climbs and also through knee deep bogs. He completed the traverse in 14hrs 42mins, 13 minutes inside Martin Stone's previous record and was presented with the record holder's trophy at the Priory.

It was a most impressive performance and Mark's time will not be easily beaten. Needless to say, a good night was had by all at The Half Moon!

RAPH MURRAY - FORT WILLIAM TOINVERARY

On February 14th, Raph Murray set out at 6.30am, attempting a 50 mile run with 8000 feet of climbing through to Inveraray. In his own words, Raph was attempting a route of 'historical significance'. More than 300 years earlier, Macdonald of Glencoe's failure to get to Inveraray to swear allegiance to the king before the deadline of 24 hours expired, resulted in the massacre of Glencoe.

Raph's aim was to try a more direct route and see if this could have enabled Macdonald to get to Inveraray on time. In addition to the historical aspect, the purpose of the journey was to raise funds for and publicise the Macclesfield Athletics Track Appeal. Raph chose a typically unpleasant Scottish Winter day for the attempt. Although it wasn't too cold he battled against gale force winds and driving rain most of the way. The route took him south on the West Highland Way, dropping down to Loch Leven, climbing up through Glencoe and over the Fionnghaill Pass to Glen Etive. Then beside Ben Starav and through a vast boggy wilderness to Glen Kinglass, then Glen Strae, Dalmally, Cladich and finally down Glen Aray to Inveraray. Raph reached Inveraray at 9.45pm, some 15 hours after leaving Fort William and well inside a 24 hour deadline that could have averted the Massacre of Glencoe some 300 years earlier. (See Raph's personal account on page 30)

LONG DISTANCE AWARD 1993

I keep a register of Long Distance Individual Fell Records and rely on those who set new records to keep me informed. In the Autumn, a panel of long distance 'enthusiasts' will examine details of outstanding performances and a suitable recipient of the award will be chosen. The presentation will take place at the Annual FRA Dinner. Please send a schedule and brief details of any record-breaking run to: **Martin Stone, 12 Moorlands, 103 Garstang Road, Preston PR1 1NN**
Tel: 0772 562395

BOB GRAHAM CLUB ACHIEVEMENT OF THE YEAR AWARD 1992/93

The Club presents 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 1st May to 30th April and the 1992/93 presentation will be made sometime this Autumn. 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 are worthy of consideration. The nomination should include a description of the challenge, a schedule and reasons why the achievement merits the award. Nominations for the 1992/93 award should be sent by June 1993 to:

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

Small ads

Lineage is remarkably cheap at £1.00 for the first 20 words then 10p per word thereafter. Why not take advantage of this to let over 5,000 readers - members, friends, family - know of your cottage to let, car seat to share to races, kit to flog, or just to trade insults with each other!

The Himalayan Shuffle

Edward Ley-Wilson's story of his 1990 expedition to run the 2000 mile length of the Himalayas, as reviewed in *The Fellrunner* (Feb 1993).

Books for sale direct from:

Mrs Leah Ley-Wilson, Kerracher, Kylesku by Lairg, Sutherland IV27 4HW. £16.70 including p&p, payable to Mrs.L.N.Ley-Wilson. Orders sent by return of post.

Run the wild hills and glens of

Affric, Cannich, Farrar and Conon. Plus lots of forest and moorland tracks. Stay in a beautiful old cottage, with lots of mod. cons (TV, phone, micro etc). Sleeps 4 with comfort. Nearby pub. From £200 per week.

Contact Dave and Ailsa Peck, (Carnethy and Highland Hill Runners) Old Brewery, Tomich, Cannich, Inverness-shire, IV4 7LY. Tel: 04565 280

Attention Race Organisers!!!

Basic card numbers, approximate size 6.5" by 5", stencilled/handwritten. Only £1.50 per hundred. Not waterproof but they are when used with sandwich bags. Take it or leave it. All proceeds ploughed into my fell race. Allan Greenwood (0274 393101)

Profile

Peter Travis

There are characters in our sport who are not just runners - who are not even necessarily very good runners - but they are an essential part of the fellrunning scene. One such is poet Peter Travis, a regular contributor to these pages, whose latest book is just published.

Born in 1933 in Todmorden Peter first started fell running at the age of 15 and in his teenage years twice won the race from Mankinholes Youth Hostel to Stoodley Pike which formed part of the YHA Annual 'Sports'. His extensive knowledge of the fells comes from these early years youth hostelling in Yorkshire, the Lakes, Snowdonia and Scotland taking part in running, rock climbing and football. He carried this through into his national service years where he ran in the Army Cross Country Finals.

Memories of a fell runner

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

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

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

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

The return to civvy street brought changes which moved Peter away from the fells - marriage, a home in Birmingham, cricket... At the age of 49 he once more took up running, mostly on the roads where the scenic nature of the Snowdonia marathon reminded him of where his loyalties really lay. "I had a go at the Bob Graham at the age of 51 and failed miserably on the first attempt," he recalls, "the second attempt was better and I got round three sections, but found myself out

Reflections in a Tarn

You are unnamed - that matters not. you have captured for me and hold fast high Lakeland fells within your darkness.

No movement to disturb your surface, no whispering wind to disfigure the inverted scene.

I sit enraptured, and wish my mind could hold such a vision with accuracy.

But I must be satisfied that you are here, alone to absorb serrated ridge. steep crag with sweeping flank.

The tranquility is broken, the raven cries above my head, disturbs the thought, but no matter. I have had the dream and memory is suitably enhanced.

of time due to some early navigational errors. A third attempt also failed". Not one to give up, Peter joined the LDWA but found that he didn't like the walking so instead ran events from 20 to 100 miles.

Eventually, at the age of 54 "I returned to fell racing after a lay-off period of some 35 years! I entered events as far afield as Shropshire and the Lakes, Snowdonia and Derbyshire and, despite always being in the second half of the field, really enjoyed it. I wish" he adds "that I had come back much earlier".

One of his ambitions was realised a few years later when, using a helicopter between them, Peter ran (with friend Ed Dalton) the Three Peaks of Great Britain recording a time of 10 hours 57 minutes for the trio of Ben Nevis, Scafell Pike and Snowdon, including flying time.

In the meantime, Peter has found time to raise, with Anne, two sons and a daughter and has 5 (soon to be 6) grandchildren. He has written text books, a book of short stories (set in the West Riding) and a novel 'The Round', based on the Bob Graham Round. Now, the book which "I have most wanted to see published" is to appear - over 300 poems, many of them on fell running and many of which got their first airing in *The Fellrunner*.

Turning 60 this April, Peter celebrated by running the 32 mile stretch from New Cop to Rocester in the company of some elite runners, being pushed all the way followed, a week later, by a nostalgic return to his home town to run the 22 mile Todmorden Boundary event.

Ne plus ultra

A goal, an aim, an achievement worthy of the struggle.

Such is the mountain's call.

When one has reached the once distant peak or serrated ridge, by lung bursting run or by definitive mountain stride there is no better thing in all this crazy world than that one last step.

"What I enjoy about fellrunning is what I have always enjoyed, the sense of freedom, something that is so basic and uncluttered by the world's technology and sophistication, and long may it be so". And his advice for supervets? "Don't give concessions to the ageing process; with reasonable health, the rest is in the mind!"

- Ray Swatcher

Wet Day in the Lakes

No mountain peaks to lift the spirit, no Wordsworthian vista to set the pen in motion, just greyness, wet, a curtain that lifts and falls with the fickleness of a gusting wind

I do not stop to 'stand and stare', no point, for body trembles with the searching cold

and the mind refutes the hidden beauty. A low stone wall, mere semblance of a shelter, offers some brief but desultory sanctuary,

whilst the cruel fingers nip the veins. Too wet, too miserable to struggle with the rucksack,

to reach the flask - atleast in movement there is distant warmth.

And so the day passed its time, relentless, mirrored in a noisy spating beck.

And I know that when I sit in cosy warmth of bright fireside the curses shall be mellowed, it happens all the time, for I return to these sullen fells on such a day as this ; there is a love between us, a mystery that defies the shallowness of man.

Peter Travis' book "Time to Reflect", published by Excalibur Press will be reviewed in the October edition.

Photographers

You will notice the lack of photos from our two most prolific photographers, Peter Hartley and Steve Bateson. Peter is convalescing from a hip replacement operation and we wish him a speedy recovery.

Steve is working on a photographic exhibition for Rossendale. Entitled SPORT IN ROSSENDALE it will run from Saturday May 29th to Thursday June 24th at the Rossendale Museum, Whitaker Park, Rawtenstall and will contain three dozen or so prints - many of them of fell running and the hills. Admission is free, so all you have to do is make the effort to go there!



*R. Hargreaves of Cumberland Fell Runners about to be passed by
C. Lumb of Kendal on the Dunnerdale Race.*

Photo: David Weatherhead