



The
Fellrunner
October 1993



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Bit at the Front *Neil Denby*

I tend to make a rule not to run championship races - mainly because they are too busy - but also because I hate, with my legendary fast start, to get in the way of the fast boys. This year, due to getting involved in an interesting competition to run as many different fell races as possible I have run in a few and have had to revise my ambition to get a Championship point. (Yes, just one!) It's tough at the sharp end and I feel that all credit should be given to those who manage to get into the points at all. We tend only to notice the first half dozen or so but, to get any points at all, you have to be capable of winning a non championship race, or at least featuring in the first few. At the end of the season a lot of time and trouble goes into the organisation of the Championship and into the prize presentations. These are, after all, national championships and it is only right that we should have a bit of a do and expect to see champions and those receiving medals at the do - it may be the only opportunity that some of us have to rub shoulders with them.

The 'do' this year is taking a different format from the dinners, organised until recently by Kev Shand, but will still be a night for both presenting trophies and for celebrating our sport in general. Dave Woodhead is organising the event in Morecambe (see advertisement on page 13) and, knowing his love of the sport and undoubted enthusiasm, it promises to be a feast of photographs, videos and food. I hope for only two additions; firstly, that the beer is good; secondly, that the people receiving awards turn up for the plaudits that they deserve.

NO COLOUR:

I've got some excellent colour shots which I'd love to share with you but I did ask the committee if we could go for colour once a year even if we had no colour advertiser but they decided against so no advertiser, no colour. Maybe when the recession ends (I should live so long!!)

Get it on disk!!



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

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

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Cover Photo by A. Greenwood:
Martin Jones winning the World Cup Trophy

The Corsican article in the last issue was incorrectly credited. It was written by **Neil Schofield**

The Fellrunner is published 3 times a year
1st week in June, October and February.
Deadline for articles, letters etc. for the next issue is
JANUARY 7th

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Results and Race Reports to:
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Colour Rates

Available on request from Francis Uhlman.

The Fellrunner

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

The calendar will be A4 format and costs a mere £2.50

if ordered before November 15th.

Orders and sales after then will be £3.00.

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



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News and Views Secretary's Corner

There have been two Committee Meetings since the June issue of *The Fellrunner*.

I apologise for being absent from the Rossendale meeting which coincided with the Saunders MM. I am grateful to Pete Browning for kindly taking the minutes.

Rossendale, 3 July 1993

i) Funding for the English (and Welsh) National Teams continues to cause concern. AAA of England verbally agreed to underwrite, but both England and Wales have applied to Foundation for Sports and the Arts in case funds are not forthcoming from athletic circles. We really shouldn't have to go begging every year. Incidentally, it is FRA policy that membership subscriptions are not used to finance International competition, we expect funds to come from the wider athletic world.

ii) Revisions to Constitution and Rules for Competition considered. Agreed to recommend to AGM, in addition to general up-dating, that Environment and Access Officer and Junior Co-ordinator be elected posts (previously appointed).

iii) Reports received on International Competitions at Knockdu, Northern Ireland and Pyrenees, France.

iv) BAF Fell and Hill Running Commission have elected Danny Hughes as Secretary in succession to Jonathan Gibbon who resigned for personal reasons.

v) Junior Championships well supported. Dave Richardson floated idea of a relay race for juniors and invites other ideas for 1994.

vi) Chairman has written to BOFRA in attempt to re-open discussions on professional/amateur divide. He has copied them the recent agreement between Scottish Athletic Association and Scottish Games Association and requested a meeting.

Little Langdale, 11 September 1993.

i) FRA, on behalf of BAF Fell and Hill Running Commission, co-ordinates British Championship races in consultation with Welsh and Scots. British and English Championship races agreed subject to organisers' confirmation are:

English: Moel Famau, Shelf Moor, Merrick Hill, Sail Beck, Peris Horse-shoe, Culter Fell.

English: Wrekin, Shelf Moor, Black Combe, Sail Beck, Holme Moss, Langdale.

ii) Arrangements for Junior International progressing, see separate notice on inside back page.

iii) Arrangements for AGM discussed. Agreed to put motion to up-date Constitution and Rules for Competition. Agreed to amendment to Definition three to change race length criteria from 'record time' to 'distance'. Agenda and details of this motion to membership with this issue of *The Fellrunner*. BAF and FRA clubs to be notified by post.

iv) Team Manager reported on World Trophy competition in Gap, France, details elsewhere in this issue. Committee expressed appreciation of the time and enthusiasm which Pete Bland puts into this onerous role. He is highly respected not only in Britain, but also in International mountain running circles, and it is hoped he will agree to continue as England Team Manager next season.

v) Environmental paper by Matt Simms published in *The Fellrunner*, June 1993 discussed. Revised version generally accepted and agreed it will be a useful consultation document to help cement continuing good relations with such bodies as The National Trust, National Parks and the like. Matt agreed to embark on consultation exercise with land owners.

vi) Response from BOFRA to our request for discussions on the professional/amateur issue is to wait a while and see how the Scottish agreement works. We shall follow up in due course.

ANNUAL GENERAL MEETING, after the Langdale Horseshoe Fell Race, 9 October 1993. The agenda and associated papers are included with this issue, and I do hope for a good attendance. Even if you find the formal business boring, may I commend the OPEN DISCUSSION which follows. This is a most useful forum which helps your committee to gauge the feelings of the membership on any topic you wish to raise.

Mike Rose

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.

Views

Sanitary Facilities at Fell Races

Dear Sir,

A letter from Eileen Woodhead on the above was published in the June issue of *The Fellrunner*. Most readers will consider that the response by our chairman, Selwyn Wright, is sensible and constructive.

Unfortunately, not the Woodheads, who have written to The National Trust, The Lake District Special Planning Board, the British Athletic Federation, their MP and no doubt others. All the above named have expressed their confidence in the FRA's ability to deal with any problems.

The most recent development is a letter from Kirklees Metropolitan Council reminding me of their powers under the Local Government (Miscellaneous Provisions) Act 1976 and setting out the scale of sanitary requirements for sporting events, which I doubt are met by the Woodheads' own races.

It's a good job that the EEC don't know about fell running or they would want to get in on the act as well!!

Yours faithfully,

Mike Rose, FRA Secretary

Access excess

Dear Sir,

I read with interest the correspondence in the last issue about toilet facilities at Ilkley Moor Fell Race and, as the original organisers of the race, my sympathy went to the current organisers in the face of what I would only describe as a hysterical onslaught from Eileen Woodhead. Obviously the matter needs attention (and was much more soberly and sensibly responded to by Selwyn Wright in his FRA response) but a further examination of her letter prompts me to make the following comments.

Eileen Woodhead states "This event is now in its third year and there is no evidence of the mess being cleared up". The event is in fact in its fourth year and there was a public lavatory on Ilkley Moor very close to the start of the race which in 1990 was open and available to race goers. Whether it was open in subsequent years I am not able to confirm but would suspect its closure in late 1992. I feel certain that the race organisers assumed that these public facilities would be available for the 1993 race.

In addition, Eileen Woodhead uses a number of very emotive phrases in her letter which detract from the possibility of careful and reasonable discussion about important issues current in fell running today. In particular about "access" and the effects on it of privatisation of areas previously open to the public. She states: 'And the question begs, do they deserve

the freedom of the fells?' What on earth does this mean! The paragraph where this sentence occurs is already in overload with a major question about a proposed levy by Bradford Met for use of the fell and which she compares to the 'North west Water issue'. Reference is then made to double standards but what about the standards of North west Water? Is it fair to compare lack of toilet facilities by a race organiser with a decision by a major utility to restrict or change access arrangements? Clearly no one would wish to antagonise such organisations but in our democratic society should we not expect access to be available as a principle and not conditional on a system of preferment linked to 'good' behaviour

Yours faithfully,

P.J.McWilliam, Aberdeenshire

Environmental ideas

Dear Sir,

It was good to see the consultative environmental guidelines from Matt Simms, there were many important points raised for fell race organisers. One serious omission, I feel, is in relation to our transport to the fell race. Motor vehicle



Ian Barnes (Rossendale) followed by Joseph Talbot (Tod) and Alan Mellor (Tod) at Pendleton.
Photo: Steve Bateson

pollution is increasingly becoming a major concern and the FRA and organisers should consider options that could reduce this impact. Some of the various possibilities are
Car sharing schemes (i.e. as at the Kar-rimor where cars with only one person aboard are not allowed to park).
Encouraging clubs to come by mini bus, for example by a discounted entry price
Race start times to co ordinate with public transport. Competitors could be picked up from the local railway station
Cheap entry for cyclists
Keep up the good work,
Yours faithfully,
Dave Collins, Oxenhope

Five Tors Trophies

Dear Sir,

I am writing to ask if any of your readers are able to help us. We are the organisers of the 5 Tors Moorland Run which takes place in March.

I am still trying to secure the return of the Winner's Shield and the Lady Winner's Shield from the 1992 Race.

The winners in 1992 were Graham Patten and Karen Patten. I have contacted Graham, who has given the trophy to a colleague of the 1993 winner, Colin Donnelly, who said he would pass it on. I have since heard that Colin Donnelly has not received it and unfortunately Graham Patten is unable to furnish me with a name or address. Would anyone who knows the whereabouts of this shield please contact me.

I have tried in vain to contact Karen Patten, the only information I have received is the return of a recorded delivery, saying she has 'gone away'.

If anyone can help, either by contacting Karen Patten or by giving me an address I would be very grateful.

Yours faithfully,

Cynthia Weston

No publicity, please

Dear Neil,

In regard to John Blair-Fish's article, 'More BAffled' in the June issue of *The Fellrunner* and the part which reads 'we've had ambitious business plans planned by the SAF HRC finance officers and a development day for new runners to come and see videos about hillrunning. This latter event was advertised in sports shops!': Yes, John, Studmarks did cringe on the summit when he read that. However, I'm sure that if something similar was attempted in England, the FRA would take immediate action to stamp it out.

Yours in sport

Studmarks Smith

Lancashire Shoe Repairs

Dear Sir,

I have recently had my ETA racing shoes repaired by the above firm who have been approved the official ETA shoe repairers and feel that their workmanship be commended through the columns of *The Fellrunner*. Having run in them for about 6 months on limestone, millstone grit, slate, clay mud and peat my ETAs were looking the worse for wear (not to mention the almost studless soles and various rips in the fabric) I thought it time major repairs were undertaken.

Off went the shoes, together with a cheque and a note as to what required fixing. Within a couple of days Eric Wrathall from LSR telephoned to tell me the shoes were shattered but repairable. Realising I needed the shoes fairly urgently, he used

his skills to glue and sew patches in all the right places, affix a new ETA midsole and ETA sole. When ready, he personally delivered them to me at home and explained exactly what had been done to effect what I would call a first class repair.

Since then I have raced and trained in them for the past three months and there is still life in them yet. Surely this must be an excellent example of the craftsmanship and service the firm prides itself in. I wish them every success in the future.

Yours faithfully,

Mark Nutter, Clayton

Obscure perspective

Dear Sir,

I wonder whether any other readers found, like I did, that the picture of Sarah Rowell and Carolyn Hunter Rowe on page 23 of the last issue of *The Fellrunner* had a rather 'M.C.Escher' quality. For readers not familiar with the work of this Dutch artist, I should explain that his prints and woodcuts are as much mathematics as art. In particular, he uses various tricks with perspective, as in 'Relativity' where one sees two people walking in the same direction on the same staircase, but one is going up while the other is coming down. Which brings me back to the picture in the June issue of *The Fellrunner*: are we looking uphill or downhill along the cobbled lane? If it wasn't for the railings along the top of the wall and the running action of the two ladies, I'm fairly sure that I would have continued with the impression gained at my first glance, that the photographer was standing at the top of the hill, looking downwards!

Yours faithfully,

Anthony Kay, Loughborough

Information inaccurate

Dear Sir,

I write concerning a fell race advertised in the Calendar update section of the June issue of *The Fellrunner*. My husband and I were holidaying in Scotland and were coming home to Liverpool on 17th June, so it seemed an ideal opportunity to fit in a fell race and break the monotony of the long drive; South Stainmore seemed perfect, a CS race in the quiet area of Cumbria. I myself am not a fellrunner and doubt that I could manage even the shortest, flattest race, but I am an avid spectator and navigator. I was looking forward to this race. We arrived in Kirkby Stephen with ample time (for a change) only to get lost as my navigational skills deserted me when I mistook a board with directions to the race start to be a sign saying 'potatoes for sale'. Eventually we began to run out of petrol and stopped at a garage where I used our surplus cash to fill up, and asked directions. We were somewhat surprised when the gentleman in the garage asked us if we meant the motor bike fell race. I loath motor bikes and am quite petrified of them and so put

it to my husband that perhaps there was some mistake and *The Fellrunner* had got it wrong, after all, who's heard of a motor-bike fell race?

Unfortunately, having come this far, there was no stopping my husband so we had to continue to the race start. At this point I would mention that we had £5 cash, having spent the remainder on petrol and were miles from a cashpoint; the Calendar Update said that the race was £3.50 on the night or £2.50 by June 14th (how could anyone enter before if the race was not in the calendar?). Anyway, we eventually saw the usual gathering of cars on a hilltop and realised we'd arrived. We got to the entrance to the field and were promptly asked for £2.50 for the spectator fee. To my utmost horror I realised that we were in the middle of about 200 crazy motor bikers all revving their engines menacingly, panic set in and the gate keeper began to get irate as a build up of vehicles was gathering behind us; it was impossible to turn back as we were hemmed in; we had no option left to us except to part with the £2.50 and take our life in our hands. Eventually we were able to ascertain that this was a yearly event where all the local motor bikers get together and race quite violently round a field for a whole evening, but there was a fell run. We now had only £2.50 cash and the entry fee said £3.50 and everything was looking exceptionally bleak.

There was worse to come though, the entry point was in the centre of the field which the bikers were racing round; my husband decided he'd have to chance it having come all this way. I bid him a final farewell and wished him luck. I then said a quick prayer that he wouldn't be minced alive and buried my head under the car seat with his socks in my ears to drown out the horrendous noise. He returned about 15 minutes later much to my relief and said that he'd explained our predicament to the race organiser and had been allowed to enter regardless of the fact that we didn't have enough money.

If *The Fellrunner* had made the details clear, that the entry fee was £3.50 and the spectator fee (per spectator) another £2.50 (£6 entry fee in fact!), and that the race was primarily a motor bike vent I'm sure we wouldn't have made the detour.

However, we definitely will be going back next year, despite the cost and the motor-bikes, because not only were the organisers exceptionally nice people, but Gary WON the race!! Next year we have to return the winners cup and I will make sure there are a lot more runners and spectators from our area to see him defend his title!

We would like to say thank you to the organisers and ask *The Fellrunner* to be a bit more precise when printing Calendar Updates

Yours faithfully,

Susan Kenny, Liverpool.

Justified criticism we can take but this! The Fellrunner prints the information supplied to the fixtures secretary BY THE RACE ORGANISER. The fixtures secretary has to rely on the accuracy and honesty of organisers in publicising their events. - Ed.

Calendar Update

Butter Crag - new time - see inside back page.

The Loggerheads Race will now start from the Forestry Commission car park at Moel Fammau which is two miles south west of the original registration point on the same road.

Withins Clough 10th October, 12 p.m., N/5m/900', start at Hinchcliffe Arms, Crag Vale, Mytholmroyd, GR 000233. £2 on the day. Details, Jez Wilkinson, 0532 788925 after 6. Proceeds in aid of the Karen Drake Trust Fund.

WELSH WINTER LEAGUE

S.Wales winter hill series 1993/4; 6 races, all starting on Saturdays at 2 p.m. Entry £1.20 per race or £6 the series.

Oct 16th, **Blorenge**; AS/2.5m/1400' from Llanfoist Inn nr Abergavenny, PM/NS, 0/14 Details, E.Meredith, Ty Craig-wen Gamdiffaith, Gwent, 0495 775030

Nov 20th, **Bwlch y Clawdd**; N/3m/1000' from car park junction of A4061/A4107 nr Treorchy, mid Glamorgan SS 939945; PM/NS o/14 Details M.Lucas, Chestnut View, St. Brides Major, Glamorgan, 0656 880009

Dec 4th, **Skirrid**; AS/2.75m/1000' from car park S0328164 on B 4521 near Abergavenny; PM/NS o/14 Details D.Thomley, 5.Bryn Siriol, Pentrych, mid Glamorgan, CF4 8QU, 0222 891172

Jan 15th, **Gower Gala Gambol**; N/4.2m/850' from Britannia Inn, Llanmadoc, Gower nr Swansea; PM/NS o/14 Details; A.Fiddler, 115 Bishopston Rd, Swansea, SA3 3EV 0792 233999

Feb 5th, **The Darren**; AS/3/1070' from The Darren Pub, Risca, nr Newport PM/NS o/14 Details R.Benjamin, Sunways, Twmparc Road, Pontypool, Gwent NP4 6AG 0495 756806

Mar 26th **Pen Cerrig Calch**. AS/3m(K)70' from Ty Mawr Farm near Llanbedr SO 234206 Details D.Thomley, as above.

Contact individual race organisers or J.Sweeting, 23 St Matthes Rd, Pontypool, Gwent, 0495 752961

William Ramsbotham

Summer seemed to have arrived for the first weekend in June. Will's friends were not at all surprised when he headed off to his beloved Snowdonia. He made first for the sea cliffs of Anglesea where he climbed "Dream of White Horses". This is a daunting route which only the bravest and best can attempt. It starts from a sea-level ledge, which can only be reached by a very long abseil down vertical cliffs.

Next day Will headed south-east for the Cader Idris mountain race, which he won in record time. Then more rock climbing. Will had just completed a route of extreme difficulty, and was abseiling, when his belay gave way, resulting in a fatal fall.

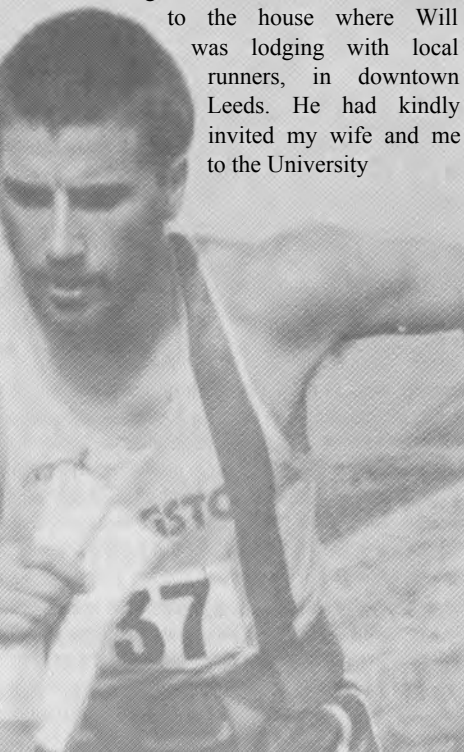
Will was a dedicated and determined athlete on the track, the road, cross-country, and especially in the hills. He loved team events, especially relays, and endurance events, like two-man mountain marathons, and was a member of several record breaking mountain relay teams. Will was also a distinguished scholar, engaged in geological research involving an exciting new laser technique to the dating of rocks.

Will will be remembered however, for his outstanding personal qualities, rather than for particular talents with which he was so richly endowed. He had about him a serenity, an openness, and a lack of material need and ambition, which shone like a beacon through our materialist times. Because of these qualities Will tended to be the centre of attention, whether at the school in Katmandu where he taught English for a time, or at University. Not surprisingly he was elected captain of cross-country both at Edinburgh University and at Leeds, where he worked as a post graduate. Nevertheless Will was anything but attention seeking. He delighted in being alone for weeks on end, living simply, in harmony with his environment, in wild places like Rhum, or the Pala Dolamites. Sometimes, when on solitary mapping projects, he would write to his friends, and try to capture, in simple watercolour, or graphic prose, the magic of a mountain storm, or of sunset over the Hebridean coastline.

It is not surprising that Will's very wide group of friends in Shrewsbury, Edinburgh, Leeds, and further afield; in athletics and orienteering, and in other walks of life, are finding it hard to come to terms with the fact that he is gone. We all have our cherished memories. One friend told me that her children had enthused

that Will always made a point of seeking them, directly after a cross-country race, or relay leg, to thank them for their support. Another recalled that, whether in a winter bivouac, a tent, or a mountain hut, Will was always first up, waking his friends cheerfully, with a cup of tea, eager to be off to enjoy the challenges of the day.

I shall long remember a recent visit to the house where Will was lodging with local runners, in downtown Leeds. He had kindly invited my wife and me to the University



Athletics Club dinner dance, for which he was responsible. Time was getting on when we got back from a 4-stage hill-race relay. Tea had to be brewed for the increasing number of friends who inevitably drop by when Will is in, and a jumble of papers, running kit and so on, was pushed aside for folk to sit down. Will had to clear floor space in his "study" for my wife and me to sleep, and he brought bedding, which I suspect was his own.

Meanwhile Will was also searching frantically for clothes suitable to wear to the dinner. Shoes seemed to be a particular problem, till Will discovered a pair of light tan calf-length boots. They were dirty but he set about them with boot polish. This was the wrong colour and left dark streaks. Will was unconcerned. The meal was fine. Will's speech was warm, and the dancing wildly enthusiastic. No-one seemed to notice what Will was wearing, but all could feel, and respond to his happy presence.

To say that we shall miss Will is a drastic understatement, but we are grateful to have known him, and for all that he was and stood for: and that he achieved in his 26 vibrant years.

Our thoughts and sympathy go out to his parents Hew and Juliet, and to his partner, Yvette Hague, Britain's top orienteer,
Martin Hyman 10:6:93

William Ramsbotham died in a climbing accident in North Wales on Sunday 6th June; for many it will have been the saddest day of their lives because Will had many friends. Though serene and relaxed by nature he lived in overdrive and as a result his boundless enthusiasm coupled with unstinting generosity touched many people and areas of activity. He was an excellent fellrunner, though to my knowledge only ever winning two races, at Alwinton and Cader Idris - both in record times; he competed regularly at the highest level and would often be found in the top ten finishers. He also revelled in relay events forming the backbone of many powerful Pudsey and Bramley teams at the Ian Hodgson, FRA or Calderdale.

The flair which he brought to competition was also reflected in his dedication to the more mundane, but essential, business of organising teams and trips to events for the various clubs of which he was a member. Leeds University Cross Country Club flourished under his captaincy and he was always proud to have once formed part of the elite Doss AC beer drinking team which won the premier event at the Isle of Man.

Fell running is distinctive in being a hard competitive sport untainted by prima donnism. Will was part of this tradition and on long Saturday/Sunday runs or mid week training he was always happy to modify his pace or plans to suit the ability of those less able than himself. Beginners would always be encouraged out and then also made to feel comfortable. Though thoughtful towards others he was not averse to applying subtle pressure to bring the best out in people and this perhaps reflected his time spent as a teacher in Katmandu and his family's background in education. By training Will was a geologist and at the time of his death had almost completed a PhD. I heard what it was about once explained, shouted in fact, over the hubbub of a party; it certainly sounded impressive to me but more importantly it was highly regarded by the knowledgeable in his department and elsewhere in the geological community. It is still hoped that a couple of papers can be salvaged from the working notes. The Earth Sciences Faculty admired Will not only for his academic mind but also for his commitment towards the tuition of undergraduates and his friendly open personality make him sorely missed.

There is little comfort to be drawn from the sudden death of a close and brilliant friend except the clearly revealed perspective, perhaps not available during his life, or even immediately after his death, of a wonderful person who never hesitated to help others and who carried his ability as the slightest thing completely unburdened by pride or self-consciousness. Our thoughts are continually with his partner Yvette and his mother and father, Hew and Juliet.

Rupert Kempley

Race Organisation

A few thoughts from the Fixtures Secretary

"Shelf Moor; 'A' Short; no bloody chance. Donnelly must soak his shoes in steroids!!*" - a remark heard before last year's race. How many times have we all heard, or in some cases made, similar comments disagreeing with how hard or long a certain race is, either after a particularly brilliant or, conversely, an outstanding disastrous, wet, cold and frustrating run. Race categorisation is one of those subjects that gives fuel for endless discussions, arguments and opinions. I can recall reading many letters in *'The Fellrunner'* over the years in which numerous people have found all sorts of faults with the system and proposed all manner of weird and wonderful adjustments - adding grades for the type of terrain; creating a severity grade for races run in the winter months; using percentages to indicate climb rates and so on to the point where a grading to include the density of sheep droppings would have been as helpful!! All that these letters have done is to convince me that all a fell race categorisation can ever be is a VERY approximate indication of what to expect and that it is absolutely impossible to attempt to do more. There are quite simply too many variables to take into account - weather conditions; type of terrain; where the climbs are situated along the route; the steepness of the climbs and so on. This variety and imprecision only adds to the fun of the sport and is a very good reason for people not being encouraged to hurl themselves in at the deep end until they have gained adequate experience.

There is, however, one area of the present system which has always seemed nonsensical and which I proposed to the committee at the last meeting after the Three Shires that we should change; a proposal which they supported and which will therefore be put forward as a committee motion at the AGM.

That area is the current practice of giving a race its length grading on the record time, which is really grading the runner and not the race and creates a few anomalies. Up to now, when a race is first registered, I have to grade it 'N'. After it is first run, often by a small, local field, I then regrade it for next year on the inaugural



The long ... G. Clarke leads Steve Wood up the Ben.
Photo: Steve Bateson

record; this is then very often smashed out of recognition the next year when everyone else has found out about the race and turns up to have a go. The same race can therefore, for example, appear in the Calendar in three successive years as 'N', 'BM' and finally 'BS' which is a silly situation which helps nobody. The race will not have changed its length or its characteristics, it will just have been won by a better runner, often in perfect conditions which will not be repeated for another hundred years - all credit to the record holder for a magnificent performance but that should not be reason for changing the race category and in any case a dependence on the record time to gather an idea of what a race is like is definitely a bit of a chancy practice for the average runner!!

After a long and careful statistical look at the Calendars over the past six years I came up with the suggestion that all races ought to be graded from the start by a consideration of the height per mile (as we do now) and the race distance as follows -

0 - 6 miles	= short
6 - 12 miles	= medium
over 12 miles	= long



and the short.... J.B. Cooper (Rossendale) on the last climb. Whittle Pike.
Photo: Steve Bateson

Rumour has it...

that fixtures secretary Dave Jones should be easier to beat, the higher up a mountain you find him. While crossing the Himalayas in the summer, he insisted on getting off the bus as it was 'too high up', dragging his unwilling spouse into a land rover instead.

The above criteria are generally where the current time categories fall, so the vast majority of races would stay as they are now, the only ones that would change would be those on the borderline with a particularly outstanding or a particularly slow record time. There is no long race under 12 miles in the Calendar, so no long races would be 'demoted' although a few more races would be added to the long category; several changes in medium and short races would occur but proportionate to the total number of medium and short races this would be minimal.

I did have a look at the possibility that has been suggested of adding an 'XL' category for such horror-shows as the Ennerdale but decided against it for the reason that long races form only 16% of the total number of races in the Calendar (48 in all) and only 7.3% (22 in all) are over 18 miles, hence it seems a little disproportionate to allocate TWO categories to a category which occupies such a small proportion of the total. While we're on a statistical paragraph those of you who like such things might want to note that when the 1993 Calendar went to press there was exactly the same number of short as medium races (113 of each, 37.6% of the total in each case).

The end result is that, if the AGM supports the committee recommendation, all races will have their distance category decided quite simply on the race mileage so (THIS MESSAGE TO ALL RACE ORGANISERS) when race details are sent in for registration it would help greatly if people would have a careful look at the distance. To conclude with a reminder - I will be sending the forms out on the last weekend of September for registration of races for the 1994 Calendar; if you are an organiser and you don't receive one by the end of the first week in October please give me a ring - and if you're one of the vast majority of people who (hopefully) WILL receive their forms the sooner you can get them sent back in, the easier it will be to get the Calendar out before Christmas again.

I always knew the Shelf Moor was a Medium anyway.

Dave Jones

English runners dominate Stena Sealink Knockdhu

Last years successful debut for the Knockdhu International event was this year even bigger and better as increased backing from sponsors Stena Sealink enabled promoting club Lame AC to extend the field to include ladies and junior men. Although Knockdhu reaches a height of only 1300ft and the 4.7 mile distance leads to a 'short' classification, runners last year were impressed by the steep climb and leg wobbling descent down steep grassy slopes into the Sallagh Braes, giving a total ascent of 1470ft.

Last year, Belfast fireman Robbie Bryson pipped England's Keith Anderson to set a mark of 35.30 but failed to lift the team prize, which went to England, while Clare Crofts set the ladies record at 44.33.

A strong England contingent looked set to do well and so it was to prove with former world champion Carol Greenwood slashing over four minutes from the previous record. It was a clean sweep for England in the ladies race with Janet Kenyon and Kath Drake taking second and third position.

The senior mens team, with first, fourth and fifth places, easily retained the Stena Sealink Trophy while the junior mens team went even better with first, third and fourth. In the mens race Scots Neil Wilkinson and Davy Rodgers were first to show but on the first of the three climbs Mark Croasdale took control with Bryson just behind and Wilkinson third. Croasdale was still in front on the second hill but Bryson countered dramatically to take the lead over the top of the last rise. The race looked to be lost but the England international produced a furious descent to win by 4 seconds in a time that was 41 seconds inside the old record. Wilkinson held on for third with England's Mark Kinch and Steve Hawkins behind him to confirm the team prize.

The junior race held the prospect of a battle between cross country international Colin Jones of Eryri, representing Wales, 17 year old John Brooks from Lochaber - who recently came eighth in a British senior championship event - and England's phenomenal junior, Matthew Moorhouse. As it was, England took three of the first five places, with Moorhouse beating Jones by almost a minute and Brooks not competing. With three team prizes and three individual winners, it is certain that England will be back to defend this clean sweep next year.

Ray Swatcher

Results in centre section



Running away from the trees - will forestry land be forbidden? Julie Keys of Rossendale leaves Hodder Valley show field on her way to winning the race.

Photo: Eileen Woodhead

For sale: The Forestry Commission

The Government wants to sell the Forestry Commission. On the 30th March Ian Lang, the Minister for Scotland set up a group "to review options for ownership and management of the Forestry Commission woodland ... having regard to Government's other economic and environmental policies." Couched in political terms, but the message is obvious.

So why would the Government want to sell the Forestry Commission? Money. The sale could raise perhaps £700 million. A lot of money? Enough money to staunch the deficit for three of four days. Enough money to pay for a sixteenth of that spent during the pounds fall from the ERM. The Forestry Commission could be sacrificed for such a small transient gain. (At present the Forestry Commission annually costs taxpayers 6p each.) This is what we stand to gain from the sale of the Forestry Commission.

What do we stand to lose from the sale of Forestry Commission? The Forestry Commission, on our behalf, manages 1.2 million hectares of land on which it has a free access policy, a right to roam over an area nine times the size of Berkshire. This access could be lost. At present Forestry Commission land is marked on Ordnance Survey maps to encourage access, the OS has been told to remove this. What may private owners do? Would they remove access? From past experience of Forestry Commission land sales, the answer is yes, many will. Can they pillage the Forestry Commission for quick profits? The Forestry Commission is 70 years old and is now reaching profitability; its

large planting schemes in the forties and fifties are now reaching maturity. A private owner could clear fell and not replant. Why should we risk access to the countryside, risk a national resource and risk our heritage?

I paint a very black picture, maybe a pessimistic one. But the sale of the Forestry Commission is not a reversible decision, once sold the Forestry Commission will never return. This is the biggest attack on the outdoor activities since the Water Boards sell off. These are our forests, our access to the hills, our training areas. What can you do? Complain. Write to your MR tell them if you feel this is a good idea. They represent you. Write to the Prime Minister. Ask him if he will stand by his statement that "there is no intention to privatise the Forestry Commission", delivered six days before the last general election. Write to the head of the review group (addresses below). You can make a difference, but only if your voice is heard. I have described the potential gains and potential losses. Put simply "Is paying the deficit for four days worth losing the access to two million acres forever?"

- Will Robbins

YOUR MP
The House of Commons
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SW1A0AA

Rt. Hon. John Major MP
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Geoffrey. S. Pearson
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The Scottish Office
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Edinburgh EH1 3TG

The record they said would never be broken

Alwyn Llewellyn pays tribute to a milestone in fell-running history.

On Saturday 24th July, Carol Greenwood took her most prized possession and broke it in two. Not that she is a violent person, rather far from it. Whether running or not, Carol, 27, is a shy natured, immensely likeable lady who always has time to chat happily with anyone who wants to. But as she showed on Saturday, when she's racing she has determination and a large quantity of true Yorkshire grit.

The Ladies record of 1 Hour, 14.36 for the race from Llanberis to the summit of Mount Snowdon and back which Carol set under her maiden name of Haigh the last time she ran there, in 1986, has always had special meaning to her, as it marked the high point of her fitness in the run up to her triumph in the World Cup Mountain race, in Morbegno Italy later that year. "I have always looked out for the Snowdon result, ever since that year, in particular to see if the record has gone. I've sighed with relief a time or two, but also with a little surprise" she says with modesty.

It is small wonder though that no-one has ever even come close. At the time, Carol was at her peak, winning every race in sight and setting times on the road, track and country as well as on the fells which stand today. She had travelled down to Wales with her parents, from their home in the tiny village near Holmfirth, in 'Summer Wine' country, and entered the race as an individual, alongside all the British and International teams. And she ran away from them. Even most of the men trailed in her wake as she powered up the mountain to set a new summit record, taking 4 mins 52 off the previous Ladies best, her 40th position surprising her father, who having climbed to the summit himself in just over an hour, hadn't thought it necessary to take out his camera yet, and so he missed taking what would have been a memorable snap. Carol turned the summit trig just 4 mins behind the leading male, then proceeded to fly down the stoney track to smash the previous best female mark, set at 1:20 by the then English Fell Champion, Pauline Haworth of Keswick.

"That day was a milestone in fell-racing history" says Snowdon race secretary Ken Jones. He realised that he had witnessed a truly remarkable performance



that day and believed that it would never be equalled.

Since August of last year, Carol has again hit good form, finding herself at the head of the field once again with increasing regularity. A couple of her most notable wins are, from last September in the Ben Nevis race, run on a fine clear afternoon, and this April in the Yorkshire 3 Peaks race which was run in quite appalling conditions, with high winds and driving rain, causing poor visibility for much of the route.

But it was during a succession of fine victories, during May and June of this year, including a string of 38 victories on the trot, 23 of them in new record times, that she decided to "have another go at Snowdon" so that she might make a true personal assessment of her form. "I thought that it would be nice to compare my fitness now with then, also to re-acquaint myself with that lovely place. I just don't seem to have found the opportunity to return to Llanberis since '86.

"As it turned out, the race was to be held as an International again this year and I was lucky enough to be asked by Manager Pete Bland to run for the English team. That was great because I knew that there would be fierce competition among the teams, the Europeans as well as the British runners, so my own performance would give me a good guide as to how I might do if I am selected for the World Cup in September."

As the race progressed though, Carol quickly found that the competition she was up against was not of the other female teams. Out of the 450 com-

petitors in the race, Carol turned at the summit in 39th place, 4 mins ahead of the next lady. A glance at her watch told Carol that she was 10 seconds inside her record ascent time of 47:52, but how had she been at descending the steep mountain slopes, those 7 years ago?

As Carol raced down the mountain with the high class men's field, she remembers, "I just kept concentrating on keeping from falling or twisting an ankle or anything silly, but I could feel the soles of my feet getting hotter on the steep shale track after crossing under the mountain railway, and I felt my heels beginning to blister. As I hit the steep road section at the bottom, my left heel seemed to pop! By now I'd caught Gavin (Bland) and he gave me lots of encouragement, though he'd fallen quite badly and the blood from his injuries was spattering onto my lovely white England vest! Oh I was quite pleased when the finish came."

Carol had shattered her previous record by 2 minutes, finishing in 36th position overall. The 'pop' she had felt as the road section was reached was (cringe) as the whole of the skin on her left heel came away, leaving a neat raw area 2 inches long and extremely sore. How she ran that last $\frac{1}{4}$ mile one can only wonder, let alone the fact that she made 2 places up on the run past the Royal Victoria Hotel, to the finish.

Surely now, nothing can stand in her way as the World Cup approaches at the beginning of September. "Now I have a good idea of my abilities and limitations," she adds in her quiet down to earth manner. "You really have to take each race as it comes, run as you feel, but above all enjoy it, otherwise there is little point in doing it. I run the fells because I love them, as well as the challenge of the race. I don't run for prizes, though some of the lovely things I've won over the years, such as the water colour painting of Snowdon in winter, I will treasure forever."

The English teams stand the best chance they have ever had of victories in both the mens and ladies World Cup this year. If Carol can pull off a fine performance such as her present form indicates, then they will also have a worthy individual title as well.

World Cup results and reports are on page 10.

Since this article was written Carol has almost won a fell race outright (3rd at the Denis Stitt) and taken the bronze at Gap.

Junior Update.

Exciting finish in prospect

With two races to go the championship is building up to an exciting climax in several of the age categories, particularly at the ul2 and ul4 levels. Kettlewell and Thieveley could decide several placings, although in the ul6 boys and girls the winners have already been decided with 4 out of 4 wins for Tim Davies and Victoria Wilkinson. Indeed the Davies family from the Mercia club are also featuring very prominently in the ul4 boys and the ul6 girls.

Going to the championship races this year it has been a real boost to see so many youngsters out there supporting the events which can only go from strength to strength. It is to be hoped that this will have a knock on effect and more youngsters will run in many other races. All the organisers at the events have certainly been impressed by the turnouts, so well done all of you and thanks to all the mums and dads for their support, without whom the whole thing would not be possible. We have had people from as far as Bristol, Cornwall and, mid Wales, but a distinctive lack of support, except for a stalward few, from my part of the country here up in Cumbria.

It has proved more difficult than expected to reach a suitable compromise on the race distances at some venues and one or two of the races seemed a bit long for some. This is a difficult issue to tackle since it would not be practical to have separate races for each of all the age categories and it means we have to fit in with the race organisers wishes. Thus it can be seen organising the races for the championship is not as straight forward as it first appears. Therefore my belated apologies go to anyone who has struggled over the distances and please do not be put off. I hope to have learned by the experience and thus next years championship should be an even better one.

The highlight of the season is coming up on 10th October with the Junior Home International and Open races at Grasmere.



*John Hart, currently second U14, descends Cuckoo Hill at Turnslock.
Photo: Dave Woodhead*

If you are not lucky enough to be selected for an international vest you can still come along and run in the same race, as an open competitor, entries for this will be on the day. We are hoping that as many as possible will turn out in what is hoped to be the best gathering of junior fell runners ever seen in Britain, so come along and be part of it. That also applies for parents as well since they can also compete in the Butter Craggs Senior race at the same venue.

The international races will be at ul6 and ul8 boys and ul8 girls, but in addition to these races there will also be The British Junior Championship race for ul4 boys and girls starting at 11.00am.

At the end of the event it is also planned to have the presentation of the English Junior Championship Awards for 1993 so that is all the more reason to come along.

Finally I would like to thank anyone who has helped in any way to ensure the success of junior fell running this year and look forward to seeing you all around for a few more seasons.

Dave Richardson (Junior Coordinator)

Leading runners in the Junior Championships after 4 events

U12 girls points

1 K.Lamb	(P&B)	36
2 N.Brannon	(Horw)	31
3 A.Green	(Spem)	26
4 A.Murray	(Horw)	24
5 K.Holden	(Holm)	14

U14 girls

1 H.Matthews	(Horw)	32
2 G.Adams	(Bristol)	30
3 L.Brinkle	(Horw)	29
4 J.Fieldsend	(Holm)	21
5 E.Riley	(Kend)	15

U16 girls

1 V.Wilkinson	(Bing)	40
2 J.Davies	(Mercia)	31
3 J.Walsh	(P&B)	21
4 R.Beasley	(Horw)	20
5 R.Murray	(Horw)	19

U18 girls

1 L.Lacon	(Holm)	30
2 D.Stone	(Horw)	17
3 J.Edwards	(Ross)	16
4 L.Graham	(Kend)	8

Inter girls

1 H.Berry	(Holm)	30
2 K.Dobson	(Hind)	8

U12 boys points

1 S.Savage	(Amb)	38
2= W.Hallas	(Holm)	25
2= S.Reid	(u/a)	25
4 A.Sutton	(Pres)	23
5 S.Calderbank	(Horw)	17

U14 boys

1 A.Davies	(Mercia)	38
2 J.Hart	(Roch)	33
3 G.Lamb	(P&B)	26
4 M.Cain	(Horw)	17
5 C.Livesey	(Pres)	16

U16 boys

1 T.Davies	(Mercia)	40
2 M.Mason	(Wirral)	28
3 D.Hope	(Horw)	25
4 A.Tumer	(Buxton)	24
5 G.Erhardt	(Tod)	14

U18 boys

1 I.Hansen	(Bing)	29
2 M.Whitfield	(Bing)	26
3 A.Predergast	(Chorl)	25
4 M.Moorhouse	(Saif)	20
5 C.Caldwell	(Bolt)	15

Inter boys

1 N.Matthews	(Horw)	27
2 B.Taylor	(Ross)	22
3 W.Styan	(Holm)	20
4 D.Riley	(Stkport)	17
5= B.Boyd	(Bbum)	16
5= P. Wilson	(Sefton)	16

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World Trophy - Gap 5/9/93 England Team Report

by Pete Bland,
England Team Manager



World champion Martin Jones displays his trophy.
Photo: Francis Uhlman

Italy 1992 was always going to be difficult to follow.

But with Martin Jones once again in the squad hopes were high for a gold medal.

The courses were fast, run entirely in woodland, hard and stoney underfoot. The junior mens race was first. The team had to make a late change due to Matthew Moorhouse twisting an ankle badly 2 weeks prior to the event.

Will Styan himself only just recovering from a twisted ankle finished 7th. Matthew Whitfield 15th has 2 more years in the event. Craig Watson 18th and Nathan Matthews 35th brought the team into 4th place, behind the Italians, 1st in the ladies race. Expectations were high for Carol Greenwood to come home in a medal position, she did not disappoint taking bronze behind two fine athletes, Isabelle Guillot (France) 1st and Gudrun Pelugel (Austria) 2nd. Sarah Powell ran well to take 6th place, Janet Kenyon 17th and Kath Drake 20th gave us team silver for the second year running.

The mens race, this was to be one of the most exciting races the World Cup has produced. It was certainly the most competitive field of international mountain runners ever assembled, owing to the new format of only one race for senior men. Martin Jones proved beyond all doubt that he is a true world champion. He won

a terrific battle to beat Dave Dunham (U.S.A.) by 5 secs. Michel Humbert (France) by 11 secs. Craig Roberts had probably his best run in the World Trophy to finish 16th, Ian Holmes 20th, Mark Croasdale 22nd, Mark Roberts 27th, Robin Bergstrand 30th gave the England team bronze medal only 4 points behind France.

Many thanks to all those people who travelled out to the World Trophy and supported the team throughout.

Pete Bland
England Team Manager

Scottish Team Report

by Denis Bell

The junior race was led early on by the Italians who were a big mature looking lot and well placed on the first 1/4 of the severe climb of 10 minutes was John Brooks in 4-5th place and looking composed - Colin Jones and Will Styan in close contention - this after about 12 minutes gone. Hamish and Martin came through in about the 35-40 mark and Steven close behind - packing over a 30 second phase. Hamish suffered badly on the descent with a digging stitch and Steven came through to count after Martin's good placing, catching Hamish 300 metres out on the descent through the wood. Each picked up 2-4 places on the descent.

We have an excellent 'world class' Junior in John, who was maybe a bit over-powered by the continentals to lose out on a medal, however a brilliant run (one wonders at Junior class when John has, home-based, taken a few senior international scalps).

The other lads are showing consistent and comparable form and can build on this experience well for another year (John, Hamish, Martin) and two for Steven. Who else is available to come into the international scene and keep the pressure on?

In the Ladies event, Helene led up the

long drag half way through the field and held on throughout with gaps well established in front and behind. Penny had a slow start and came through about 15 places and eventually was hauled in by Dawn Kenwright (Wales) who also came through and pipped Christine; the ladies generally captured a couple of places on the descent. A tidy bit of packing to get 11th overall. Elspeth put in a strong descent also to get 4 places and went on strongly to finish on the last gentle run in of 1km (a very tough exposure to her 3rd international event).

The Senior Men's event was boiling over with pressure, this year a team of 6 to run and 4 counting. High expectation in the England camp and not unrealistic prospects of a medal from a very closely selected Scottish squad. The intensity of support on the twisting stoney forest tracks was excellent with a very good Home Countries support in evidence throughout; the runners working to the limit in the 'trop chaude' conditions of 24-28 degrees C, even in the shade of the canopy.

Luckily on the course a few gaps left room for a welcoming breeze, meagre relief for the intense effort expended.

The first long climb had Martin Jones of England under pressure from Robbie Bryson of Ireland in 4th and a couple of Italians and French in there with flyers from USA and South Africa. The Swiss were also beginning to figure at the front. An 18 minute wait till they charged again, this time a few small gaps starting to show with Bryson at Jones's heels (going on to lead towards the high turning point) with Dave Durham right there. The race unfolds on the descent with Jones clear 1 1/2 km out by 30-40m and Bryson/Humbert shoulder to shoulder and Dunham some 20-30 back.

Neil Wilkinson had a superbly consistent attack at the hill and (benefiting from 4 weeks continental exposure?) held form throughout. Colin did likewise a further 6 places down and though some-



Craig and Mark Roberts, first brothers to run for England in the World Trophy.
Photo: Francis Uhlman

what disappointed counted valuably. England, France, Italy and Switzerland packing tightly in the early order. Another 20 places down John Wilkinson, Peter Dymoke were working in close contention in the thick of the field, 3 and 4 abreast up the loose, stoney avenue through the trees. Mark and David were also sorting things out lower down.

John and Peter worked well on each other right to the finish, JW handicapped by a weak ankle sustained on the 2nd descent and losing support to fall in the final run down through the wood on a 5 foot stride over a bum. The 4 places settled to count, gave 5th team, but 60 points off the medal place.

So a fine "Trophy" for '93 with 7th, 11th and 5th placings. There is no overall Trophy these days, but on 'Team place' counts, Scotland would achieve 5th, and on 'Team score' points 5th place.

Denis Bell

Welsh Team Report

(by Ross Powell - Welsh Team Manager)

Welsh Junior Men take bronze medal at Gap. We had high hopes of medals with the junior team. Colin Jones in his final year as a junior wanted to go out on individual medal finishing an excellent 5th. Tim Davies, a new rising star (only just turned 16) came a creditable 14th in his first World Trophy appearance. Ian Pierce gave a solid performance to come in 17th and help Wales to their excellent bronze medal. (Only just missing out on silver by 3 points). Craig Shepherd completed the team.

With our recent junior team performances of 8th in 1991, 5th in 1992 and 3rd in 1993. The future of mountain running in Wales looks extremely bright.

The senior men were not to fare as well as the juniors with our top runner Paul Wheeler retiring on the second lap with a pulled muscle. Further bad news as Graham Patten tore a calf muscle soon after the start. Graham was taken by ambulance back to the hotel, is now on crutches and will be off running for some time. Get well soon!

The course was very fast and more suited to continental and track runners than traditional British Fell Runners, and this showed in the results. Top Welsh finisher was Hefin Griffith in 58th, followed by Duncan Hughes, 66th, Steve Wilkes 83rd and Gwynfor Owen 84th.

In the Senior ladies race, further injury problems ensued. Jane Coker took a tumble soon after the start and suffered some nasty cuts and grazes. Brave Jane still finished the race in a respectable time.

The first Welsh finisher was Angela Brand-Barker in 23rd position, with Alice Bedwell 32nd, Jane Coker 38th and Dawn



The Welsh quartet who won bronze team medals; juniors (l to r) Tim Davies, Craig Shepherd, Colin Jones, Ian Pierce.
Photo: Francis Uhlman

Kenwright 40th. This gave Wales 9th position in the ladies.

The organisers are to be congratulated on organising such a successful World Trophy at short notice, and I for one am keen to return to the area.

I would like to thank Robert Benjamin (assistant team manager) and Sheila Lloyd for all their help prior to and during the event.

Finally a big thank you to all the Welsh supporters who travelled to Gap - your support was much appreciated.

All in all a memorable weekend in Provence!

Apologies to our N. Ireland readers but no report is yet forthcoming.

Results - 9th World Mountain Running Trophy, Gap 1993

1. Gabriele De Nard	Ita	32.26
2. Maurizio Gemetto	Ita	33.03
3. Roman Skalsky	Tch	33.14
5. Colin Jones	Wal	34.17
6. John Brook	Sco	34.37
7. William Styan	Eng	34.47
14. Tim Davies	Wal	35.58
15. Matthew Whitfield	Eng	36.03
17. Ian Pierce	Wal	36.18
19. Craig Watson	Eng	36.22
20. Niall Dargan	Ire	36.32
31. Michael Kelly	Ire	37.28
32. Neil Jackson	NI	37.30
35. Nathan Matthews	Eng	37.56
36. Martin Canavan	Sco	38.07
37. Brendan MacCauley	Ire	38.18
39. Steven Cameron	Sco	38.44
40. Hamish Hutchinson	Sco	38.56
42. Craig Shepherd	Wal	39.26
47. Paul Curran	NI	40.25
50. Dean Fisher	NI	41.27
53. Dermot Murphy	Ire	42.32
54. Pdraic Mallon	NI	44.49

JUNIOR MEN: TEAM RESULT

1. Italy	12
2. Czech Rep	33
3. Wales	36
4. England	41
7. Scotland	81
9. Ireland	88
13. N. Ireland	129

SENIOR WOMEN

1. Isabelle Guillot	Fra	36.11
2. Gudrun Pfluger	Aut	36.34
3. Carol Greenwood	Eng	37.27
6. Sarah Rowell	Eng	38.32
17. Janet Kenyon	Eng	39.32
20. Kath Drake	Eng	40.20
23. Angela Brand-Barker	Wal	40.59
29. Helene Diamantides	Sco	42.03
30. Veronica Colleran	Ire	42.07
32. Alice Bedwell	Wal	42.17
38. Jane Coker	Wal	43.27
39. Joyce Mitchell	Ire	43.27
40. Dawn Kenwright	Wal	43.45
41. Christine Menhennet	Sco	43.45
42. Penny Rother	Sco	43.58
43. Roma MacConville	NI	44.00
46. Una Creagh	Ire	46.05
47. Elspeth Scott	Sco	46.26
48. Beth MacCluskey	Ire	46.27
49. Anne Sanford	NI	46.40
50. Stephanie Pruzina	NI	47.25
52. Mary Havem	NI	48.21

LADIES TEAM

1. Italy	14
2. England	26
3. France	27

SENIOR MEN

1. Martin Jones	Eng	51.43
2. Dave Dunham	USA	51.48
3. Michael Humbert	Fra	51.54
4. Robin Bryson	Ire	51.57
15. Neil Wilkinson	Sco	53.21
16. Craig Roberts	Eng	53.25
20. Ian Holmes	Eng	53.45
21. Colin Donnelly	Sco	54.01
22. Mark Croasdale	Eng	54.07
27. Mark Roberts	Eng	54.39
28. John Lenihan	Ire	54.42
30. Robin Bergstrand	Eng	55.17
42. Peter Dymoke	Sco	56.24
44. John Wilkinson	Sco	56.32
58. Hefin Griffiths	Wal	57.31
59. Neil Carty	NI	57.35
61. John O'Connell	Ire	57.39
65. Mark Rigby	Sco	58.14
66. Duncan Hughes	Wal	58.26
69. Martin MacDonald	Ire	58.46
71. David Rodgers	Sco	58.49
74. George Morris	NI	59.11
79. Brian Ervine	NI	59.24
83. Steve Wilkes	Wal	1.0.12
84. Gwyfor Owen	Wal	1.0.28
86. Bob Lawlor	Ire	1.0.40
87. Adrian Philpott	NI	1.0.46
92. Jim Patterson	NI	1.1.53
96. Paul Nolan	Ire	1.4.33
97. Richard Rodgers	NI	1.6.30

SENIOR MENS TEAM

1. Italy	43
2. France	54
3. England	59
5. Scotland	122
7. Ireland	162
14. Wales	291
15. N. Ireland	299

OPEN RACE: FIRST 10

1. Khalid Lahir	Fra	55.20
2. Michel Bigoni	Fra	56.33
3. Andy Trigg	Eng	57.13
4. Philip Bowler	Eng	57.18
5. Pier Paolo Fontan	Ita	58.06
6. Garry Wilkinson	Eng	58.32
7. Martin Storehenegger	Swit	58.35
9. J.Paul Puissat	Fra	59.18
10. David Woetson	Eng	59.20

Jason Went, of Edinburgh, gives a personal account of his traverse of the English 3000 footers - undertaken amidst wintry weather. Still, as we all know

The snow must go on....

As I stood in the market place in Keswick I had a distinct feeling of trepidation. It was 2.30 a.m. on a cold and wintry Saturday morning at the end of October and after all the planning I was finally about to begin an attempt - solo and unsupported - on the English 3000s challenge route. The idea of the challenge is to link the peaks of Skiddaw (3053'), Helvellyn (3112'), Scafell (3162') and Scafell Pike (3210') in a continuous traverse within the space of 24 hours. The normal route clocks up nearly 50 miles and over 11,000' of climb, so it's not a route to be taken lightly.

The first few miles to Swirls car park below Helvellyn passed fairly easily as they were on the A591 road. However, in the snow and dark, I missed the car park entrance so had to turn and retrace my steps along the road, adding about three miles to the journey. As I sheltered out of the snow, the most colourful thing about the grey and murky day was my language when I realised my mistake.

After swapping road shoes for fell shoes I set off up the Browncove crags path at about 4.50 a.m. The first section was easy enough as the path was very clear, however, I lost it higher up and had to navigate by compass alone. The snow soon started falling again and I have a vivid memory of standing on the steep slope and seeing nothing but a storm of snowflakes zooming across my headtorch beam.

The summit of Helvellyn Lower Man was reached in due course and I tried to find some shelter while fighting to take a bearing in the gale force winds. A few minutes later and the trig point on Helvellyn was reached. A welcome sight, one down - three to go.

The next section, over Nethermost and Dollywagon pikes is quickly accomplished on a good day. However, today a combination of darkness, mist and driving snow made vision and progress difficult.

Just as my mind was telling me that I'd never complete the route under these conditions I suddenly came out of the mist and saw a murky looking Grisedale Tam below me. The start of daylight at last! With my spirits buoyed up somewhat I descended the side of Raise Beck to Dunmail Raise, arriving just before 8 a.m.

Climbing up to Steel fell, I was glad that it didn't feel as bad as its fierce appearance suggests. The summit was soon reached and a steady jog led me over Calf crag and down to the head of the Wythburn Valley. I didn't follow the path up to High raise via Greenup Edge, but cut straight up over

snowy grass slopes to the summit shelter and a welcome break.

After some food and a map change, a reasonable path led down over grass and bog to Stake pass and then over to Angle Tarn, nestled below Bowfell and Esk Pike, the tam makes an idyllic wild camping site and can be very popular in the summer. No tents today, though!

The terrain became much more rugged here, and for the first time since Dunmail raise, 7 miles earlier, I had rock under my feet rather than grass and bog. At the lower Esk Hause I met the first party I'd seen all day, a pair of walkers who eyed my fell shoes and Pertex jacket with suspicion. I soon left them and headed over the lip of Calf Cove to reach the ridge linking Great End and Scafell Pike. The ridge of just over a mile in length is one of Lakeland's finest, especially when it is hiding under a mantle of snow, as it was that day. There were quite a lot of people about and I attracted a few 'looks' as I jogged past a party who were all carrying ice axes! The summit was reasonably quiet considering that it was midday on a Saturday but perhaps the snow had deterred some people.

I didn't linger long, as it was very cold, but followed a bearing down into Mickledore. A quick slither down some loose snow and scree on the Wasdale side of the col and then a line of bootmarks led the way beneath Scafell crag to the foot of Lord's Rake. The Rake looked a bit daunting as it was full of fairly soft snow but there was a line of bootmarks already there so using these I carefully made my way along the three ups and two downs to emerge below the summit plateau. The full force of the wind hit me here again and by the time I reached the summit cairn it was blowing a painful mixture of hail and snow into my face. A quick touch to the highest point and then I headed back down to the Rake, which seemed less daunting the second time around. I dropped out of the mist as I gained the scree slope at its foot, and spied out the line of the Climbers Traverse through the boulders beneath Pikes Crag. This and the corridor route proved a fairly rapid descent to Styhead and on down to the valley at Seathwaite Farm. The farm has the unenviable claim of being the wettest inhabited spot in England.

Having resisted the temptation of tea and cakes at the farm, (as I knew I'd never get running again afterwards) I swapped back to road shoes and headed up the valley back towards Keswick. This nine mile section was all along the Borrowdale Road, but there was usually a path and the easier terrain meant that I reached Keswick in under 2 hours. The Autumn colours were really beautiful, especially on the section from Rosthwaite to Grange, making a pleasant interlude from the higher mountains. At about 6.30 p.m. I reached Keswick and with only about 11 miles to go and one summit left finally realised that I was going to be successful. The first half

of that 11 miles was, however, the long drag up the Skiddaw tourist path along which I made fairly good time up to the Gale Road - where most people start the ascent.

The light had completely gone now and out came the trusty head torch soon after leaving Keswick. The steep section up to Jenkin Hill was a real killer, but the angle eased finally and I reached the gate below Skiddaw little man. There was a lot of snow underfoot and I once again entered my small monochrome world of night and snow.

Someone had been up earlier on a mountain bike, so I had two sets of tyre tracks to follow all the way to the south Top, which made navigation a lot easier (perhaps mountain bikers aren't so bad after all). The true summit finally came underfoot at a few minutes before 9 p.m. but it was so cold that all I could think of was losing some height and getting back down to Keswick.

The lights twinkling down in the valley drew me down at a steady pace and at 10.25 I reached the market place for the last time that day. After nearly 20 hours in the hills, all I wanted to do was sleep, so I headed back to my tent and did just that. I would certainly do the route again under similar conditions and I'm sure I'd enjoy it just as much the second time around. Fellrunners will understand that I am not completely mad and anyone with a true love of the mountains will be able to appreciate our hills, not just on a sunny afternoon, but also on a cold, misty night when your only companions are the snow and the wind.

Festina Lente

(Make haste slowly)

It's a 'grey-out'.

Up, below, across and everywhere hangs a cold and swirling curtain.

Compass needle points to nowhere, map, a surface of running confluences.

Decision time -
might as well be on the moon!

That splendid course on navigation skills,

profoundly explained, fine tuned,
expertly practised, inwardly digested;

but what of now - right here?

Descent the only option? Yes,
by sparing beck the hesitant stride,
not for fear of reckless tumble,
but of chagrin, the explanation of
where it all went wrong.

Ah well - there's another day,
another race to content.

Peter Travis

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Avoid that virus!

We have all been the victims of a cold and a sore throat at some time or another. Less often, those amongst us who exercise frequently and vigorously may have noticed that afterwards we often pick up a minor infection.

We may also have noticed several of our best athletes running into trouble with 'undiagnosed viral complaints' causing them great anguish as they fail in their bid for honours.

As more and more of us fill our expanding leisure time with sport and competition we are increasingly at risk from the effects of overdoing it. What are the dangers and how can we best prevent them becoming a problem? What should we do if we do develop a cold or a sore throat while training? and if we are worried about the potential dangers of over-training how should we adapt our behaviour?

As with many areas of science and medicine we do not yet know a great deal about the exact way that the immune system works. Even less is known about the specific physiological and biochemical effects of exercise on the immune system. What we do know is mostly obtained from the experiences of ordinary people whether they be competitive athletes or have just had problems with infections.

From the scientific evidence that is available it is clear that exercise certainly affects our immunity. The body's defences comprise a finely balanced system which is in place to prevent invading organisms causing illness and disease. In a normal, healthy person these natural

defences will deal easily with the viruses encountered in everyday life. Indeed, at moderate levels of exercise the effects are beneficial, but the more we push our bodies to the limit, the more we tend to disrupt the immune system and reduce our ability to fight infection. This appears to be due to the suppressive effects or hormones such as adrenaline and cortisol produced by the body during training. The more we disturb the status quo of this system the more likely it is that we will pick up an infection. Scientific investigation does tell us for certain that intense exertion such as the marathon or a hard fought long 'A' race does have a dramatic effect on the entire immune system, reducing the levels of cells which make up the body's natural defences.

Do's and Dont's

There are seven golden rules which should always be followed to ensure that a virus picked up does not turn into a major problem. They are:

1. Never train or compete with a sore throat or a cold or other infection.

Rest until you feel good again, wait for a few days more and then resume light training.

2. Do not rush back to the same training level you were at before the infection.

Build up slowly, making sure you feel comfortable with the training level you have set yourself.

3. Adapt your training to your situation.

If you are suffering from additional stresses in your everyday life, relationships, moving

house and so on, compensate by reducing your normal training levels.

4. Allow yourself time to recover by building rest into your training schedule.

Even when you are training build in frequent periods of rest and relaxation to allow your body to recover. It is especially important to have a proper rest of at least four weeks after an intense endurance competition like a marathon. Proper rest is an important part of any training programme.

5. Train for the right reasons.

Make sure you know exactly why you are doing every mile, every push-up and every kilogramme. It can only be counter-productive to push yourself past limits that your body can easily cope with.

Don't copy other athletes' training routines

- what works for one athlete may not be right for another.

6. Taper your training.

As a competition approaches, reduce the amount of training you do, gearing your body for the event.

7. Listen to your body

If you are feeling under the weather or not 100%, ease off the throttle and take it easy!

Remember, if you don't train sensibly and respond to your body appropriately, you are inviting trouble.

For further information send a S.A.E. to:

Dr. Lynn Fitzgerald
Department of Medicine
St. George's Hospital Medical School
LONDON SW17 0RE

Championship Round-up



Angela Brand-Barker, British Ladies Champion, pictured at Gap, 1993.
Photo: Francis Uhlman

N.B. These results were provided by FRA statistician Mark Rigby but **have yet to be confirmed** Team positions have yet to be determined.

English Championship

Croasdale in the driving seat

Lancs and Morecambe's Mark Croasdale had his points in the bag before the Lakeland specialists set out on the last race of the Championship at the Three Shires; with a win and two seconds this meant that Brian Thompson had to win in order to take the English title. A win for Andy Trigg could also have seen him take the laurels. Gavin Bland, however, won the race but found himself in second place in the Championship despite this being his second championship win this year after relatively poor performances at Long Mynd and - on a course that seemed to catch out the Lakeland men - at Whittle Pike. Interesting to see junior Matthew Moorhouse creeping into the senior championship rankings.

Almost inevitably, Carol Greenwood capped a remarkable season with a win at the Three Shires to give her an unassailable points maximum, her nearest contender, Janet Reid of Cumberland finishing some 15 points adrift with Macclesfield's Cecilia Greasley 3 points further back in third. Cecilia clinched the lady veterans title, however, with her maximum points score, eclipsing Bingley's Amanda Isdale and past champion Jackie Smith.

The veteran men were led throughout, as so often in recent years, by Bob Whitfield (Bingley) who took maximum points from the first three races, a second to Billy Bland at Whittle Pike and enough points, therefore, to hold off any late challenges. Billy ended up in second place, 13 points behind with Tony Hesketh (Horwich) and Harry Jarrett (CFR) in joint third

place. Bingley's second title goes to superveteran Dennis Quinlan who pipped Ambleside's Roger Bell by just one point, with John Nuttall (Clayton) third. The Vet60 title goes to Three Peaks organiser Dave Hodgson with C Rushton of Wesham and A Sutcliffe of Kendal in second and third places.

British Championship



Andrew Peace, runner-up to British Champion Mark Croasdale, pictured at Burnsall.
Photo: Steve Bateson

Anderson steals thunder in the Black Mountains

With only the tough Black Mountains Race to go any of the leading five men were capable of taking the title with a win but it was to be ex champion Keith Anderson who stole their thunder by winning the event, a full eleven minutes inside the old record. On a cool dry day with a course that was mostly dry the first

13 finishers dipped inside the record set in 1990. Anderson, lying 6th at the first checkpoint top had pulled through to third by 2900' Pen Y Fan and in descending the 500' to Fan Fawr pulled through into the lead; this he lost to Gavin Bland on the ascent to the final summit but was close enough, however, to use his well known descending ability to notch a victory by 45 seconds.

Anderson had not featured in the British races to press so his win did not affect the Championship positions apart from robbing Gavin Bland, in second, of the maximum points he needed to take to be in with any chance of taking the title. Third placed Mark Croasdale took sufficient points to become the outright winner of the British title with Andrew Peace second and Gavin Bland third.

BLACK MOUNTAINS;

Wales

AL/17m/5200' 25/9/93

Provisional Results

Men

1 K Anderson	Amb	2.16.01
2 G Bland	Bor	2.16.46
3 M Croasdale	L+M	2.18.00
4 A Peace	Bing	2.20.23
5 G Huddleston	CleM	2.20.51
6 R Jamieson	Amb	2.22.18
7 M Roberts	Kend	2.23.07
8= S Booth	MDC	2.23.32
8= J Bland	Bor	2.23.32
10 M Rigby	Amb	2.25.22
11 A Schofield	Bor	2.25.40
12 M Kinch	Warr	2.26.11
13 M Fleming	Amb	2.26.59
14 W Bland	Bor	2.28.00
15 G Wilkinson	CleM	2.28.45

Veterans

1 W Bland	Bor	2.28.00
2 P Clark	Kend	2.30.19
3 M Foschi		2.51.22

Superveterans

1 D Quinlan	Bing	2.40.12
2 R Bell	Amb	2.45.22
3 J Marsh		2.52.37

Ladies

1 A Brand Barker	Kesw	2.54.48
2 C Greasley (V)	Macc	2.56.07
3 A Bedwell	MDC	2.57.58
4 G Cook	Roch	3.00.40
5 L Thompson (V)	Kesw	3.07.42

Teams

Men; 1.	Ambleside
2.	Borrowdale
Ladies:	Keswick

The British Ladies Championship was taken by Angela Brand-Barker, who won at the Black Mountains in a time only 27 seconds outside Lydia Kirk's 4 year old record mark with Cecilia Greasley in second and thus taking the first vets place at the race. Mari Todd and Jackie Smith take second and third place in the British rankings while Jackie, a double champion last year, keeps her veteran ladies laurels, again scoring only 4 points less than maximum in this class.

In the veteran men's class Mick Hoffe, with three wins and a second, did not need to run in Wales as he was already confirmed champion while for the superveterans Dennis Quinlan's maximum points in Wales - as part of the celebration of his 51st birthday - were never going to dethrone John Nuttall whose three wins and a second make him British Superveteran Champion. It was, however, enough to give him second place over Roger Bell.

Team honours go to Borrowdale who pipped last years champions Ambleside by just two points even though Ambleside won the team race honours in Wales. The ladies team championship stays with Keswick's strong contingent, there seemingly being little to touch them at the moment.

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Race Review: The Mallerstang Yomp (23 miles, 3350ft. climbing)

The Yomp is not a conventional fell race. It is organised by the Rotary Club of Upper Eden as a sponsored walk for charity; however, they must have realised what a superb running course they had, hence its appearance in the FRA fixture list. It wouldn't satisfy those who like their races steep and rocky, nor even those who prefer the thigh-deep peat found in other parts of the Pennines. It is just 23 miles of runnable, grassy hills, marred only by somewhat too much distance on tarmac and concrete roads at the beginning and end.

The Yomp is a must for Settle & Carlisle Railway enthusiasts. About half-way round the course, the railway is crossed at Aisgill Summit (its highest point). The timetable is now good enough, even on Sundays, to make the railway a viable means of transport to the Yomp if one is prepared to find overnight accommodation in Kirkby Stephen - but beware the 1 h mile walk from the town centre, up the hill to the station, after the race! This year it was possible to combine the Yomp with the Pen-y-Ghent race, 4 stations down the line on the previous day.

The atmosphere is relaxed and friendly, even by fell-running standards. The Yomp is run as a time trial, but without any rules

preventing two runners starting at the same time. You just turn up at Kirkby Stephen Grammar School, register your departure at any time between 8a.m. and 10a.m. and off you go. Marshals stamp your card with needle punches at each checkpoint, and the finish is back at the Grammar School. Timing is only done to the nearest minute.

Once out on the course, you begin to realise that, behind this laid-back exterior, a lot of careful organisation has gone into the event. For the Rotary Club has abandoned two of the traditions of fell running: Getting Lost, and Dehydration. The entire 23-mile course is marked (although the race details state that an alternative course would be used in bad weather or poor visibility); and a water supply is arranged at every one of the ten checkpoints - the ones on the hill-tops as well as those at the road crossings. The water was certainly appreciated in this year's hot weather.

The Yomp attracts a lot of military personnel, there being special prizes for teams from both Regular and Territorial Army units, this year's fastest time was recorded by a Territorial, W.O. Rafferty of the 7th Battalion (Durham) Light Infantry, in 3 hours 1 minute. Two minutes, slower was Graham Moffatt, now running in a Howgill Harriers vest, with a 19-minute gap to third-placed Graham Dingley, a long-distance walk/run specialist from Burton-on-Trent. Two more notable performances were those of Ruth Pickvance and Mike Walford, who went round in 3 hours 35 minutes the day after completing the 20-mile Duddon race - Ruth was only 7 minutes outside her

own ladies' record for the Yomp. Jack Riley also yomped round, having passed me some useful information about the year 1636 (!?) in the Youth Hostel the night before. But regular fell-runners' names were rather few in the results list, which is a pity since this is a most enjoyable event.

Anthony Kay

Snippets

Westmoreland Gazette, 25 years ago. 10 years ago, following a serious motorbike accident, Lakeland fell runner Pete Bland was told that he would never run again. The climax of a remarkable fight against handicap was reached at Ambleside Sports yesterday, when he produced the shock result of the day by winning the senior guides race in the finest weather since 1959.

Rumour has it...

that our illustrious chairman, now happily a father, was lucky to survive after the Bens of Jura. Well, if you were heavily pregnant, and' had found, on returning to your car on the mainland, that search as he might through his several rucksacks, he had actually managed to leave the car keys in the hotel... on the island... and it's six hours to the next ferry... would you have let him live??!

Some of you may already have been fortunate enough to find one of these lists under your wiper blade, for those less fortunate, here's your chance...

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Race Review: Willy Gives It Everything!

Kaim Hill Race 1993 - Race Report

Poor William Sparkes (Troon Tortoises)! The last time Willy entered the Kaim Hill Race he lost his teeth as he descended the hill; last Sunday Willy lost his left shoe. Not to be deterred, Willy soldiered on to complete the course in a respectable 41 minutes and 33 seconds (with a little help from a generous spectator who loaned Willy one of his shoes to complete the course. Others were more fortunate in this year's race.

For the third year in a row, it was a runner from Fort William who won the race: John Brooks repeating last year's race winning performance and bettering his time by 2 seconds. John ran a blistering race leaving the field far behind. The Westerlands club from Glasgow were very successful too; Charlie Shaw was 1st male veteran in (3rd overall), Elspeth Scott was 1st lady (21st overall) and Elspeth, Helen MacPherson and Patricia McLaughlin became the first ever winners of the lady's team.

There were a number of local successes too. 1st Largs B.B. provided the most competitors from any one club and were 2nd in the male team race. David Boyle of Largs B.B. was the 1st junior home in 17th position. Irvine A.C. won the mens team race through the efforts of Jim White (7th), Ron Chayne (9th), Finlay Dowell (11th) and Bob Nicol (22nd). The first Ayrshire finisher was Kilwinning man George Reid (also of that Westerlands club from Glasgow); George finished the race in 5th position. Finally, it was nice to see a new name winning the 1st local race. Jackie Pearson of Fairlie taking this honour after a fine race (10th position).

The race had more competitors than it has done for a number of years; 42 took up the challenge and all succeeded.

Preceding the main race was the Fairlie Glen Fun Run which starts before the senior race and covers approx. half the senior course. 30 youngsters completed the 1h mile/800 feet course in times ranging from 11 minutes and 25 seconds to just over twenty minutes. Scottish fell runnings future is safe in the West of Scotland's hands.

Thanks to all who came and let's hope we see lots more of our friends next year!

John McKendrick (co-organiser)

Carnethy Tenth Anniversary Newsletter

In May Camethy Hill Runners published a special tenth Anniversary Newsletter containing extracts from previous newsletters and a history of how the club was formed. Advice on how to make the most of spectating at races and how the "Running Widow" copes are included.

Copies of the publication may be obtained from me for £2. John Blair-Fish 'Five the Screes' 28 Howdenhall Crescent Edinburgh EH16 6UR.

Many of us were shocked to hear of the death of Will Ramsbottom in a climbing accident on Sunday 6th June. I got to know Will when he was studying Geology at Edinburgh University and He also climbed with other friends in the club. After his time here he moved to study for a Ph.D at Leeds and was also seen running races in the Alps during his field work in Italy. Will was very outgoing and many felt very close to him. There was always some excitement battling against him in a race, especially when he was wearing two vets! He had won the Cader Idris race the day before the accident and was climbing with Willie Gaunt on the same mountain when his abseil broke.

John Blair-Fish



*Results
and
Reports*

*Jill Town of Denby Dale Travellers
climbing the hill at the Pendleton Race.
Photo: Steve Bateson*

*from over
150 races*

FIENSDALE FELL RACE

Lancashire

AM/9m/2600ft 27.3.93

We hit the race limit of one hundred and sixty well before the day. In the end one hundred and sixty five ran. Quite a few people had to be turned away and I had to disappoint quite a few telephone callers (some good friends). However, everyone who made an entry before the closing day got in. There must be a moral there somewhere!

With unseasonably dry conditions underfoot and clear visibility it was a day for records to be broken. We were not to be disappointed. A strong contingent from Pudsey and Bramley led by Gary Devine won the team prize with ease. Gary won the race taking just over two minutes off Malcolm Patterson's old record.

One curiosity was the fact that there were only four males over forty in the first fifty runners, yet three of them came in together. After a good tussle and a decisive break on the descent of Parlick, Reg Clucas managed to beat Phil Clark to the line by five seconds and to seventh place. Next man in was the third male veteran, Jack Holt, less than a minute later. John Nuttall of Clayton in nineteenth place looks as invincible on these fells as a super-veteran as he did previously as an 0/40 and 0/45.

Following my comments on last year's race, the women's turnout was disappointing.

See you all next year!

Brian Jackson

RESULTS

1. G. Devine	P&B	1.14.35
2. W. Gaunt	P&B	1.14.43
3. P. Crowson	DkPk	1.14.56
4. G. Schofield	Black	1.15.13
5. S. Green	P&B	1.16.16
6. M. Fleming	Amble	1.17.28
7. R. Clucas V/40	CFR	1.17.34
8. P. Clark V/40	Kend	1.17.39
9. J. Holt V/40	Clay	1.18.33
10. G. Webb	Unatt	1.18.41

veterans 0/40

1. R. Clucas	CFR	1.17.34
2. P. Clark	Kend	1.17.39
3. J. Holt	Clay	1.18.33
4. P. Parkes	Clay	1.28.17
5. G. Newsham	Clay	1.29.48

VETERANS 0/45

1. K. Carr	Clay	1.24.22
2. J. Talbot	Tod	1.27.37
3. D. Gibson	Sadd	1.30.35
4. D. Butterworth	Preston	1.30.53
5. C. Choyce	Clay	1.31.41

VETERANS 0/50

1. J. Nuttall	Clay	1.22.04
2. R. Bell	Amble	1.25.22
3. L. Sullivan	Clay	1.36.29
4. M. Coles	Skyrac	1.36.35
5. P. Dowker	AchRat	1.38.08

VETERANS 0/55

1. B. Smith	Clay	1.56.14
2. P. Wiseman	Garstang	2.06.27

VETERANS 0/60

1. G. Barrass	Fellan	1.37.00
2. C. Rushton	Wesham	1.46.10
3. T. Sykes	Roch	1.50.15

LADIES

1. L. Lord V	Clay	1.38.41
2. G. Walkington	Horw	1.39.02
3. C. Kenny	Kend	1.42.28
4. A. Lee	Clay	1.43.47
5. W. Dodds V	Clay	1.44.49
6. L. Warin	Skip	1.48.21
7. K. Jackson	Kesw	1.50.30
8. M. Sanderson V	Roch	1.54.55
9. J. Benham V	Clay	1.55.53
10. L. Threadgold	Horw	2.00.38

SCREEL HILL RACE

Kirkcudbrightshire

AS/4m/1300ft 17.4.93

Mark Rigby made clear his intention to attack his own course record, set in the inaugural 1990 race, by taking the leaders past the summit cairn in a superb sixteen minutes and fifty five seconds. Ian Veitch made a brave attempt to wrest the lead from Mark on the first descent, but Mark had too much strength on the second climb and sped down through the forest unchallenged: only slippery underfoot conditions causing him to miss a new course record by a mere twenty eight seconds. Ian Veitch kept the pressure on however, and finished a strong second to Mark. Less than a minute separated the chasing group of five runners, Robert Hope, Des Crowe, Graham Moffat. Denis Bell (comfortably first veteran), and 'local' Rory Longmore.

Helene Diamantides was on top form in the ladies race, her time giving her a commanding lead over Jane Robertson, while Elspeth Scott took third place after a sprint for the line with Linda Longmore.

The Hope family, Robert, John and Danny, representing Achille Ratti packed well (all inside the first thirteen) and took the team prize with twenty six points from Westerlands on thirty points.

RESULTS

1. M. Rigby	W lands	29.14
2.1. Veitch	Gala	29.34
3. R. Hope	AchRat	30.05
4. D. Crowe	Shett	30.09
5. G. Moffat	Howgill	30.48
6. D. Bell V	HELP	30.52
7. R. Longmore	Soiway	30.59
8. J. Ikiupshic	H.BogT	31.28
9.1 Wallace	H.BogTr	31.39
10. J. Hope V	AchRat	32.24

VETERANS 0/40

1. D. Bell	HELP	30.52
2. J. Hope	AchRat	32.24
3. B. Knox	Teviot	32.36
4. C. Shaw	W'lands	32.43
5. J. Marsh	Teviot	34.43

VETERANS 0/50

1. J. Buchanan	Annan	36.56
2.1. McManus	Irvine	40.37
3. F. Bias	EKAAC	43.20
4. B. Bennet	Pencuik	44.52
5. W. Wood	Scot Vet	46.15

LADIES

1. H. Diamantides	W'lands	34.42
2. J. Robertson	W'lands	39.32
3. E. Scott	W'lands	40.33
4. L. Longmore	Solway	40.40
5. A. Sim	Dumfries	48.07
6. C. Smith V	Unatt	52.21

JUNIOR

1. D. Hope	AchRat	32.40
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KINDER DOWNFALL FELL RACE

Derbyshire

AM/10m/2150ft 18.4.93

A good turnout of runners once again with over sixty female entrants. Even the London Marathon could not keep people away and to get runners in the mood for the race, live coverage of the London event was provided.

Once again the start was in a downpour with low cloud on the Kinder plateau but little wind and a mild day.

An abundance of alternative routes over Kinder were chosen with some runners requiring taxis back from the other side of the hill, maybe they had gone to do an early recce for the Edale Skyline.

It was pleasing to notice that all runners were sensibly equipped and although many were out longer than planned, they all arrived back in good spirits and not distressed, thank you for that.

Considering the conditions, the race was well contested and many groups remained in close contact with each other over the Kinder Plateau. From Edale Cross, where conditions and visibility became a little easier the race began as runners stopped holding each others hands and legged it downhill.

For the leaders, their placings were greatly resolved over this descent.

For many runners from behind the leading groups, and some who were no doubt in them, it was back to the classroom on how to use a compass (everyone had one of course). For many other runners a feeling of satisfaction upon getting it right on the day and, no doubt, taking one or two scalps in the process.

Race *T* shirts were presented to fifty runners plus numerous other prizes. If the race organiser can organise himself for next years event it is hoped to provide more suitable and useful trophies.

Thank you to all entrants, helper, landowner, 'T'shirt providers, Leading Edge, Running Bear and many others for their help and assistance.

Wayne Harrison

RESULTS

1. G. McMahon	Notts	1.11.00
2. P. Gebbett	Notts	1.11.14
3. P. Mitchell	Bing	1.11.35
4. D. Gartley	Gloss	1.12.21
5. A. Poirrette	DkPk	1.14.25
6. S. Bourne	Thames	1.14.40
7. M. Foschi V	Penn	1.14.42
8. T. Hulme V	Penn	1.15.59
9. B. Brindle	Horw	1.16.14
10. M. Mavin	Penn	1.16.36

VETERANS 0/40

1. M. Foschi	Penn	1.14.42
2. T. Longman	Hunc	1.17.54
3. R. Scotney	Penn	1.20.26
4. M. Hams	Stock	1.20.45
5. P. Booth	Penn	1.20.46

VETERANS 0/45

1. T. Hulme	Penn	1.15.59
2. G. Berry	DkPk	1.20.47
3. H. Swindells	DkPk	1.21.44
4. D. Tait	Unatt	1.22.33
5. A. Harmer	DkPk	1.24.05

VETERANS 0/50

1. C. Brown	Merc	1.29.30
2. R. Taylor	Bux	1.31.12
3. R. Tunstall	Hels	1.32.08
4. N. Forrest	M'lock	1.32.40
5. D. Jackson	B.Vue	2.04.06

VETERANS 0/55

1. B. Thackery	DkPk	1.30.06
2. J. Dearden	Hels	1.31.29

LADIES

1. J. Smith V	DkPk	1.26.47
2. J. James	DkPk	1.29.50
3. K. Harvey	Alt	1.31.18
4. K. Davies	N.Derby	1.34.06
5. A. Jorgenson V	P'stone	1.34.33
6. J. Cave V	Croyt	1.37.51
7. R. Clayton V	Derwent	1.39.31
8. H. Bloor V	DkPk	1.39.38

JUNIOR COURSE

1. A. Turner	Bux	30.16
2. L. Boulton	Stone	31.53
3. J. Hart	Roch	32.01

TEAMS

1. Pennine'A'	3.47.17
2. Mercia	3.52.38
3. Pennine'B'	3.57.28



John Newby (Todmorden) on the way to Hayfield Village at the end of the Kinder Downfall.
Photo: Allan Greenwood

SHINING TOR FELL RACE

Derbyshire

AM/7m/2000ft 24.4.93

One hundred and ninety five runners started this year, on a new longer and tougher course now seven miles and two thousand feet with "A" medium status.

Mark Kinch left every one trailing, coming close to the old course record, whilst setting the new one. Jacky Smith being first lady and setting a new ladies record.

Thanks to all those who turned up whether to help or run.

Hopefully the race will take place again next year with the cooperation of the various bodies involved!

A Hu lme

RESULTS

1. M. Kinch	Wan-	44.52
2. D. Neill	Mere	46.15
3. M. Fowler	Penn	47.17
4. P. Cadman	Merc	47.26
5. S. Mansbridge	Merc	48.29
6. P. Bowler V	Merc	48.49
7. M. Corbett	Ross	48.59
8. D. Gartley	Gloss	49.19
9. A. Trigg	Gloss	49.28
10. D. Ibbotson V	Gloss	49.36

VETERANS 0/40

1. P. Bowler	Merc	48.49
2. D. Ibbotson	Gloss	49.36
3. T. Hulme	Penn	50.29
4. J. Kershaw	Mace	50.35
5. H. Waterhouse	Sadd	50.46

VETERANS 0/50

1. P. Jepson	Bury	54.48
2. B. Thackery	DkPk	60.02
3. P. Davies	O&R	61.31
4. M. Morrison	Gloss	63.34
5. L. Lord	Clay	64.49

LADIES

1. J. Smith V	DkPk	57.00
2. K. Harvey	Alt	61.46
3. A. Watmore V	DkPk	61.52
4. L. Lord V	Clay	64.49
5. S. Stafford V	Goyt	65.46
6. D. Madden V	Gloss	69.13
7. Y. Eyres	Penn	71.37
8. K. Mavin	Penn	77.56

CLACHNABEN HILL RACE

Grampian

AM/10.5m/3500ft 25.4.93

The first Clachnaben race, with sixty minutes to go everything and everybody was in place (mountain rescue and marshals etc), but still no runners. We feared the biggest anti-climax in hill running history. Where was my faith? With time running out, forty eight runners materialised from the depths of the Caledonian Pine forest and declared themselves ready to run. We had a race, but typically, the brilliant Saturday weather had given way to a dreich wet mist blanketing the tops.

John Kirkland carved his way through the gloom and showed his delight in taking the Clachnaben Cup. Hayden Lorrimer and Ian Wallace (both Hunters Bog Trotters) were second and third respectively. Eddie Butler took first veteran prize, just pipping Charlie Love who took the super veteran prize. Dundee Hawkhill Harriers claimed the Running Shop shield for the winning team.

Only one lady turned up for the race and Sue Taylor (Garioch Road Runners), a regular at the hill races received the Rocky Crags shield for a fine battling effort.

We would like to thank Fasque Estates for permission to run the race. Kincardine and Deeside District for the great T-shirts, and Feughside Hotel for giving us a roof over our heads to present the prizes. See you next year - if the mist clears!

Brian Lawrie

SNAEFELL RACE

Isle of Man

AM/5m/1900ft 27.4.93

The five mile course covers a circular route, firstly heading east to checkpoint one on Cronk-y-Vaare before descending sharply into the disused Snaefell mines, scene of the Isle of Mans worst mining disaster back in 1897 when twenty lives were lost. There follows a steep ascent to Clagh Ouyr where the course joins and then follows Easters Manx Mountain Marathon route over Snaefell and down to the Bungalow where the Snaefell race starts and finishes.

Defending Manx Champion Tony Rowley, again scored maximum points towards this years title by totally dominating the race. He led from start to finish, having a comfortable near four minute cushion on second finisher Richie Stevenson who just held off fellow veteran Dave Corrin to take the over forty award.

Richie Stevenson

RESULTS

1. T. Rowley	MFR	42.48
2. R. Stevenson V	MFR	46.33



Tony Rowley, winner at Snaefell

3. D. Corrin V	Manx H	47.06
4. D. Young V	MFR	49.20
5. P. Crowe	NAC	49.5
6. R. Moughtin	WAC	50.17
FIRST LADY		
1. S. Maddrell	WAC	55.57

STUC A'CHROIN

Perthshire

AL/13m/5000ft 1.5.93

RESULTS

1. M. Rigby	W'lands	2.03.58
2. D. Rodgers	Loch	2.09.35
3. G. Ackland	L'ston	2.09.37
4. D. Weir	Perth Strath	2.12.11
5. J. Wilkinson	Gala	2.13.54
6. J. Hepburn	DunHawk	2.14.35
7. G. Bartlett	Forres	2.14.39
8. D. Crowe	Shett	2.15.39
9. J. Thin	Cam	2.16.31
10. A. Ward	Edin	2.16.58

VETERANS 0/40

1. R. Boswell	Loch	2.18.45
2. D. Bell	HELP	2.18.46
3. J. Blair-Fish	Cam	2.20.29
4. B. Knox	Teviot	2.27.24
5. C. Shaw	W'lands	2.28.02

VETERANS 0/50

1. K. Bums	Cam	2.35.52
2. D. Armour	H'land Hill	2.39.38
3. G. Bryan-Jones	Ochils	2.40.38
4. C. Love	DunHawk	2.44.33
5. E. Harvey	Cam	2.51.46

LADIES

1. H. Diamantides	W'lands	2.37.42
2. L. Hope	Loch	2.49.40
3. J. Salvona	L'ston	2.50.26
4. E. Scott	W'lands	2.53.54
5. K. Bryan-Jones	DkPk	2.57.26
6. J. Schreiber	W'lands	3.00.45
7. G. Irvine	H'land Hill	3.11.31
8. H. Searle	Loch	3.19.40
9. L. Longmore	Solway	3.22.42
10. J. Saul	C'mont	3.27.41

HILL OF THE FAIRIES

Perthshire

AS/4.5m/1500ft 2.5.93

RESULTS

1. J. Brooks	Loch	37.08
2. P. Bovill	Edin	38.02
3. P. Fox	DunHawk	38.44
4. A. Ward	Edin	39.44
5. J. Hepburn	DunHawk	41.04
6. H. Hutchinson	Edin	41.28
7. D. Murray	Cam	42.10
8. S. Murray	Ochil	42.28
9. I. Powell	Wrek	42.40
10. T. Ross V	Fife	43.58

VETERANS 0/40

1. T. Ross	Fife	43.58
2. B. Brooks	Loch	45.30
3. C. Love	DunHawk	48.00
4. N. Harris	N.Vets	49.05
5. N. Griffiths	N.Vets	50.01

LADIES

1. C. Bolland	E.U.H&H	51.13
2. G. Angus	DunHawk	53.00
3. J. Schreiber	W'lands	56.36

JUNIORS

1. J. Brooks	Loch	37.08
2. P. Bovill	Edin	38.02
3. M. Munro	Edin	46.15
4. V. MacPherson	Fife	48.26
5. B. Brooks	Loch	57.20

PENISTONE HILL RACE

S. Yorkshire

BS/6.5m/1055ft 3.5.93

An Irish Wolfhound was instrumental in Greg Hull's record breaking run in the six and half miles of Penistone Hill Race, when he set a time thirty seconds inside the old record that has stood since 1987.

The Leeds City runner and Holmfirth's John Taylor, the course leaders, had to sprint and take evasive action when the dog took a fancy to their legs. Said Hull afterwards: "I felt its whiskers on my leg when it came for us and that was enough".

The ladies record was smashed by former World Fell Running Champion, Carol Greenwood who romped home in thirty second position overall to take seventy seconds off the previous record.

First local runner home was Penistone's Keith Davis who finished nineteenth and the Penistone ladies took most of the honours in their category. Syl Boler was fourth overall and first over forty five. Anna Jorgensen was fifth overall and first over thirty five and Pauline Senior was first over fifty. Boler and Jorgensen were joined by Trish Griffin in taking the team prize.

The event incorporated the inaugural South Yorkshire Fell Running Championship and Davis secured third place, with Robert Innes and Cliff Calladine taking second and third places respectively in the veterans category.

The Penistone ladies almost made a clean sweep, with Griffin and Sue Whitely taking second and third medals, Boler claiming the veterans gold medal, Jorgensen taking the silver and Barnsley's Christine Tindall the bronze.

Penistone's top boy runner, Matthew Jones, won the Under sixteen event in twenty minutes and twenty three seconds.

RESULTS

1. G. Hull	Lds	38.03
2. J. Taylor	Holm	38.10
3. A. Ward	Clowne	39.17
4. P. Gebbett	Notts	40.33
5. S. Bell	Watford	41.19
6. R. Harbisher	Holm	41.42
7. A. Carruthers	Crawley	41.53
8. M. Farrali	Longwood	41.59
9. S. Burthem	Warr	42.00
10. P. Mirlees	R'ham	42.15

VETERANS 0/40

1. P. Buttery	Holm	43.51
2. D. Bonnington	Stl Cty	44.21
3. M. Harris	Stock	44.56
4. R. Innes	S'bridge	44.58
5. C. Calladine	P'stone	45.22

VETERANS 0/45

1. J. Norman	Alt	43.18
2. R. Hardcastle	Longwood	45.19
3. T. Hulme	Penn	45.30
4. R. Wallace	Denby	45.40
5. M. Cartwright	P'stone	47.31

VETERANS 0/50

1. K. Burgess	Alt	45.14
2. R. Asquith	Holm	49.31
3. B. Beaumont	Rock	50.12
4. P. King	Denby	50.17
5. D. Hewitt	Unatt	53.20

VETERANS 0/55

1. D. Bamforth	HolmeV	45.49
2. K. Bamforth	HolmeV	46.50
3. K. Pickering	Rock'ham	52.38

LADIES

1. C. Greenwood	CalderV	45.00
2. B. Coomber	Denby	51.13
3. S. Boler V	P'stone	51.26
4. A. Jorgensen V	P'stone	53.32
5. I. Peaty	Shafts	55.35
6. P. Colley	HolmeV	56.12
7. T. Griffin	P'stone	57.55
8. E. Bowden	Unatt	58.01

INTERMEDIATES

1. M. Jones	P'stone	20.23
2. A. Turner	20.38	
3. S. Firth	21.15	
4. A. Washington	21.39	
5. M. Warmby	21.45	

JUNIORS

1. S. Asquith	Holm	13.43
2. M. Bloor	13.47	
3. W. Hallass	13.59	

PENRITH BEACON HILL RACE

Cumbria CS/4m/500ft 3.5.93

In 1993 we reverted to the original course for the Penrith Beacon Hill Races. In 1992 the May Day Carnival was spread over the two days with the Sports being on the Sunday and the main carnival on the Monday. In 1993 everything was concentrated on the Monday. The start time for the Race was also moved from 2.45pm to 12.45pm to help with the other activities during the day.

We were blessed with excellent weather and thirty six competitors registered for the Senior Race and twelve for the Junior Race. Both races got under way and the first runners to return were those in the Junior Race with Wayne Shackcloth of Penrith winning in the time of six minutes and fourteen seconds.

Marshalls were positioned at various strategic places along the two courses. In the Senior Race unfortunately two mistakes led to a mix up. Last year's winner, Duncan Frampton of Keswick AC, was intent in making it a double and led to the summit but then took the wrong track (the first mix up). Realising his error he turned back but the second person, unfortunately, not knowing the route carried on down the main Beacon track being followed by others until meeting another marshall when he was re-directed back. Local runner Ken West together with John Larkin went the right way along to Roundthorn and the runners eventually made their way along this track with the order somewhat different to that at the main summit, with Duncan Frampton having gained a commanding lead.

In 1992 the course had gone straight on at Carleton Village and on to the round-about at Kemplay, whereas the original course and the 1993 course veered right at Carleton Village and back in to the town again.

Unfortunately the marshall at Carleton Village was slightly late in arriving there and just missed directing Duncan Frampton and he carried on on the 1992 course on to Kemplay round-about. Feeling somewhat lost he carried on bearing right at Kemplay round-about and back in to town and was somewhat surprised to find himself behind some runners when coming up King Street. He was too far behind the leaders to make any impression on them and John Larkin of Gateshead Harriers finished first closely followed by local Penrith runner and past winner Ken West.

Third was Colin Duncleley, all the way from New Zealand, and fourth was a dejected Duncan Frampton.

I can only apologise as the organiser of the event for two somewhat simple but drastic errors which led to so much confusion. I congratulate John Larkin for winning the race and am very sorry for Duncan Frampton for who it must be said should have won the race for the second year running.

With regards to 1994, I believe that the Penrith Lions Carnival is to be run for one more year with the May Day Bank Holiday ceasing in 1995. After the fiasco of the 1993 race I am somewhat reluctant to try again in 1994, however wait and see.

I hope in the circumstances, people enjoyed the race and if it is run in 1994, with the marshalls in the right places, then we will see you again.

Ron Kenyon

RESULTS

1. J. Larkin	G'head	25.12
2. K. West	Bord	25.16
3. C. Duncleley	N.Z.	25.33
4. D. Frampton	Kesw	26.17
5. S. Willis	Amble	26.24
6. D. Ramsey	Kesw	26.25
7. M. Moorhouse	Saif	27.02
8.1. Aitchison	Roch	27.13
9. B. McGee	Cope	27.18
10. M. Whitfield	Bing	27.27

LADIES

1. C. Stevens	Reading	28.48
2. S. Duncleley	N.Z.	31.40
3. K. Whitfield	Lane	34.00

INTERMEDIATES U/18

1. M. Moorhouse	Saif	27.02
2. M. Whitfield	Bing	27.27
3. J. Cavanagh	P'rith	29.46
4. D. Harrison	Kesw	32.33
5. C. Bewley	CFR	33.15

SIMONS SEAT FELL RACE

North Yorkshire AS/5.5m/1700ft 6.5.93

A new course and a great evening attracted two hundred and thirty runners. Parking at Barden Bridge meant a three quarter of a mile warm up to the start and back, but this did not seem a problem and the future of the race is secure. Ian Holmes ran clear of the field to record his second Simon Seat Victory with Sean Uvesey second again. Sean's results in the race are very consistent with six second places and a third and one bad year. See you again next year for a victory! Most people seem to like the course and promised to return again. Many Thanks to everyone.

Paul Gaines

RESULTS

1.1. Holmes	Bing	35.43
2. S. Livsey	Ross	36.09
3. J. Parker	Ilk	36.38
4. W. Gaunt	P&B	36.48
5. M. Keys	Ross	37.36
6. P. Sheard	P&B	37.48
7. T. Byrne	Bristol	38.03
8. S. Green	P&B	38.12
9. P. Mitchell	Bing	38.39
10. R. Foley	Lds	38.53

VETERANS 0/40

1. M. Pickering	Otley	39.22
2. K. Taylor	Ross	40.43
3. B. Peace	Bing	41.59

VETERANS 0/50

1. D. Quinlan	Bing	41.08
2. F. Gibb	Bing	44.17
3. T. McDonald	Bing	44.22

LADIES

1. A. Prestley	Fellan	48.04
2. A. Isdale	Bing	48.42
3. J. Shotton		48.47

JUNIORS

1. M. Moore	Eccles	44.29
2. L. Wilford	Bing	45.39
3. C. Childs	P&B	46.58

BELMONT WINTER HILL RACE

Lancashire BS/4.5m/1000ft 8.5.93

The English Junior Championship was incorporated into this race. There were slight changes to the course due to North West Waters' new fences, therefore there were new records also. Slightly faster if not shorter. Neil Wilkinson led from first climb and never troubled.

Mike Kelly

RESULTS

1. N. Wilkinson	AleHse	30.15
2. S. Thompson	Clay	31.30
3. G. Schofield	Black	32.05
4. M. Moorhouse	Saif	32.11
5. M. Whitfield	Bing	32.29
6. N. Matthews	Horw	32.39
7.1. Greenwood	Clay	33.03
8. T. Hesketh V	Horw	33.10
9. B. Taylor	Ross	33.15
10. S. Breckell V	Clay	33.21

VETERANS 0/40

I. T. Hesketh	Horw	33.10
2. S. Breckell	Clay	33.21
3. J. Hope	AchRat	35.51
4. P. Buttery	Holm	35.53
5. L. Hutchinson	Clay	35.59

VETERANS 0/45

1. P. Me Wade	Clay	33.45
2. K. Taylor	Ross	34.22
3. T. Hulme	Penn	34.46
4. D. Keams	Bolt	36.01
5. G. Duckworth	Horw	37.48

VETERANS 0/50

1. P. Jepson	Bury	37.37
2. T. MacDonald	Bing	38.13
3. R. Asquith	Holm	38.42
4. B. Buckley	Gloss	39.51
5. R. Dewhurst	Clay	42.25

LADIES

1. J. Kenyon	Horw	36.30
2. G. Cook	Roch	40.13
3. A. Priestley	Fellan	40.40
4. J. Bateman	P&B	46.23
5. C. Dewhurst	Clay	47.03
6. H. Bury	Holm	47.50
7. L. Leyland	Bolt	47.54
8. N. Parry	Midd	52.13

JUNIORS U/18

1. M. Moorhouse	Saif	32.11
2. M. Whitfield	Bing	32.29
3. C. Caldwell	Bolt	34.11
4.1. Hansen	Bing	35.18
5. A. Prendergast	Chor	36.10

INTERMEDIATES U/20

1. N. Matthews	Horw	32.39
2. B. Taylor	Ross	33.15
3. D. Riley	Stock	35.06
4. P. Boud	Black	37.01
5. M. Smith	Black	43.52

ENGLISH JUNIOR FELL CHAMPIONSHIP RESULTS

BOYSU/12

1. S. Savage	Amble	14.39
2. A. Sutton	Prest	14.51
3. S. Reid	Unatt	15.11

GIRLS U/12

1. S. Murray	Horw	18.15
2. K. Lamb	P&B	18.24
3. N. Brannon	Horw	18.38

BOYS U/14

1. A. Davies	Merc	13.52
2. C. Livesey	Prest	14.14
3. J. Hart	Roch	14.18

GIRLS U/14

L.H. Matthews	Horw	16.09
2. L. Brindie	Horw	16.12
3. B. Riley	Kend	16.23

BOYS U/16

1. T. Davies	Merc	16.26
2. M. Mason	Wirral	16.36
3. A. Turner	Bux	16.44

GIRLS U/16

1. V. Wilkinson	Bing	19.12
2. J. Davies	Merc	22.50
3. R. Penin	Tbd	23.40



Tim Davies, first in his class at Belmont Winter Hill, here pictured at Gap.
Photo: Francis Uhlman



The start of the last climb at Clougha Pike.
Photo: Bill Smith

GOATFELL RACE Arran AM/8m/2866ft 15.5.93

Unseasonal weather that rendered much of the route buried under several feet of snow forced abandonment of the traditional Goatfell Race. Forty years after it was first officially run, the 1993 race followed a lower alternative course of about seven miles that ascended to about seven hundred feet. The relatively long road section did not suit many hill racers in what proved to be a fast tough event involving forty eight runners, far fewer than usual. In the event, however, the race was much enjoyed by everyone, the Pipe band and the well supported Junior race lending to the carnival atmosphere despite a showery cold afternoon. As usual the event was well supported by English runners. Glossopdale Harriers, whose 'stars' were in Wales for the Championship race, again but narrowly, took the team trophy. Mark Hayman of Stockport (Old Gaytonians) won the event after a keen race with runner-up Rab Brown. Joyce Salvona made it three in a row whilst familiarising herself with Arran in readiness for the following week's "Boat" race.

Mid May on the Isle of Arran more usually involves a heat wave! Lets hope for something nearer that next year.

C Turhett

RESULTS

1. M. Hayman	Old Gayton	45.33
2. R. Brown	H.BogTr	47.08
3. A. Jones	Gloss	47.39
4. G. Allsop	Arran	48.24
5. S. Bennet	W'lands	48.40
6. M. Cuddy	Gloss	48.59
7. M. Mon-Williams	L'stone	
8. D. Bowden V	AltonJog	49.32
9. B. Robertson	ArranJog	50.21
10. D. Calder	W'lands	50.57

VETERANS 0/40

1. D. Bowden	AltonJog	49.32
2. R. Boswell	Loch	51.22
3. R. Poole	Gloss	51.34
4. G. Watson	Perth	52.32
5. R. Blamire	Stew	52.47

VETERANS 0/50

1. C. Love	DunHawk	51.59
2. B. Buckley	Gloss	55.46
3. R. Gibson	E.Kilb	59.36
4. D. Turnbull	E.Kilb	60.58
5. S. Connelly	DundeeRR	67.11

VETERAN 0/60

1. R. Baker	L&M	69.59
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LADIES

1. J. Salvona V	L'stone	57.05
2. H. Thomson V	Arran	62.10
3. H. Searle	Loch	63.36
4. J. Miller	Unatt	64.27
5. L. Armit V	Arran	69.59
6. A. Miller V	Irvine	75.59

MOEL EILIO REEBOK MOUNTAIN RACE Gwynedd AM/8m/3000ft 15.5.93

Many thanks to all the marshalls and helpers without whose help the event would not have been possible. Grateful thanks also to all our sponsors. To the competitors, thank you for coming to Llanberis and taking part. Hope you all enjoyed the race despite conditions under foot. It's not often snow blindness is one of the hazards! I cannot believe how unfortunate we were with the weather, atrocious conditions up to a few hours before and desperate again just after the finish for a further two days.

Joan and Dennis Glass

Results Id June Fellrunner

DARREN JONES CLOUGHA PIKE RACE Lancashire BM/7m/1405ft 15.5.93

It was great to see even more youngsters running in the U/12 and U/15 cross country race. The youngest was seven years old! The steep climb up through the bluebell wood was very slippery and the pools of water in the finishing straight caught a few out as they sprinted for the tape. I introduced a team event in each age group. Horwich have supported these races well and it was fitting to see them win both cups. I might introduce a few more awards or prizes next year if these races are so well supported. Perhaps you should look at the other junior races in the local area at the Wray/Caton Moor and Hutton Roof fell races held in May.

In the main fell race there was only a small drop in entries. The course was a fraction longer to avoid the 'waterboard gate' and to take in two gates on the pipeline. No problems on the route - we did mark it heavily! It appears that the heather was tough going on the first part of the fell after Rigg Lane car park. Although the weather improved by the start, heavy rain in the previous twenty four hours made it slippery underfoot and there was a strong wind. John Taylor of Holmfirth won easily and did not even look tired at the finish.

Thanks to everyone who mucked-in to mark the course and marshall while I just sat at the finish or leaned on my crutches doing administration. Mr and Mrs Jones and family once again supported the races and marshalled. Lots of others helped, many thanks.

JM Gibbison

RESULTS

1. J. Taylor	Holm	51.53
2. M. Keys	Ross	55.22
3. P. Lowery	L&M	55.33
4. C. Valentine	Kesw	56.31
5. J. Taylor	Clay	57.24
6. K. Hargate	Unatt	57.46
7. S. Stretch	L&M	58.54
8. S. Worsley	L&M	59.08
9. K. Johnston	Ryhope	59.30
10. S. Umpleby	Unatt	59.36

VETERANS 0/40

1. S. Kirkbride	Kend	60.30
2. J. Armstrong	L&M	62.11
3. P. Jackson	N'burgh	63.03
4. P. Bramham	Craven	63.07
5. C. Smethurst	Chor	63.13

VETERANS 0/50

1. P. Jepsen	Bury	64.16
2. T. McDonald	Bing	65.33
3. D. Brown	Clay	73.09
4. G. Jameson	Hynd	75.13

LADIES

1. C. Dewhurst	Clay	77.49
2. S. Hall V	Black	90.42
3. E. Unsworth V	Kend	91.58
4. T. Higginson	Prest	98.14
5. J. Poole V	Ross	116.12

JUNIORS U/18

1. J. Mann	LRGS	62.22
2. M. Warwick	Horw	64.56
3. E. Malloch	LRGS	70.04

BOYS U/15

1. M. Liptrot	Horw	15.35
2. C. Livesey	Prest	15.36
3. D. Smith	Part'ABC	15.58

GIRLS U/15

1. M. Leek	L&M	17.18
2. L. Brindle	Horw	17.48
3. K. Stewart	L&M	19.53

BOYS U/12

1. S. Calderbank	Horw	10.13
2. P. Matthews	Horw	10.18
3. M. Gardner	L&M	10.10

GIRLS U/12

1. N. Brannon	Horw	11.22
2. A. Green	Spn	11.40
3. N. Hall	Black	14.24

FIRST TEAM U/15

M. Liptrot	Horwich
J. Robertson	Horwich
M. Cain	Horwich

FIRST TEAM U/12

S. Calderbank	Horwich
P. Matthews	Horwich
A. Hallahan	Horwich

FAIRFIELD HORSESHOE RACE Cumbria

AM/9m/3000ft 16.5.93

My sixth year of organisation was also my first wet one. Gale force winds, thick cloud, freezing temperatures, driving rain and snow underfoot made conditions treacherous for runners. Seasoned competitors considered them some of the worst they had raced in for a long time. Fortunately there were no accidents although one runner was advised to have a leg injury looked at by the local hospital.

John Taylor and Mark Croasdale conspired to finish joint first although finish officials tried desperately to separate them on the line. Further attempts at the prizegiving were thwarted and the two runners amicably distributed the prizes between them. Congratulations to all finishers. My grateful thanks to all the officials and in particular to those manning the checkpoints. Honest I did appreciate your efforts from the warmth of the centrally heated bus at the finish.

Colin Doran from Ambleside (Dulwich Runners) continued the grand navigational tradition of Club members by reaching the finish Brotherswater! Thus following in the footsteps of other more notable Ambleside members. Incidentally runners may be interested to know that the Ambleside tradition strayed to the Caucasus Mountains last month when club member K...W..... managed to go missing for six days. At least he had the wit to hang on to the last Mars Bar. Hardly a year seems to go by without my having a grouse or two about some competitor or other. This year is no exception but the efforts of some are transcending new heights.

1. The competitor who entered on the day, did not bother to start and then forgot to tell us. By five thirty pm I was getting pretty anxious. A few telephone calls found her back in Carlisle.

2. The car driver who managed to rip open a few feet of the farmer's brand new wire fence (about half way along the run-in track). That one cost us a fifty pound donation! A cheque payable to L.D.M.T.A. will suffice thank you.

3. A competitor who when asked to produce his gagoule at the finish claims to have given it to his wife before he crossed the finish line!!

Incidentally many thanks for the collective support given at the start for the decision to disqualify anyone not carrying full body protection. One runner had the courage to delay his start and collect his gear but at least another ten were hopelessly equipped. Just think of the organiser in the coroner's court next time you run. A list of runners is available to the FRA for their consideration.

Many thanks to all runners for making the event a success. The number of entries did surprise me.

RESULTS

1=M. Croasdale	L&M	87.04
1. J= Taylor	Holm	87.04
3. N. Spence	Kend	89.55
4. M. Reming	Amble	89.58
5. M. Adcock	Waff	90.06
6. S. Willis	Amble	90.12
7.1. Greenwood	Clay	90.21
8. P. Clavey	Amble	90.28
9. G. Webb	CalderV	90.53
10. M. Aspinall	Clay	91.18

VETERANS 0/40

1. H. Waterhouse	Sadd	96.41
2. M. Richardson	Amble	97.25
3. B. Rawlinson	Ross	97.50
4. C. Rafferty	Thirsk	98.55
5. B. Knox	Teviot	99.13

VETERANS 0/50

1. F. Gibbs	Bing	103.48
2. J. Laycock	Amble	107.09
3. D. Gibson	Sadd	108.01
4. P. Dowker	AchRat	112.39
5. M. Elwell	Sadd	112.41

LADIES

1. A. Priestley	Fellan	110.13
2. J. Shoter	Fellan	117.09
3. G. Barnes V	Amble	118.08
4. J. Laverack	Amble	118.22
5. T. Smith	CFR	119.02
6.1. Bryden	Borr	119.31
7. C. McNeill V	Amble	119.50
8. G. Walkington V	Horw	120.11

ST. JOHNS FAIR FELL RACE**Isle of Man****AS/3m/900ft 18.5.93**

A record number entered the annual race up the Witches Hill at Eliuwhallion in glorious sunny weather. Conditions underfoot were, however, far from perfect with the previous days torrential rain having left the paths and tracks in a very slippery state.

Last years winner Paul Clarke was on top form having recently won the Manx eight hundred metres championship and he started favourite along with regular fell winner Tony Rowley and the versatile Steve Partington who had just returned from Mexico where he had represented Great Britain in the World Cup of race walking the Lugano Cup.

It turned out to be Rowley's day as he opened a small lead by the summit turn and half way mark which he increased as he powered back down to finish in one of the fastest times ever recorded on the three mile course.

Clarice took second but by only three seconds from Partington, with Peter Costley recording his best ever result on the fells in fourth.

All finishers received a 'T' shirt courtesy of the Cul-De-Sac Pizzeria of Douglas which were presented in the comfort of the Central Hotel which is conveniently positioned opposite the start/finish of the event.

Richie Stevenson

RESULTS

1. T. Rowley	MFR	23.54
2. P. Clarke	Manx H	24.25
3. S. Partington	Manx H	24.28
4. P. Costley	WAC	25.45
5. R. Stevenson V	MFR	25.58
6. D. Corrin V	Manx H	26.31
7. I. Callister	Manx H	27.03
8. D. Bawden	MFR	27.15
9. I. Watson	NAC	27.24
10. P. Crowe	MFR	27.29

VETERANS 0/40

1. R. Stevenson	MFR	25.58
2. D. Corrin	Manx H	26.31
3. D. Young	MFR	27.38
4. R. Moughtin	MFR	27.50
5. D. Corkill	Manx H	+28.03
6. S. Hall	Manx H	28.37

FIRST LADY

I. S. Maddrell	WAC	30.28
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CARADOC CLASSIC**Shropshire****AS/3.5m/880ft 19.5.93**

For the second year running weather conditions proved perfect with warm sun and little wind. A record field of one hundred and twenty runners set off headed by Paul Cadman defending his title after three straight wins. He was still leading at the summit but was pulled right back by club mate Shaun Mansbridge's excellent descending. On returning to flatter ground Cadman was able to employ some of his road running prowess and finished well clear of Mansbridge. The top four places had three previous winners of the race with Croft Ambrey's Mick Ligema (the 1989 winner) in third, ten seconds adrift of Mansbridge. Steve Hughes the 1987 Champion, fourth, was pleased with his performance after his efforts at Moel Eilio at the weekend.

The ladies race was won by a newcomer to fell running, Telfords Julie Kirby. Her nearest rival was Croft Ambreys Janet Tyler also first veteran over forty, with Telford A'Cs Anne Capp third. Fourth lady and first junior was Caroline James of Mercia.

The mens team race was dominated by Mercia with six finishers in the top ten. The excellent showing of Juniors Tim and James Davies in sixth and seventh respectively look to provide Mercia with superb future prospects.

Simon Daws

RESULTS

1. P. Cadman	Merc	23.21
2. S. Mansbridge	Merc	23.38
3. M. Ligema	C.Amb	23.48
4. S. Hughes	Hebog	23.59
5. I. Powell	Wrek	24.38
6. T. Davies	Merc	25.12
7. J. Davies	Merc	25.15
8. R. Day	Merc	25.17
9. A. Bissell	Merc	25.23
10. I. Morris	Wrek	25.41

VETERANS 0/40

1. R. Heelis	Merc	26.44
2. C. Stamp	Merc	27.13
3. J. Richards	Shrew	27.27
4. T. Churm	Newport	28.10
5. M. Trevor	Sandwell	28.36

VETERANS 0/50

1. B. Davies	C.Amb	26.49
2. B. Morris	Wrek	27.30
3. G. Lloyd	Wrex	29.46
4. M. Pierpoint	SAC	29.58
5. R. Sandand	Telf	30.18

LADIES

1. J. Kirby	Telf	30.02
2. J. Tyler V	C.Amb	30.43
3. A. Capp	Telf	31.30
4. C. James	Merc	32.53
5. J. Davies	Merc	33.38
6. A. Bond	Wrek	33.43
7. J. Sayer V	Telf	35.20
8. L. Davies	Shrew	35.38

JUNIOR BOYS

1. T. Davies	Merc	25.12
2. J. Davies	Merc	25.15
3. R. James	Merc	25.52

JUNIOR GIRLS

1. C. James	Merc	32.53
2. J. Davies	Merc	33.38

SCOTTISH ISLANDS PEAKS RACE**Scottish Isles****AL/70m/12000ft 21.5.93****RESULTS**

1. (Tri Harda)	11.03.50
Bame and Hoffe	
2. (Duncans Girl)	11.38.06
Hauser and Lofthouse	
3. (Solo)	12.12.14
McInroy and Edridge	
4. (Firanjo)	12.15.35
Horsfall, Mitchell and Smith	
5. (Sev. Challenge)	12.17.48
Diamantides and Menhennet	
6. (Mayrise)	12.19.13
Griffin, Fisher and Trafford	
7. (TeePee)	12.34.29
McLeod, McLean, Lambert and Sinclair	
8. (Sea Spirit)	12.42.50
Marston Knuth, Smith Pumphrey and Hamilton Murray	

WHIRLAW FELL RACE**West Yorkshire****BS/5.5m/1100ft 25.5.93**

One hundred and forty athletes took part on a windy evening. Andrew Wrench won his first race under FRA registration in new record time. Carol Greenwood broke the ladies record to finish twelfth overall with an impressive run. Greenpeace organisers would like to thank all runners who turned up, as we donated one hundred and eighty five pounds to Greenpeace Environmental.

B Duffield

RESULTS

1. A. Wrench	Tod	34.36
2. M. Corbett	Ross	34.52
3. S. Oldfield	Bfd/Aire	34.54
4. D. Wilkinson	Roch	36.13
5. G. Webb	CalderV	36.20
6. G. Oldfield	Bfd/Aire	36.47
7. M. Egner	Denby	37.13
8. M. Addison	Clay	37.51
9. B. Mitchell V	Clay	37.56
10. A. Holden	Nelson	38.10

VETERANS 0/40

1. J. Dore	Roch	39.24
2. B. Rawlinson	Ross	41.18
3. G. Davy-Day	Tod	42.12
4. G. Bell	CalderV	42.26
5. C. Hatton	Hels	42.30

VETERANS 0/45

1. B. Mitchell	Clay	37.56
2. G. Symes	CalderV	42.02
3. J. Talbot	Tod	42.10
4. R. Cowling	Unatt	42.53
5. C. Taylor	Clay	42.57

VETERANS 0/50

1. T. MacDonald	Bing	41.59
2. D. Illingworth	Bfd/Aire	43.02
3. M. Coles	Skyrac	43.15
4. M. Thomas	Tod	46.57
5. D. Tomlinson	Roch	51.34

VETERANS 0/55

1. B. Thakery	DkPk	46.04
2. B. Hill	Clay	53.53

VETERAN 0/60

1. J. Riley	Clay	83.58
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LADIES

1. C. Greenwood	CalderV	38.27
2. K. Drake	Spenn	41.03
3. G. Cook	Roch	43.10
4. J. Rawlinson V	Clay	45.44
5. C. Whitem	Tod	49.19
6. C. Dewhurst	Clay	49.23
7. W. Robinson	St.Bedes	54.22
8. P. Revill	Unatt	54.49

INTERMEDIATES

1. S. Brooksbank	Spenn	40.07
2. G. Eckhardt	Tod	42.21
3. B. Rawlinson	Ross	42.22
4. J. Edwards	Bum	44.37
5. S. Homer	PFO	45.58



Mick Hoffe and Denis Barnes setting off for Snowdon on their way to the 'King of the Mountains' title, 3 Peaks.

Photo: Rob Howard

HAYFIELD MAY QUEEN RACE**Derbyshire****BS/3m/550ft 27.5.93****RESULTS**

1. D. Ibbetson V	Gloss	20.52
2. D. Gartley	Gloss	21.10
3. J. Kewley	Gloss	21.59
4. J. Miller	Gloss	22.19
5. P. Deaville	Gloss	22.36
6. M. Cudahay	Bux	22.48
7. M. Boulton	Gloss	23.09
8. A. Wilkins	Gloss	23.40
9. A. Howie	Penn	23.48
10. F. Fielding V	Gloss	24.03

VETERANS 0/40

1. D. Ibbetson	Gloss	20.52
2. F. Fielding	Gloss	24.03
3. R. Poole	Gloss	24.50
4. N. Goldsmith	DkPk	25.19
5. A. Brentnall	TSBOSC	25.46

LADIES

I.S. Newman	Gloss	25.44
2. K. Harvey	Alt	26.31
3. H. Bell	Gloss	32.38
4. C. Palmer V	Unatt	39.38

JUNIORS

1. S. Woollacott	Unatt	28.29
2. S. Cullen	Unatt	28.39
3. S. Jenkinson	Bux	29.10
4. A. Metcalfe	Unatt	33.02
5. C. Whittle	Unatt	33.04

MAMORE RIDGE RUN**Argyll****AL/12m/3200ft 29.5.93**

Due to loss of radio contact at checkpoints and visibility down to ten yards, it was decided to cancel the Ridge Race and run a shorter course, which took the runners to the top of Bew na Callich, and back the same route to the village.

Visibility was so poor that the checkpoint marshal had to whistle to guide the runners to the top.

All runners enjoyed the race and are hoping to see it in next years fell running guide.

RESULTS

1. S. Bums	Loch	1.19.33
2. J. Hooson	Ochil	1.20.37
3. J. Gallacher	Ochil	1.21.40
4. M. Cumming	H.BogTr	1.21.54
5. J. Maitland	Loch	1.23.26
6. P. Buchannan	Unatt	1.24.34
7. G. Brooks	Loch	1.25.25
8. A. Craigs	Unatt	1.26.44
9. J. McCrae	Loch	1.26.47
10. F. Kelly	Unatt	1.27.02

LADIES

1. A. Linsey	1.49.10
2. S. Taylor	1.55.47
3. M. Donaldson	2.06.21

**Stena Sealink
International at
KNOCKDHU**

**Co. Antrim
AS/4.5m/1470ft 29.5.93**

Runners representing England made a clean sweep of the top prizes at the Stena Sealink International fell race at Knockdhu. Their senior men's team with first, fourth and fifth places easily retained the Stena Sealink trophy won at the inaugural event last year. The Junior men's team fared even better with first, third and fourth. The ladies were unbeatable with first, second and third.

Mark Croasdale was the individual winner after a tremendous battle with all-Ireland champion Robin Bryson who won the race last year. Neil Wilkinson and David Rodgers representing Scotland were the early leaders as the runners completed the first climb and then descended rapidly down the steep face of the Sallagh Braes. However on the first of two long climbs up the front face of Knockdhu, Croasdale had taken control, with Bryson just behind and Wilkinson in third place. Croasdale still led on the final climb although Bryson who is well known for his ability on the climbs closed dramatically and was first over the top. Not to be outdone Croasdale fought back on the final descent to win by just four seconds and take forty one seconds off Bryson's course record. Wilkinson held on to take third place for the second year running. Mark Kinch was fourth and British champion Steve Hawkins fifth.

England's Matthew Moorhouse was the top junior ahead of Colin Jones from Wales and another England runner Matthew Whitfield. Former World champion Carol Greenwood took over four minutes off the ladies record with her England team mates Janet Kenyon and Kath Drake also inside the old record. Top Northern Ireland runners were Neil Carty of North Belfast Harriers who was fourteenth overall. Neil Jackson from Ballydrain who was sixth junior and Roma McConville from North Down who was ninth lady.

In the accompanying open race which was run in conjunction with the International event, the locals had a brief few seconds to rub shoulders with the elite before they disappeared into the distance. The clear winner of this event was Scot, Dennis Bell, who also easily won the veterans category. Dennis who combined his running with his duties as assistant team manager of the Scotland team is a member of the H.E.L.P. team. Local interest was high with Peter Howie who has been in tremendous form recently, having an excellent run to finish in third place. Martin Beattie also ran very well to take fifth and with three finishers in the first ten Lame AC were the top team.

The promoting club Lame AC would like to thank Stena Sealink for their generous sponsorship which included travel for the cross channel teams and prizes for both the International and open races. Also Lame Borough Council for their financial support. Mr Campbell Tweed Junior, Mr Tommy Stewart and Mr Ben Stewart for the use of their land and all others who help in the overall running of the weekends events.

RESULTS

SENIOR MEN

1. M. Croasdale	Eng	34.49
2. R. Bryson	Ire	34.53
3. N. Wilkinson	Scot	35.42
4. M. Kinch	Eng	35.50
5. S. Hawkins	Eng	36.15
6. P. Dytnoke	Scot	36.25
7. P. Wheeler	Wales	36.30
8. S. Livesey	Eng	36.38
9. D. Rodgers	Scot	36.41
10. S. Forster	Wales	37.19

SENIOR MEN TEAMS

1. England	10 pts
2. Scotland	18 pts
3. Wales	29 pts
4. Rep.Ireland	41 pts
5. N.Ireland (A)	42 pts
6. N.Ireland (B)	59 pts

LADIES

1. C. Greenwood	Eng	40.32
2. J. Kenyon	Eng	43.04
3. K. Drake	Eng	43.23
4. A. Brand-Barker	Wales	43.59
5. H. Diamantides	Scot	44.26
6. J. Smith	Eng	46.26
7. B. McCluskey	Ire	47.51
8. S. Manser	Wales	48.16
9. R. McConville	N.Ire	48.36
10. C. Menhennet	Scot	49.25

LADIES TEAMS

1. England	6 pts
2. Scotland	27 pts
3. Wales	27 pts
4. N.Ireland	36 pts

JUNIOR MEN

1. M. Moorhouse	Eng	37.43
2. C. Jones	Wales	38.39
3. M. Whitfield	Eng	38.51
4. N. Matthews	Eng	39.51
5. L. Pierce	Wales	40.02
6. N. Jackson	N.Ire	40.24
7. H. Hutchinson	Scot	40.37
8. C. Watson	Eng	41.03
9. M. Canavan	Scot	41.18
10. S. Cameron	Scot	41.56

JUNIOR TEAMS

1. England	8 pts
2. Wales	19 pts
3. Scotland	26 pts
4. N.Ireland	30 pts

OPEN RACE RESULTS

1.D. Bell	HELP	39.06
2. G. Maguire	A'ville	42.12
3. P. Howie	Lame	43.19
4.I. Gourley	BARF	44.08
5. M. Beattie	Lame	45.27
6. C. Nicholl	W'field	45.35
7. J. Sloan	ACFC	46.10
8. W. Kettyle	ACKC	47.27
9. P. Hazlett	A'ville	47.32
10. B. Magee	Lame	48.13

HUTTON ROOF FELL RACES

Lancashire

BM/7m/1300ft 29.5.93

Commiserations to Paul Sheard of Pudsey who would have won the race if he had not been thrown off course with six hundred metres to go. See you next year I hope.

Ian Rooke

RESULTS

1. S. Green	P&B	49.26
2. W. Ramsbottom	P&B	49.31
3. P. Davies	LdsUni	49.47
4. H. Jarrett V	CFR	49.50
5. S. Barlow	Horw	50.00
6. T. Hesketh V	Horw	50.03
7. W. Styan	Holm	50.29
8. P. Sheard	P&B	50.29
9. D. Houldsworth	Kend	50.35
10. A. Carruthers	Hales	50.45

VETERAN 0/40

1. H. Jarrett	CFR	49.50
2. T. Hesketh	Horw	50.03
3. P. Buttery	Holm	52.27
4. S. Kirkbride	Kend	53.28
5. M. Richardson	Amble	54.35

VETERANS 0/50

1. D. Quinlan	Bing	51.46
2. M. Adams	Cleve	57.58
3. P. Murray	Horw	58.27
4. R. Asquith	Holm	59.14
5. M. Coles	Skyrac	60.39

VETERANS 0/60

1. D. Hodgson	Fellan	59.30
2. T. Sykes	Roch	69.52
3. B. Leathly	Clay	72.32

LADIES

1. S. Rowell	P&B	52.19
2. R. Pickvance	Kend	59.24
3. A. Isdale V	Bing	61.12
4. A. Priestley	Fellan	61.48
5. K. Beaty	CFR	62.02
6. S. Watson V	V.Striders	62.25
7. G. Walkington V	Horw	63.39
8. D. Priestley V	Kend	65.54

INTERMEDIATES

1.W. Styan	Holm	50.29
2. P. Wilson	Seft	51.14
3. B. Taylor	Ross	52.07
4. D. Riley	Stock	56.29
5. T. Cowin	Howgill	58.47

JUNIOR U/12 AND U/14 RACE

1.J. Hart	Roch	9.37
2. A. Davies	Merc	9.46
3. G. Lamb	P&B	10.00
4. C. Livesey	Prest	10.09
5. S. Savage	Amble	10.17

JUNIOR U/16 AND U/18 RACE

1. I. Hansen	Bing	31.20
2. T. Davies	Merc	31.48
3. A. Turner	Bux	32.50
4. C. Caldwell	Bolt	33.02
5. M. Mason	Wirral	33.13

BENS OF JURA FELL RACE

Isle of Jura

AL/16m/7500ft 29.5.93

Heavy overnight rain and morning mist down to sea level made the alternative course likely, but thankfully before the start the bad weather lifted. Sunny patches and swirling mist over the Paps made for a most scenic and enjoyable race. Apprehension about weather, route finding or fitness kept the leading runners together over most of the hills and produced winning times well outside the records. Ian Holmes, Andy Trigg and Mick Hoffe pulled away from the field on 'Beinn Shiantaidh' and their positions became settled on the final climb to 'Corra Bheinn' and the long descent over wet moorland to the 'Three Arch Bridge' and three and a half miles of road to the finish.

The only records set were by the locals; Donald MacPhee from Islay finishing tenth to improve the Islay record by over three minutes. Davie Mack from Jura (eighteenth) improving the Jura record by two minutes. One hundred and forty nine finished out of a field of one hundred and sixty.

Many thanks to the runners who assisted with the competitor who cut his head. Thankfully none of the injuries proved serious.

This race would not take place without the sponsorship and assistance of the Jura Distillery, local marshals and safety cover provided by Strathclyde Police Mountain Rescue and RAF Macrihanish. It is that help and the hospitality of the island that makes this race so special.

A Curtis



*Bens of Jura. Andy Curtis, the new organiser, heads the field out of Craighouse.
Photo: 'Jackie'*

CADER IDRIS

Gwynedd

BM/10.5m/2900ft 5.6.93

A record breaking field for the third Cader Idris Race, with a record breaking performance by Will Ramsbottom, who lowered the record by over five minutes. Will was second to the summit where he gained over nine minutes on second placed Michael Ligema on the way down.

Unfortunately the following day absailing on Cader itself, Will Ramsbottom suffered a fatal accident, a tragedy that mamed a wonderful weekend of racing.

Eighty four runners took part and eighty three completed the course. The junior races attracted a field of fifty one runners.

There were some outstanding performances by various classes, the best by Donald Williams of Eryri, who achieved a very good time in the over fifty class.

Janet Tyler of Croft Ambrey won a very comfortable ladies section, winning well ahead of Annie Capp of Telford AC.

RESULTS

1. W. Ramsbottom	P&B	1.25.23
2. M. Legema	C.Amb	1.34.02
3. G. Davies	Merc	1.34.40
4. S. Greenaleh	J.S.M.T.C.	1.35.52
5. P. Marsh	TarrHen	1.35.56
6. R. Barry	N'Brook	1.36.30
7. C. Banks	N'Brook	1.38.09
8. D. Williams V	Eryri	1.38.26
9. R. Heelis V	Merc	1.40.14
10. R. Wilson V	Powys&N.Cerel	1.40.21

VETERANS 0/40

1. R. Heelis	Merc	1.40.14
2. R. Wilson	Powys&N.Cere	1.40.21
3. W. Marsh	TarrHen	1.41.55
4. J. Richards	Shrew	1.47.08
5.1. Smith	Bolt	1.50.26

VETERANS 0/45

1. K. Morgan	Merc	1.41.50
2. J. Sheeting	MDC	1.47.50
3. C. Evans	Aber	1.50.42
4. P. Hunt	Wrek	1.52.02
5. B. Martin	Wrek	1.52.11

VETERANS 0/50

1. D. Williams	Eryri	1.38.26
2. B. Davies	C.Amb	1.42.15
3. J. Marsh	TarrHen	1.44.17
4. B. Hughes	Eryri	1.55.32
5. T. Hildige	Eryri	1.56.07

VETERANS 0/55

1. B. Hall	Clay	2.24.04
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LADIES

1. J. Tyler V	C.Amb	1.59.27
2. A. Capp	Telf	2.07.54
3. A. Young V	Unatt	2.25.26
4. M. Griffiths V	BruDys	2.59.50

JUNIORS

1. T. Davies	Merc	16.59
2. A. Vaughan	Eryri	18.02
3. L. Vaughan	D'ellau	18.38

LANGDALE GALA FELL RACE

Cumbria

AS/1.25m/650ft 5.6.93

RESULTS

i. J. Hey	Wan-	10.23
2. P. Thompson	Black	10.38
3. B. Evans	Ambie	11.03
4. D. Wilkinson	Borr	11.16
5. K. Johnston	Ryhope	11.20
6. P. Boyd	Black	11.29
7. D. Hope	Horw	11.31
8. M. Osborne	Gosf	11.34
9. A. Clarke	Tyne	11.48
10. K. Robinson V	Black	12.04

VETERANS 0/40

1. K. Robinson	Black	12.04
2. E. Parker	Ambie	12.10
3. B. Crewdson		12.31
3. N. Walker	Ambie	12.31
5. G. Clayton	Ambie	14.05

VETERANS 0/50

1. R. Dewhurst	Clay	14.20
2. J. Taylor	Ambie	15.18

VETERAN 0/60

1. B. Fielding	Fellan	14.28
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LADIES

1. N. Wilkinson	Black	13.21
2. J. Laverack	Ambie	14.07
3. B. Unsworth V		19.27
4. Y. Proctor		20.24

PEN Y GHENT FELL RACE

North Yorkshire

AS/5.5m/1650ft 5.6.93

Sunshine shone down on Horton-in-Ribblesdale after a repeat of last years wet build up to race day. The inclusion of the race in the English Championship boosted entries to a record breaking three hundred and sixty nine, with only five retirements.

Race winner Robin Bergstrand blazed down Pen-y-Ghent and pressed hard by Mark Croasdale and Robin broke the race record by fifty seven seconds.

Carol Greenwood, despite not being pushed in the ladies race; after an early retirement from Sarah Rowell, went on to break Sarah's 1992 record by twelve seconds to finish in fifty minutes and three seconds. Dark Peaks' Jacky Smith was first lady veteran.

Congratulations to Bob Whitfield who was first veteran, Dennis Quinlan first super veteran and Dave Hodgson first veteran over sixty.

Matthew Mooitouse continues to excel for his age and again took the Junior trophy with ease finishing in sixteenth position overall. A surprised Lloyd Newby of Southport was first Intermediate, despite being back in 325th place!

Thanks to all helpers for making the race a great success and to BT mobile for supplying race medals.

Harry

RESULTS

1. R. Bergstrand	Mand	43.06
2. M. Croasdale	LAM	43.13
3. M. Roberts	Kend	43.41
4. C. Roberts	Kend	44.16
5. B. Thompson	CFR	44.17
6. S. Hawkins	Bing	44.32
7. S. Thompson	Clav	44.40
8. J. Parker	Ilk	44.48
9. M. Aspinall	Clay	45.02
10. P. Gebbett	Notts	45.34
11. G. Wilkinson	Clay	45.42
12. A. Bowness	CFR	45.50
13. A. Trigg	Gloss	46.03
14. A. Wrench	Tod	46.07
15. S. Barlow	Horw	46.13
16. M. Moorhouse	Saif	46.37
16. M. Keys	Ross	46.37
18. M. Kinch	Warr	47.01
19. R. Whitfield V	Bing	47.11
20. R. Jamieson	Ambie	47.23
21. M. Fleming	Ambie	47.24
22. D. Ibbotson V	Gloss	47.27
23. C. Norris	Settle	47.31
24. D. Ramsey	Kesw	47.40
25. M. Whitfield	Bing	47.42
26. S. Oldfield	Bfd	47.52
27. A. Smith	CFR	47.59
28. T. Heskeith V	Horw	48.01
29. T. Byrne	Bristol	48.07
30. H. Jarrett V	CFR	48.17

VETERANS 0/40

1. R. Whitfield	Bing	47.11
2. D. Ibbotson	Gloss	47.27
3. T. Heskeith	Horw	48.01
4. H. Jarrett	CFR	48.17
5. S. Breckell	Clay	48.48



Pen Y Ghent. Ruth Taylor. Keswick, on Whiter Hill.
Photo: Dave Woodhead

VETERANS 0/50

1. D. Quinlan	Bing	49.59
2. J. Nuttall	Clay	53.36
3. T. Trowbridge	DkPk	56.04
4. P. Blagbrough	Sadd	56.30
5. D. Jones	Penn	58.09

VETERANS 0/60

1. D. Hodgson	Felkn	57.39
2. A. Sutcliffe	KAAAC	62.55
3. C. Rushton	Wesham	64.07

LADIES

1. C. Greenwood	CalderV	50.03
2. J. Kenya	Horw	54.03
3. A. Brand-Barker	Kesw	55.39
4. J. Smith V	DkPk	56.48
5. C. Greasley V	Macc	57.57
6. M. Whitley	Bing	58.01
7. A. Priestley	FellaD	58.46
8. A. Isdale V	Bing	59.05
9. L. Thompson V	Kesw	59.41
10. K. Bealy	CFR	59.49

INTERMEDIATE

1. L. Newby	Unatt	70.19
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JUNIORS

1. M. Moorhouse	Saif	46.37
2. M. Whitfield	Bing	47.42
3.1. Hansen	Bing	51.55



Anne Whatmore of Dark Peak heads Eric Blamire on Whiter Hill.
Photo: Dave Woodhead

RESULTS

1. G. Bland	Borr
2. C. Valentine	Kesw
3. J. Bland	Borr
4. S. Willis	Amble
5. M. Fleming	Amble
6. B. Evans	Amble
7. A. Beaty	CFR
8. S. Booth	Borr
9. A. Lewsley	Kesw
10. A. Schofield	Borr

VETERANS 0/40

1. B. Linsley	CFR	79.05
2. M. Richardson	Amble	79.08
3. R. Mitchell	Mand	79.32
4. J. Oudroyd	L&M	82.38
5. E. Parker	Amble	82.59

VETERANS 0/45

1. M. Hudson	Kend	79.56
2. D. Spedding	Kesw	82.22
3. M. Pitchford	CFR	83.15
4. I. Charlton	Kesw	83.40
5. S. Harwood	Kesw	87.41

VETERANS 0/50

1. H. Blenkinsop	Kesw	84.30
2. R. Bell	Amble	84.48
3. J. Taylor	Amble	101.36
4. C. Lakes	CFR	109.41
5. M. Blake	Kesw	115.35

LADIES

1. C. Kenny	Kend	87.55
2. T. Bryden	Borr	89.16
3. J. Laverack	Amble	89.28
4. S. Lewsley	Kesw	101.34
5. J. Saul	C'mont	101.54
6. M. Todd	Amble	110.05
7. E. Unsworth	Kend	131.52
8. M. Schippers	A.V.A.	133.45

COLEDALE HORSESHOE

Cumbria

AM/8m/3000ft 9.6.93

Good conditions, a bit greasy underfoot. No new records except in numbers competing. One hundred and forty five starters has created car parking and access problems. A revises start/finish and the possibility of restricted entry may be enforced in 1994.

Thanks to the many helpers and after ten years of sponsorship to Volvo Bus for their support.

Barry Johnson

RESULTS

1. S. Booth	Borr	1.10.36
2. S. Willis	Amble	1.13.37
3. J. Bland	Borr	1.13.51
4. B. Bland V	Borr	1.14.10
5. A. Beaty	CFR	1.15.51
6. C. Valentine	Kesw	1.16.43
7. N. Lanaghan	Kesw	1.17.09
8. M. Spence	Kend	1.18.00
9. A. Lewsley	Borr	1.18.24
10. R. Wren	Unatt	1.19.31

VETERANS 0/40

1. B. Bland	Borr	1.14.10
2. D. Bridge	Kesw	1.24.27
3. G. Lloyd	Kesw	1.26.19
4. A. Tate	Tyne	1.27.06
5. B. Linsey	CFR	1.27.11

VETERANS 0/50

1. J. Stout	CFR	1.27.21
2. P. Dowker	AchRat	1.29.11
3. C. Lakes	CFR	1.37.32
4. M. Blake	Kesw	1.41.47
5. G. Charles	Vaux	1.45.15

LADIES

1. T. Bryden	Borr	1.34.03
2. C. Kenney	Kend	1.35.11
3. J. Laverack	Amble	1.38.22
4. L. Platt	Unatt	1.42.09
5. A. Linsley	CFR	1.42.10
6. S. Lewsley	Borr	1.50.58
7. J. Saul	C'mont	1.56.57
8. V. Hindmarsh	B'combe	1.59.05

WAUGH'S WELL FELL RACE

4m/1000ft 9.6.93

The first Waugh's Well Fell Race drew favourable comment both from local residents and racers. An exciting sprint finish saw Haslingden runner Mervyn Keys take the handsome Marshall's Quarry Trophy from Todmorden's Andy Wrench. John Hey from Rochdale, was an untroubled third after leading up the first climb. Mario Foschi took the veterans (40) class from Jeremy Barker, Vincent Miles the veterans (45) and Paul Blagborough the Super Veterans. Top junior John Hart headed fourteen year old Andy Yarwood, while Glynda Cook and Gaye Dickson too the ladies prize. Almost all the racers made it to the Plane Tree for the presentation and spot prize draw made by Councillor Phillip Dunne. We thank the race officials and marshalls, Mervyn Keys for flags, Marshall's Quarry for sponsoring the event,

local residents for many services, Tom the farmer (sorry Tom!) and Chris and Dave at the Plane Tree for hosting the presentation and providing spot prizes.

RESULTS

1. M. Keys	Ross	31.14
2. A. Wrench	Tod	31.16
3. J. Hey	Warr	33.32
4. M. Foschi V	Penn	34.59
5. A. Hewitt	Ross	35.10
6. J. Birchenough	Bolt	35.13
7. S. McVey	Bolt	35.29
8. C. Davies	Sadd	35.33
9. A. Lee	Roch	36.00
10. P. Targett	Clay	36.41

VETERANS 0/40

1. M. Foschi	Penn	34.59
2. J. Barker	Roch	36.55
3. K. Wittaker	Sadd	39.18
4. G. Wright	Ross	40.19
5. N. Harris	Midleton	41.44

VETERANS 0/45

1. V. Miles	Tod	38.01
2. R. Cowling	Unatt	39.13
3. C. Marsden	Unatt	40.27
4. M. Moore	Saif	41.09
5. C. Dickinson	Unatt	41.14

VETERANS 0/50

1. P. Blagbrough	Sadd	41.31
2. E. Blamire	Tod	44.39
3. J. Newby	Tod	46.10
4. R. Francis	Bury	46.43
5. D. Dickson	Ross	46.50

LADIES

1. G. Cook	Roch	41.16
2. G. Dickson V	Ross	50.17
3. C. Adlum	Ross	51.43
4. T. Briggs	Unatt	52.56
5. J. Lawrence V	Unatt	53.31
6. J. Poole V	Ross	63.50

BADGER STONE RELAY

West Yorkshire

BS/4x2.5m/590ft 9.6.93

This years event was sadly marred by the observing of a minutes silence, due to the tragic death of Pudsey and Bramleys Will Ramsbotham in a climbing accident on the previous weekend.

After a reasonably long dry spell the heavens opened about five o'clock making all the times slower than last years event. Pudsey womens star studded team of current internationals gave the men a fright finishing tenth overall at the end of their relay. Bingley Hamers threw in a half decent team with Ian Holmes continuing his run of fine form to record the fastest leg by some fifty one seconds and whats more on the last leg. The optional route from the last check point continued to make proceedings very interesting.

All in all a total of twenty eight men and five women teams made for a good turn out, and thanks must go to The Woodentops, all helpers and Ilkley Harriers for the use of their club house. We look forward to seeing you all next year. Bring a friend and watch this space for a 'Will Ramsbotham Memorial Race'.

Pete Bog

RESULTS

1. Bingley'A'	66.05
2. Fellandale'A'	67.54
3. Ilkley'A'	71.45
4. Pickled Beetroot	73.34
5. St Bedes'A'	74.26
6. Pudsey Valley	74.32
7. Ilkley Vets	74.45
8. Bingley'B'	74.48
9. Jezabel's	75.38
10. Woodshed	75.45

LADIES TEAMS

1. Pudsey Wimin	56.54
2. Leeds Uni Lasses'A'	64.19
3. Fellandale	69.40

MAN V HORSE MARATHON

Powys

BL/22m/3500ft 12.6.93

Robin Bergstrand's wife came in as second female on the marathon bike. We had three hundred and eighty runners, one hundred and fifty mountain cyclists and eighteen horses. Barrie Clarke (Raleigh Cycles), won five hundred pounds as overall winner and one hundred pounds for beating first horse home.

RESULTS - Runners

1. R. Beigstrand	Mand	2.03.21
2. P. Cadwallader	L'pool	2.06.24
3. D. Green	WhiteHorse	2.14.37
4. M. McDevitt V	L'pool	2.15.01
5. K. Gaskell	Horw	2.15.38
6. P. Brownson	Penn	2.16.21
7. D. Wilde	B'north	2.16.38
8. B. Brindle	Horw	2.17.26
9. P. Leak	Wyc	2.17.40
10. T. Hesketh V	Horw	2.18.09

VETERANS 0/40

1. M. McDevitt	L'pool	2.15.01
2. T. Hesketh	Horw	2.18.09
3. G. Williams	Club69	2.19.05
4. J. Nixon	Horw	2.23.59
5. A. Duncan	L'pool	2.30.05

VETERANS 0/50

1. J. Thomas	C&EP	2.42.32
2. M. Burrows	Eves	2.45.04
3. P. Norman	Wrex	2.45.21
4. A. Smith	Swans	2.51.06
5. R. Gould	Wessex	2.51.59

LADIES

1. C. Hunter-Rowe P&B	2.31.07
2. J. Leak	Wyc 2.35.00
3. L. Godding	WhiteHorse 2.37.06
4. L. Gould	MDC 2.45.59
5. S. Bunker	Clap 2.57.03
6. K. Lockhart	Metros 3.06.10
7. R. Dutton	Chesh 3.11.59
8. L. Smart	LdsUni 3.14.04

PATRICK FELL RACE

Isle of Man

AM/10m/2800ft 19.6.93

The steepest ascent in the Manx Fell League is encountered in the Patrick race when climbing from the first checkpoint on the shoreline below Lag ny Keeilley to Cronk-ny-Arrey-Loa summit, a back breaking almost sheer one thousand four hundred and forty nine feet.

It was on this ascent that the race took shape with a leading foursome comprising of Roger Moughtin, Ian Watson, Ian Callister and Richie Stevenson pulling away from the rest of the field.

This quartet continuously swapped the lead over the next five miles with the outcome of the race undecided until the final mile along the Patrick Road was reached.

This flat section enabled Northern A.C's Ian Watson to use his extra road speed to open a near one minute lead by the finish at the Patrick Fete sports field, to score his first ever victory on the fells.

Richie Stevenson

RESULTS

1. I. Watson	NAC	1.41.28
2.1. Callister	Manx H	1.42.27
3. R. Stevenson V	MFR	1.42.34
4. R. Moughtin V	MFR	1.43.28
5. D. Bawdon	MFR	1.50.19
6. M. Cowboume V	MFR	1.54.44

VETERANS 0/40

1. R. Stevenson	MFR	1.42.34
2. R. Moughtin	MFR	1.43.28
3. M. Cowboume	MFR	1.54.44
4. J. Wright	MFR	2.02.28
5. P. Simpson	Unatt	2.04.21
6. G. Hull	MFR	2.05.26

FIRST LADY

1. S. Maddrell	WAC	2.00.40
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Start of the Badger Stone Relay. Photo: Dave Woodhead

YGARN Gwynedd

AS/3m/1500ft 19.6.93

The perpetual shield for this sharp climb will have a new name on it this year. Someone had spotted that the leading runner, from seventy six starters, at the summit was a red headed person. Local spectators naturally assumed it to be Hefin Griffiths, however it turned out to be Simon Forster, running for Eryri this season. Griffiths in fact was third to the summit, and even though he worked hard on the descent in an attempt to get his name in the shield once again, Forster had enough left to pull away on the run in to the finish.

Both first and third runners home had been running for the Bangor University X-C team over the winter and are showing good form as a result.

There were close battles in all categories, the most impressive being the performances of the first three juniors. All three ended in the top ten overall with brothers Felipe and Andres Jones pushing each other in an attempt to catch Ian Pierce, who is improving and gaining strength every time he appears on the fells (which is not that often).

The super veteran Don Williams beat all the veterans, having overtaken leading veteran Huw Parry near the end. The battle in the ladies race took place on the route to the summit. All three leading ladies were close together with Brycheiniog's (Brecon's) Veronica Coileran setting the pace. However, Angela BB, managed to get to her just before the summit and came down well to break the thirty three minute barrier and the ladies record. A record regained from Jill Teague.

The 'fourteenth peak' and the Cwellyn Arms ensured that die presentation at the pub afterwards was a pleasurable affair.

E Evans

RESULTS

1. S. Forster	Eryri	28.06
2. H. Griffiths	Hebog	28.19
3. A. Gartside	Eryri	28.48
4. P. James	MDC	29.10
5. G. Patten	Biyeh	29.21
6. I. Pierce	Wrex	29.52
7. A. Darby	MDC	30.00
8. F. Jones	Carmarthen	30.11
9. A. Jones	Carmarthen	30.45
10. A. Williams	Eryri	31.09
U.S. Barnard	Eryri	31.18
12. A. Woods	MDC	31.29
13. K. Prydderch	Eryri	31.45
14. E. Evans	Eryri	31.52
15. D. Williams V	Eryri	31.57
16. H. Parry V	Eryri	32.04
17. P. Maggs	MDC	32.14
18. D. Williams V	Eryri	32.33
19. M. Saunders	MDC	32.41
20. G. Jones	Hebog	32.42
21. A. Brand-Barker	Eryri	32.58
22. G. Davies V	Unatt	33.07
23. G. Jones	Eryri	33.14
24. I. Jones	Unatt	33.20
25. G. Hughes	Hebog	33.27
26. R. Bardgett	Unatt	33.37
27. R. Henry V	Merc	33.42
28. J. Sweeting V	MDC	33.53
29. J. McQueen	Unatt	34.02
30. M. Blake V	Eryri	34.18

VETERANS 0/40

1. H. Parry	Eryri	32.04
2. D. Williams	Eryri	32.33
3. G. Davies	Unatt	33.07
4. R. Henry	Merc	33.42
5. J. Sweeting	MDC	33.53

VETERANS 0/50

1. D. Williams	Eryri	31.57
2. B. Hughes	Eryri	37.31
3. T. Hildage	Eryri	37.58
4. M. Taylor	Eryri	38.59
5. B. Jackson	Wrex	39.29

LADIES

1. A. Brand-Barker	Eryri	33.58
2. V. Coileran	Biyeh	34.42
3. A. Bedwell	MDC	35.40
4. S. Woods	MDC	37.51
5. S. Farrar	Eryri	38.56
6. B. Ripley	Eryri	40.51
7. R. Parry V	Eryri	42.19
8. S. Bennell V	Eryri	42.37
9. A. Bond	Wrex	43.21

JUNIORS

1. I. Pierce	Wrex	29.52
2. F. Jones	Carmarthen	30.11
3. A. Jones	Carmarthen	30.45

BEN SHEANN Perthshire

AS/2.5m/1400ft 16.6.93

RESULTS

1. J. Brooks	Loch	23.56
2. D. Crowe	Shett	24.16
3. P. Hughes	Loch	25.20
4. S. Cameron	Loch	25.42
5. J. Thin	Cam	26.05
6. S. Wells	W'lards	26.40
7. J. Gallacher	Ochil	26.45
8. P. Jeffrey	Loch	26.50
9. A. Spencely	Cam	26.53
10. G. Kenny	S'port/W'loo	27.02

VETERANS 0/40

1. C. Shaw	W'lards	27.10
2. R. Boswell	Loch	28.36
3. G. Clarke	Ochil	31.00
4. R. Grant	Loch	31.23
5. T. Ritchie	W'lards	31.42

LADIES

1. H. Diamantides	W'lards	29.05
2. A. Mudge	Ochil	32.57
3. E. Scott	W'lards	34.37
4. S. Johnston	Call.Soc.Climb.	38.50
5. M. Woodman	Cam	41.07

JAMES BLAKELEY FELL RACE West Yorkshire CS/3m/500ft 19.6.93

Bob Harbisher from host club Holmfirth extended his number of wins to seven, with his first dating back to 1981. The early pace was set by another Holmfirth runner Andy Styan before the younger legs of Bingley's J.Wooton overhauled Styan on the long grassy climb. Harbisher timed his assault on the lead to perfection winning by a comfortable thirty two seconds from Wootton. A. Murphy of Middleton also got in front of former British Champion Styan, but he still finished fourth to retain his hold on the veterans prize. T. Griffin from nearby Penistone left the husband holding the children to win the ladies prize from a similar circumstance C. Hignett from Bury A.C. Holmfirth won the team prize again. The sun shone and the Sheep Dog TVial earned three thousand pounds for charity. A wonderful occasion.

R Griffin

RESULTS

1. R. Harbisher	Holm	17.41
2. J. Wootton	Bing	18.13
3. A. Murphy	Mid'ton	18.20
4. A. Styan V	Holm	18.40
5. A. Hauser	Fellan	18.45
6. A. Bell	DkPk	18.48
7. P. Buttery V	Holm	19.01
8. D. Jones	Melt Z	19.03
9. D. Shaw	Melt Z	19.25
10. G. Hill	Ilk	19.25

VETERANS 0/40

1. A. Styan	Holm	18.40
2. P. Buttery	Holm	19.01
3. M. Seddon	Holm	19.39
4. G. Corless	ManYMCA	20.37
5. K. Yewlett	HolmeV	20.57

VETERANS 0/45

1. R. Bradley	Holm	21.26
2. C. Gordon	HolmeV	22.19

VETERANS 0/50

1. K. Bamforth	HolmeV	20.29
2. R. Blakeley	Unatt	22.16
3. J. Seward	L'wood	27.06

LADIES

1. T. Griffin	P'stone	26.09
2. C. Hignett	Bury	28.02

THE CHEVY CHASE Northumberland AL/20m/4000ft 19.6.93

Calm, clear conditions were gradually replaced by light to moderate winds and increasing cloud cover which eventually yielded torrential stair-rod downpours - the runners found these most refreshing, the time-keepers and checkpoint marshals less so. Underfoot conditions were normal for clarty peat bogs and tussocky grass cover and fortunately no injuries occurred, only one cut knee. Adam Haynes of the Eryri club travelled a long way from Llanfrothen, Gwynedd in Wales, but it was worth it, as he crossed the finish line twenty seconds ahead of regular Chevy Chaser Fred Smith. Sixty seven starters set out on this hard run, only four retired and of the field, fifty had completed the Chevy Chase in previous years. Although the Chevy Chase event began in 1955 it was not until 1958 that a running section was created when many of this years runners were still school children.

Five ladies entered, Ruth Fletcher retained her cup by maintaining a five minute lead over Wendy Dodds. John Dallinson of the Claremont Road Runners showed he is at home over rough fell country by taking the first over forty veteran. Ruth Fletchers win gained greater significance when it also gave her the first over forties ladies cup. I think to be over fifty and still in fell running means that you must be good at looking after your body as the five over fifty men illustrated, with Robert Mitchell of Teviotdale leading the way.

Lawrence Heslop

RESULTS

1. A. Haynes	Eryri	25.256
2. F. Smith	Salt	25.315
3. K. Wood	Salt	3.01.31
4. R. Hackett	C'mont	3.04.32
5. F. Clarke	Salt	3.04.40
6. J. Dallinson V	C'mont	3.05.02
7. A. Tait	Tyne	3.06.02
8. R. Sharp	C'mont	3.07.13
9. J. Rea	CFR	3.08.40
10. L. Turnbull	Norham	3.09.33

VETERAN 0/40

1. J. Dallinson	C'mont	3.05.02
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VETERAN 0/50

I.R. Mitchell	Teviot	3.29.01
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LADIES

1. R. Fletcher	Tyne	3.29.20
2. W. Dodds	Clay	3.34.12

FIVE CLOUGHS FELL RACE Lancashire AM/8.75m/2250ft 19.6.93

There were no problems whatsoever! This would be ideal for an English or British event - perhaps?

T Targett

RESULTS

1. S. Thompson	Clay	70.03
2. C. Hirst	Settle	71.59
3. S. Livesey	Clay	73.48
4. G. Schofield	Black	74.00
5. I. Greenwood	Clay	74.22
6. P. Thompson	Black	74.49
7. P. Irwin	Ross	75.10
8. J. Holt V	Clay	75.18
9. D. Naughton	Ace	75.28
10. K. Taylor V	Ross	75.31

VETERANS 0/40

1. J. Holt	Clay	75.18
2. S. Breckell	Clay	77.13
3. H. Nicholson	Clay	78.53
4. B. Horsley	CalderV	85.23
5. P. Booth	Clay	88.26

VETERANS 0/45

1. K. Taylor	Ross	75.31
2. K. Carr	Clay	78.29
3. B. Mitchell	Clay	78.41
4. C. Taylor	Clay	84.50
5. B. Rawlinson	Ross	86.38

VETERANS 0/50

1. H. Thompson	Clay	91.57
2. T. Allwood	Clay	94.23
3. A. Peers	Spec	98.13
4. J. Smith	Clay	98.44
5. M. Coles	Skyrac	100.41

VETERANS 0/55

1. R. Jaques	Clay	95.15
2. W. Smith	Clay	105.00

VETERANS 0/60

1. B. Leathley	Clay	104.03
2. J. Newby	Tod	110.37
3. D. Clutterbuck	Roch	114.50

LADIES

1. J. Rawlinson	Clay	94.36
2. L. Bostock	Clay	99.24
3. M. Kenworthy	Unatt	116.59
4. I. Edwards	CalderV	126.03
5. N. Carey	Roch	127.48
6. P. Dove	Roch	127.48

JUNIOR RACE U/16

I.C. McCash	Hynd	26.17
2. W. Jones	Lostock	27.17
3. K. Witham	Ace	29.28
4. M. Westwell	Lostock	30.44
5. D. Talbot	Tod	35.36

JUNIOR RACE U/12

1. M. Smith	Lostock	15.12
2. C. Slater	Unatt	16.32
3. N. Slater	Unatt	17.00

Challenge Special

On top of the Aiguille de Jordin in the Mont Blanc massif.
Photo: Angus Andrew

Fellrunners are famed for peakbagging and bogtrotting and most challenges have been completed and re completed several times. This leaves the intrepid looking for harder and stranger challenges to conquer. Two substantial challenges are recounted here, one involving an aeroplane, the other a lot of 4000 metre peaks. Are we talking fellrunning here? Or climbing? Or dreams beyond the reach - or pocket - of most of us? Whatever, we are talking of the human spirit overcoming adversity, and that alone makes it worth reporting.

THE ALPINE 4000 METRE PEAKS TRAVERSE - 75 PEAKS IN 52 DAYS

Martin and Simon are both British Mountain Guides and have worked together for the last few years based at Lochcarron in the Torridon region of Scotland. They have provided mountaineering courses which have been attended by a number of FRA members. Martin has completed a solo unsupported Ramsay Round within 24 hours and is the current record holder for the Skye Ridge Traverse. Their most ambitious plan was to traverse all 75 of the 4000 metre peaks in Western Europe, travelling generally westwards, joining the mountain areas from the Piz Bernina in eastern Switzerland, Bernese Oberland (including Jungfrau), Pennine Alps (including Matterhorn), Mont Blanc massif, an Italian outlier - Gran Paradiso and finishing on Barre Des Ecrins in the Dauphine Alps.

Their epic journey, entirely without motorised transport involved 325 miles on foot with 195,000 feet of ascent/descent. On top of that, they cycled 355 miles with a further 34,000 feet of climbing over road passes between the mountain ranges. All of this was achieved in the incredible time of 52 days and with the additional handicap

of the most unsettled Alpine weather for 6 years. Their longest 'day' was 33 hours and by compressing the traverse of Mont Blanc and all adjoining peaks into one huge session, they saved themselves days. By the time the bad weather arrived, they were safely off these high mountains and preparing for a bike ride through the Aosta valley to the penultimate peak, Gran Paradiso.

Mike Walford and I spent 10 days with them in the Zermatt area, providing mountain support by carrying huge loads of food and tentage up to 4000 metres, setting up high level bivouacs so that Martin and Simon could stay high for two weeks at a time. This level of support was provided by a number of teams throughout the expedition and by using pocket-sized radios, the two climbers, the support teams and the base camp in the valley were able to keep in close contact (usually!).

Mike and I were tremendously impressed with the whole setup and we felt quite privilege to have been part of one of the great landmarks in the history of Alpinism. At times it felt a bit like providing support for a Bob Graham Round (but on a very grand scale) - erecting tents on snowy cols in the middle of nowhere, waiting for the arrival of two exhausted climbers after one of the many 14 hour days they spent in white-out conditions and helping to melt snow and cook them huge meals.

For the climbers it was the most intense experience of their lives. Apart from the few days of very bad weather which prevented any progress and also time spent camping in the valleys, periods of relaxation were virtually non-existent. The order of the day was wake, eat, climb, eat and sleep. While camping with Martin & Simon we were able to experience at first hand their frustration at waking early for a big day - the complete traverse of all 7 mountains in the Monte Rosa range. It was snowing at 3am, Martin groaned and went back to sleep. After two more groaning sessions they finally left at 8am. The day

started well but by lunch time the usual low cloud, snow flurries and white-out were back. We spoke with them by radio during the day and marvelled at their rapid progress. They met us at the Balmenhom Bivouac hut at 6.30pm, tired but content at having completed 6 of the 7 peaks. Their spirit remained undaunted throughout the many days of bad weather and I don't think I've ever seen a partnership cope better with such pressures and trials.

- Martin Stone

Don't miss Martin Moran's amazing slide show at the King's Head, Thirlspot after the Lake District Mountain Trials AGM on the evening of Friday 12th November.

ALPS 4000 -A PERSONAL REVIEW

It seemed surprising to Simon Jenkins and I that no continental climbers had ever grasped the challenge of doing all the 4000'ers in a single push. To us it posed a magnificent test of our skills as mountaineers combined with our physical endurance and mental fortitude over a prolonged period. Good organisation and perfect teamwork were also crucial elements. Our inspirations for the enterprise came from characters as diverse as Christophe Profit and Mike Cudahy.

The only previous attempt was by the British pair, Paul Mackrill (CFRA) and John Rowlands in 1988, who only completed the 50 Swiss 4000'ers in 130 days. This was an epic effort in purist style, and its eventual failure can be attributed to their tactical choices. Starting in early May they had to face the snowy unsettled weather that typifies the Alpine Spring. They elected to walk between the peaks when cycling could have saved them three weeks of effort and they lacked high level support teams which would have enabled them to stay high when the weather was good.

With support teams and the use of bikes on the road passes linking the main mountain groups a time of 50 days for the complete traverse from the Piz Bernina to Barre Des Ecrins seemed feasible to us. In the event of the most unsettled Summer in the last 6 years we felt remarkably pleased to do it in 52.

We set a height separation of 35 metres as the criterion for inclusion of summits in our itinerary, but soon found out that the list of height differences in Goedeke's definitive guidebook to the 4000'ers is unreliable, and took to checking some with our own altimeter. We climbed over 80 tops, and identified 75 as meeting our 35 metre rule. The only top of any significance which we missed was the North Ridge gendarme on the Rimpfischhorn. Goedeke says only 30 metres but I'd like to have made sure.

The trip compressed a lifetime of Alpinism into one summer. We can recommend it as a cost-effective way of shortening one's climbing career. Our respect for the pioneers of classical Alpinism soared as we struggled on routes of late-Victorian origin. Knubel, Winthrop-Young and Lochmatter have replaced Bonatti, Buhl and Cassin as our Alpine heroes.

Few out of the 60 different routes we climbed or descended were not special in one way or another:-

The Most Spectacular: For aerial acrobatics on sound rock the Diabls Ridge on Mont Blanc du Tacul was supreme.

The Most Frightening: For sustained tension doing the South East Ridge of the Taschhorn after a prolonged blizzard stands out - a kilometre of flutes and soft cornices capped by 60 degree crud and ice on the final tower (the guidebook says PD+!). However lightning on the Breithorn traverse gave us the greatest single fright.

The Most Serious: The West Ridge of the Jorasses in doubtful weather had the most impressive ambience plus a couple of full-blooded finger traverses. I'd rather do the Walker Spur any day.

The Most Depressing: Slogging up the Strahlhorn through snow like wet cement in driving sleet after 10 hours on the march takes the biscuit for sheer misery.

The Most Crowded: The droves leaving the Gnifetti Hut on a Sunday morning in July could have probably linked arms and reached all the way to Signalkuppe. Happily we viewed this army of ants from the safe vantage of Lyskamm.

The Narrowest: Descending the North Ridge of the Weisshorn when snowed up was probably the nearest we came to walking on air, but there are several close contenders.

The Loosest: Descending the Brouillard Ridge of Mont Blanc as we did is probably only marginally more terminal than climbing it.

The Fastest: Relative to guidebook estimates our 4 hour bum from the Schoenbiel Hut up the WNW Face of the Dent d'Herens was our quickest climb, one consolation of a snowy summer being that face routes can often be found in incredibly good condition.

The Slowest: Our three days to do the voie normal on the Piz Bernina could certainly be bettered, though much of our time on the mountain was spent hiding from the storm under five blankets at the Marco de Rosa Hut.

The Longest: 33 hours going non-stop over Mont Blanc and its satellite peaks was our biggest single push. My experience of doing Ramsays Round and other big fell runs gave me a lot of confidence to tackle this and several other days of 15 to 18 hours duration.

The Most Abused: The proliferating pile of statues and Madonnas on the Matterhorn vies with ship tow ropes festooning the Dent du Geant for permanent abuse. More noxious however were the 50 piles of excrement lining the route to our final peak, the Barre Des Ecrins. You step out of the tracks at your peril on this route. If our glaciers have to be soiled why can't people make their toilet a sociable distance off the path?

The Most Beautiful: Climbed in mist and fresh snow the summit ridge of the Dent Blanche had a Himalayan beauty, whilst the Jardin Arete of the Aiguille Verte combines the angular geometry of granite with elegant curves of snow. These two ranked joint first with the Lyskamm traverse as a worthy third.

The Finest Summit: The crowning plinth of the Matterhorn piercing a cloud sea on a day when nobody else climbed the mountain had no compare.

The Most Welcome Top: has to be the Aiguille Blanche de Peuterey, climbed with a sleep hangover on a cloudy Sunday morning. It marked the end of our Mont Blanc campaign and was the moment when at last we knew we were going to succeed on the 4000'ers.

We came home to the same weary reports of brutality and suffering in Bosnia, which made our Alps 4000 appeal for Blythwood Relief Aid to Eastern Europe all the more relevant. There is still a long haul to reach our fund-raising target of £50,000 and donations can be sent direct to: "**Blythwood - Alps 4000**", Lochcarron, Ross-shire IV54 8YD.

The struggle we had on the 4000'ers was in many ways reassuring. The mountains refused to be treated as a racetrack. They grew in stature with each storm, and made us fight tooth and nail for every advance. In a good summer our time could doubtless be bettered, but I'm not sorry that we had it tough.

Long distance fell runners must have the same feelings. Big runs should be an adventure where unexpected adversity must be overcome. The problem with record-breaking is that once a good record is set it requires perfect knowledge of the course, perfect conditions and perfect support to break it. In other words the elements of uncertainty which raise the sport above anything performed in a stadium must effectively be removed. This is a dilemma which long distance fell runners as well as mountaineers must increasingly face.

- Martin Moran



*On the summit of Mont Blanc - 21 hours into their 33 hour non-stop push on the 7th August.
Simon (L) and Martin (R). Photo: Martin Welch*



*On top of the Ben with 37 minutes in hand!
Adrian Belton, Steve Libby, Mark Elsegood.*

The Four Peaks Challenge

The History

You have probably heard of the "Three Peaks" - the highest peaks in England, Scotland and Wales. People have run, walked, cycled, driven, sailed, helicoptered, probably even pogo-sticked between them, and quite often the challenge has been to complete Scafell Pike, Ben Nevis and Snowdon in a day.

For several years, an intrepid team, skippered by John Bateson, aboard the trimaran, "Third Degree", owned by Jim Smith, has competed in the Three Peaks Yacht Race. In 1992, whilst competing in the Five Kingdoms Challenge, a sailing, cycling and running event visiting England, Scotland, Isle of Man, Wales and Ireland - the team contemplated conquering the highest mountains in each nation... all in a day. It sounded impossible!

But no ... John had now acquired a Private Pilot's Licence and a plane - a twin engined Piper Comanche. Furthermore, Adrian Belton and Mark Elsegood, the cyclists cum runners aboard Third Degree were mad enough to contemplate not only flying with John (the only pilot we know of to land a plane perfectly at Ronaldsway without any undercarriage - the plane just needed a couple of new props, and his wife plenty of valium!) but also to cycle and run the 200 miles from sea level to the summits and back.

The Concept

This was quite simple. To cycle, run and climb from sea level to the summits of the highest mountains in each of Ireland, Wales, England and Scotland in a continuous 24 hour period, using no powered transport other than a piston-prop light aircraft, with embarkation/disembarkation at recognised airfields only.

As far as we knew, it had never been done before and it would represent an interesting challenge for flyers and cyclists cum peakbaggers.

In the spirit of other "Peaks" challenges, we felt it should be a self contained team - transporting all of its equipment and having due regard to safety and any legal restrictions. We therefore went for a team of two pilots and two peakbaggers.

The Plan

First of all we had to find the closest airfields to each of the peaks. Farranfore (Kerry) in Ireland was only 17 miles from the foot of Carrauntoohil, Caernarfon was even closer at 13 miles from Snowdon, but the news from the Lake District and Scotland was not so good. For Scafell Pike, we had a 72 mile return journey from the disused airfield at Kirkbride, near Wigton. In Scotland, Connel airfield, just north of Oban, over 40 miles from the Ben, was the only possibility.

In round figures, the plan would entail 4 hours of flying, 10 hours of cycling, 9 hours of running and 1 hour of change over time at the airfields. It would be tight to accomplish within 24 hours.

The Preparation

all of the legs were reccied earlier in the year, short cuts memorised, and schedules prepared and revised.

Minimising the time spent loading and unloading the bikes, kit and runners at each airfield meant taking out two seats, and practising different seating arrangements for the team of four, in such a way that we could stretch legs and avoid cramp in between each mountain section. The bikes required dismantling and reassembling at each change over. If well practised five minutes change over might be sufficient, but that still meant half an hour of precious time lost in the course of the day.

Food, never normally a problem for endurance athletes, would have to be packed

down on each short flight, but in the cramped conditions of a Piper Comanche, there was certainly no room for a stewardess. So "tuck boxes" of the usual feast or rice puddings, chicken legs, sandwiches, energy bars, fruit pies and custard would be prepared and wedged, like nose bags, in each runners lap as we took off. The pilots, however, would be able to rest and feast in more leisurely conditions at each airfield.

The Attempt

Friday 4th June. Frantic phone calls from John to the Met, Farranfore, the runners. Although good weather was approaching, it would mean flying through a bad weather front to get to Ireland. It was touch and go as to whether John could leave a fog bound Ronaldsway to pick us up in Liverpool and get us to Farranfore before it closed that evening.

Due to the last minute decision to "go", we had only few people to call on for co-pilot and land support. However Jim Smith was willing to switch from being "ships carpenter" to "first flight officer". Mark and Adrian arranged for their other halves to provide support in Wales; Andrew Addis (a Third Degree "three peaker") to meet us in the Lake District; and Steve Libby and mark Rigby (also "three peakers") to support us on the Ben. The hitherto seafaring team from Third Degree would now take to the air!

The mountain section was hot but our route up to the impressive pyramid of Carrauntoohil took us up the shaded Devils Ladder, to the gigantic green cross which adorns the summit. Inquisitive onlookers there asked us where we were going to next. "Snowdon" came our reply to which we receive even more incredulous looks.

We had reckoned on two and a half hours for the mountain section but we did it in two hours and thus had time to enjoy the 17 mile race back to Farranfore.

Fortunately John and Jim were prepared for our earlier than expected arrival and in only eight minutes we were changed, loaded, and airborne.

The weather was exactly as forecast as we had a slight tailwind to assist our direct line flight to a sunny Snowdonia where it was a very warm afternoon.

The run up, however, was not easy for Mark, who knew that heat would be a problem for him. We arrived back at Caernarfon still ahead of schedule, but we used up that time to recover in the hope that Mark would be able to get enough food and drink down him to be ready for the long night section in the Lake District.

In the Yacht Race we used to get nearly a day of recovery in between Snowdon and Scafell Pike. Today it would be merely an hour.

After deliberating for some time, Mark decided it would be best if he returned to the plane, if we were to remain with a chance of one of us completing the chal-

lenge within 24 hours. I therefore pressed on, accompanied by Andrew, up and down a deserted Scafell Pike.

Nevertheless, dawn brought fresh hope and I was surprised - and encouraged - by how strong my legs felt as I completed the 36 mile ride in under two hours. No time to change from cold, damp, clothes - just a quick pee - and we were airborne shortly after 5.00a.m. with just an outside chance of succeeding.

As we approached Connel just before 6.30a.m. with only four and a half hours remaining my hopes were sinking. However, as we landed, two familiar figures on the runway in the form of Steve and Mark lifted my spirits, and before I knew it, I was peddling hard up the A82 with Steve's land rover in hot pursuit.

A short cut through the centre of Ford William and up Glen Nevis to the Youth Hostel - the traditional start and finish point of many mountain challenges - with just 2 hours and 12 minutes remaining!

By now, I knew I could get to the summit in time, but I ruled out the possibility of getting back down, especially as I started up the mountain doubled up with a stiff back from nearly four and a half hours in the saddle in the previous six hours.

However, I had underestimated just how hard my pacers would drive me up the hill. Mark (R), Mark (E) and Steve have helped me suffer in races and 24 hour challenges in the past and today they seemed deter-

mined to make me suffer as I had never done before.

The summit cleared as we topped out at 10.22a.m. and after a quick photo session, I followed Mark Rigby on a suicidal descent down Red Burn. We reached the bridge at the Youth Hostel a mere 34 minutes since leaving the summit, and with just 4 minutes to spare before 11.00a.m. We had done it!

A Recognised Challenge?

The challenge entailed 164 miles of cycling, in nine and a half hours, 35 miles of running in nine and a half hours with nearly 15,000 feet of climb, 460 miles of flying in three and three quarter hours, and just over an hour of change over time - almost exactly as planned. We proved that it was possible to climb all four mountains from sea level in a day. It provided four different and magnificent panoramas from four different mountains in four nations in a day.

For the inveterate peakbagger and the enthusiastic flyer, it represents the ultimate challenge in the form of a combined effort. We think our attempt is a "first" and will



Adrian approaching the Red Bum.

be happy to share further details with any would-be challengers.

As ever, my personal thanks to the team and supporters without whose encouragement (and cruelty!) we would never have succeeded.

Adrian Belton - June 1993

	Climb		Cycling		Running		Flying		Changeover	Total
	Feet	Miles	Time	Miles	Time	Miles	Time	Time	exc. Flying	
Carrauntoohill	3414	26	1.30	9	1.57	200	1.33	8	4hr 35m	
Snowdon	3560	26	1.13	8	1.54	115	56	32	3 hr 57m	
Scafell Pike	3206	72	4.09	10	3.34	145	1.18	21	7hr 04m	
Ben Nevis	4406	40	2.16	8	2.08			9	Flying total 3hr 47m	
TOTALS	15000	164	9.26	35	9.33	460	3.47	1.10	23hr 56m	



Adrian Belton approaching Carrauntoohil.

COWPE FAIR FELL RACE

Lancashire

AS/3m/800ft 20.6.93

The fourth Cowpe Country Fair maintained its tradition for attracting clear weather, and a record of one hundred and twelve runners set off for the Cowpe Lowe trig point with local track athlete Pete Livesey setting the pace on the opening farm track section. Once on the rougher ground of the open fell, junior Matthew Moorhouse opened a fifty metre gap pursued by Martin Corbett, seeking his first win.

Gaining the lead just before the wall stile at the top of the final descent, Corbett held off Moorhouse to secure his first victory on the fells in record time for the revised course, with Moorhouse also inside the old record.

Thanks to the support of local builder 'Bower Construction' and other local businesses, all finishers received a T-shirt or a spot prize, and were afterwards able to enjoy the attractions of the Country Fair, which seem to grow more varied each year.

K Masser

RESULTS

1. M. Corbett	Ross	20.12
2. M. Moorhouse	Saif	20.14
3. J. Hey	Warr	20.30
4. P. Livesey	Ross	20.33
5. G. Schofield	Black	20.57
6. D. Cartridge	Bolt	21.02
7. G. Wilson	Saif	21.24
8. M. Crosby	Alt	21.32
9. D. Caldwell V	Ross	21.43
10. D. Ashworth	Mid'ton	21.57

VETERANS 0/40

1. D. Caldwell	Ross	21.43
2. K. Taylor	Ross	22.36
3. W. Metcalfe	Ross	24.01
4. E. Duffy	Ross	24.22
5. G. Corless	Man. YMCA	24.58

VETERANS 0/50

1. P. Jepson	Bury	24.26
2. K. Talbot	Ross	26.16
3. D. Dickson	Ross	29.07
4. K. Burgess	Chelm	30.48
5. D. Jackson	B.Vue	31.12

LADIES

1. J. Keys	Ross	26.05
2. G. Walkington V	Horw	26.37
3. J. Ashworth	Mid'ton	27.15
4. J. Rawlinson V	Clay	27.28
5. M. Sanderson V	Roch	30.01
6. L. Cooper	Ross	30.03
7. S. Fell V	Ross	30.25
8. K. Hewitson	Ross	30.41

JUNIORS

1. M. Moorhouse	Saif	20.14
2. J. Hart	Roch	24.48
3. P. Nixon	Ross	24.59

WREKIN STREAK

Shropshire

AS/2.75m/810ft 22.6.93

The Ricoh sponsored Wrekin Streak took place in near perfect conditions. As the race unfolded it was clear that Wrekin road runner Roh Cope had every intention of challenging Paul Cadmans recent domination of the event. Taking advantage of Cadmans recent exploits at Ennerdale, Cope gained a significant lead by the summit followed by junior triathlete Wayne Dashper. Steve Hughes made an impressive streak debut and was well up with the leaders. Cope extended his lead on the descent while Cadman was able to pass Dashper who was finding the going tough, but Cadman could make no impression on Cope who finished with a huge winning margin. Steve Hughes finished a second adrift of Cadman in third, with ever present Dave Jackson in fourth. Dashper finished fifth and gained another Streak PB on the way. Junior brother Tim and Andrew Davies followed up their excellent showing on the Caradoc Classic in sixth and seventh positions.

The ladies race was won by another making her debut, Caroline Stevens from Reading. Stevens was well clear of her nearest rival Telfords junior Claire Gardener, with Caradoc winner Julie Kirby taking third place. First veteran man home was Wrekin fell race organiser Ian Kevan returning to competition from injury, with Shirley Madeley winning the lady veterans prize with strong support from her fellow Shropshire Shufflers.

Simon Daws

RESULTS

1. R. Cope	Wrek	17.37
2. P. Cadman	Merc	18.10
3. S. Hughes	Hebog	18.11
4. D. Jackson	Telf	18.16
5. W. Dashper	Telf	18.21
6. T. Davies	Merc	18.52
7. A. Davies	Merc	19.09
8. R. Day	Merc	19.11
9. B. Couth	Merc	19.30
10. M. Dabbs	Unatt	19.37

VETERANS 0/40

1. I. Kevan	Telf	19.42
2. J. Richards	Shrews	19.57
3. G. Edgerton	Merc	20.38
4. B. Russell	Dudley	21.06
5. S. Orrells	NewTown	21.24

VETERANS 0/50

1. G. Lloyd	Wrex	22.49
2. P. Sutcliffe	Telf	23.46
3. B. Kyd	B'field	25.58
4. J. Bremner	Telf	35.12

LADIES

1. C. Stevens	Read	21.02
2. C. Gardener	Telf	21.52
3. J. Kirby	Telf	23.03
4. A. Capp	Telf	23.28
5. S. Madeley V	ShropShuff	24.37
6. J. Rooze V	ShropShuff	25.05
7. A. Bond	Wrex	25.10
8. G. Harris V	Merc	25.33

JUNIORS

1. W. Dashper	Telf	18.21
2. T. Davies	Merc	18.52
3. A. Davies	Merc	19.09

AIREDALE PIKES

North Yorkshire

BS/5.5m/1000ft 22.6.93

Craig made it a hat-trick of wins in this third running of the Pikes Race, but unlike last year when Craig and Stephen strolled across the line together, this year it was a fight to the finish. From the gun the two steadily pulled away from what was the strongest field in the short history of the race. It was only in the last forty metres with both ment sprinting flat out that Stephen finally settled for second place. Further down the field three Clayton lads fought out the veterans race and in the ladies race Carol finished an excellent nineteenth overall with Lucy pushing her all the way. After entries of ninety three and ninety in the previous two years, this year's entry of one hundred and fifty two took us (the organisers) by surprise, but the cadets of ATC 264 (Skipton) Squadron and the Cystic Fibrosis unit at St.James Hospital Leeds will benefit all the more from your participation, and on their behalf we would like to thank you all and look forward to seeing you again next year.

We would also like to make a note of thanks to our main sponsor Alpine Overland of Bamoldswick. Alan Speak

RESULTS

1. C. Metcalfe	Skip	34.48
2. S. Hawkins	Bing	34.49
3. M. Keys	Ross	36.23
4. S. Green	P&B	36.42
5. P. Davies	LdsUni	36.53
6. P. Sheard	P&B	37.02
7. A. Chew	Clay	37.38
8. I. Ferguson	Bing	37.44
9. C. Norris	Settle	37.51
10. T. Taylor	Ross	38.44

VETERANS 0/40

1. J. Holt	Clay	39.05
2. K. Taylor	Ross	39.35
3. K. Lewis	Clay	41.02
4. B. Peace	Bing	41.05
5. D. Bodecott	CFR	42.20

VETERANS 0/45

1. B. Mitchell	Clay	38.49
2. R. Hargreaves	Clay	39.03
3. P. Carr	Kly	39.40
4. A. Judd	Fellan	41.15
5. P. Jackson	Tod	43.18

VETERANS 0/50

1. M. Coles	Skyrac	44.50
2. D. Brown	Clay	49.16
3. G. Arnold	Prest	50.36
4. T. Foster	VillyStdrs	50.40
5. J. West	Clay	51.50

LADIES

1. C. Greenwood	CalderV	39.27
2. L. Wright	LdsUni	40.07
3. K. Drake	Spn	41.52
4. A. Isdale V	Bing	44.27
5. A. Priestley	Fellan	45.02
6. A. Dennison	Bfd/Aire	45.38
7. J. Rawlinson V	Clay	46.47
8. J. Shotter	Fellan	46.53

JUNIORS

1. M. Moore	Eccles	40.04
2. J. Edwards	Bum	46.27

BOAR'S HEAD HILL RACE

Cheshire

BM/8m/1200ft 23.6.93

Once again, despite the increasingly threatening black clouds gathering over Kinder Scout, the race was fortunate enough to be run in perfect conditions - bright sunshine, a cooling breeze and underfoot it was firm enough for fast running without being hard as concrete. All in all it looked

as though records might well fall and in fact the first three runners home all managed to get inside the magic forty eight minutes so far only attained by Mike Prady and Rob Taylor; unfortunately for northern raider Mark Fleming, down for the evening from Ambleside, he was not familiar with the course and did not make his bid for glory until the last checkpoint, otherwise he would in all probability have snipped off the extra eighteen seconds needed to take Mike Prady's record - still a very fine effort on a first acquaintance with the race. No such uncertainty hindered a singularly on-form Cecilia Greasley as she stormed round to take Carol Greenwood's record time down by ten seconds to fifty four minutes and thirty six seconds - Congratulations.

Stockport took both the men's and ladies' team prizes (the former much to the disgust of Pennine but Rob did at least buy the organiser the odd pint of two after the race to make amends) and a record total of two hundred and twenty six runners appeared to enjoy both the race and the subsequent re-hydration in the Boar's Head.

RESULTS

1. M. Fleming	Amble	47.38
2. A. Royle	Macc	47.44
3. R. Taylor V		47.54
4. G. Kenny	S'port	48.01
5. M. Williams	Penn	48.05
6. D. Gartley	Gloss	48.11
7. D. Gee	Manch	48.14
8. N. Stone	Stoke	48.18
9. J. Kershaw	Macc	48.47
10. P. Brownson	Penn	49.46

VETERAN 0/40

1. R. Taylor		47.54
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VETERAN 0/45

1. J. Norman	Alt	50.20
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VETERAN 0/50

1. P. Lomas	MDOC	55.50
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LADIES

1. C. Greasley V	Macc	54.36
2. D. Copley	Stock	56.54
3. V. Perry	Stock	58.32

COITY RACE

Gwent

BS/5m/1000ft 23.6.93

A record number of starters (sixty) and ideal conditions for this years race. Sunshine, superb visibility (if you feel you had time to enjoy the views) and just a gently cooling breeze. No records, but a few P.B's.

Well organised helpers allowed me to get away ten minutes before the start instead of the usual three to get to my marshalling point, half a mile round the course. So I had time to watch the start from the first summit and get to my station not completely knackered. It is rather nice to watch the race unfold as it goes along.

In the mens race the two leaders had got well away by the second climb and disappeared over the ridge together. I presume the complex choice of routes off the last checkpoint seperated them as the gap was a minute at the end.

The ladies category was led all the way by Jane Coker, but as they passed me Jackie Huybs had nearly one minute over Alice Bedwell, again the descent affected the result, and my personal tuition of Jackie failed to provide her with the fastest descent and Alice pipped her at the end.

Local lad John Sweety just held off Graham Parsons for the veterans prize by thirty seconds. Even more local Eric Meredith in his first year as super veteran was a comfortable winner in this category.

RESULTS

1. P. James	36.30
2. C. Hallett	37.23
3. A. Woods	39.18
4. J. Lant	39.28
5. P. Coker	39.35
6. M. Saunders	39.43
7. M. Yarmall	39.44
8. J. Sage	39.50
9. J. Fitch	40.02
10. G. Robert-Jones	40.10

VETERANS0/40

1. J. Sweeting	41.39
2. G. Parsons	42.06
3. J. Scandrett	42.55
4. P. Russell	47.12
5. D. Finch	47.44

VETERANS 0/50

1. E. Meredith	47.58
2. P. Robins	55.23
3. J. Battersby	56.23

LADIES

1. J. Coker	43.09
2. A. Bedwell	46.03
3. J. Huybs	46.42
4. S. Woods	48.28
5. L. Manville	52.23
6. J. Hallett	54.39
7. E. Williams	62.39
8. K. Ann-Neat	74.23

HOLCOMBE TOWER RACE

Lancashire

CS/3.5m/850ft 23.6.93

It must show that this race is at least popular with the competitors. As with one omission and one addition the first six places in the mens race were all there last year, only one place lower. With no Martin Jones, Andrew Peace of Bingley was able to record a win, some forty seconds clear of Mark Aspinall. In fourth spot was Bury's Mike Dagg, the only addition to last years top six. Ladies race was retained by Jessica Turnbull - a star for the future.

K Smith

RESULTS

1. A. Peace	Bing	19.31
2. M. Aspinall	Clay	20.11
3. R. Jackson	Horw	20.20
4. G. Dagg	Bury	20.39
5. M. Keys	Ross	20.50
6. D. Ashworth	Mid'ton	21.00
7. M. Shackcloth	Ale Hse	21.07
8. N. Matthews	Horw	21.09
9. B. Taylor	Ross	21.17
10. S. Burtham	Warr	21.34
VETERANS 0/4#		
1.S. Ellis	Bolt	21.37
2. A. Steel	Rad	22.12
3. N. Jones	Rad	23.48
4. G. Thompson	Clay	25.56
5.1. Harris	Rad	28.12
VETERANS 0/45		
1. S. Almond	Bolt	24.26
2. R. Cowling	Unatt	25.00
3. E. Wood	Horw	26.25
4. L. Eamsworth	Clay	26.31
5. W. Smith	Black	26.35
VETERANS 0/50		
1. K. Talbot	Ross	26.20
2. G. Navan	Ross	27.40
3. D. Dixon	Ross	27.48
4. D. Murry	N.Vets	30.56
VETERANS 0/60		
1. G. Wood	Unatt	32.16
2. J. Smith	Horw	33.56
LADIES		
1. J. Turnbull	Bury	23.34
2. J. Keys	Ross	25.10
3. J. Ashworth	Mid'ton	25.39
4. G. Wilkinson V	Horw	26.11
5. D. Fleming V	Ross	27.29
6. L. Cooper	Ross	28.10
7. D. Martin	Bury	28.11
8. K. Hewitson	Ross	29.10

TEBAY FELL RACE

Cumbria

AM/8m/3000ft 23.6.93

The race was extremely successful. One hundred and seventy entries were taken, ten more than last year. All but two of the starters finished and only three went over the two hours.

Winner Mark Roberts broke Gavin Bland's record by almost two minutes. FRA CB radios were used.

Reg Capstick

1. M. Roberts	Kend	1.10.39
2. S. Willis	Amble	1.12.36
3. R. Jamieson	Amble	1.13.02
4. C. Hirst	Setde	1.13.03
5. B. Bland V	Borr	1.13.18
6. S. Booth	Borr	1.14.35
7. J. Gwyn-Williams	Amble	1.15.14
8. D. Holdsworth	Kend	1.15.56
9. N. Lanaghan		1.16.35
10. D. Ramsay	Kesw	1.16.43
VETERANS 0/40		
1. B. Bland	Borr	1.13.18
2. P. Clark	Kend	1.17.24
3. M. Walford	Kend	1.19.39
4. S. Vamey	Kend	1.20.03
5. M. Richardson	Amble	1.20.18
VETERANS 0/50		
1.R. Bell	Amble	1.20.44
2. P. Dower	AR	1.30.11
3. J. Taylor	Amble	1.36.06
4. T. Johnson	HH	1.38.24
5. C. Rushton		1.39.54
LADIES		
1. H. Diamantides	Kesw	1.25.59
2. R. Pickvance	Kend	1.27.34
3. T. Bryden	Borr	1.33.17
4. C. Kenny	Kend	1.33.57
5. K. Beattie	CFR	1.34.20
6. L. Thompson V	Kesw	1.35.36
7. A. Moore		1.38.14
8. J. Finney		1.39.03

RIBER RUN

Derbyshire

CS/5m/500ft 23.6.93

This years race was changed from its usual Saturday afternoon as part of the village carnival, to mid-week evening event.

Conditions underfoot were dry and the weather excellent, being dry and cool. The field of forty one runners made good time. One injury (sprained ankle) was retrieved by St.Johns Ambulance Land Rover from the hillside and delivered to the local pub.

Nice to see some ladies this year!

Michael A Overend

RESULTS

1. S. Charlesworth	Merc	32.23
2. S. Oglethorpe	Harlem	33.08
3. M. Moorehouse	Matlock	33.38
4. H. Ramczyk	Merc	33.43
5. C. Stanley	GPTBee	34.47
6. R. Pritchard	N.Derb	35.02
7. J. Carrier	GPT Bee	35.42
8. S. Finka	DkPk	35.48
9. N. Simms		36.05
10. A. Lindop	P'stone	37.01
VETERANS 0/40		
1. M. Moorehouse	Matlock	33.38
2. H. Ramczyk	Merc	33.43
3. R. Pritchard	N.Derb	35.02
4. J. Carrier	GPT Bee	35.42
5. S. Finka	DkPk	35.48
LADIES		
1. C. Baires		41.52
2. L. Wilson		47.11
3. G. Pritchard	N.Derb	50.39

FOX AND HOUNDS CHASE

North Yorkshire

BM/9m/1400ft 24.6.93

The seventh year of the race was slightly down on numbers to last year with seventy nine entrants and one retirement. Conditions for the race were soft in places with a shortage of Bracken growth due to the cold April and May, which gave a good chance to break some records, however Fred Smith of Saltwell failed in his bid by a full minute. Fred did however, along with Daniel Henderson and Keith Wood snatch the team prize from Mandale which they have held since the first event. As in the two previous years Theakstons Ales sponsored the event.

For the fifth year running Mandales Sheila Wright took the winning female prize - quite a record, but failed to crack her own record by just forty three seconds. Back in the race after an absence of two years saw Loftus AC Brenda Hare win the female veterans prize.

The one record that did tumble on the night was last years Senior Male Veterans record set by this years one hundred mile event winner Ray Stevenson (Mandale), was broken by nearly two minutes by Ken Wilson of Middlesbrough and Cleveland.

Finally the Junior Race was won by Micheal Gilpin and first girl home being Shelle Kempson of New Marske.

Bob Lillie

RESULTS

1. F. Smith	Salt	60.09
2. D. Henderson	Salt	60.21
3. P. McHugh	NewAyc	60.39
4. R. Suddaby	Unatt	61.00
5. D. Wilson	Mand	61.18
6. J. Blackett	FRA	61.26
7. P. Connor V	Mand	62.23
8. K. Wood	Salt	62.53
9. S. Cook	Brid	63.27
10. P. Lowe	Mand	63.55
VETERANS 0/40		
1. P. Connor	Mand	62.23
2. R. Howard	Loft	66.53
3. F. Mantague	McCleve	66.59
4. D. Kirk	BumRd	67.13
5. D. Shaw	CLOK	68.17
VETERANS 0/50		
1. K. Wilson	McCleve	70.49
2. L. Alderson	Cleve.T.	71.58
3. A. Cameron	FRA	72.17
4. D. McCune	McCleve	78.47
5. R. Mackintosh	VlyStdrs	79.33
LADIES		
1. S. Wright	Mand	69.11
2. R. Thomas	Unatt	77.15
3. B. Hare V	Loft	84.55
4. L. Dupras	N.Marske	86.59
5. S. Finnigan	Mand	91.38
6. S. Reeve V	Heaton	112.38
JUNIORS		
1. M. Gilpin	Loft	27.58
2. J. Taylor	Loft	29.36
3. A. Oliver	Unatt	29.42

TOTLEY MOOR FELL RACE

South Yorkshire

BS/5m/800ft 24.6.93

Once again a fine warm evening for the race. A record field of two hundred and six runners were led out of the ground by last years winner Andy Ward of Clowne, who after a hard fought race just scraped home by one second in front of Greg Hull of Leeds City in a recoil time, beating last years time by twenty four seconds.

R Mason

RESULTS

1. A. Ward	Clowne	31.45
2. G. Hull	LdsCty	31.46
3. S. Francis	Watf	33.04
4. M. Cox	Hunc	33.38
4. J. Berden	Sheff	33.38
6. N. Francis	Watf	33.46
7. P. Bowler V	Merc	33.49
8. M. Henderson	Hallam	33.58
9. A. Poirrette	DkPk	34.00
10. S. Bell	Watf	34.24
VETERAN 0/40		
1. P. Bowler	Merc	33.49
2. C. Ellis	Totley	36.09
3. P. Jones	Hallam	37.52
4. M. Seddon	Holm	38.22
5. S. Green	Grim	38.42
VETERANS 0/50		
1. P. Kohn	DkPk	43.17
2. P. Seyd	DkPk	44.21
3. D. Pasley	DkPk	44.55
4. K. Mitchell	Unatt	45.00
5. J. Stothard	S'bridge	45.29
VETERANS 0/55		
1. J. Norman	DkPk	46.48
2. G. Richardson	Clowne	49.14
VETERANS 0/60		
1. C. Henson	DkPk	48.15
LADIES		
1. L. Wright	LdsCty	39.21
2. J. Palmer	Unatt	42.52
3. E. Bradshaw V	Totley	45.46
4. P. Bishop V	B.Manor.T.	46.05
5. R. Clayton	Ford Hale	47.21
6. J. Evans	Sheff Tri	48.33
7. G. Donohoe	Totley	49.14
8. T. Griffen	Penn	49.54

ELDWICK GALA FELL RACE

West Yorkshire

CS/3m/500ft 26.6.93

RESULTS

1. M. Whitfield	Bing	17.24
2. M. Keys	Ross	17.43
3. M. Bruce	Bing	17.50
4. C. Walker	P&B	17.53
5. J. Wooton	Bing	18.07
6. M. Cheseldine	Leeds	18.11
7. A. Hauser	Feland	18.16
8. K. Ritchie	Leeds	18.23
9. J. Verity	St.Bede	18.24
10. S. Addison	Clay	18.31
VETERANS 0/40		
1. B. Parkinson	Bfd Air	19.08
2. P. Bates	Leeds	20.30
3. G. Carless	McrYMCA	20.31
VETERANS 0/45		
1.A. Judd	Feland	19.54
2. J. Edwards	BfdAir	20.22
3. M. Bleazard	Bing	21.31
VETERANS 0/50		
1. D. Quinlan	Bing	18.36
2. F. Gibbs	Bing	20.23
3. F. Wheeler	Bing	20.33
VETERANS 0/60		
1. G. Spink	Bing	21.02
LADIES		
1. C. Greenwood	CaldV	18.41
2. A. Isdale	Bing	21.27
3. J. Shotter	Feland	22.02
4. R. Whitehead	Bing	22.37
5. A. Green	Bing	23.59
6. K. Whitfield	Bing	25.09

OLD COUNTY TOPS RACE

Cumbria

AL/35m/9000ft 26.6.93

Poor weather conditions of low cloud and drizzle with a cold wind on the tops led to a large number of teams not completing the course and also gave some interesting route choices!

The Horwich team of Leggett and Gaskell were in the lead for a considerable time, but the previous experience of Coulson and Winder from Calder Valley proved fruitful as

they took the lead in the latter stages. The first mixed team put up a good fight - Stone and Pickvance - but had to accept second place at the end of the day, they were not challenged by another mixed team on the day.

The day was a good test of stamina and navigation and gave a feeling of satisfaction and achievement to all those who completed the course.

Clare Kenny

RESULTS

1. J. Coulson and J. Winder V/80 CalderV	7.46.05
2. R. Pickvance and M. Stone Kend & Clay 7.49.33	
3. R. Leggett and K. Gaskell Horw	7.56.46
4. P. Cleary and P. Skelton Unatt	8.07.07
5. N. Hewitt and C. Pooley V/80 L&M	8.13.21
6. T. Oakes and N. Kirk Viking	8.30.57
7. C. Giltrow-Shaw and G. Newsham Clay	8.32.04
8. C. Peart-Binns and M. Wardle CalderV	8.36.49
9. P. Frechette and R. Sutcliffe V/80 CalderV	8.44.38
10. A. Kenny and C. Kenny AchRat	8.45.17

VETERANS 0/45 TEAMS - V90 TROPHY

1. R. Poole and B. Buckley Gloss	8.58.18
2. P. Dowker and B. Mitton AchRat	9.15.35
3. J. Doyle and M. Breslin L&M	9.22.38

LADIES TEAM

1. P. Mee and S. Newman Gloss	10.11.26
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MIXED TEAMS

1. R. Pickvance and M. Stone Kend & Clay 7.49.33	
2. C. Kenny and A. Kenny Kend	8.45.17
3. A. Crabb and S. Woods Amble	9.46.45

CAPRICORN MOUNTAIN 'O'

Mid Glamorgan

26/27.6.93

Thick mist on day one gave many competitors problems, especially as the area was new to virtually everybody. Much of the area was forested, and even if one was never lost, it was not possible to spot a faster route, which would have been the case on a good day. Needless to say, the top 'names' did not seem to have the same problems as the 'rank a file'.

On day two the sun shone, the courses were much shorter and all those who started had a good time.

The event centre, Dane Valley Country Park, was an excellent venue and the staff were extremely helpful. It would make a good venue for a fell race, long or short. If any club wants more details, I would be happy to supply them.

Trevor Smith

RESULTS

ELITE COURSE

1. P. Hague SN	8.57.25
2. M. Seddon SELOC	9.23.08
3. D. Parker MDOC	9.28.45
4. D. Rosen V SROC	10.20.06
5. P. James BOK	10.34.57

VETERANS 0/40

1. D. Rosen SROC	10.20.06
2. J. Britton MDOC	11.55.01

LADIES

1. K. Parker MDOC	11.32.55
2.1. Blunk MDOC	15.23.12

RESULTS - CLASS A

1. S. Jones Eryri	8.20.49
2. D. Francis BAOC	8.38.22
3. R. Thetford JOK	8.40.42
4. S. Willis V EBOR	8.53.51
5. A. Hemsted V HOC	9.08.16

VETERANS 0/40

1. S. Willis EBOR	8.53.51
2. A. Hemsted HOC	9.08.16
3. R. Wilson POW	9.31.18
4. M. Harrison WYE	10.45.11
5. T. Lillcrap SLOW	10.50.38

LADIES

1. D. Leakey SLOW	13.03.05
2. D. Cooper SOC	13.29.20

RESULTS - CLASS B

1. M. Walmsley SLOW	6.44.45
2. P. Scarf EPOC	6.59.18
3. G. Shutt Ind	7.56.27
4. J. Mayo MDOC	7.57.52
5. P. Smith SOC	7.58.43

VETERANS 0/40

1. N. Lawford WCH	8.10.32
2. J. Golton EBOR	8.30.43
3. M. Mann WAOC	8.53.27
4. J. Searle SWOA	8.55.45
5. B. Palmer TVOC	9.09.04

LADIES

1. R. Clayton DVO	7.59.06
2. A. Mudge FVO	8.41.03
3. J. Bale DEE	9.16.27
4. S. Gard V EXETH	9.36.13
5. B. Keenan DEVON	10.16.17

RESULTS - CLASS C

1. M. Pedley SYO	5.05.18
2. G. Cory-Wright SLOW	5.18.36
3. S. Jenkins LEI	5.39.33

4. B. Rogers V NGOC	6.03.52
5. N. Owens AIRE	6.06.33

RESULTS - CLASS D

1. A. Salisbury Eryri	3.53.19
2. M. Jenkins V SWOC	4.03.47
3. C. Rowe EBOR	4.03.57
4. S. Homer PFO	4.04.55
5. J. Butler V SBOC	4.07.03

HOPES WAKES FELL RACE

Derbyshire

BS/4m/650ft 29.6.93

Yet again we were fortunate and enjoyed another clear warm sunny evening. Those who have run this race in rain must draw on rather long memories. Phil Bowler who led for most of the race ran exactly the same time as he did when winning it in 1991, although on this occasion mountain bikers, unaware of the race, cost him a few seconds. Phil also claimed the first veterans spot and veterans were very much in evidence with three in the first five and four in the first ten.

Gary England who lives in nearby Brad well finished eighth which is the highest placing for a local for over ten years.

Ladies winner Cecilia Greasley (also a veteran) had over a minute in hand over runner-up Ruth Briggs who in turn was a comfortable half minute up on third placed Jenny James.

Lower down the field there were some close fought battles and tight finishes.

RESULTS

1. P. Bowler V/40 Merc	25.40
2. M. Henderson Hallam	25.45
3. A. Poirette DkPk	25.55
4. D. Ibbetson V/40 Gloss	26.05
5. R. Taylor V/40 Penn	26.12
6. P. Ligat Staffs	26.36
7. P. Nichol Unatt	26.43
8. G. England Sheff	26.51
9. R. Hutton Totley	26.53
10. J. Norman V/40 Alt	26.56

VETERANS 0/50

1. P. King Denby	30.50
2. M. Hayes DkPk	31.38
3. P. Seyd DkPk	32.42
4. A. Webster Unatt	33.36
5. J. Stothard S'bridge	33.48

LADIES

1. C. Greasley V Macc	30.15
2. R. Briggs Hallam	31.34
3. J. James DkPk	32.11
4. S. Boler V P'stone	32.29
5. J. Palmer Unatt	32.37
6. S. Chapman E'wash	32.43
7. K. Harvey Alt	33.00
8. A. Jorgensen V P'stone	

DAVE HURST COMPOSITE RELAY

Lancashire

2x4.8m road / 2x3m fell 30.6.93

With a record entry of seventy four teams consisting of forty senior teams, twelve veteran teams, two ladies and one junior team, some fine racing was in prospect.

This relay is slightly different in that each leg is started as a mass start just after the leading runner finishes the previous leg, so in effect it is four separate races.

In the senior race only twenty nine seconds separated the first three teams with Rossendale running out victors by eleven seconds over Blackburn in second and Horwich in third.

In the veterans race Clayton took the honours just holding off Preston by nine seconds.

With twenty one ladies teams starting this year, this warrants a closer look at the prizes for next year and should mean that more team prizes will be awarded. The race was won by a strong Horwich team with Bolton in second and Rossendale in third.

As you can imagine the computer results take a little longer than usual but with the beer flowing in the Barn nobody seems to mind. Just for good measure a junior race attracted some twenty three runners with prizes in all categories. The Dave Hurst memorial Junior Cup was won by Nicola Brannon.

C Matthews

RESULTS

1. Rossendale 'A'	1.28.25
2. Blackburn 'A'	1.28.36
3. Horwich RMI 'A'	1.28.54
4. Clayton 'A'	1.29.18
5. North Fylde 'A'	1.31.15
6. Preston 'A'	1.31.18
7. Blackburn 'B'	1.33.12
8. Alehouse	1.33.56
9. Chorley	1.33.59
10. Horwich 'B'	1.34.51

TEAM VETERANS

1. Clayton	1.37.53
2. Preston	1.38.02
3. Horwich	1.45.09

LADIES TEAMS

1. Horwich	1.52.30
2. Bolton	1.53.38
3. Rossendale	1.53.57

JUNIOR RACE - BOYS

1.M. Cayton Horw	13.16
2. M. Liptrot Horw	13.46
3.1. Ramsdale Horw	14.26

JUNIOR RACE - GIRLS

1. H. Matthews Horw	15.04
2. N. Brannon Horw	16.40
3. R. Hole Wensley	17.21



Dave Hurst Relay, First leg runners descending from Rivington.
Photo: Steve Bateson.

LANGSTRATH RACE

Cumbria

AS/4.5m/1400ft 30.6.93

Seventy runners entered the race this year, compared to forty two the previous year. Gavin Bland equalled his course record of thirty seven minutes and two seconds. Louise Fairfax knocked over three and a half minutes from the ladies record in a winning time. Steven Savage of Ambleside set a new under sixteen record.

L Thompson

RESULTS

1. G. Bland	Borr	37.02
2. S. Booth	Borr	37.13
3. M. Bagness	Amble	38.03
4. B. Bland V	Borr	38.16
5. J. Bland	Borr	39.04
6. A. Schofield	Borr	40.21
7. K. Johnston	Ryhope	40.31
8. P. Clavey	Amble	40.46
9. I. Turnbull	Borr	41.09
10. M. Holroyd	Unatt	41.31

VETERANS 0/40

1. B. Bland	Borr	38.16
2. M. Richardson	Amble	41.38
3. A. Tail	Tyne	43.54
4. N. Walker	Amble	45.21
5. M. Pitchford	CFR	45.23

VETERAN 0/50

1. P. Knott	B'pool/Fyl	54.46
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VETERANS 0/60

1. C. Rushton	Wesh	52.06
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LADIES

1. L. Fairfax	A.I.S.	42.37
2. L. Thompson	Kesw	46.39
3. A. Brand-Barker	Kesw	49.00
4. J. Laverack	Amble	50.08
5. T. Bryden	Borr	50.33

JUNIORS

1. S. Savage	Amble	48.12
2. A. Edmundson	Borr	52.16
3. T. Hunt	Amble	57.16

POTTER FELL RACE

Cumbria

CM/7m/650ft 1.7.93

This years field of eighty four seniors was a best ever for the Potter Fell. Despite excellent firm going and clear but warm weather conditions, the course record eluded Robin Jamieson by over two minutes. None the less he cruised home thirty five seconds ahead of nearest rival Ben Evans.

With six runners in the first fifteen, Kendal AC would have taken the team prize - any sponsors for next year?

Clare Kenny was first woman home but outside Sue Parkins 1992 record. Sue was second woman, two minutes behind Clare.

Though we heard again the grumbles about too much road work the general view was that the race was still a worthwhile summer mid-week event - though more in the nature of training for bigger things.

Many thanks are due to all who participated and helped raise a goodly sum for these charities.

John Chapman

RESULTS

1. R. Jamieson	Amble	46.21
2. B. Evans	Amble	46.56
3. A. Nicholson	Kend	47.21
4. N. Lanaghan	Unatt	47.52
5. A. Schofield	Borr	48.36
6. G. Shutt	Unatt	49.05
7. B. Addison	Kend	49.28
8. D. Ratcliffe	Ross	49.34
9. M. Addison	Clay	49.38
10. H. Symonds V	Kend	49.58

VETERANS 0/40

1. H. Symonds	Kend	49.58
2. M. Walford	Kend	50.36
3. M. Richardson	Amble	51.57
4. C. Wilkinson	Bing	52.59
5. K. Dacre	Kend	53.39

VETERANS 0/50

1. B. Mellor	Unatt	61.55
2. K. Nixon	B.Combe	67.04

LADIES

1. C. Kenny	Kend	57.25
2. S. Parkin V	Kend	59.59
3. H. Johnson	Kend	62.15
4. R. Naish V	Unatt	62.22
5. D. Bailey V	Kend	62.33
6. P. Hall	Unatt	67.57
7. V. Hindmarsh V	B.Combe	68.07
8. L. Lecky-Thompson	B.Combe	73.44

JUNIORS - 4KM

1. P. Dacre	Kend	15.49
2. V. Wilkinson	Bing	15.54
3. C. Mulvaney	Kend	16.10

WHITTLE PIKE RACE

Lancashire

AS/4.5m/1400ft 3.7.93

Early morning mist threatened the possibility of navigational difficulties later in the day. The copious flagging seemed hardly adequate at that stage, but the mist lifted for 2p.m., so the main danger was that somebody might trip over a flag, is it possible to over flag a course??

Over 300 runners started the first championship race to be held in Rossendale, only a couple of runners coming from the Scottish and Welsh clubs though which was disappointing. The English runners formed an elite band however, with many of the championship hopefuls present.

Ian Holmes and Carol Greenwood made good use of their experience of Pennine terrain to win their respective races, both in record times. Many of the Lakeland runners finishing further down the field than might have been expected. Jack Riley the 71 year old Clayton runner set an example to many young runners by completing the course in 73 minutes.

Thanks to Winner International for sponsorship. Ted Thorpe and Karl Kempson (the Farmers) for the use of their land, and everyone who helped to make this a successful day for Rossendale H & AC.

Andy Hewitt

RESULTS

1. I. Holmes	Bingley	35.50
2. M. Croasdale	Lancs&Morc	35.57
3. A. Peace	Bingley	34.02
4. M. Roberts	Kendal	34.07
5. M. Kinch	Warr	34.12
6. R. Bergstrand	Mandale	34.40
7. J. Parker	Ilkley	35.11
8. S. Livesey	Unna	35.12
9. B. Thompson	Cumb	35.21
10. A. Bowness	Cumb	35.26
U.S. Thompson	Cla-le-M	35.28
12. M. Rice	Rossendale	35.41
13. M. Keys	Borrow	35.42
14. G. Bland	Borrow	35.46
15. G. Huddleston	Cla-le-M	35.48
16. A. Wrench	Todmorden	35.42
17. G. Wilkinson	Cla-le-M	36.01
18. J. Hooson	Ambleside	36.07
19. M. Aspinall	Cla-le-M	36.10
20. M. Moorhouse	Salford	36.12
21. M. Corbett	Rossendale	36.17
22. R. Jamieson	Ambleside	36.25
23. S. Booth	Borrow	36.27
24. A. Trigg	Glossop	36.34
25. S. Barlow	Horwich	36.41
26. M. Fanning	Borrow	36.44
27. W. Bland V45	Borrow	36.50
28. A. Ward	Clowne RR	36.53
29. M. Fleming	Ambleside	36.58
30. R. Whitfield V40	Bingley	37.05

VETERANS 0/40

1. W. Bland	Borrow	36.50
2. R. Whitfield	Bingley	37.05

ROSTREVOR HILL RACE

Co. Down

AM/8m/3000ft 3.7.93

Richard Rodgers made the now traditional journey home from his mainland base to easily take the honours in the 'Anderson Doors' World Cup selection race. Rodgers had Neil Carty for company on the first of the three climbs but by the second circuit was well clear of his rivals.

The main story of the race was the performance of newcomer George Morris. Running against experienced fell runners, Morris settled down in fourth position and surely and steadily moved through to finish a comfortable runner up.

There were no surprises in the ladies and junior races although Ann Sandford would appear to be getting ever closer to Northern Ireland champion Roma McConville. While it was a visiting runner from South of the border who took the junior mens race, it was fifteen year old Neil Jackson who lead the locals home. Jackson was one of the youngest competitors in last years World Cup, finishing twenty ninth.

Jim Hayes

RESULTS

1. R. Rodgers	N'castle	74.43
2. G. Morris	W'field	75.27
3. N. Carty	N.Belf	75.47
4. A. Philpott	Lisb	77.24
5. J. Patterson V	C'caim	77.36
6. B. McKay V	A'ville	78.07
7. E. Hawkins	N'castle	82.47
8. D. Watson	N'castle	85.56
9. D. Allen	A'ville	88.52
10. J. Sloan V	A.C.K.C.	89.37

VETERAN 0/40

I. B. McKay	A'ville	78.07
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VETERAN 0/45

L.J. Patterson	D'caim	77.36
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LADIES - 5m/1700ft

1. R. McConville	N.Down	48.28
2. A. Sandford	B'drain	49.03
3. S. Pruzina	BARF	49.40



Jack Riley. 71 years young, makes light work of the first climb at Whittle Pike

3. T. Hesketh	Horwich	37.23
4. D. Ibbeson	Glossop	37.33
5. P. Bowler	Mercia	37.54

VETERANS 0/45

1. W. Bland	Borrow	36.50
2. T. Hesketh	Horwich	37.23
3. T. Hulme	Pennine	39.14
4. K. Taylor	Rossendale	39.17
5. B. Schofield	Todmorden	39.36

VETERANS 0/50

1. D. Quinlan	Bingley	39.43
2. R. Bell	Ambleside	39.54
3. J. Nuttall	Cla-le-M	41.15
4. P. Jepson	Unna	43.08
5. P. Blagborough	Saddleworth	43.51

VETERANS 0/60

1. D. Hodgson	Fellandale	45.14
2. C. Rushton	Wesham	48.40
3. A. Sutcliffe	Kendal	49.27

LADIES

1. C. Greenwood	CalderV.	39.18
2. J. Kenyon	Horwich	40.15
3. L. Fairfax	Unna	40.56
4. B. Redfern	Camethy	42.47
5. A. Brand-Parker	Keswick	43.12
6. C. Greasley	Maccies	44.13
7. M. Todd	Ambieside	44.18
8. J. Smith	DarkPeak	45.00

TEAMS

1. Bingley
2. Clayton
3. Rossendale

4. S. Patrick V	A'ville	51.24
5. M. Havem	BARF	51.46
6. C. Coey	Dub	53.27

JUNIORS - 5m/1700ft

1. M. Kelly	D'dalk	40.50
2. N. Jackson	B'drain	41.16
3. D. Fisher	B'drain	43.26
4. P. Mallon	C'crup	44.00
5. P. Curran	N.Down	50.18

CULTER FELL

Scotland

12m/4000' 3/7/93

The weather was windy and showery, the course more or less home territory, the refreshments were very good but few were attracted out for this spectacle. I'd always maintain that this race could be run outside the main fell/hill running season so that some of those doing the Saunders in July could be attracted to do this race in, say, April. When did we last have a hard winter in the Borders or battle through an Edale like blizzard in April on Culter Fell? There was a mix up at the last checkpoint with some slightly knackered competitors not shouting hard enough at marshals to make their presence known and thereby being disqualified. A group of eight runners battled out for 4th position right to the finish. It's surprising how the last climb through the heather can change the finishing order! New route choices seemed to appear this year, it had never occurred to me before that a directissimo up a gully on to Chapel Ghyll might save two minutes.

John Blair-Fish

RESULTS

1. Robert Lee	Liv	2.01.04
2. Graeme Ackland	Liv	2.03.28
3. Jamie Thin	Cam	2.06.09
8. John Blair Fish(Vet)	Cam	2.09.57
9. John Nixon(Vet)	Horw	2.10.59
14. Eddie Harvey (S/Vet)	Cam	2.33.47
15. Joyce Salvona (Lady)Liv		2.33.59

RAS GUTO NYTH BRAN 3.7.93

RESULTS		
1. A. Darby	MDC	41.11
2. N. Webb	MDC	41.29
3. P. Coker	MDC	43.45
4. A. Woods	MDC	45.24
4. J. Darby V	MDC	45.24
6. J. Coker	MDC	49.57
7. J. Wilson	CRB	50.50
8. C. Jones SV	MDC	55.53
9. A. Duggan V	3RRW	56.15
10. D. Gilbert V	MDC	56.25
11. M. Rowson V	LesCroup	62.32
12. R. Jones V	LesCroup	77.07
13. T. Caveney	MDC	93.00
13. B. Daugherty	LesCroup	93.00

SKIDDAW FELL RACE Cumbria AM/9m/2700ft 4.7.93

The day started with low mist and heavy drizzle which continued almost to race time. Runners had to contend with damp slippery ground, which resulted in one or two nasty 'spills', also gusty wind - not record breaking conditions.

However, records of sorts were recorded. The lowest entry in men for almost twenty years (is Skiddaw losing favour - comments please). On the credit side a new 'face' won the men's race, although not new to fell racing (Scottish International etc), he even introduced us to a new club!? Well run anyway and I hope we see more of Mr Wilkinson. Simon Booth improved on previous performance. Messrs Willis, Hughes, Green and Sheard appeared in the top eight for the first time and Mike Fanning equalled his previous highest placing. Borrowdale FR took the team prize and in the process creating another record by having a lady member as third counter.

Sarah Rowell was the highest placed lady ever but was short of her record run of 1989 by seventeen seconds. Despite conditions (and tumbles) all one hundred and twenty nine completed the course - another record!

Many thanks to all helpers and to Rathbones of Keswick for sponsoring the prizes.

Des Oliver & Mike Pearson

RESULTS		
1. N. Wilkinson	AleHse	65.59
2. S. Booth	Borr	66.18
3. S. Willis	Amble	67.21
4. D. Hughes	Hebog	67.40
5. G. Bland	Borr	68.27
6. S. Green	P&B	70.27
7. P. Sheard	P&B	70.38
8. M. Fanning	Borr	70.58
9. J. Simmonite	N.Flyde	71.13
10. J. Bland	Borr	71.38
VETERANS 0/40		
1. B. Knox	Teviot	75.10
2. C. Coote	Kend	77.23
3. D. Bridge	Kesw	79.36
4. W. Tait	Tyne	81.44
5. N. Hambrey	Kend	83.12
VETERANS 0/45		
1. L. Charlton	Kesw	78.55
2. C. Taylor	Clay	84.24
3. T. Walker	Amble	85.26
4. K. Jones	Telf	85.40
5. S. Harwood	Kesw	86.48
VETERANS 0/50		
1. B. Fielding	Fellan	87.27
2. G. Hall	Ilk	94.01
3. S. Lunt		94.37
4. R. Hayes	Morp	95.30
5. McDougall	CFR	96.00
LADIES		
1. S. Rowell	P&B	73.46
2. L. Fairfax	A'ralia	79.17
3. R. Pickvance	Kend	84.16
4. M. Todd	Amble	85.21
5. S. Mackay	CFR	88.36
6. J. Finney	Knaves	89.10
7. G. Walkington V	Horw	89.45
8. L. Hibbert V	CFR	98.43
INTERMEDIATES U/20		
1. M. Tilston	Traff	74.31
2. C. Bradley	Chest'fid	85.21
3. S. Cording	Traff	85.41
4. C. Jones	Traff	87.54

HATHERSAGE GALA FELL RACE Derbyshire BS/4.5m/800ft 5.7.93

RESULTS		
1. G. Hull	LdsCty	27.17
2. D. Neill	Merc	28.38
3. P. Davis	LdsUni	29.14
4. A. Green	Hallam	29.15
5. P. Pollitt	Bolt	29.36
6. S. Cudahy	Bux	29.53
7. M. Henderson	Hallam	30.16
8. R. Self	Roth	30.34
9. S. Charlesworth	Merc	30.46
10. R. Hutton	Totley	30.53
VETERANS 0/40		
1. M. Moorhouse	Matlock	32.28
2. D. Stevens	Hallam	32.44
3. M. Seddon	Holm	33.06
4. R. Pritchard	N.Derb	33.30
5. R. Innes	S'bridge	33.33
VETERANS 0/50		
1. P. King	Denby	35.16
2. C. Radcliffe	Oread	39.59
3. P. Blunt	Clowne	40.15
4. H. Gill	Sadd	40.49
5. L. Outwin	DkPk	41.27
VETERANS 0/60		
1. C. Henson	DkPk	40.52
2. D. Kitchen	Hallam	48.40
3. M. Bromley	Hallam	48.52
LADIES		
1. L. Wright	LdsUni	32.42
2. J. Smith V	DkPk	35.38
3. J. Palmer		36.17
4. H. Bloor V	DkPk	39.55
5. J. Evans	SheffTri	41.07
6. L. Gornall	DeeStdrs	41.09
7. J. Trickett	Hallam	42.16
8. J. Wilson V	Hallam	42.35

HEATHCLIFF AND CATHY CANTER West Yorkshire CS/6.5m/800ft 6.7.93

RESULTS		
1. C. Metcalfe	Skip	38.07
2. J. Parker	Ilk	38.17
3. A. Wrench	Tod	38.40
4. M. Corbett	Ross	39.16
5. P. Sheard	P&B	39.36
6. D. Watson	Holm	39.44
7. P. Pollitt	Bolt	39.48
8. I. Greenwood	Clay	40.02
9. J. Logue	Horw	40.25
10. J. Wootton	Bing	40.35
VETERANS 0/40		
1. R. Haigh	Ilk	42.16
2. D. Tate	Skip	43.44
3. D. Rhodes	Brad/Aire	43.52
4. P. Morris	Kly	44.44
5. R. Bradley	Holm	45.15
VETERANS 0/50		
1. D. Quinlan	Bing	42.54
2. J. Ellis	Ilk	45.20
3. B. Hunter	Holm	49.53
4. R. Jacques	Clay	50.03
5. T. Foster	VllyStdrs	52.47
LADIES		
1. C. Greenwood	CalderV	41.18
2. K. Drake	Spn	44.28
3. D. Gowans	Accring	50.22
4. M. Jagen V	EPOC	51.02
5. W. Dodds V	Clay	51.49
6. Pange	P&B	54.33
7. J. Hindle	Clay	54.55
8. L. Hayles V	CalderV	55.26
INTERMEDIATES U/18		
L.J. Hart	Roch	46.34
2. A. Bumett	Fellan	47.20
3. A. Yarwood	Unatt	55.40

CHARLESWORTH AND CHISWORTH CHALLENGE Derbyshire BS/3m 10.7.93

RESULTS		
1. A. Jones		21.32
2. D. Ibbetson V		21.35
3. M. Prady		22.14

4. J. Miller		22.43
5. P. Deaville		23.15
6. A. Turner		23.32
7. S. Wyatt		23.39
8. R. Scottney V		23.55
9. S. Charles		24.09
10. F. Fielding V		24.19
VETERANS 0/40		
1. D. Ibbetson		21.35
2. R. Scottney		23.55
3. F. Fielding		24.19
4. P. Wheatcroft		24.46
5. I. Bennett		25.32
LADIES		
1. S. Newman		26.42
2. H. Bell		29.38
3. A. Dinsmoor V		31.21
4. S. Jones		32.20
5. A. Davenport		37.29
6. M. Spiller		38.47
7. F. Wyatt V		38.59
JUNIORS		
1. A. Turner		23.32
2. B. Tetler		27.12
3. D. Meats		28.13

WASDALE FELL RACE Cumbria AL/21m/9000ft 10.7.93

For the third year running the weather excelled itself with three degree centigrade on the summits with high winds, hail and sleet. What a change from the Ennerdale! Race times were affected correspondingly with only two first class (less than four hours), and nine second class (less than four and a half hours) awards.

Not being a championship race reduced the field, but one hundred and two hardy souls started of whom eighty nine finished, very good considering the conditions. Borrowdale packed well (one, two, three and four) to win the team prize with veteran Billy demonstrating yet another masterful run. John and Billy swapped the lead to Esk Hause from where the order remained unchanged.

For the ladies, Sarah Rowell ran an excellent race only five minutes outside the record to come seventeenth overall.

Mention should be made of the over sixty runners, Brian Leathley and Bill Fielding who at sixty five was third over fifty. Second in the veteran over fifty category was Bill Buckley who has run all but one of the Wasdales since 1975. Forty five percent of the male field was over forty.

Our twenty helpers gave one hundred and two runners cover so please give up one race in five and offer to help. It will make all the difference in the world to the organisers.

Richard Eastman

RESULTS		
1. J. Bland	Borr	3.57.31
2. M. Fanning	Borr	3.58.58
3. W. Bland V	Borr	4.01.38
4. A. Schofield	Borr	4.11.11
5. D. Crowe	S'tone	4.11.22
6. P. Clark V	Kend	4.13.15
7. S. Jackson	Horw	4.23.05
8. M. Walford V	Kend	4.23.07
9. R. Stuart	Kend	4.23.31
10. M. Parker	Key'Plod	4.24.10
VETERANS 0/40		
1. W. Bland	Borr	4.01.38
2. M. Walford	Kend	4.23.07
3. M. Parker	Key'Plod	4.24.10
4. Y. Tridimas	N.Vet	4.35.41
5. K. Carr	Clay	4.39.22
VETERANS 0/45		
1. P. Clark	Kend	4.13.15
2. J. Blair-Fish	Cam	4.33.53
3. B. Linsley	CFR	5.00.50
4. G. Houghton	CalderV	5.07.13
5. M. Hirst	Denby	5.10.00
VETERANS 0/50		
1. D. Ashton	Black	4.45.23
2. B. Buckley	Gloss	5.11.41
3. W. Fielding	Fellan	5.34.15
4. J. Taylor	Amble	5.37.41
5. P. Green	Denby	5.48.01
LADIES		
1. S. Rowell	P&B	4.33.51
2. R. Pickvance	Kend	4.56.10
3. A. Crabb	Amble	5.22.13
4. A. Priestley	Fellan	5.50.15
5. J. Shotton	Fellan	5.50.15
TEAMS		
1. Borrowdale		11.58.07
2. Kendal		12.59.53
3. Cumberland FR		13.29.28

THURLSTONE CHASE

South Yorkshire

CS/4.25m/800ft 10.7.93

A windy day, more akin to November than July, put records out of the question, and proved particularly taxing to the juniors on the out and back courses. Considering the conditions, Martin Connolly's winning time was particularly impressive. Kath Drake retained the Ladies trophy for a third consecutive year with a much faster time than last year, but it will take a much calmer day if Carol Greenwood's 1985 record is to be threatened. The race has a particular focus on super veteran runners, and Donald Bamforth strode away to win this section, with Pauline Senior of Lost club Penistone Footpath Runners taking the trophy for the ladies over fifty.

Almost one hundred juniors ran in the junior races, sixty in the eight to eleven year age group. Perhaps the most impressive performance was Lisa Lacon's time in the under seventeen race.

P McLeod

RESULTS

1. M. Connolly	Sheff	22.29
2. P. Venables	Sheff	22.43
3. A. Gartside	BangorUni	22.54
4. A. Wolfenden	Spenn	23.10
5. J. Crehan	Warr	23.15
6. P. Turner	Bolt	23.32
7. R. Self	Roth	23.39
8. K. Davis	P'stone	23.46
9. M. Fieldsend	Sheff	23.52
10. D. Jones	Melt	23.55

VETERANS 0/40

1. P. Buttery	Holm	23.57
2. D. Frith	Swin	24.00
3. D. Bonnington	StCty	24.29

VETERANS 0/45

1. R. Hardcastle	L'wood	25.05
2. R. Bradley	Holm	25.26
3. M. Cartwright	P'stone	25.40

VETERANS 0/50

1. D. Bamforth	HolmeV	24.35
2. R. Asquith	Holm	25.41
3. K. Bamforth	HolmeV	25.49

LADIES

1. K. Drake	Spenn	25.55
2. J. Palmer	Unatt	27.14
3. A. Jorgenson V	P'stone	28.40
4. J. KrolV	L'wood	29.17
5. D. Dean	Spenn	29.30

JUNIORS U/17

1. D. Billam	Melt	22.26
2. L. Lacon	Holm	23.34
3. C. Shepherd	Bam	12.15
4. S. Duniec	Holm	15.39
5. S. Firth	Melt	10.52

JUNIORS U/13

1. H. Gillis	Holm	12.36
2. W. Hallas	Holm	6.09
3. J. Hirst	Melt	6.50

MYTHOLMROYD FELL RACE

West Yorkshire

BM/7m/1350ft 10.7.93

Eight times winner Dave Cartwright was beaten into third place by Neil Wilkinson and Ray Owen in an uneventful race, run in ideal conditions.

RESULTS

1. N. Wilkinson	Cambus	48.23
2. R. Owen	Black	48.57
3. D. Cartridge	Bolt	49.12
4. G. Schofield	Black	49.42
5. S. Oldfield	Bfd/Aire	50.13
6. G. Oldfield	Bfd/Aire	50.26
7. T. Hesketh V	Horw	50.41
8. J. Wootton	Bing	51.55
9. C. Moses	Bing	52.10
10. A. Whalley	P&B	52.19

VETERANS 0/40

1. D. Beels	Roch	52.21
2. A. Robinson	Clay	53.14
3. G. Newsam	Clay	56.59
4. P. Jackson	N'burgh	59.19
5. J. Baker	E.Hull	59.31

VETERANS 0/45

1. T. Hesketh	Horw	50.41
2. R. Cowling	Unatt	59.56
3. J. Talbot	Tod	60.17
4. P. Hunt	Wrek	62.08
5. J. Leyland	Bolt	62.16

VETERANS 0/50

1. D. Kay	Bolt	58.02
2. P. Heneghan	Bolt	62.16
3. R. Cutts	L'wood	70.14
4. T. Foster	VllyStdrs	70.58

VETERANS 0/55

1. R. Jaques	Clay	63.09
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2. P. Knott	B'pool	71.24
3. G. Arnold	B'pool	71.32
VETERANS 0/60		
1. B. Thackray	DkPk	64.18
2. T. Sykes	Roch	71.23
3. J. Riley	Clay	99.22

LADIES

1. G. Cook	Roch	63.17
2. C. Rowe	R'trees	65.58
3. L. Warin	Skip	69.29
4. B. Hardy V	Horw	72.02
5. L. Hayles V	CalderV	73.59
6. C. Lyon	N'burgh	75.56
7. C. Wright V	Horw	78.14

JUNIORS

1. K. Whitham	Acc	69.54
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BOOTLE BLACK COMBE FELL

RACE

Cumbria

AS/5.5m/1900ft 11.7.93

RESULTS

1. H. Jarrett V	CFR	42.39
2. M. Egner	Denby	43.05
3. S. Addison	Clay	44.45
4. J. Birchenough	Bolt	45.08
5. C. Coote V	Kend	45.26
6. D. Jones	CFR	45.30
7. G. Mason	Barrow	45.41
8. A. Dickinson		45.52
9. J. Rae V	CFR	46.16
10. B. Crewdson V	Black	46.26

VETERANS 0/40

1. H. Jarrett	CFR	42.39
2. C. Coote	Kend	45.26
3. J. Rae	CFR	46.16
4. B. Crewdson	Black	46.26
5. K. Robinson	Black	47.46

VETERANS 0/50

1. P. Dowker	AchRat	50.37
2. B. Hillion	CFR	54.41
3. R. Bray	B&F	59.56

LADIES

1. T. Smith	CFR	55.07
2. V. Hindmarsh	BCR	60.27
3. M. Smith	Hoad	62.01
4. L. Lecky-Thompson	BCR	63.28
5. S. Smith		63.37
6. L. Leathley	Clayp	65.28

WINDER AND ARANT HAW

Cumbria

8m/2800ft 11.7.93

RESULTS

1. M. Croasdale	L&M	60.10
2. R. Bergstrand	Manch	60.19
3. I. Holmes	Bing	60.24
4. C. Roberts	Kend	60.40
5. M. Roberts	Kend	60.59
6. M. Kinch	Warr	61.08
7. A. Peace	Bing	61.15
8. G. Hull	Lds	61.29
9. P. Dymoke	Scot	61.32
10. J. Parker	Ilk	62.08
11. A. Bowness	CFR	62.10
12. B. Thompson	CFR	62.22
13. G. Huddleston	Clay	62.48
14. S. Hawkins	Bing	63.35
15. B. Bums	Prest	63.54
16. R. Jackson	Horw	64.38
17. M. Roscoe	Lds	65.00
18. P. Sheard	P&B	66.53
19. S. Livesey	Clay	68.55
20. N. Spence	Kend	69.50
21. G. Moffat	H'gill	69.55
22. I. Greenwood	Clay	70.38
23. J. Hooson	Amble	70.55
24. G. Bland	Borr	72.45
25. M. Calvert	H'gill	73.24
26. S. Jakeman	Lds	77.52
27. B. Jackson V	Horw	78.28
28. M. Lee	Bolt	78.35
29. T. Walker	Amble	79.33
30. R. Benjamin V	Wales	80.47

JUNIOR MEN - SHORT COURSE -

1. M. Moorhouse	Saif	33.25
2. C. Watson	Bing	35.14
3. N. Matthews	Horw	35.37
4. M. Whitfield	Bing	35.44
5. C. Sykes	Sed	35.53

LADIES

1. C. Greenwood	CalderV	37.35
2. J. Kenyon	Horw	39.54
3. K. Drake	Spenn	40.39
4. B. Reofem	Cam	40.56
5. J. Smith	DkPk	42.16
6. M. Whitley	Bing	42.59
7. M. Todd	Wales	43.24
8. J. Edwards	Ross	54.59
9. B. Unsworth	Kend	58.57



L to r: Martin Roscoe (Leeds), James Parker (Ilkley) and Craig Roberts (Kendal) on the first climb of the Arant Haw selection race.

Photo: Allan Greenwood



Alwyn Oliver (Eryri) at Crib y Ddisgyl.
Photo: Francis Uhlman

CRIB Y DDISGL RACE

Gwynedd

AM/8.25m/4900ft 11.7.93

This was the World Cup trial that never was. Initially established four years ago as a long course World Cup trial it had, up to this year, attracted a large number of the Welsh and English elite hill climbers. However, due to changes late in the day in the French arrangements for this September's World Cup, the Crib y Ddisgyl race would not be a suitable trial course this time. So the number of competitors as a result took a nose dive. Even many of the local lads and lasses seem wary of participating in this tough tiring event, preferring to keep their energies for the popular Snowdon race two weeks later.

The brave few that registered numbered twenty four, though only twenty three set off (one angry young man was left cursing the fact that he had turned up with two left shoes!). Three more fell by the wayside during the race leaving only twenty to stagger on to the extremely cold summit (over one thousand metres). Most of them had to battle through a very heavy stinging hail storm, which also caused a few problems to the timekeeper at the summit calm!

The race leader at Moel Eilio, the first high point on the course was Anthony Kay, who was determined to have a go despite suffering from a cold. However Rossendale's Mervyn Keys was a clear winner in the end, as Kay's health was visibly under strain on the latter stages. Local lad Jenkinson a newcomer to competition showed that he has a talent for climbing strongly, whilst another Llanberis lad building himself up for Snowdon finished a creditable third. Super veteran Don Williams beat all the veterans yet again. Both ladies that competed ran extremely well. Stell was just under four minutes off the record, whilst Joan despite a recent lack of long hard runs completed the race in a very decent time, especially if one takes her age category into consideration (over forty five).

'The Heights' hotel ensured a warm welcome back to base camp for all, with a bowl of very tasty soup. Hopefully they will be welcoming back many more next year.

E Evans

RESULTS

1. M. Keys	Ross	84.26
2. P. Jenkinson	Unatt	85.55
3. K. Prydderch	Eryri	87.20
4. T. Jones	Eryri	90.13
5.1. Jones	Unatt	90.29
6. D. Williams V	Eryri	90.48
7. R. Hutton	Tot	91.05
8. A. Kay	Cham	91.14
9.1. Blakemore	Eryri	94.38
10. B. Davies V	Eryri	95.13

VETERANS 0/40

1. B. Davies	Eryri	95.13
2. H. Stansfield	Eryri	102.14
3. A. Oliver	Eryri	102.23
4. D. McArthur	Chesh	104.53
5. M. Jones	Eryri	105.02

VETERANS 0/50

1.D. Williams	Eryri	90.48
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LADIES

1. S. Farrar	Eryri	105.41
2. J. Glass V	Eryri	128.05

BRADDA FELL RACE

Isle of Man

AL/15m/4100ft 11.7.93

The Bradda is one of the more runnable courses in the Manx league using well worn coastal and public footpaths for most of its fifteen miles.

However, over the years a high number of competitors have suffered the dreaded 'bonk' on this deceptively tough course, no doubt caused through underestimating the severity of the terrain. This year proved the undoing of Bolton's John Quine who 'bonked' in the last couple of miles resulting in him plummeting from second to fourteenth place as he was reduced to a slow walking pace back to the Bradda Glen finish.

Tony Rowley continued his relentless progress towards retaining his Manx league title with another impressive performance that saw him lead virtually all the way, although Foxdale's Ian Callister showed a welcome return to form to close to within two minutes of Rowley to take second place.

Richie Stevenson

RESULTS

1. T. Rowley	MFR	2.21.33
2. I. Callister	Manx H	2.23.49
3.1. Watson	NAC	2.31.59
4. R. Moughtin V	WAC	2.33.24
5. D. Bawden	MFR	2.34.15
6. D. Corrin V	Manx H	2.34.23

VETERANS 0/40

1. R. Moughtin	WAC	2.33.24
2. D. Corrin	Manx H	2.34.23
3. R. Stevenson	MFR	2.35.50
4. M. Cowboume	MFR	2.41.33
5. D. Young	MFR	2.44.50
6. J. Wright	MFR	2.50.30

FIRST LADY

1. S. Maddrell	WAC	2.56.27
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KINNISIDE FELL RACE

Cumbria

AM/9m/3000ft 17.7.93

Local club Cumberland Fell Runners had twenty one runners in the forty nine runner field. The fast, runnable course is now in its nineteenth year, and is held in conjunction with the Cleator Moor Sports, with the nine mile clockwise circuit starting and finishing in the show field. Spectators get excellent views of the runners heading out to the first checkpoint on 'Kinniside Cop' and when they return sometime later with the long drop in from Dent Fell. Local men, CFR's Allan Bowness and Copeland's Martin Amor cut out the early running, followed by Sean Willis of Ambleside. This was to be the pattern for the first two checkpoints, but on reaching the third summit out on Blakely Raise, three times winner, Bowness had seized the initiative and had opened up a lead of thirty seconds.

Bowness' team mate Harry Jarrett who incidentally has run in all nineteen 'Kinnisides' was now up in to fourth position. The long haul through the marshy wastes of Latterbarrow is often where the Kinniside is won or lost. Bowness was now in full flow and had increased his lead to over a minute from Amor, who in turn began to get the better of his tussle with Willis. Further down the field John Stout was moving up the order on his way to victory in the over fifty category. At the showfield, word came back that Bowness had now come right away from his pursuers. The big crowd cheered the victorious Cumberland man home, spurring him on to break his own five year old course record by forty one seconds, with Amor, winner here last year, holding on comfortably for second.

Irvine Block

RESULTS

1. A. Bowness	CFR	1.08.09
2. M. Amor	Cope	1.10.49
3. S. Willis	Amble	1.13.29
4. H. Jarrett V	CFR	1.14.48
5. C. Valentine	Kesw	1.15.06
6. R. Clucas V	CFR	1.15.18
7. G. Byers	CFR	1.15.43
8. W. Bell	Unatt	1.17.23
9. J. Archbold	Unatt	1.18.43
10.A. Peden	CFR	1.19.11

VETERANS 0/40

1. H. Jarrett	CFR	1.14.48
2. R. Clucas	CFR	1.15.18
3.1. Charlton	Kesw	1.23.11

VETERANS 0/50

1. J. Stout	CFR	1.24.15
2. T. Baxter	CFR	1.24.45
3. M. Coles	Skyrac	1.35.12

LADIES

1.C. Kenny	Kend	1.40.05
2. S. Brunton	CFR	1.58.09

INGLEBOROUGH FELL RACE

North Yorkshire

AM/7m/2000ft 17.7.93

On a day when the Gents race was relatively slow, Mark Croasdale winning for the third consecutive year in a time which was two minutes slower than his own course record, Carol Greenwood of Calder Valley broke the ten year old ladies record by over two minutes. Matthew Whitfield (Bingley) broke the junior record which had stood since 1986. Out' of three hundred and twenty two runners, twenty eight were juniors.

David McGonnigal

RESULTS

1. M. Croasdale	L&M	46.51
2. M. Roscoe	Lds	47.21
3. S. Livesey	Clay	48.12
4. S. Oldfield	Bfd	48.48
5. M. Flemming	Amble	49.30
6. S. Barlow	Horw	49.35
7.1. Greenwood	Clay	49.39
8. J. Simmonite	NottsUni	49.43
9. S. Francis	Waff	50.18
9. S. Bull	Waff	50.18

VETERANS 0/40

1.P. Me Wade	Clay	50.29
2. M. Pickering	Otley	50.34
3. F. Livesey	Prest	52.52
4. S. Kirkpride	Kend	53.05
5.1. Robinson	Clay	53.48

VETERANS 0/50

1. D. Gibson	Sadd	58.13
2. B. Bleckley	Gloss	59.03
3. A. Peers	Spec	60.56
4. W. Wade	Holm	61.13
5. D. Brown	Clay	63.02

LADIES

1. C. Greenwood	CalderV	53.41
2. S. Parkin V	Kend	58.47



Al Pollard (Bingley) heads a group including 253 Paul Target (CleM), 189 Robert J ebb (Bingley), 285 Colin Todd, Harrogate on the initial run out at Ingleborough.

Photo: Dave Woodhead

3. A. Priestley	Fellan	60.55
4. D. Gowans	Acc	61.51
5. E. Staig V	Settle	62.20
6. J. Shorter	Fellan	63.50
7. D. Flemming V	Ross	64.20
8. i. Rawlinson V	Clay	65.00

JUNIORS

1. M. Whitfield	Bing	22.56
2.1. Hansen	Bing	24.17
3. M. Moore	Eccles	25.31

MOEL SIABOD FELL RACE

Gwynedd

AM/6.2m/2300ft 17.7.93

A good turn out of one hundred and forty two runners, consisting of one hundred and sixteen seniors, fourteen U/16s and twelve U/12.

Conditions were excellent, although wet ground conditions after three days of rain but drying out on the descent. The afternoon turned out sunny with a fresh wind on top, after an overcast and misty morning. Only one retirement: Thomas Garside (Hebog) who slipped and fell but thankfully nothing serious.

Mike Cousins

RESULTS

1. C. Donnelly	Eryri	48.49
2. D. Hughes	Hebog	49.09
3. A. Wrench	Tod	52.16
4. P. Jenkinson		52.38
5. E. Roberts V	Eryri	53.10
6. J. Hey	Warr	53.33
7. A. Haynes	Eryri	53.48
8. I. Wyn-Jones		54.06
9. K. Prydderch	Eryri	54.17
10. T. Davies	Merc	54.25

VETERANS 0/40

1. E. Roberts	Eryri	53.10
2. T. Hulme	Penn	55.02
3. H. Nicholson	Clay	56.34
4. D. Williams	Eryri	58.50
5. B. Davies	Eryri	59.40

VETERANS 0/50

1. D. Williams	Eryri	55.49
2. B. Hughes	Eryri	65.26
3. F. Uhuman	Eryri	65.35
4. M. Edwards	Wrex	66.22
5. G. Lloyd	Wrex	66.54

LADIES

1. M. Smith		61.44
2. C. Greasley V	Macc	62.46
3. J. Coker	MDC	63.00
4. J. Lloyd	Eryri	66.36
5. S. Farrar	Eryri	69.54
6. R. Naish V		70.47
7. S. Barnwell	Eryri	71.31
8. B. Evans	Shrops	72.38

JUNIOR BOYS U/16

1. A. Vaughan	Eryri	23.36
2. A. Davies	Merc	24.27
3. D. Hughes	Wrex	25.50

JUNIOR GIRLS U/16

1. J. Davies		33.40
2. S. Williams		38.32
3. S. West		48.50
3. S. Ashton		48.50

MEALL AN T-SUIDHE

Inverness-Shire

AS/3.5m/1500ft 17.7.93

The field of 106 was small for a British Championship Race but was full of quality at the front Running out and back to the hill along the road made the race seem a lot shorter but may have been worth only 100 seconds. The newly arrived Czech contingent seemed to be overawed by the descent.

John Blair-Fish

RESULTS

1. A. Peace	Bing	27.48
2.1. Holmes	Bing	27.48
3. J. Brooks	Loch	28.04
4. G. Bland	Borr	28.38
5. M. Roberts	Kend	2.41
6. D. Rodgers	Loch	29.10
7. S. Boo*	Ben-	29.19
8. J. Wilkinson	Gala	29.26
9. G. Bartlett	Forres	29.28
10. M. Rigby	Amble	29.30

VETERANS 0/40

1. M. Hoffe	Amble	20.25
2. W. Bland	Borr	20.52
3. B. Whitfield	Bing	20.54
4. D. Bell	Hadd	21.22
5. R. Boswell	Loch	21.49

VETERANS 0/50

1. J. Nuttall	Clay	33.23
2. R. Bell	Amble	34.17
3. K. Bums	Cam	35.31
4. D. Quinlan	Bing	36.59
5. C. Love	DunHawk	37.00

LADIES

1. A. Brand-Barker	Kesw	35.56
2. M. Todd	Amble	36.47
3. J. Reid	CFR	37.07
4. J. Smith V	DkPk	37.13
5. A. Isdale V	Bing	37.38
6. L. Thompson V	Kesw	38.50
7. K. Arnold	CFR	41.08
8. G. Walkington	Horw	41.52

JUNIORS

1.1. Brooks	Loch	28.04
2. P. Jeffrey	Loch	33.03
3. V. MacPherson	Fife	33.10

WHARMTON DASH

Lancashire

AS/2m/900ft 18.7.93

RESULTS

1. M. Moorehouse	Saif	15.23
2. D. Gibbons	Saif	16.03
3. P. Harwood	Unatt	16.11
4. H. Waterhouse V	Sadd	16.18
5. M. Cuddy	Gloss	16.33
6. A. Turner	Bux	16.39
7. P. Boyd	Horw	16.49
8. C. Lyon	Horw	16.53
9. G. Sumner	Unatt	17.03
10. D. Woodhead	Horw	17.11

VETERANS 0/40

1. H. Waterhouse	Sadd	16.18
2. K. Whittaker	Sadd	19.19
3. J. Collins	Gloss	20.33
4. E. Stacey	Sadd	21.42
5. M. Chamberlain	Spenn	23.01

VETERANS 0/45

1. P. Blagbrugh	Sadd	18.09
2. M. Coles	Skyrac	19.37
3. D. Hickling	Sadd	21.32
4. S. Kindon	Unatt	22.55
5. M. Garry	MchYMCA	23.07

VETERAN 0/50

1. T. Eckersley	Sadd	18.39
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VETERAN 0/55

1. P. Duffy	Aber	19.48
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LADIES

1. L. Lacon	Holm	22.02
2. T. Briggs	Unatt	26.08

JUNIORS

1. M. Moorehouse	Saif	15.23
2. A. Turner	Bux	16.39
3. J. Hart	Roch	17.20
4. G. Webb	Saif	17.22
5. A. Harwood	Unatt	21.04

HALF NEVIS

Inverness-Shire

AM/6m/2200ft 18.7.93

RESULTS

1. S. Bums	Loch	55.32
2. J. Hepburn	DunHawk	55.44
3. L. Raim	Czech	56.10
4. J. Parker	Ilk	56.19
5. M. Horacek	Czech	56.37
6. G. Wilkinson	Clay	56.58
7. J. Wilkinson	Gala	57.16
8. R. Boswell V	Loch	57.46
9. T. Hesketh V	Horw	58.47
10. J. Maitland	Loch	59.45

VETERANS 0/40

1. R. Boswell	Loch	57.46
2. T. Hesketh	Horw	58.47
3. R. Haigh	Ilk	1.00.48
4. G. Brooks	Loch	1.03.36
5. B. Brooks	Loch	1.04.31

VETERANS 0/50

1. C. Love	DunHawk	1.04.51
2. G. Clark	Arb	1.08.19
3.1. Chrystal	Loch	1.13.32

LADIES

1. C. Menhennet	Clydes	1.08.38
2. G. Walkington V	Horw	1.14.45
3. P. Dore V	Roch	1.26.48
4. H. Searie	Loch	1.27.04
5. A. Smith	Clay	1.27.35
6. J. Neill V	L'wade	1.39.16
7. J. Smith V	G'nock	1.40.36

PEAK FOREST FELL RACE

Derbyshire

CS/6m/650ft 18.7.93

A very eventful race. One hundred and seventy five entries from as far afield as Stoke, Manchester and Sheffield. Various club members including Leicester Orienteering Club, Dark Peak Fell Runners, Stilton Striders and many more.

Weather was slightly overcast but ideal for the event.

Jeff Hipwell

RESULTS

1. D. Neill	36.18
2. N. Stone	37.48
3. D. Ibbetson	38.18
4. M. Weedall	38.44
5. J. Cant	39.00
6. D. Riley	39.12

VETERAN 0/40

1. D. Ibbetson	38.18
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VETERAN 0/50

1. A. Gratten	41.50
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LADIES

1. W. Smallwood	45.33
2. K. Harvey	45.42
3. S. Newman	46.35

JUNIORS U/13

1. Helen Woollacott	33.27
2. Simon Matthews	35.04

JUNIORS U/12

1. P. Mathews	35.24
2. J. Fulton	42.03

LAC COW HILL RACE**Inverness-Shire
AS/2m/900ft 19.7.93****RESULTS**

1. J. Brooks	Loch	17.24
2. S. Bums	Loch	18.43
3. S. Cameron	Loch	18.54
4. P. Hughes	Loch	19.02
5. J. Hepburn	DunHawk	19.05
6. M. Horacek	Czech	19.27
7. P. Jeffrey	Loch	19.43
8. R. Boswell	Loch	19.58
9. M. Gorman	W'lands	20.32
10. J. Maitland	Loch	20.55

VETERANS 0/40

1. R. Boswell	Loch	19.58
2. B. Brooks Sr		21.04
3. W. Brown	Dews	21.27
4. G. Brooks	Loch	21.35
5. J. Banks	Loch	22.13

VETERANS 0/50

1. G. Contier	LaCap	24.03
2. C. Pritchard	Cam	26.03

LADIES

1. Y. Danson	S'pore	24.31
2. L. Hope	Loch	26.30
3. H. Searle	Loch	27.38
4. F. Russell	Loch	28.47
5. L. Brooks	Unatt	39.28

JUNIORS

1. J. Brooks	Loch	17.24
2. S. Cameron	Loch	18.54
3. P. Jeffrey	Loch	19.43

BLACKAMOOR CHASE**South Yorkshire
BM/6.5m/1400ft 21.7.93**

Contrary to the way the results read, thiš was not a Dark Peak club run. Numbers were down slightly this year due to a clash with our neighbour Bamford. We will sort things out for next year.

Andrew Ward led the field of one hundred and sixty five, first runner up the Rifle Range and to the first descent, then Alistair Landels took the lead until the track and road section, then it was Andrew again until the descent to the river crossing, hope it was Alistair again who took the lead up the long climb and to the finish.

Jackie Smith led the ladies in, on her first attempt on the course.

Colin Henson of Dark Peak having reached that certain age won the over sixties prize.

The team prize went to Dark Peak who narrowly beat Watford Harriers!, there must be some hills down there somewhere, Watford Gap perhaps!?!

*R Mason***RESULTS**

1. A. Landels	DkPk	37.49
2. A. Ward	Clowne	37.54
3. D. Neill	Merc	39.17
4. S. Francis	Watf	40.21
5. N. Francis	Watf	40.32
6. M. Egner	D.D.Tr	41.34
7. C. Adams	DkPk	42.27
8. G. Creswell	Unatt	42.43
9. M. Stock	S'shed	43.03
10. A. Harmer V	DkPk	43.04

VETERANS 0/40

1. A. Harmer	DkPk	43.04
2. P. Battery	Holm	43.05
3. M. Seddon	Holm	43.41
4. H. Swindells	DkPk	46.02
5. C. Bradshaw	Totley	46.07

VETERANS 0/50

1. T. Trowbridge	DkPk	47.32
2. B. Sprakes	DkPk	49.05
3. R. Mason	Totley	49.39
4. J. Harrison	DkPk	50.56
5. P. Kohn	DkPk	51.46

VETERANS 0/60

1. C. Henson	DkPk	55.53
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LADIES

1. J. Smith V	DkPk	47.54
2. W. Smallwood	DkPk	48.54
3. K. Davis	NDRC	52.11
4. E. Bradshaw V	Totley	54.28
5. P. Leech	H.H.	55.32
6. J. Evans	Sheff	58.36

BAMFORD CARNIVAL FELL RACE**CS/3.75m/600ft
21.7.93**

The day was cool and overcast, and the course wet and muddy on the highest areas. The runners were warned before hand.

Entries were down by over one hundred due to us clashing with Blackmoor Chase. May I point out to all runners who were upset at this unfortunate clash of dates that Bamford Fell Race is part of Bamford Carnival week, so I as an organiser have to keep to the Wednesday of the week. All being well next years date will be Wednesday twentieth July.

*Donald Johnson***RESULTS**

1. S. Cudahy	Bux	21.47
2. D. Ibbetson V	Gloss	21.53
3. J. Chambers	N. Derby	22.01
4. S. Charlesworth	Merc	22.04
5. M. Farrell	Unatt	22.12
6. C. Greenwood F	CalderV	22.31
7. S. Oglethorpe	Hallam	22.38
8. D. Erskine	Matlock	22.46
9. D. Oxley	Hallam	23.00
10. K. Davis	Penn	23.07

VETERANS 0/40

1. D. Ibbetson	Gloss	21.53
2. R. Prichard	N. Derby	23.48
3. C. Calladine	P'stone	24.10
4. J. Straker	Hallam	24.18
5. R. Scottney	Penn	24.23

VETERANS 0/50

1. A. Webster	Stock	27.32
2. B. Howitt	Matlock	28.01
3. S. Webster	Eck	28.32
4. T. Rushton	G.P.T.	30.15
5. D. Jackson	B.Vue	30.59

LADIES

1. C. Greenwood	CalderV	22.31
2. S. Boler V	P'stone	26.52
3. A. Jorgensen V	Penn	27.23
4. T. Griffin	P'stone	30.31
5. A. Lindop	P'stone	31.03
6. S. Whiteley	Penn	31.10
7. B. Coombs V	Unatt	31.13
8. A. Mason V	Macc	31.35

BLISCO DASH**Cumbria
AS/5m/2000ft 21.7.93**

Bonwdale had a good turnout and romped the team prize. Acky came out of retirement to finish third, and good runs from Angela Brand-Barker, Matt Whitfield and D.Bridge brought them alcoholic prizes. It will be low-key again next year, around the same Wednesday in mid July.

*Selwyn***RESULTS**

1. S. Booth	Bon-	38.13
2. G. Bland	Bon*	38.27
3. J. Atkinson	Amble	38.52
4. M. Fanning	Bon	39.06
5. J. Bland	Borr	39.22
6. B. McGhee	Unatt	40.25
7. 'Scoffer'	Borr	41.02
8. R. Hope	Horw	41.13
9. S. Oldfield	Bfd	41.26
10. N. Lanagan	Unatt	42.00

VETERANS 0/40

1. D. Bridge	Kesw	44.53
2. D. Spedding	Kesw	45.37
3. N. Walker	Amble	47.31
4. A. Kenny	AchRat	47.48
5. T. Richardson	Kend	48.26

VETERANS 0/50

1. P. Dowker	Unatt	50.44
2. R. Smith	L.O.C.	54.04
3. C. Rushton	Wesh	54.32
4. D. Hodgson	Amble	56.31
5. J. Taylor	Amble	57.04

LADIES

1. A. Brand-Barker	Kesw	49.35
2. L. Thompson V	Kesw	51.33
3. C. Kenny	Kend	52.42
4. G. Barnes V	Amble	53.42
5. K. Jackson	Kesw	53.48

JUNIORS

1. M. Whitfield	Bing	42.01
2. D. Hope	Horw	43.42
3. C. Dodd	Unatt	48.33

INTERNATIONAL SNOWDON**RACE
Gwynedd
AM/10m/3200ft
24.7.93**

Ian Holmes of Bingley was the surprise winner of the eighteenth Snowdon Race. The first to the summit was the Czechoslovakian runner Radislau Raim in forty one minutes and thirty two seconds, with Holmes in fifth position and nearly a minute and a half behind. Holmes however, powered down the mountain in a time of twenty one minutes and nineteen seconds to win ahead of the 1991 and 1992 winner Mark Croasdale. His winning time was seven seconds ahead of Mark.

In the ladies race Carol Greenwood smashed her 1986 record by almost two minutes, in a truly remarkable time and nearly four minutes faster than second placed Janet Kenyon.

England won both the men and ladies team events. A new veterans record was set by David Ibbetson of Glossopdale.

*Ken Jones***RESULTS**

1. I. Holmes	Eng	1.04.14
2. M. Croasdale	Eng	1.04.21
3. C. Donnelly	Scot	1.04.53
4. C. Roberts	Eng	1.05.07
5. N. Wilkinson	Scot	1.05.13
6. M. Kinch	Warr	1.05.25
7. L. Raim	Czech	1.06.01
8. P. Dymoke	Scot	1.06.25
9. M. Lee	Bolt	1.07.11
10. M. Roberts	Eng	1.07.32
11. M. Horacek	Czech	1.07.40
12. H. Griffiths	Hebog	1.08.01
13. S. Foster	Cymru	1.08.20
14. G. Scanzi	Ital	1.08.49
15. P. Wheeler	Cymru	1.09.06
16. R. Rodgers	N.Ire	1.09.37
17. A. Smith	CFR	1.10.01
18. R. Hojak	Siov	1.10.07
19. F. Teraz	Slov	1.10.13
20. S. Wilks	Cymru	1.10.14
21. B. Van Nuenen	Holl	1.10.17
22. A. Gartside	BangorUni	1.10.22
23. T. Jordon	Rep.Ire	1.10.28
24. R. Koucky	Czech	1.11.07
25. I. Hemik	Slov	1.11.14
26. E. Wagemans	Holl	1.11.18
27. D. Rodgers	Scot	1.11.26
28. N. Caity	N.Ire	1.11.31
29. D. Ibbetson V	Gloss	1.11.41
30. T. McElwaime	Rep.Ire	1.12.18

VETERANS 0/40

1. D. Ibbetson	Gloss	1.11.41
2. D. Cox	Poole	1.13.19
3. P. Ramczyk	Staffs	1.18.18
4. W. Knox	Teviot	1.18.45
5. P. Jones	Eryri	1.19.33

VETERANS 0/45

1. N. Jeffrey	Alt	1.12.38
2. T. Hesketh	Horw	1.13.07
3. P. Jones	Hebog	1.17.09
4. T. Hulme	Penn	1.17.46
5. B. Davies	Eryri	1.23.37

VETERANS 0/50

1. D. Ashton	Black	1.19.46
2. E. Steward	DkPk	1.32.04
3. E. Uhlman	Eryri	1.32.20
4. M. McDonald	Wigan	1.33.54
5. P. Coleman	Vaux	1.34.25

LADIES

1. C. Greenwood	Eng	1.12.48
2. J. Kenyon	Eng	1.16.27
3. K. Drake	Eng	1.20.39
4. J. Vidovic	Slov	1.20.45
5. J. Smith	Eng	1.24.19
6. A. Brand-Baiker	Cymru	1.25.15
7. A. Bedwell	Cymru	1.25.19
8. C. Menhennet	Scot	1.27.17
9. D. Kenwnight	Cymru	1.28.09
10. M. Todd	Cymru	1.29.12
11. P. Rather	Scot	1.30.46
12. E. Scott	Scot	1.33.12
13. S. Pntzina	N.Ire	1.33.51
14. C. Whalley	Scot	1.35.31
15. A. Sandford	N.Ire	1.38.30

PASSING CLOUDS FELL RACE
Staffordshire
AS/5m/1300ft 25.7.93

The clouds did not pass! The heavens opened and it poured down for the duration of the race. Streams and runners poured down the descents and all those that finished looked like all good fell runners should, wet, muddy and cheerful!

On such a bad day no records were expected. Dave Neill finished just nine seconds outside last years time. Wendy Smallwood however, broke the ladies record and finished well up the field.

Phil Hitchings

RESULTS

1. D. Neill	Merc	36.09
2. P. Bowler V	Merc	38.43
3. D. Gartley	Gloss	38.59
4. J. Cant	DkPk	40.26
4. A. Sunter	Horw	40.26
6. P. Light	Staffs	41.03
7. G. Clegg	MDOC	41.14
8. B. Crewson V	Black	41.21
9. M. Moorhouse	Matlock	41.34
10. J. Straker V	Hallam	41.48

VETERANS 0/40

1. P. Bowler	Merc	38.43
2. B. Crewson	Black	41.21
3. J. Straker	Hallam	41.48
4. P. Govuent	DkPk	42.57
5. R. Marlow	DkPk	44.45

VETERAN 0/45

I.C. Asdron	Macc	52.58
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VETERAN 0/55

1. P. Grundy	Bux	55.48
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VETERAN 0/60

I.B. Thackery	DkPk	47.30
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LADIES

1. W. Smallwood	DkPk	46.05
2. J. Cave	Goyt	51.52
3. P. Madden V	Gloss	55.21
4. D. Howe V	Unatt	65.09
5. T. Levitt V	Bux	73.24

REETH HILLS FELL RACE
North Yorkshire
A M/12.5 m/3300ft 25.7.93

Thanks to all those who helped make the Reeth Hills Race a great day again, (marshals included many non-runners who turn up every year to help and support this local event). Barry Tyson our first Ambulance case, sustained a sprained ankle along from Castle Farm, but after treatment at Catterick Military Hospital was allowed to go home. Sorry to all those who missed the river crossing, but just a few extra inches on the Swale can make it run twice as fast.

Due to popular demand we shall do our best to include two river crossings the second being optional and having both shallow and deep options.

Some trophy's are still missing, would some one please remind Ruth Pickvance the 1991 winner we need the Ladies shield back and Peter Conner last years veteran winner likewise.

A good entry of one hundred and seventy seven for the second year running, with just eight retired.

Sponsorship from Bedale Sports and Mandale Harriers AC made for a good prize giving.

Peter Smith

RESULTS

1. M. Aspinal	Clay	1.30.34
2. B. Whitfield V	Bing	1.33.07
3. B. Clough	Amble	1.34.26
4. G. Schofield	Black	1.35.00
5. D. Watson	Holm	1.35.08
6. D. Cartridge	Bolt	1.35.11
7. D. Woodhead	Horw	1.35.26
8. A. Carruthers	Crawley	1.35.54
9. A. Hauser	Fellan	1.36.37
10. G. Moffat	Holm	1.36.51

VETERANS 0/40

1. B. Whitfield	Bing	1.33.07
2. H. Nicholson	CalderV	1.41.47
3. J. Winder	CalderV	1.43.18

VETERAN 0/50

1. D. Gibson	Sadd	1.51.12
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LADIES

1. A. Isdale	Bing	1.55.53
2. C. Kenny	Kend	1.57.46
3. J. Shotter	Fellan	1.58.23
4. S. Haines	Unatt	2.08.14
5. J. Saul	C'mont	2.13.17
6. L. Hayles	CalderV	2.17.00
7. J. Nicholson	E.Hull	2.18.44
8. G. Menin	FRA	2.24.08g

RAMSEY GALA FELL RACE
Isle of Man
AS/3.5m/1750ft 25.7.93

Great Britain International walker Steve Partington maintained his impressive sequence of runs in the Ramsey race by scoring a start to finish victory in this years event. It was Partingtons fourth win in five years on the three and a half mile course that goes from Ramsey Hairpin to North Barrule summit and back, climbing 1750 feet en route.

This summer's seemingly endless rain has left all the Manx courses wet and muddy resulting in slower times for most events so far. This race was no different with the majority of competitors being a couple of minutes down on usual.

One exception to this was top lady athlete Stephanie Maddrell who knocked over three minutes off the previous best by a local female, to show a welcome return to form.

Richie Stevenson

RESULTS

1. S. Partington	Manx H	35.35
2.1. Watson	NAC	37.55
3.1. Callister	Manx H	38.30
4. R. Stevenson V	MFR	38.40
5. P. Crowe	NAC	38.46
6. R. Moughtin V	WAC	38.51

VETERANS 0/40

1. R. Stevenson	MFR	38.40
2. R. Moughtin	WAC	38.51
3. D. Corrin	Manx H	39.44

FIRST LADY

I.S. Maddrell	WAC	43.44
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THE REEBOK RYDAL ROUND
Cumbria
AM/9m/3000ft 29.7.93

RESULTS

1. M. Croasdale	L&M	1.16.43
2. J. Hooson	Amble	1.16.50
3. C. Valentine	Kesw	1.18.20
4. A. Wrench	Tod	1.18.27
5. S. Willis	Amble	1.19.00
6. M. Fleming	Amble	1.19.09
7. P. Pollitt	Bolt	1.19.14
8. P. Singleton	Amble	1.22.17
9. J. Wotten	Bing	1.22.23
10. D. Woodhead	Horw	1.22.24

VETERANS 0/40

1. H. Jarrett	CFR	1.22.41
2. K. Taylor	Ross	1.23.18
3. M. Richardson	Amble	1.28.06
4.1. Charlton	Kesw	1.32.16
5. C. Coote	Kend	1.32.49

VETERANS 0/50

1. R. Bell	Amble	1.30.56
2. J. Stout	CFR	1.44.30
3. H. Thomson	Clay	1.44.56
4. J. Taylor	Amble	1.48.14
5. M. Blake	Kesw	1.55.19

VETERANS 0/60

1. D. Hodgson	Amble	1.55.18
2. P. Baker	L&M	2.04.22

LADIES

1. C. Lyon	Horw	2.00.38
2. S. Smith	Unatt	2.04.05
3. T. Griffin	P'stone	2.13.01
4. B. Tingle	P'stone	2.18.21



Bob Whitfield (Bingley) flies off Fremington Edge, Reeth Hills.
Photo: Dave Woodhead

AMBLESIDE GALA
Cumbria
BS/4.5m/1000ft 31.7.93

The switch from BOFRA to FRA calender proved popular with about seventy in the seniors, whilst championship status attracted also about seventy juniors.

Mark Fleming of Ambleside, led home from a bleeding Will Styan (U/20) and Craig Watson (U/20), both dying for championship points. Styan was later stiched up. Helen Berry of Holmfirth (U/20) led a very small ladies field. Come on ladies, how about insisting on more time out for racing.

Matt Whitfield ran away from the under eighteen field whilst the Davis family from Mercia supplied both under fourteen and under sixteen boy winners. V.Wilkinson of Bingley (U/16) took both her own age group and the under eighteen category.

Stephen Savage of Ambleside (U/12) brought an English Championship a step closer by beating his best pal Stuart Reid on the run in. This show could run and run as they both move up next year.

M Richardson

RESULTS

1. M. Fleming	Amble	27.55
2. W. Styan	Holm	28.00
3. C. Watson	Bing	28.11
4. S. Willis	Amble	28.22
5. B. Evans	Amble	28.38
6. R. Jackson	Horw	28.46
7. N. Mathews	Horw	28.49
8. R. Hope	Horw	28.56
9. C. Moses	Bing	29.27
10. G. Shutt	Unatt	30.09

VETERANS 0/40

1. F. Livesey	30.38	
2. E. Parker	Amble	31.23
3. A. Riley	WROC	31.34

VETERANS 0/50

1. R. Bell	Amble	31.11
2. R. Asquith	Holm	32.37
3. J. Taylor	Amble	38.38

LADIES

1. H. Berry	Holm	42.22
2. K. Clarke	TVne	48.51
3. K. Dobson	Hynd	50.21
4. B. Unsworth V	Kend	50.43
5. V. Bell V	Unatt	76.50

INTERMEDIATES U/20

1. W. Styan	Holm	28.00
2. C. Watson	Bing	28.11
3. N. Mathews	Horw	28.49
4. R. Hope	Horw	28.56
5. H. Berry	Holm	42.22

JUNIOR BOYS U/12

I.S. Savage	Amble	13.44
2. S. Reid	Unatt	13.48
3. W. Hallas	Holm	14.24

JUNIOR GIRLS U/12

1. N. Brannon	Horw	16.36
2. C. Lamb	P&B	16.37
3. A. Murray	Horw	17.16

JUNIOR BOYS U/14

1. A. Davis	Merc	13.01
2. J. Hart	Roch	13.14
3. G. Lamb	P&B	13.31

JUNIOR GIRLS U/14

1. G. Adams	Brist	15.10
2. E. Riley	Kend	15.47
3. H. Mathews	Horw	16.09

JUNIOR BOYS U/16

1. T. Davis	Merc	20.47
2. D. Hope	Horw	21.18
3. M. Mason	WirTal	22.36

JUNIOR GIRLS U/16

1. V. Wilkinson	Bing	25.26
2. J. Walsh	P&B	27.28
3. J. Davis	Merc	28.32

JUNIOR BOYS U/18

1. M. Whitfield	Bing	20.00
2. A. Prendergast	Chor	22.33
3. R. Beale	Horw	22.44

JUNIOR GIRLS U/18

1. L. Lacon	Holm	26.17
2. L. Graham	Kend	26.42

BRADWELL FELL RACE
Derbyshire
BS/4.5m/600ft 4.8.93

Two hundred and forty four started and finished the race. The conditions were wet and misty. The descent was very slippery and there were one or two falls, but nothing serious.

RESULTS

1. J. Taylor	Holm	25.10
2. A. Trigg	Gloss	25.50
3. P. Bowler V	Merc	26.22
4. M. Lee	Bolt	26.54
5. A. Dickenson		26.57
6. P. Light	Staffs	27.05
7. C. Lindley V	Roth	27.29
8. S. Charlesworth	Merc	27.41
9. G. England	Sheff	27.42
10. R. Hutton	Totley	27.50

VETERANS 0/40

1. P. Bowler	Merc	26.22
2. C. Lindley	Roth	27.29
3. T. Hulme	Penn	28.05
4. K. Bowskil!	S'bride	28.27
5. P. Buttery	Holm	28.52

LADIES

1. C. Greasley V		32.10
2. K. Davis	N.Derby	34.08
3. D. Unwin	Hans	35.10
4. A. Watmore V	DkPk	35.51
5. P. Leech		37.35
6. A. Dinsmore	Stock	
7. D. Lenders	Wilms	39.13
8. S. Dail		39.19

SHEEPSTONES RELAY

West Yorkshire

AS/3x3m/1000ft 4.8.93

The Sheepstones Relay takes the form of teams of three runners who individually climb to the trig point on the summit of the hill overlooking Mytholmroyd, they then descend by the same route. A distance of approximately four miles with one thousand feet of ascent and descent.

This year saw forty four teams enter the race on the wettest August evening in living memory. At the end of the first leg M.Keys of Rossendale led R.Jackson of Horwich by only two seconds. In third place came S.Oldfield of Bradford and Airedale. At the end of the second leg Horwich had taken the lead with Bradford Airedale moving into second place with a fine run by G.Oldfield.

At the end of the third and final leg Horwich had consolidated their lead with Rossendale taking second place in front of Bradford Airedale.

The fastest leg of the night was run by M.Keys of Rossendale in twenty three minutes and thirty three seconds.

Thanks to all runners for turning up, and a great thank you to all the helpers for sticking with it on a "bloody awful evening".

Andy Thompson

RESULTS

1. Horwich'A'	73.35
R. Jackson, C. Lyon & T. Hesketh	
2. Rossendale'A'	74.27
M. Keys, D. Blackhurst & M. Corbet	
3. Bradford/Airedale	77.17
S. Oldfield, G. Oldfield & R. Grillo	
4. Bingley'A'	77.28
M. Bruce, P. Crewe & C. Moses	
5. The Smegheads	77.59
R. Rowlands, D. Thompson & G. Webb	
6. Ilkley'A'	79.11
M. Rhodes, R. Haigh & J. Parker	
FIRST VETERANS TEAM 0/40	86.25
1. Jepson, I. Barnes & G. Wright	
FIRST LADY'S TEAM	
1. Pudsey & Bramley	92.09
A. Buckley, A. Srivastava & S. Rowell	

SCRABO HILL RACE

Northern Ireland

BS/3m/750ft 4.8.93

RESULTS

1. R. Bryson	N'castle	19.52
2. G. Morris	WTH	20.08
3. P. Rowan	WTH	20.20
4. D. Simpson	WTH	21.21
5. A. Hurst	A'ville	21.26
6. J. Patterson V	Bel.Oly	21.28
7. T. Colt	WTH	21.52
8. W. McKay V	A'ville	22.03
9. J. Brown	BARF	22.11
10. N. Jackson	B'drain	22.12
VETERANS 0/40		
1. W. McKay	A'ville	22.03
2. F. Hammond	L.V.O.	25.09
3. W. Kellte	ACKC	25.14
4. F. Boa!	B'drain	26.00
5. M. Barton	ACKC	26.01
VETERANS 0/45		
1. J. Patterson	Bel.Oly	21.28
2. J. Hayes	B'drain	22.46
3. B. Gregory	A'ville	23.06
4. F. Strickland	B'drain	24.18
5. W. Magee	Lame	24.39

VETERANS 0/50

1. H. Young	B'drain	24.46
2. R. Ferguson	A'ville	30.52

LADIES

1. R. McConville	N.Down	25.50
2. S. Pruzina	BARF	26.18
3. A. Sandford	B'drain	27.08
4. M. Havem	BARF	27.45
5. J. Boyle	BARF	28.49
6. H. McKeeman	BARF	31.04
7. M. Oliver	Dub.R	31.28

INTERMEDIATES

1. D. Simpson	WTH	21.21
2. T. Colt	WTH	21.52
3. N. Jackson	B'drain	22.12
4. D. Fisher	B'drain	22.40
5. P. Curran	N.Down	22.58

JUNIORS

1. A. Devenney	Lame	16.11
2. A. Donald	N.Down	16.12
3. R. Cowan	Unatt	16.41

LATRIGG FELL RACE

Cumbria

AS/3m/950ft 8.8.93

The twenty first race attracted eighty three runners and ten under fourteens for the two lap park race. With underfoot conditions damp to say the least, times were generally slower than last year. Another factor was an uphill hurdle to negotiate, (the runners beat the marshals who were going to remove it) which added a few seconds to people's times, sorry!

Mark Croasdale easily defended his title despite storming descents from Cumberland's Alan Bowness and Brian Thompson. Matthew Moorehouse, last years Junior Champion, won the intermediate section and Alan Riley won the Junior with Nikki Wilkinson untroubled repeating last year's victory in the Ladies Race.

Many thanks to the Fitz Park Trustees for use for the park, Mr J Spedding for access on to Latrigg and his help in maintaining the race route, and Keswick Cricket Club for use of the pavilion.

RESULTS

1. M. Croasdale	L&M	18.04
2. A. Bowness	CFR	18.15
3. B. Thompson	CFR	18.29
4. G. Bland	Borr	18.40
5. M. Moorehouse	Saif	18.41
6. R. Jackson	Horw	19.12
7. S. Booth	Borr	19.15
8. P. Singleton	Amble	19.21
9. R. Hope	Horw	19.40
10. N. Spence	Kend	19.56

VETERANS 0/40

1. J. Hope	AchRat	20.51
2. A. Riley	WCOC	21.16
3. D. Spedding	Kesw	21.20
4. J. Dore	Roch	21.41
5. C. Webb	CFR	21.47

VETERANS 0/50

1. F. Gibbs	Bing	22.40
2. D. Tilly	Ross	25.14
3. R. Hayes	Morp	27.13
4. K. Ledward	Borr	31.53

LADIES

1. N. Wilkinson	Black	23.15
2. L. Thompson V	Kesw	24.38
3. W. Knox	Kesw	25.40
4. K. Thompson V	Clay	27.51
5. S. Brunton V	CFR	28.37
6. T. Griffin	P'stone	29.12
7. P. Dore	Roch	30.50
8. N. Carey	Roch	31.42

INTERMEDIATES

1. M. Moorehouse	Saif	18.41
2. P. Singleton	Amble	19.21
3. R. Hope	Horw	19.40

JUNIORS

1. A. Riley	Kend	21.50
2. C. Steel	Cope	23.11
3. A. McGlennon	Lark Hall	24.34

WADSWORTH VILLAGE FAIR

FELL RACE

West Yorkshire

BS/4.5m/800ft 8.8.93

Both the men's and women's records were smashed in this year's race which also produced a larger turnout than usual. Kenny Skirratt turned up to defend the new record he had established last year (twenty three minutes and twelve seconds), but finished second to John Taylor of Holmfirth who established a new record time over a course that was wetter than usual underfoot.

Carol Greenwood never ceases to amaze. She won the Cookridge 10K Road Race in the morning and came up to collect husband Alan who had come up in the morning to

help flag the course. As the race had not started she decided to pay her entrance fee and 'jog around'. In doing so she produced a new womens record and finishing eighteenth overall. This broke the record she established as a Junior in 1983 (twenty six minutes and eleven seconds).

The team prize went to Halifax who beat Todmorden by one point.

B Pierce

RESULTS

1. J. Taylor	Holm	22.38
2. K. Skirratt	H'fax	23.37
3. A. Wrench	Tod	23.51
4. S. Cock	LdsCty	23.57
5. A. Green	Hallam	23.59
6. M. Lee	Bolt	24.09
7. M. Bruce	Bing	24.23
8. J. Wootton	Bing	24.59
9. B. Schofield V	Tod	25.03
10. S. Keighley	H'fax	25.12

VETERANS 0/40

1. B. Schofield	Tod	25.05
2. P. Weatherhead	Wirral	26.08
3. A. Robinson	Clay	26.20
4. P. Buttery	Holm	26.23
5. B. Crewdson	Black	26.58

VETERANS 0/50

1. P. Jepson	Unatt	28.16
2. T. Shaw		28.43
3. D. Illingworth	Bfd/Aire	29.44
4. P. Watson	P&B	30.15
5. P. Duffy	Aber	30.58

LADIES

1. C. Greenwood	CalderV	26.02
2. D. Flanagan	Unatt	31.54
3. S. Billam	Melt	33.11
4.1. Neville V	CalderV	36.23
5. K. Dobson	'Hynd	36.49
6. S. Green	Hallam	37.27
7. A. Whitehead	Bing	37.43
8. P. Collier V		38.13

JUNIORS

1. B. Erdhardt	Tod	26.57
2. C. Child	P&B	28.06
3. J. Hart	Roch	28.28

THE LAST ANGUS MUNRO

Angus

AL/14m/5000ft 8.8.93

This was a new course, necessitated by restrictions placed upon the old route by Scottish National Heritage and comprised two loops, starting and finishing at the Clova Hotel, and run anti-clockwise, the first loop going out via Green Hill, Wester Balloch, Lain of Alderarie, Red Craig, Braedownie Farm, the second loop via Driesh (munro), Hill of Stroe, Cairn Links and back to the hotel. None of the route follows public or metalled track or roads and much of the route is pathless; the initial ascent has a good path, but from there through to Red Craig there is much peat hag, heather and grass, which surprisingly can give some reasonable running in dry conditions. This stretch however, will be very difficult to follow in the mist, on both Wester Balloch and lain of Alderarie are flat rounded hills with no very obvious summit, which will require very precise navigation in bad weather. We were lucky this year in having near perfect conditions with high cloud, a cooling breeze and no rain. A very steep descent from Red Craig follows through crags and boulders, and then the Nurrem Howe to face the prospect of another two thousand foot climb to Driesh, via the Bealack of Caire Facal, another largely trackless section of heather and hummocky grass. One interesting feature of the plateau above Green Hill is the presence of large herds of red deer, including stags in full antler and impressive views of Lochnager and the Creag an Dush Loch. From Driesh to Cairn Links the running is better - and downwards - though the final descent to the hotel can be deceptively dangerous through stones and holes in deep vegetation. At the bottom of the descent the runners ford the River South Esk, before running up a field to the finish.

J Wilkins

RESULTS

1. M. Rigby	W'lands	2.43.05
2. J. Hooson	Ochil	2.45.37
3. D. Crowe	Shett	2.51.55
4. D. McGonigle	Shett	2.57.41
5. G. Ackland	L'ston	3.01.25
6. J. Gallacher	Ochil	3.09.42
7. E. Harwood V	H'land	3.10.28
8. R. Boswell V	Loch	3.10.50
9. S. Murray	Ochil	3.11.48
10. J. Nixon V	Horw	3.12.26
VETERANS 0/40		
1. E. Harwood	H'land	3.10.28
2. R. Boswell	Loch	3.10.50
3. J. Nixon	Horw	3.12.26
4. B. Laurie	Aber	3.13.37
5. N. Bowman	Loch	3.14.24

VETERANS 0/50

1. K. Bums	Cam	3.16.21
2. G. Armstrong	Hadd	3.18.56
3. C. Love	DunHawk	3.21.22
4. A. McGillivray	Fife	3.26.07
5. G. Clark	Arb	3.27.21

LADIES

L.J. Farmer	Loch	3.26.31
2. H. Searle	Loch	4.21.56
3.1. Clark V	Arb	4.26.42

TEAMS

1. Ochil	9.07.07
2. Westerlands	9.42.37
3. Lochaber	9.51.45

BARNOLDSWICK WEETS FELL RACE

Lancashire

CS/6m/800ft 8.8.93

Steve Hawkins headed the field of one hundred and ninety eight with over two minutes to spare from Roger Brewster and Mark Aspinall. Kath Drake once again won the Ladies category in over two minutes from Gillian Close.

Many thanks to all the marshals and helpers, Silentnight and the police who make the race possible.

Bob Jackson

RESULTS

1.S. Hawkins	Bing	32.17
2. R. Brewster	Clay	34.27
3. M. Aspinall	Clay	34.38
4. J. Simonite	N.Fylde	34.44
5. P. Pollitt	Bolt	35.05
6. C. Metcalfe	Skip	35.13
7. P. Leyboume	N.Fylde	35.23
8. D. Woodhead	Horw	35.36
9. J. Roche	Clay	35.42

VETERANS 0/40

1. G. Carlos	MchYMCA	38.40
2. D. Hargreaves	Clay	38.47
3. A. Green	Bfd	38.56

VETERANS 0/45

1. R. Hargreaves	Clay	36.54
2. M. Barrie	Clay	37.27
3. P. Wilkinson	N.Vets	41.07

VETERANS 0/50

1. T. Orrell	Chor	39.08
2. D. Scott	Clay	39.34
3. G. Firth	W'kirk	41.47

VETERANS 0/55

1. R. Jaques	Clay	43.32
2. R. Deardon	Clay	47.24
3. G. Arnold	Prest	47.36

VETERANS 0/60

I.B. Leathley	Clay	52.09
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VETERANS 0/70

1. J. Riley	Clay	63.02
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LADIES

1. K. Drake	Spn	40.35
2. G. Close	Imp	44.27
3. R. Weston	Tees	44.48

LADY VETERAN 0/35

L.L. Boslock	Clay	45.01
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LADY VETERAN 0/40

1. J. Rawlinson	Clay	47.07
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LADY VETERAN 0/45

L.J. Orritt	Red Rose	49.08
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LADY VETERAN 0/55

1. K. Garnett	Clay	61.05
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JUNIORS

1.M. McElhone	Unatt	17.04
2. D. Fisher	Unatt	17.30
3. C. Singleton	Clay	17.36

GLEN TROOL HILL RACE

Galloway

CM/10.5m/1680ft 15.8.93

The Glen Trool Hill Race took place on a warm, sunny day. Underfoot conditions, however, were treacherous and slippery following the recent abysmal spell of 'summer' weather. This led to slower times than expected. Entries were slightly up on last year but we had no athletes from the central belt, presumably because of a clash of events.

If the Forestry Commission still exists in its present form, we will be happy to stage the event again in 1994.

T Livingstone

RESULTS

1. T. Brannan	Unatt	1.33.58
2. B. Green	Unatt	1.42.38
3. P. Wilson V	Unatt	1.46.34
4. J. Keenan V	G'way	1.47.13
5. R. McCrae V	G'way	1.49.39
6. G. Jones V	Unatt	1.53.52
7. D. Brown V	Unatt	1.54.28
8. L. Brown V	G'way	1.55.18
9. C. Butler	G'way	1.56.11
10. T. Hancock V	G'way	1.57.07

LADY

L.L. Brown V	G'way	1.55.18
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GREEN BELL FELL RACE

Cumbria

BS/6m/1300ft 21.8.93

AH the runners in this years Green Bell Fell Race ran an out and back course, apparently not seeing or caring to ignore the markers for the correct route. Who am I to argue with ninety competitors? You win, lets do it your way again next year! Besides that, a great race was run with two outstanding results. First intermediate and first overall was Daniel Henderson of Saltwell with an impressive time, and first lady and third overall was Carol Greenwood of Calder Valley setting a brilliant new course record. Well done to all competitors and congratulations to the prize winners. Thanks to all the individuals who helped us, the Howgill Harriers, to put in this event.

RESULTS

1. D. Henderson	Salt	40.55
2. M. Hamson	Horw	41.19
3. C. Greenwood	CalderV	41.55
4. B. Clough	Amble	42.10

5. R. Unwin	CFR	42.13
6. K. Wood	Salt	42.20
7. C. Capel	Howg	42.33
8. A. Beaty	CFR	42.47
9. H. Symonds	Kend	43.08
10. M. Calvert	Howg	43.14

VETERANS 0/40

1. H. Symonds	Kend	43.08
2. K. Wilson	Mand	44.02
3. J. Hope	AchRat	44.37
4. J. Rea	Unatt	44.44
5. C. Pooley	L&M	45.14

VETERANS 0/45

1. M. Walford	Kend	44.54
2. B. Linsley	CFR	47.53
3. F. Walker	FRD	52.43
4. N. Dyson	Mand	54.17
5. S. Beaty	Tyne	54.46

VETERANS 0/50

1. R. Bell	Amble	43.35
2. J. Stout	CFR	48.23
3. P. Dowker	Unatt	49.43
4. P. Carmichael	Elswick	51.03
5. R. Bray	B&F	53.42

VETERANS 0/60

1. Peacock	B'hill	53.10
2. C. Rushton	Wesh	53.28

LADIES

1. C. Greenwood	CalderV	41.55
2. S. Rowell	P&B	43.33
3. M. Todd	Amble	48.21
4. C. Kenny	Kend	41.46
5. C. Whalley	L'ston	54.33
6. A. Linsley V	CFR	55.06
7. K. Arnold	CFR	56.33
8. P. Symonds V		56.42

INTERMEDIATES

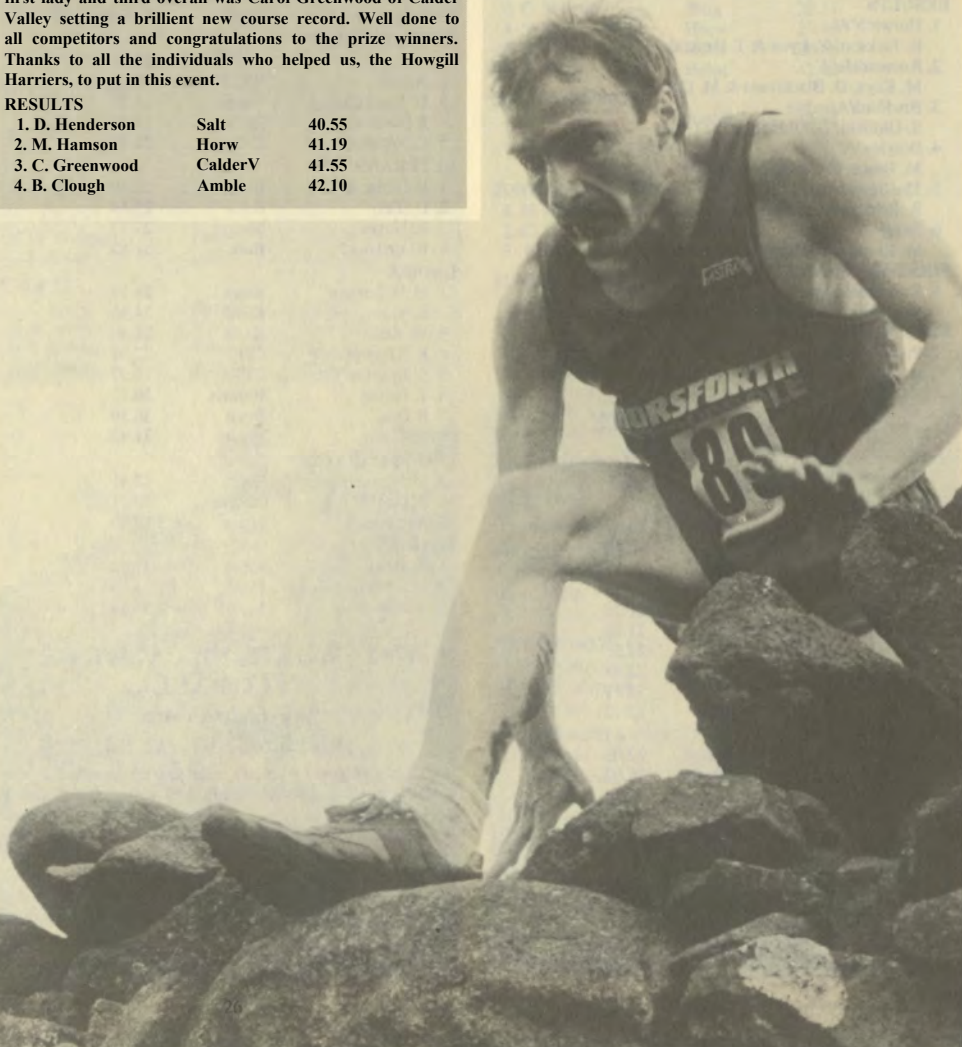
1.D. Henderson	Salt	40.55
2. T. Cowin	Howg	46.38
3. P. Singleton	Amble	57.04

JUNIORS

L. A. Suedden	Howg	45.22
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R. Hamilton and Andy Hauser tackle the famous wall at Bumsall.

Photo: Sieve Bateson



BURNSALL CLASSIC FELL RACE

North Yorkshire

AS/1.5m/900ft 21.8.93

Very good conditions saw a high level entry have excellent racing. Andy Peace (three times former winner) led at the top in nine minutes from a close field of four other runners. Steve Hawkins with a descent time of three minutes and forty six seconds won the race in a very good time of twelve minutes and fifty one seconds, only three seconds out on John Wilds fastest time in 1983.

Bingley provided the first three places with Ian Holmes and Andy Peace taking second and third. Fourth was Gavin Bland in his first visit to Bumsall and fifth was a regular contender Mark Croasdale.

First veteran over forty was Andy Styan, who won the race in 1974. First veteran over fifty was a regular competitor at Bumsall, Dennis Quinlan. Matthew Whitfield of Bingley won the Junior Fell Race for the second year in succession with Robert Jebb of Bingley second and Mick Wood of Pudsey and Bramley third.

First lady was Amanda Isdale (veteran) with Jean Shotter of Fellandale second.

J Maxfield

RESULTS

1. S. Hawkins	Bing	12.51
2. I. Holmes	Bing	12.58
3. A. Peace	Bing	13.05
4. G. Bland	Borr	13.22
5. M. Croasdale	L&M	13.29
6. D. Neill	Merc	13.35
7. J. Atkinson	Amble	13.37
8. A. Towriss	Baildon	13.58
9. I. Ferguson	Bing	14.06
10. C. Moses	Bing	14.14

VETERANS 0/40

1. A. Styan	Holm	15.04
2. A. Robinson	Clay	16.06
3. L. Sands	Kly	16.33
4. B. Horsley	CalderV	17.02
5. M. Seddon	Holm	17.20

VETERANS 0/50

1. D. Quinlan	Bing	17.30
2. D. Hodgson	Fellan	18.32
3. P. Watson	P&B	18.58
4. G. Charles	Vaux	19.47
5. D. Brown	Clay	20.01

LADIES

1. A. Isdale V	Bing	18.04
2. J. Shotter	Fellan	19.06
3. E. Hodgson	Fellan	19.51
4. R. Whitehead	Bing	20.56
5. C. Dewhurst	Clay	21.29
6. S. Cariss V	Bing	21.30
7. G. Egner	Denby	22.16
8. I. Neville V	CalderV	23.52

JUNIORS

1. M. Whitfield	Bing	6.50
2. R. Jebb	Bing	7.13
3. M. Wood	P&B	7.20

SPERRIN MOUNTAINS

Newtownards

AL/14m/4300ft 21.8.93

The eighth round of the Anderson's Northern Ireland Fell running Championship took place in the more remote Sperrin Mountains. Past years have seen some foul weather conditions for this event, but it was still and mild with excellent visibility over the eight peaks this year.

A field of twenty three started the race, though some of the other leading contenders in the championship sat this one out on account of the proximity of the World Mountain running trophy in France. Brian Ervine immediately took the lead with Jim Brown of BARF only able to give chase over the initial two peaks. After pulling further ahead it was inevitable that the record books would again have to be rewritten in a Northern Ireland fell race this season. Ervine was able to sustain the pace where it mattered most over the second half of the race with its tight climbs and so knocking over nine minutes off the course record. It was a performance that greatly satisfied the Ballydrain Hairier after a season dogged with injury.

Brown's pursuit of Ervine saw him fade to be caught by the 1993 Irish Veterans Champion Billy McKay. However one of the performances of the day was from Peter Howie who passed both runners in the latter stages to grab runner up spot. Veterans filled the next five places among them Jim Hayes making a return to the fells. Another Ballydrain Harrier Anne Sandford dominated the ladies race in a record time. She finished well ahead of Kathy Knell and Helen McKeeman to record her fourth win of this her first full season fell running.

Neil Carty

RESULTS

1. B. Ervine	B'drain	2.14.16
2. P. Howie	Lame	2.36.49
3. B. McKay V	A'ville	2.40.53
4. J. Brown	BARF	2.48.00
5. J. Sloan V	N.Down	2.49.50

6. J. Hayes V	B'drain	2.51.13
7. M. Barton V	ACKC	2.52.21
8. W. Kettle V	ACKC	2.54.52
9. B. Magee V	Lame	2.58.20
10. A. Hornsby	Unatt	3.08.13
11. A. Sandford	B'drain	3.19.49
12. R. Ferry V	Mid Uls	3.19.51
13. F. HamondV	LVO	3.20.32
14. P. McClenaghan	BARF	3.31.34
15. J. McBride	BARF	3.38.53
16. I. Taylor V	A'ville	3.44.27
17. G. Clarke	A'ville	3.51.37
18. K. Knell	Unatt	4.14.40
19. H. McKeeman	BARF	4.36.59
20. J. Homsby	Unatt	4.43.10

VETERANS 0/40

1. B. McKay	A'ville	2.40.53
2. M. Barton	ACKC	2.52.21
3. W. Kettle	ACKC	2.54.52

VETERANS 0/45

1. J. Sloan	N.Down	2.49.50
2. J. Hayes	B'drain	2.51.13
3. R. Ferry	Mid Uls	3.19.51

LADIES

1. A. Sandford	B'drain	3.19.49
2. K. Knell	Unatt	4.14.40
3. H. McKeeman	BARF	4.36.59

ARROCHAR ALPS HILL RACE

Strathclyde

AL/13m/7900ft 21.8.93

The organisers of the above event regret to advise that, due to unforeseen difficulties the race will not be run this year, but hope you will join us next year.

Bobby and Jan Shields

ST. JOHNS CHAPEL FELL RACE

Co. Durham

BS/3m/700ft 25.8.93

Fine weather and an appreciative audience at the first of the two Grand Prix events at St. Johns Chapel Show. Thirty five runners started the gruelling climb up to Carr Brow Moor led once again this year by Peter Embleton closely followed by Kevin Archer who unfortunately had to retire due to injury. Peter kept his lead, followed by K.Langridge. The ladies event was won by Durham Elvet Striders Jan Young from Kay Cameron from Sedbergh in Cumbria.

RESULTS

1. P. Embleton	22.09
2. K. Langridge	22.30
3. G. McAdam	23.21
4. A. Curtis	23.47
5. G. Carter	24.03
6. A. Scaife	24.13
7. S. Lumb	24.23
8. J. McIntosh	24.32

LADIES

1. J. Young	33.15
2. K. Cameron	34.31
3. K. Vickers	35.28

BECA

Pembrokeshire

BS/5m/1050ft 28.8.93

A field of eighty eight runners turned out on a beautiful day for the seventeenth Beca's Race. The going was rather wet, but the finishing times did not reflect this. Dewi Jones took the first position almost immediately and maintained it to win for the fifth consecutive year in a minute under his previous time.

Entries were slightly down on last years race, but came from as far a field as Brentwood, Essex, and Caernarfon and Gwynedd. The female winner, a ladies veteran was Mrs June Brazell of Haverford West. Congratulations to everyone

John Evans

RESULTS

1. D. Jones	33.37
2. E. Rees	34.49
3. A. Abbott	35.25
4. A. Jones	35.30
5. D. Warren	35.40
6. G. Edwards	36.04
7. D. Roberts	36.22
8. R. Phillips	37.33
9. M. Adams	37.39
10. N. Gwynne	37.45

VETERANS 0/40

1. R. Marks	38.02
2. A. Evans	38.28
3. L. Rees	39.05
4. E. Sherwood	39.18
5. P. Moody	39.57

VETERANS 0/50

1. K. Parry	38.51
2. P. Harding	44.58
3. R. Morgan	45.08

LADIES

1. J. Brazell	45.15
2. J. Hawking	45.40
3. A. Abbott	46.13
4. C. McCarthy	49.20
5. J. Williams	49.42
6. A. Evans	50.34
7. B. Harries	51.22
8. M. Barlow	51.38

INTERMEDIATES U/16

1. G. Edwards	36.04
2. I. Davies	40.00
3. M. Robinson	40.16
4. H. Evans	47.37
5. H. Thomas	48.24

LAXEY HORSESHOE

Isle of Man

AM/12m/3200ft 29.8.93

The ten mile race was first held in 1976 with the present route introduced a couple of years later. The majority of the climbing is done in the first half of the race as the competitors grind their way from Laxey promenade to Snaefell summit via Blieau Ouyr and Clagh Ouyr. The return to Laxey prom is mostly flat or down hill running with just two ascents to Mullagh Ouyr and Cam Geijoil to test already tired legs.

The race became a two way dice between Tony Rowley and Steve Partington with the latter attacking strongly in the final mile to take victory by just thirty seconds.

The local Raynet radio operators* have helped the organisers to chart the progress of the race for the last few years and this year especially showed their worth as numerous competitors went astray in the misty conditions. Thankfully with the help of Raynet everyone was soon accounted for.

Richie Stevenson

RESULTS

1. S. Partington	Manx H	1.46.47
2. T. Rowley	MFR	1.47.27
3. J. Quine	Bolt	1.54.42
4. P. Butterly V	Holm	1.55.00
5. N. Hanson	Aber	1.56.28
6. D. Young V	MFR	1.57.10
7. I. Callister	Manx H	1.58.51
8. D. Corrin	Manx H	1.59.01 *
9. R. Stevenson	MFR	1.59.17
10. I. Watson	NAC	2.03.58

VETERANS 0/40

1. P. Butterly	Holm	1.55.00
2. D. Young	MFR	1.57.10
3. D. Corrin	Manx H	1.59.01

VETERAN 0/50

1. B. Baxter	Manx H	3.27.29
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LADY

1. M. Baumeister	Germany	3.27.29
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Y CNICHT

Gwynedd

AS/4.5m/1 850ft 29.8.93

The dirtiest day in the thirteen year history of the race with thick mist, drizzle turning to rain on the summit and visibility down to ten yards. Colin Donnelly and Duncan Hughes indulged in a private battle for the lead, resolved only when Duncan slightly went astray on the descent. Colin seized the initiative and won by the smallest of margins, only a minute outside the record. Carwyn Williams picked up ten places on the descent and Tim Davies confirmed his promise on his first visit to the mountain. No injuries, no one seriously lost, a classic race spoilt by the weather.

F Uhlman

RESULTS

1. C. Donnelly	Eryri	33.47
2. D. Hughes	Hebog	33.48
3. H. Griffith	Hebog	35.53
4. C. Williams	Hebog	37.25
5. T. Jones	Eryri	37.57
6. D. Davies		38.00
7. B. Beachell	H'fax	38.05
8. A. Hughes V	Hebog	38.07
9. T. Davies	Merc	38.10
10. J. Pearce		38.17

VETERANS 0/40

1. A. Hughes	Hebog	38.07
2. H. Parri	Eryri	40.49
3. D. Whiteside	Eryri	44.21

VETERANS 0/50

1. D. Williams	Eryri	39.48
2. F. Uhlman	Eryri	45.38

LADIES

1. M. Carper V		53.53
2. A. Bond	Wrex	55.15
3. A. Donnelly	Eryri	55.29

JUNIORS

T. Davies	Merc	38.10
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DUFTON PIKE FELL RACE

Cumbria

AS/1.5m/1578ft 28.8.93

Another great race with Greg Hull overtaking Alan Bowness in the last four hundred yards to equal the 1991 course record of Steve Hawkins. This race has all the crudentials to be a Championship event!

D Cannon

RESULTS

1. G. Hull	Lds	15.55
2. A. Bowness	CFR	15.59
3. J. Atkinson	Amble	16.48
4. D. Woodhead	Horw	17.11
5. M. Haymess	DkPk	17.13
6. A. Landels	DkPk	17.35
7. G. Morphet	Howg	17.37
8. H. Jarrett	CFR	17.44
9. R. Bradbury	Unatt	18.33
10. B. Edwards		18.43

LADY

1. E. Unsworth	Kesw	30.09
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JUNIOR RACE

1. A. Riley	Kend	10.12
2. T. Parsons	K.Meab	10.23
3. D. Block	CFR	11.51
4. A. Knowles	Hilt	11.58
5. A. Fryer	B'bridge	12.56

JUNIOR GIRL

LS. Hardman	Bramp	16.28
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MOFFAT BEEFTUB RACE

Dumfries

AS/2m/1500ft 28.8.93

RESULTS

1. D. Sheill	Cam	21.37
1. M. Patterson	Shett	21.37
3. R. Byers	Traff	21.46
4. D. Bell	Hadd	22.09
5. J. Blair-Fish V	Cam	22.26
6. W. Lawrence	FRA	23.33
7. R. Longmore	Solway	23.37
8. M. Canavan	P'cuik	23.40
9. B. Berzins	DkPk	23.45
10. A. Murray		23.47

VETERANS 0/40

1.J. Blair-Fish	Cam	22.26
2. R. Blamyre	Stew	23.54
3. R. Turnbull	Solway	25.49
4. R. Austin	Stew	26.38
5. A. Nicol	Fife	36.13

VETERANS 0/50

1. T. Buchanan	Annan	28.53
2. F. Bias	E.Kilb	30.43
3. D. Turnbull	E.Kilb	33.01

LADIES

1.C. Whalley	L'ston	28.13
2. L. Longmore	Solway	30.42
3. J. Robson V		34.09

JUNIOR

1. M. Canavan	P'cuik	23.40
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Past champion fell runner Dave Cannon presents Greg Hull (Leeds) with the perpetual trophy after he equalled the course record at Dufton Pike.

THREE SHIRES FELL RACE

Cumbria

AL/13m/4000' 11.9.93

The unsettled weather meant that the race was run in rain and brilliant sunshine, but at least the later finishers were rewarded with a magnificent rainbow. These results are provisional.

- Selwyn Wright

RESULTS

1.G Bland	Borr	1.47.59
2.= A Peace	Bing	1.49.36
2.w S Hawkins	Bing	1.49.36
4.1 Holmes	Bing	1.52.16
5. M Rigby	Ambl	1.52.18
6. B Thompson	CFR	1.54.39
7.1 Ferguson	Bing	1.55.01
8. B McGhee	CFR	1.58.07
9 M Aspinall	CleM	1.58.19
10 S Thompson	CleM	1.58.33
11. M Kinch	Warr	
12. A Trigg	Gloss	
13. G Wilkinson	CleM	
14. A Schofield	Borr	
15. A Wrench	Tod	
16. J Feeney	Bing	
17. M Wallis	CleM	

18. H Jarrett	CFR
19. P Singleton	Ambl
20. T Hesketh	Horw
21 B Clough	Ambl
22. G Webb	Ambl
23. S Hicks	Borr
24. C Moses	Bing
25. D Ramsay	Kesw

LADIES

1. C Greenwood	CV	2.13.58
2. J Reid	CFR	
3. A Priestley	Hors	
4. A Isdale	Bing	
5. C Greasley	Macc	
6. G Cook	Roch	
7. L Thompson	Kes	
8. J Shotter	Fell	
9. K Beatty	CFR	
10. L Lord	CFR	

SUPERVETERANS

1.J Nuttall	CleM	2.07.58
2. R Bell	AmB	2.19.19
3. B Fielding (V60)	Fell	

VETERANS

1. H Jarrett	CFR
2. T Hesketh	Hor
3. P McWade	CleM



Founded 4th April 1970

Kit Review:

Buffalo Double-P system

It is typical of Hamish Hamilton, managing director and founder of Buffalo, that he should offer to supply Buffalo clothing for testing, rather than wait to be asked to do so. It is also typical of the man that having personally supervised the production of his clothing from drawing board to finished item, he should feel confident enough to say *"Don't just wear my stuff and write a few trivial remarks in your next issue. Go out and give it a good bashing, test it through the winter and then write about it"*

A year later, here are the comments on the Buffalo windshirt and overtrousers and the Buffalo mountain shirt, the first from Francis Uhlman, the second from Ray Swatcher. Made from P5 Pertex, a tightly woven lightweight nylon fibre known as the first 'microfibre', the windshirt and overtrousers are available in mid blue, green and purple. No claims are made for being waterproof, merely highly windproof and no claims are made for being fashionable, since the primary aim of Buffalo clothing is to be functional. Unlike the mountain shirt, the windshirt and overtrousers are unlined and worn, for running purposes over a vest and tights. The overtrousers are entirely conventional, zipped at the fly and fastened with velcro at the waist with zips at the side of each foot to allow for easy pulling on and off over a pair of shoes. The shirt is pulled on over your head (rather than an open fronted jacket) and has a 7" zip at the neck, beneath which is a horizontal map pocket 16" wide and 8" deep fastened with two velcro tabs (see below). There are double zips running vertically under each armpit down to the waist which allow for easy regulation of airflow. The windshirt can be pulled on and off in a matter of seconds whilst running and without slackening pace, with sleeves fastening at the cuffs with adjustable velcro tabs.

First impressions are of extreme lightness and pliability. The windshirt weighs 5oz and the overtrousers 7oz. The material crumples into almost nothing to fit in your bumbag or hangs loose knotted about your waist without inhibiting your running action. Even once your body has warmed up the windshirt does not cause chronic overheating or excessive build up of sweat as the ventilation system is extremely efficient. Open the zip at the neck and the sides and you will soon feel the temperature drop. Zips can be adjusted whilst running and with one hand. The windshirt doesn't smell or absorb sweaty odours even after 20 outings without a wash. Mudstains rub off in the next shower. When you do wash the garment, it dries in minutes. After a year's wear, the windshirt remains as new, without any tears or frayed ends or fading and the zips function perfectly.

Probably because heat loss through the legs is minimal, I have worn the windshirt 20 times more often than the overtrousers, preferring to wear Lycra or thermal tights as conditions demand in winter. The overtrousers have usually remained in my bumbag folded up tight the size of a sausage roll. The windshirt comes with a detachable hood which you buy separately. The hood fastens at the neck with velcro tabs which (up till now) have proved to be strong enough to prevent the hood flying off in a gale, at the same time the detachable hood can be ripped off quickly by hand and stowed in the map pocket, so that you are not faced

with a permanently attached wind drag flapping around at the back of your neck. In fact the hood is rarely necessary in 'normal' conditions and in severe weather a thermal balaclava would be more useful. The windshirt won't stop you getting saturated in a rainstorm, but even when you are soaked, the material won't hold water and weigh you down or inhibit freedom of movement. It's actually pleasant to wear in the rain, as long as you keep moving.

Pertex is a superb fabric, light, strong, soft to the touch. It 'breathes', washes easily, dries quickly, crumples up into nothing at all without creasing. So long as you remember to use the ventilating side zips, it won't stifle you with excessive heat build up or retain sweat or odours. Price wise, the Buffalo windshirt is certainly more expensive than others on the market, but this is the only one I've tested and therefore can't comment on others. All I can say is that my windshirt has come through a year of intensive wear with flying colours.

Recent improvements have apparently eliminated the only problem I could find - namely that car keys and even a compass could fall out of the map pocket when bending over or pulling the shirt off over your head. The number of velcro tabs on the map pocket has now been increased to prevent this from happening. Marks out of 10 = 9, but check with the price of other Pertex equivalents before making your choice.

The Mountain shirt

Less of a shirt, more of a coat, I thought when I first tried this on. What can I say? For a single garment that will keep you warm in the worst of winter conditions, I can thoroughly recommend it. It is designed for maximum mobility

for climbing and running, but the extra four inches at the back mean that the small of the back also stays warm in extreme conditions. Of the two instructions I received from Buffalo, I have carried out one, which is to wear the garment next to the skin. I thought I'm bound to need a Lifa or, at the least a T shirt, if I'm not to freeze, but was totally wrong. Even in the worst conditions of wet and wind, no other cover has proved necessary. No doubt climbing in the Alps or trekking in the Himalayas may produce conditions where you need to wear something else but even then the advice is to treat it as a shirt and wear any additional clothing over the top. The second instruction was to wash the shirt by jumping into a freezing stream whilst wearing it. This test has, I'm ashamed to say, not been carried out, although I did offer to lend the shirt to several people. It has, however, been worn at altitude when saturated with heavy rain and has proved to be warm and comfortable due to its retention of body heat. Indeed, on most occasions wearing it in the Lakes or the Pennines and around Kinder in winter, weather conditions have not proved bad enough to give it a real test. This shirt is designed to withstand a great deal worse than most British winter weather can throw at it. It is waterproof up to half an inch an hour and windproof up to 40 mph and the system of eight zipped ventilation controls mean that it is very easy to control body temperature when running. Just zip them up when stationary and you remain warm.

It is fitted with a map pocket and front pouch so that a bumbag can be worn over the garment without affecting performance; this pouch is also useful for drying gloves (as well as a handy spot to keep jelly babies!) The hood is attached with velcro (and sold separately) but, being a wearer of balaclavas rather than hoods in bad conditions, I have not made a great deal of use of it. For added wind protection, I have used the lightweight hood that goes with the windshirt.

One further bonus to this excellent garment, when doing triathlons in wintry conditions it has saved me time at changeovers. Out of a pool, no need to dry, pull the mountain shirt over your head and away. The extra length at the back makes it suitable (if not ideal) for cycling, and as you warm up it is easy to use the zip system to reduce insulation. No change at all is needed for the run section. All in all, well worth the price as it cuts down on the purchase and use of several layers of clothing. A word of warning, though: I haven't used it in racing, only in training, relying on windproofs that can be stowed in a bumbag for bad weather. This shirt may keep you too warm to race.

Saunders Lakeland Mountain Marathon Run Mountain Marathon

With strong winds on the tops, and the cloud level hovering close to the start line at 250m, just above Sedbergh, shortened courses were used in this 16th SLMM. Routes criss-crossed the Howgills and this was the first time the race has been held outside the Lake District National Park.

The only rock in sight was Cautley Grag, but it was made good use of by placing a control directly beneath it. The marshals there saw most of the field arrive, descending through the crags from every conceivable direction. Some took sensible and quicker routes around the side but a few chose the direct line down the scree, acquiring cuts and bruises for their troubles. All the other checkpoints were less arduous, but tricky to find in the mist.

The mid-camp was at the farm at Adamthwaite, and the leaders came in early, particularly in the Carrock Fell class, where the winning time was just 2.41.06. The Klets was also quick, despite being unshortened, with Ifor Powell, fresh from the Munros relay record, taking just 4.05.37, a 13 minute lead over 3 times winner John Redmayne.

The major advantage in finishing early was the truck load of beer available, and the sun even came out very briefly, before light showers returned at dusk. With not a midge in sight, it was one of the most convivial mid-camps for many years, though a few die-hards still decided a 5 mile return walk to the pub was in order.

As the runners gathered for the mass re-start on day 2, persistent rain began to fall, and continued for most of the day, accompanied by thick cloud. The sight of some Klets runners heading up the wrong hill may have cheered a few people up, and those grumbling about the short day 1 courses, now queried why there were no short courses in even worse weather on day 2. The answer was the courses were short enough already.

Ifor Powell proved this by romping through the Klets course in 3.03.50! He had set off with Redmayne, the two staying together until Redmayne made the decisive burst. Sadly for him it was decisive because he was going the wrong way, though he did still finish second. There were considerable changes in the other classes, with Steve Jones and Ross Powell losing the Scafell title to Keith Adams and Peter Baxter, Nigel Bunn & Rick Stuart letting a 19 minute lead slip to finish 3rd in the Bowfell class, and Dean Field and John Mayo doing the same in the Kirkfell.

The winning times were quick but there was an even spread down to the last in,

and the percentage of finishers ranged from 55% to 88%, statistics which indicate the organiser made the right decision to run bad weather courses. There were prizes for the first 2 mens, mixed and ladies teams in each classes, which were presented this year by Caroline Saunders. Apart from the theft of one control kite on the Bowfell course, everything else ran smoothly, with Charlotte Webb assisting Martin Bagness, the Backpackers Club providing the marshals and Staminate Computing the results.

RESULTS

Klets Classic:

- 1. [for Powell 7.09.27
- 7. Helene Diamantides 9.19.33

Scafell

- 1. Keith Adams & Peter Baxter 10.13.30
- 5. Robert Sanby & Wendy Holmes 10.56.15

Bowfell

- 1. Peter Gorvett & Howard Swindells 9.28.54
- 10. Julia Laverick & Davie Sanderson 11.04.43

Kirkfell

- 1. Willie Gibbins & Paul Glover 7.54.48
- 24. Andy Wigley & Yvonne Holland 9.48.15
- 33. Gill Ollerhead & Jane Bugler 10.10.09

Carrock Fell

- 1. Ray & Ken Maynard 6.30.50
- 4. Mark & Fiona Widdowson 7.18.51
- 16. Jane & Annie Cooper 8.16.58

Harter Fell

- 1. John Broadhead & Alex Campbell 7.32.50
- 5. James Aitken & Judith Anderson 8.23.29
- 20. Nikki Tout & Judith Leslie 10.20.06

Wansfell

- 1. Brian & Sue Robbins 8.01.04
- 2. Geoffrey Nicholls & Martin Bates 8.51.54
- 13. Una Wood & Cynthia Crawshaw 9.32.36

Marathon

After a couple of years away, the clothing company Rohan stepped in to take over this popular event, and found a venue at the Blair Atholl estate. Andy Hyslop was still involved, and international orienteer Martin Bagness remained as course planner, so things were much as before, but with the keen support of Rohan staff to help out, and the companies financial backing.

Sadly, the race was only half full, with 250 pairs competing, but it did make the race pleasantly low-key, the weather was good, and the competition area included some magnificent scenery. The start was a few kilometers up Glen Tilt, and the day 1 courses were on the south side of the valley, covering Carn Liath and Beinn a'Ghlo. There were some squalls of light rain, and patchy sunshine, but for much of the time the tops were clear.

One control was set in an aircraft wreck, and the Elite and 'A' had a bit of a detour when it proved impossible to set up a rope across a fast flowing river. At the end of the day everyone had a steep descent back into the Glen, those on the longer courses coming down a truly knee knacking boulder slope. The mid-camp was almost perfect. Lovely flat grass, a fantastic setting by the river Tilt, sunshine and a breeze to keep the midges off.

The military pairing of John Rye and Steve Sharp (Marines & Army) lead the Elite by 2 minutes from John Kewley and Dan Parker, who were no doubt regretting marking the days first control wrongly. All the other classes had clear leaders, with Chris and Julian Rhodes looking set to take a second class victory of the year, this time on the 'B' course.

Day 2 was sunny and too hot for comfort, but the courses were significantly shorter, though the elite and A did have to go out to the far side of Beinn Dearg. The route choice



Dave and Miriam Rosen at the Saunders
Photo: Rob Howard



The art of contouring - Rock and Run 1993
Photo: Roh Howard

to get there was critical, and that was the case for the whole weekend, and the events policy of staying in Scotland for true mountain terrain, not criss crossed by well used paths, added to the enjoyment. (Well, if you didn't get lost it did).

The finish was back in the castle grounds, and the presentation took place in blistering sunshine. Rye and Sharp hung on to win, as did the Rhodes brothers, and there was a high finish rate. Mike Cudahy and Inken Blunk got the biggest cheer, as they ran in just as their prize for being the only mixed pair to compete the elite was announced. The race will be back next year, in Scotland somewhere, and hopefully better supported.

River Deep - Mountain High

The First Lowe Alpine Comeragh Mountain Challenge

May 29th/30th

Ireland's first mountain marathon took place in late May in the Comeragh hills and the weather was so bad even the bridges were under water. Only one elite pair got round on a weekend when the Irish Times carried the headline "A month's Rainfall in a Single Day."

The Clonanav Guest House was the first venue, since they helped finance race organiser Pat Healy, who produced a 1:25,000 map covering the Comeragh hills and a wide surrounding area. The area is prime mountain marathon country, a wide expanse of pathless hills rising to 2,609 feet, studded with magnificent corries, and surrounded by forest and rough pasture, but given the weather no-one got to see much of it.

Healy and Aonghus O'Cleirigh, a former KIMM elite winner, put the controls out in weather so wet they had to go back and resite two, placed in depressions which flooded,

leaving the markers underwater. The hills were already saturated before Saturday's torrential rain and that put all the rivers into spate and caused most of the problems.

Most of the 50 or so starters were new to the event, with just 4 in the 'Elite' class. Showing admirable foresight every pack was carefully checked, no easy task considering the immense size of some of them, all the controls could be marked up before the start, and strong waterproof map covers were available.

Everyone got away in dry weather, but the rain soon started, and just kept falling, driven by strong, cold winds. In no time the rivers were rising, and soon every stream was a torrent of foaming white water. It became less of a race, more of a battle for survival and pairs retiring back to the guest house all had similar stories to tell. "I come here all the time, and have never seen it that bad, the force of the water was savage" was one comment.

Irish international hill runners Eammon McMahon & Gerry Bradley failed to cross

the Mahon river but Chris and Julian Rhodes, comfortable winners of the 'A' class, climbed high around the source and made a perilous descent of the cliffs beside the Mahon waterfall. The eventual 'Elite' winners, Martin McNiff & Jim Brown from Belfast, took a running jump into the raging torrent and scrambled out onto the far bank. Most packed in and swapped tall stories over a pint of Guinness in Melodys Bar and Stables.

Not everyone gave in, a few decided to camp where they were, and some made it to the mid-camp. Three teams pitched just 200m away, unaware they were so close. Amazingly, the 2 'elite' teams to make it did so in exactly the same time, 7 hours 40 minutes, and the race in the 'B' class was nearly as close with the leaders just 5 minutes apart. Back in the Nire valley a returning check-point marshal encountered a bridge 2 feet under water but he plucked up the courage to cross it anyway.

It did continue raining through the night and Sunday, but not so heavily, and the rivers dropped enough for those setting off for day

2 to make it to the finish. Scots David Rodgers and George Reid retired from the 'elite' due to injury, leaving Martin McNiff & Jim Brown as the only finishers, while Terry Bell & Michael Hutchings lost the 'B' class to Tom Conlon & Derek Conerney by just 36 seconds!

RESULTS

Elite (61km/247m)

1. Martin McNiff & Jim Brown 14.44.24

'A' (47km/2195m)

1. Chris & Julian Rhodes 9.46.00

2. Alan Young & John Casey 11.24.49

3. Bernard Creedon & Robert O'Connor (Vets) 12.27.11

'B' (39km/1640m)

1. Tom Conlon & Derek Conerney 9.24.10

2. Terry Bell & Michael Hutchings 9.24.46

3. Mary Rodgers & Liz Jolley (Ladies) 9.55.22

5. Justin McCarthy & Greg Kenny (Vets) 11.52.24

11. Phil O'Carroll & Raymond Power (Army) 14.20.04



After the floods subside - Comeragh 1993
Photo: Roh Howard

The 10th Anniversary Carnethy Hill Runners Newsletter is available from John Blair-Fish at a cost of £2. This particular article tickled my fancy - though of course its wildly inaccurate.....

The Other Foot - A Widow's Tale

"Let us roll our strength and all our sweetness up into a ball and tear our pleasures with rough strife through the iron gates of life Thus though we cannot make our one stand still, yet we can make him run"....

It is said - so the madman I am married to tells me - that only the foot knows how the shoe pinches. Perhaps I should tell him and those others like him(?) that this definitely applies to running shoes too! For I suspect that the trials and tribulations of hill running are much less for those taking part than for those who - although they don't run - are familiar with every piece of running injury known to man, are over familiar with every piece of running gear imaginable; and more, know every step, twist and turn of any hill run you care to mention, right down to the soil analysis!

Who are these sufferers and running experts? Well, me for one and if you are reading this after your husband/boyfriend has just thrown it down bemoaning how his name was mis-spelt in the results and after all he was third last and not second last, then I suspect that you are too. Yes, that's right - a "Running Widow"!!

Contemporary Widows will know that hardly have they mentioned that their parents are coming round for a meal this Saturday, then the man who cannot remember what year it is suddenly recalls with startling clarity that "This Saturday? yes, the race up Beinn Bleak an' Awful is the same day crucial run championship race points for the club don't actually want to run it myself but said I'd go" So ok, no problem, the family get-together is simply postponed until the next Saturday. Ah but next Saturday is the training weekend away, vital for the really important race up Meall an' Beerlater! Ok, it's becoming a problem but the following weekend? Well, no. Why not? Obvious. Because that is the weekend of the really important race he was training for! Widows who eventually succeed in making their partner stand still long enough for his beloved inlaws to come round for a meal should not be surprised to see their loved one suddenly re-appearing between courses geared up like Spiderman on call, professing to be "just nipping out for a run over the hill"... They should also not be surprised when he

(eventually) returns somewhat amazed to find that his guests have gone home. Most Running Widows find it easier to pretend that their partner is actually dead, rather than continue to explain his repeated absences. Actually this is not too difficult as visitors can readily believe that the smell of rotting Walshes is actually their mate slowly decomposing in the cloak-room!!

Was it always like this I ask myself? Well, yes! in the early days when my partner would say something like "we're doing the Four Tops this weekend," I used to think he was taking me to a Motown revival concert not disappearing with fellow lunatics to do some tortuous circuit in the Caingorms.

Similarly, I soon gave up the idea of strolling arm in arm with him admiring the scenery when he said: "Fancy a trip to the lakes this weekend? and adjusted to the reality of visiting Wordsworth country only to "wander lonely as a cloud" on my own or waiting full of encouragement and support (ok just waiting) until he arrived wet and mud splattered (only an hour later than planned) at the, by then, all but deserted finish.

But perhaps I exaggerate? Ha! Let's take a typical race. We'll skip over the erratic social life the "can't training that night" excuses, the lateness, the complete failure to appear etc. etc. that running and training beget and set the scene. The race is on Saturday at 2.00. Sometime on Friday, certainly after 2230, he mutters "better get the kit ready". Whilst the widow watches TV, she hears what sounds like someone either making love or fighting to the death with a grizzly bear - a concatenation of sighing, groaning and growling, coupled with a slamming of doors, drawers and cupboards shattering the peace of her happy home. Veteran widows will know that he is no longer searching but sending out distress signals! some will at that point nip out to see the neighbours for an hour or so or lock themselves in the bathroom and have a long bath but it saves time, furniture and marriages to simply go and help the man who can find a specific clump of grass in the middle of a mist-bound Rannoch Moor but who cannot find a pair of socks in a sock drawer!!

Ten minutes later, the gear is assembled, laid out and ready for inspection "Not those shorts", but he will say. "Remember the trouble they gave me up Lord Berkeley's Seat"!! (Sometimes I'm glad I don't know what he's talking about). "Those socks rub me up the wrong way", (don't I know the feeling).... "that top doesn't fit under my waterproofs"..... "those waterproofs don't fit over that top".... "Did you iron the lettering on my Camethy vest (which he never wears) it looks smudged".... etc. etc.

A further ten minutes later, alternative gear has not been laid out because it has now been established that all - and I mean all - the gear he wants (must) wear, is the stuff he wore yesterday, which is in the wash basket and which somehow you failed to realise he would need for tomorrow!

So, her hero packed firmly off to bed (after all he's running the next day), the next hour or so is spent washing and drying shorts, T-shirts, tracksters and socks etc. before trudging wearily to bed. Easing gently into bed so as not to disturb the slumbering hero, she becomes aware of a gentle sniffing from his side of the bed. "Think I'm coming down with a cold, maybe I won't run after all."

But of course no matter what he will.

Next day her hero leaps out of bed with far more speed than he'll leap up the hill with. He's remembered that the race starts at 11.00 not 2.00!! Whilst the widow dresses, prepares breakfast, packs the car and organises a picnic lunch he dresses for the race. Why is she going? because she has complained that she doesn't see him enough, so he is thoughtfully sharing his hobby with her (No doubt the astute runner who conned his wife to take up the Club Treasurer's post used a similar ploy). So, driving him (and the half dozen other runners he has kindly offered to take in the car) to the race, running widows are able to keep up on all the latest ailments and neurosis which only the highly trained and ultra fit are susceptible to. It never ceases to amaze me that men who spend most of their spare time running up and down uneven, slippery, rocky surfaces, are themselves amazed that they have sore feet, ankles and knees!

And so the race. The widow now sits in the car surrounded by singularly unattractive men stripping down to their Deep Heat and Wintergreen lathered thighs before they don their race gear, whilst others twist and contort in stretching exercises designed no doubt as a time-saving method of injuring the runner before the race and saving him the trouble of running umpteen miles over the hinterland to reduce him to being a cripple.

Before the start, she is given the honour of pinning her hero's number on his manly chest then the excitement begins, the runners swell together in one heaving pungent mass, the gun/whistle goes and they all run off together into the swirling drizzle and mist.... and several hours later they all run back out of the swirling drizzle and mist. Thrilled with this spectacle, the running widow is again surrounded by disgruntled, disrobing manhood, waving their by now mud-splattered backsides in the air and regaled with lots of jolly anecdotes of bottomless bogs, screaming down scree, falling down fissures, slippery slopes and beastly

bealachs. None of these tales actually explain why all of the car load of super athletes she took to the race failed to win.

The race over, widows will now find that they have the pleasure of their partner's company as they sit through an inexorable prize giving ceremony watching people they have never heard of collect their trophies and wait for their loved one to pick up the prize for the "first left-handed, unshaven man wearing glasses and a blue T-shirt." (No club vest again).

All the main events over and all the accompanying runners rounded up, the widow then has the pleasure of driving everyone home again, hearing once again (and again and again) how Jim got hit by a rock and Colin fell in a hole and how her partner outspinted so-and-so (65 next birthday)... before each one of them drifts off to sleep the sleep of the exhausted.

It is then, in the silence interrupted only by the gentle snore of slumbering runners that the widow remembers that next week is the race up Beinn Black an' Orrid. But is that right? For hasn't she invited her parents for the weekend...? as our heroes sleep, the widow will feel a strange sensation... the pinch of the running shoe she does not wear on the foot she has not learned to put down.

An Anon Non Runner.

Prize Crossword

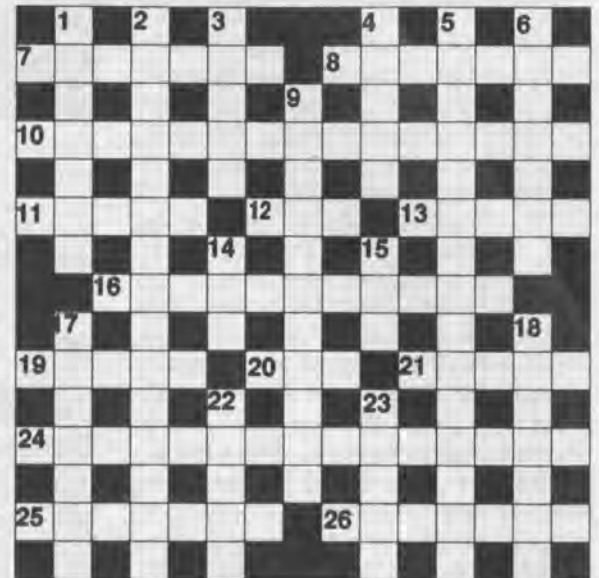
Martin Bagness' book was won by Peter Normington of Ireby, Cumbria. T-shirts to Richard Horsfield of Broomhill, Sheffield and Geraldine Hughes, Aberystwyth. The usual T shirts to the first three correct answers out of the editorial bumbag before the Spring deadline.

ACROSS

- 7, 24. Saw as a bird in church regularly keeps number (1,6,2,4,5,4)
 8,13,19,20,21. Surfeit boils quiet oils mixed with the soup in saw (3,4,5,5,3,5)
 10,11. Saw spinster on a level with length (1,4,2,2,4,2,1,4)
 12. see 4 down
 13. see 8
 16,14d. Saw proverbially slow speed of an ass (2,4,2,3,3)
 19,20,21. see 8
 24. see 7
 25,26. Be after permission and before saw(4,3,3,4)

DOWN

- 1,23. Ascertain where I'm at by inquiring after spirit (3,2,2,5)
 2. Goats measure sea around his ego; or youngster gets money for patent (3,5,3,4)
 3. Issue nearly prices (5)
 4,12. Hard lad, with plaything stuck in branch (5,3)
 5. Ladies bracelet states where it isn't! Another non-mile with constant bouncing (2,3,2,3,5)
 6. Conferencing with skin at length (2,5)
 9. Get your own back on fraud, cash gone around pursuit (3,3,5)
 14. see 16ac
 15,18. Is it a comedy, Jack? Enquire, fool! (3,2,5)
 17. Honest element for quick tea (4,3)
 18. see 15
 22. Result of 17. Stops around point (5)
 23. see 1d.



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Another major review from the tireless pen of Bill Smith this time concentrating on

Fell Racing in Bowland

The Bowland fells are a western outlier of the Pennines yet, like neighbouring Pendle to the south, are widely separated from the main range. They are, in fact, an individual range of hills in themselves, like the Howgills or Cheviots farther north. Unfortunately, access to the area has always been limited: in bygone times because it was feared that the deer and other game might be poached or disturbed, while nowadays it is mainly a grouse preserve.

The Lune Valley roughly forms Bowland's northern boundary, with the Ribble Valley serving a conveniently similar role to the south, while west and east it is flanked by the M6 Preston-to-Lancaster section and the A6 Skipton-to-Ingleton. Maps of the area are marked "Forest of Bowland", which title is also used on road signs and promotional literature. These fells were indeed once wooded but the term in this case refers to a "hunting forest" which once formed part of the Royal Forest of Lancaster, along with the Forests of Pendle, Trawden and Rossendale. The term actually derives from "Foris", meaning "land only fit for game hunting."

Suggestions for the origin of the name "Bowland" include "Land of the Bow", for archery was certainly a widely-practiced art here at one time. However, the most likely explanation is that the word derives from "Bolland" meaning "Land of Cattle", and this theory is greatly strengthened by the fact that "Bolland" is the local pronunciation of the word. W.R. Mitchell, in his autobiographical *A Dalesman's Diary* (Souvenir Press, 1989), tells how, on his first visit to the area where he was living at Austwick, below Ingleborough, he was brusquely corrected by a local farmer for using the popular term, Bowland: "It's Bolland, lad!" And I recall that on my first meeting with the legendary Stan Bradshaw on the 1969 Todmorden Boundary Walk, he mentioned that he'd been up by the "Trough o' Bolland" the previous day.

Six years earlier, Stan had finished 6th out of 17 starters in the first open orienteering event to be held in northern England at Whitewell in the Hodder Valley of southern Bowland. Most of the competitors in that event were fell runners, including George Brass, Alistair Patten and Ted Dance. The first amateur fell race in Bowland also dates back to the '60s when a cross-country run out to Nicky Nook and back, with a climb and descent of that fell, formed part of the Garstang Show on the western edge of Bowland. The 1970 race was a battle for supremacy between two future FRA champions, Jeff Norman (Altrincham) and Dave Cannon (Kendal), which Norman eventually won



Crossing Langden Brook at the end of the Hodder Valley Show Race.
John Rutter (Clem) ahead of Terry Bolland (Southport).
Photo: Eileen Woodhead

by 4 seconds with a time of 37.51. Road runner Mike Freary (Bolton) set a new record of 37.19 the following year, but the race was afterwards dropped from the Show.

Burnsall Winner From Bowland

However, fell racing in Bowland dates back much farther than that and one local runner who won fame both inside and outside the area was the late James Leeming of Slaidburn, who among other achievements triumphed twice in the Burnsall Fell Race, when it was run "professionally", in 1921/22. Jim was then working at Stocks Reservoir, upstream from Slaidburn, and could only race on Saturday afternoons. He would cycle the ten miles to Hellifield Station, then go by train first to Skipton, then to Grassington, and finally by bus to Burnsall. He also competed in such other Dales races as Austwick, Hebden and Malham, while locally he ran at Dale Head, Tosside and, in the far north across the high fells, Bentham, though this latter event was a much shorter course to the modern Gala race.

Richard Sanderson, a Bolton-by-Bowland farming man, enjoyed a fair amount of success in professional races of the 1950s and '60s. He triumphed at such venues as Chipping, Clapham, Pooley Bridge and Old Flan Sports, Ulverston, and in 1961 pipped the great Bill Teasdale on the run-in at Dent, where the course ascended Rise Hill, with a two-way crossing of the River Dee.

The Chipping Axe-Man

Teasdale, the Caldbeck shepherd, who was the champion guides racer of the 1950s and '60s, once had a rather harrowing experience at Chipping Sports, in southern Bowland, during the late '50s. The course ascended to Parlick Pike, with the lower

section to and from the sportsfield being over farmland. While warming up with a local runner, the pair were approached by a farmer over whose land some of this lower cross-country route lay and he informed them that this part of the course had been altered for this year, and was to pass through his farmyard instead.

As Bill reached Parlick summit first in the race, he was directed to descend by the usual route through the fields and therefore took that line. Glancing back at this point to see how his rivals were placed behind him, he was a bit perturbed to see the enraged farmer chasing after him with an axe! When asked at the finish why he'd come in so fast when not pressed by his rivals, Bill replied: "Had to - there was a big bloke after me with an axe!"

He then set off in search of the farmer to make his peace with him and discovered that the reason he'd wanted the course to descend through his farmyard was that an aged relative who was this year unable to attend the Sports, which he'd never before missed, could watch the runners racing by. He'd just happened to have the axe in his hand at the time he was trying to divert Teasdale. (This story was first published by Mrs. Edna M. Cass of Penrith in her article on Teasdale, "Reminiscing With The King Of The Fells", in the 1971 **Lakeland Rambler**.)

Teasdale triumphed at least three times at Chipping, as did his arch-rival from the Furness Fells, Reg Harrison. Yorkshire winners included Norman Beck, Skipton, and the aforementioned Richard Sanderson, Bolton-by-Bowland, while another prominent competitor was a certain P. Bland, Windermere (now of Staveley), who had two 2nds and two 3rds there before winning the 1965 race.

In 1959, the runner-up spot was filled by Roger Dewhurst, Chipping, who later became a member of Clayton-le-Moors Harriers and organiser of both the Pendleton

and Bolton-by-Bowland races. He recalls that on the descent, "I kept with Harrison to the foot of the fell, but then he moved away. I was nicely in second place with only one field to go when I caught my shorts on a high barbed-wire fence we had to cross. I found it difficult to break loose and this enabled Pete Bland to overtake me, but I got him back before the tape." Roger also achieved at least three victories in the fell race for locals only, held during the evening after the open race in the afternoon, not to mention also contesting some of the (grass) track events as well.

Chipping Sports were normally held around mid-May in Brick House Field but on occasion took place in another field further south, whence the fell race would ascend Longridge Fell, with a long cross-country run in between. The Sports are still held but no longer feature a fell race.

The Hodder Valley Show

The Hodder Valley Show has featured an amateur fell race since 1978, with the Show rotating annually between the three villages of Dunsop Bridge, Newton and Slaidburn. Each has its own professional race in the past, the latter two being more of the cross-country variety. Slaidburn is still held on Whit Monday and was won three times during the '60s by Roger Dewhurst: "It would be less than two miles and mainly over undulating fields. The sportsfield was the last on the left approaching the village from Newton."

The Dunsop Bridge course forded Langden Brook at the entrance to the Trough of Bowland and ascended Mellor Knoll, though by a different route to the modern race up Totridge Fell. This was last run shortly after World War Two, probably in 1947 and '48, and Mr. J.A. Marsden of Marl Hill Farm, Newton, won the prizes for the fastest local. He recalls that the outright winners were J.O. Beattie of Samesbury, near Preston, and Bob Moorhouse of Halton West, near Hellifield. Oliver Beattie's chief claim to fell racing fame were his four consecutive victories in the old professional Ingleborough Fell Race at Ingleton Gala, 1943/46 inclusive, while Moorhouse triumphed in the next two races.

The idea of having an amateur fell race as part of the Show was suggested to the Show Committee by Mike Bamford of Broadhead Farm, Slaidburn, a member of Clayton-le-Moors Harriers. He and fellow-Harrier Alistair Patten of Clitheroe had originally devised a demanding horseshoe-type course over the Whitendale Fells from Dunsop Bridge, but the fact that both the Lake District Mountain Trial and the Rossendale Fells Race were being held the following day induced them to revise their plans and the resultant course was a 4-mile run up and down Beatrix Fell instead.

It was held on a dull, rainy afternoon and saw Blackburn Harriers' Harry Walker, he

1973 FRA champion, take an early lead to win by 33 seconds in 22.31 from Brian Robinson (Kendal), a highly-promising young runner who never fulfilled his potential due to contracting a mysterious virus from which he eventually recovered, though he never ran again. Hilary Matthews (Blackburn), who now competes under her married name of Watson, was the fastest lady in 31.10, over 3 minutes ahead of runner-up Anne-Marie Grindley (Clayton), one of the pioneers of women's fell racing.

The Show next year moved to Slaidburn and the 6-mile fell race involved a long cross-country run out to the fell, passing through Mike Bamford's farmyard, then a runnable ascent to the cairn at 1,300 feet on Easington Fell, south of the village. The winner was again Harry Walker and he completed his hat-trick in 1980 when the course again ascended Easington Fell, though this time from Newton. This latter course remained the standard one from Newton, though when the Show was moved to a field west of the village in 1991, it was replaced by a cross-country course.

The 1982 race from Slaidburn saw the beginning of a run of victories shared between those great sporting rivals, Dave Cartridge (Bolton) and Shaun Livesey (variously of Clayton, Ribbles Valley Harriers, Rossendale and now recently returned to Clayton). Cartridge won that first contest but Livesey triumphed in the

slippery ascent, but Livesey plunged into the lead coming down with a swift, surefooted descent, finally winning by a mere second in 31.49, while Carol Greenwood scored a 4-minute-plus victory in the ladies' race with a time of 42.09. Livesey raised his tally to five victories over the 1989 and '90 races, with Cartridge now unfortunately sidelined by ME virus. Mark Croasdale (Lancaster & Morecambe) won the 1991 cross-country race from Newton, while last year's run from Slaidburn saw victory going to Craig Watson (Clayton) and Carol Greenwood among the ladies.

The Lune Valley Challenges

Another series of three Bowland races forms the Lune Valley Challenge, along with the Hutton Roof Crags Race north of Lunesdale. These events cover the northern Bowland fells and are run in conjunction with local village promotions: the Wray Caton Moor Fell Race from Wray Fair, Clougha Pike Fell Race from Quernmore Sports (pronounced "Quarmer", incidentally), and the Bentham Gala Fell Race. This series was written up in the Autumn 1992 issue of *The Fellrunner*, but a further few notes on it may be of interest.

The 10-mile Bentham Gala Fell Race, comprising rough cross-country, quiet tarmac lanes and a traverse of Burn Moor's broad northeastern flank, was first run in 1979 when Clayton-le-Moors' Clifford Waddington triumphed over his clubmate



Clougha 1993: Mervyn Keyes at the top of the climb from the sportsfield.
Photo: Bill Smith

next two, including the new course from Dunsop Bridge up Mellor Knoll and Totridge Fell, with a two-way crossing of Langden Brook, in 1984. This is without doubt the best short course in Bowland and Livesey gained his third victory here in 1988, not having contested the previous two events, which were both won by Cartridge, though no race was held in 1985. Run in a downpour on a dark, misty afternoon, Cartridge led on the steep,

John Reade with a time of 52.05. Jeff Norman, noted for his six consecutive wins in the Three Peaks Race and also as one of our marathon representatives in the 1976 Olympics, set the still-existing record of 51.15 in the 1980 race, after being pushed hard by Alan McGee from Cleator Moor, the 1977 FRA champion, which title had been won by Jeff himself three years earlier. It looked as though this record might go in the 1989 race when Mark

Croasdale and John Taylor (Holmfirth) set off at a killing pace which they maintained across Burn Moor, each trying to break the other, but the event finished in an anticlimax when they came in together 65 seconds adrift of it, apparently having decided to save themselves for the World Cup selection race a week later.

The present Clougha Pike Fell Race course was introduced in 1987 and at 7 miles: 1,400 feet is 2 miles longer with 300 feet more climbing than the original route inaugurated in 1982 when the Sports were held in a different field. That first race was won in 37.08 by soldier Ray Keeney (Aldershot), while the following year saw victory going to Alan McGee's elder brother John, a former guides racer then representing Copeland AC. The present records of 48.22 and 1.01.51 were both set in the 1990 race by Mark Croasdale and Lynn Evertington respectively. Quemmore Sports once had a professional race, incidentally, though this was run over a much shorter course and did not visit Clougha.

Croasdale this year broke his own record for the Wray Caton Moor Fell Race, reducing it from 36.10 (1991) to 35.37, while Amanda Thorpe (Hyndburn) sliced 35 seconds from Vanessa Brindle's six-year-old mark of 44.22. The former Royal Marine also achieved his sixth Lune Valley Challenge victory last May.

The somewhat cumbersome title of this race stems from the fact that when it was inaugurated in 1985, there was already a professional Wray Fell Race in existence, and this is now known as the Wray Sports Fell Race. Wray Sports take place a month after Wray Fair, on the first Saturday in June, but the first race was held as part of the Queen's Jubilee celebrations in 1977. It was for locals only and the winner was Pete Edge, now of Lancaster & Morecambe AC and inaugurator of both the Wray Caton Moor race and the Lune Valley Challenge. The 1977 course was similar to the first part of the Caton Moor race, up to the road crossing above Back Farm and return, but with some wall-

climbing near the halfway mark instead of following the farm track. Subsequent races have followed a rough cross-country circuit to the north and southeast of Wray, 2h miles with 350 feet of ascent, with fence-climbing and a river crossing, which provides more spectator interest than the original route. Winners have included Kevin Wright, Silsden (1990) and Jeff Emmott, Skipton (1991).

Lowgill Sports, just 3^ miles away to the southeast as the crow flies, are held a week after Wray Sports, and the fell race here is unusual in that it includes an uphill finish. A record number of eleven consecutive victories was achieved here by Fred Reeves, Coniston, the champion guides racer of the 1970s. Pete Bland also triumphed here twice, in 1961 and '63, while in 1962 Reg Harrison won at both Lowgill and Chipping. Reeves was an outstanding amateur with Barrow AC before turning professional, as was Peter Hall, the amateur fell champions of the early '60s. Hall won at Lowgill in 1967 and returned to the area almost twenty years later to win the first Lune Valley Challenge in

1986 as a reinstated veteran. Steve Hawkins (Bingley) triumphed in the 1986 race, prior to getting reinstated, while his brother Graham emulated his success there three years later.

Scotforth Training Schools

Tom Robertshaw of Force Forge Farm, Caton, between Quernmore and Wray, was one of Reeves' rivals. He watched Bill Teasdale win the 1958 Grasmere Guides Race and was so impressed that he made up his mind then that he was going to become a fell runner: "I started fell running in 1960 at the age of ten. During my early years, I was trained by my cousin Raymond Knowles of Blea Tarn Farm, Scotforth and was fortunate to be part of a very successful training school there." He won the Under-12s guides race at Ambleside Sports in 1961 and the Under-15s race there two years later. As a senior from 1967 to 1974, however, he found

himself often bested by both Reeves and his famed fast-descending rival, Tommy Sedgwick, though he was aware that his work interfered with his running: "As an agricultural engineer, it was necessary to work long hours in the summer and I often attempted to train and race whilst working over 70 or 80 hours a week." Tom got reinstated as an amateur in 1974 and joined Lancaster & Morecambe AC, but almost a year later transferred to Clayton-le-Moors Harriers, for whom he still competes, when he went to live at East Marton, near Skipton.

An earlier training school for young fell runners at Scotforth was run by Wilson Huck, a noted fell and (grass) track runner of the 1930s and '40s. Huck won the first Kilnsey Crag Race over the present course in 1935, ahead of four Grasmere Guides Race winners: Jack James, Ronnie Robinson, Ronnie Gilpin and Joe Conkey. His son Clifford is a member of Lancaster & Morecambe AC and one of that small, select group of athletes who have completed 21 Three Peaks Races.

Chipping Show Fell Race

The Chipping Show in late August - as distinct from Chipping Sports in May - featured two amateur fell races during the mid-80s, both organised by Bob Mitchell of Clayton Harriers. In 1985, the Show was held in Leagram Park, to the north-east of Chipping, and the 8-mile/1,500 feet course ascended by farmland to the open slopes of Wolf Fell and then to the 1,675 feet "Paddy's Pole" summit of Fair Snape, returning by the same route. Dave Woodhead (Horwich) was first man back out of 81 starters in 54.55, with Mick Targett (Clayton) runner-up in 56.05 and his club-mate Karin Taylor first lady in 1.09.54.

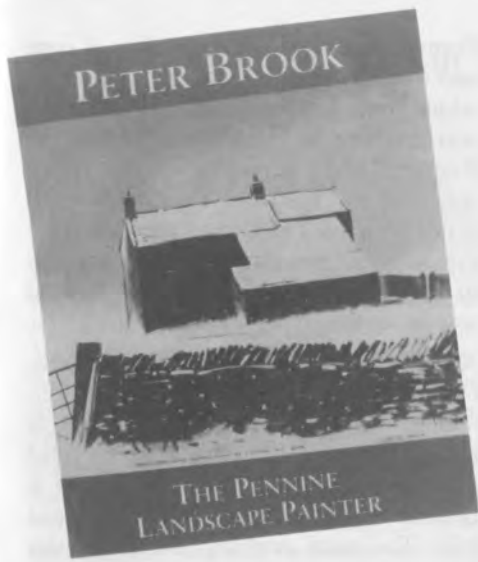
The Show was held in a field in the village the next year and the course, 7-mile/2,100 feet, was much tougher. A cross-country route to Windy Harbour led to a diagonal ascent to Parlick, then a steep descent to the wood above Higher Fair Snape in Bleasdale. An even steeper climb to Paddy's Pole was followed by a ridge run back to Parlick, whence the ascent route was retraced. Dave Woodhead was pipped by 17 seconds on this occasion by Ken West of Border Harriers with a time of 55.27, while Jean Lochhead (Holmfirth) led the ladies home in 1.09.33.

This was the last fell race to be held at Chipping Show. One was organised for 1987 but had to be cancelled on the day: "Lancashire was suffering its worse electrical storms for twenty years and severe flooding was causing problems throughout the area," wrote Bob Mitchell in the Winter, 1987 issue of *The Fell Runner*. "The local police advised me that it would be foolish to send runners on to the fell when the risk of being struck by lightning was so high."

Continued in next issue.....



Steve Hawkins (Bingley) ascending Caton Moor in the 1989 race from Wray.
Photo: Bill Smith



Painting a Pennine Landscape

I'm not going to pretend that I'm an expert on art, because I'm not, but I know what I like in a picture. Peter Brook has the ability to capture what could be described as very plain or ordinary dales subjects; the buildings, the moors and the people, with an extraordinary amount of vibrance and life. The lonely derelict farm buildings high up on the Pennines being lashed by a gale, the snow drifting against the gable and being blown like line mist over the drystone wall. Or the small huddle of spectators pictured in deep concentration on the proceedings at a North yorkshire sheepdog trial, a storm approaching fast.

The weather plays an important part in the atmosphere of Peter's paintings, along with the light which throws long shadows over the snow covered ground above Haworth in 'On the way to Wuthering Heights'.

As well as the many dales landscapes, there are paintings from annual visits to Scotland each giving the viewer that same feeling of 'being there' whether it be the moody image of 'Glen Nevis' with the stormy grey sky over snow capped hills, whilst the foreground is well lit with soft

sunlight, or the feeling that it is drawing late and time to be heading back which I feel when viewing the loch scene 'On the way to Lochinver'.

The artist seems to have the ability to give any scene he paints that distinctive sparkle, capturing the essence of whatever view or object he turns his attention to. Whilst on holiday further south he lost little time before he recorded images of the Cornish coast and, in particular, the old tin mines and china clay tips make striking images.

This book has a lengthy and fascinating introduction which illustrates Peter's life story. Though I don't want to spoil it for potential purchasers, I feel that it's worth mentioning the artists's involvement with running. As a schoolteacher at Sowerby Bridge Grammar he began jogging after reading a newspaper article extolling the benefits. He found that he enjoyed it and eventually joined Holmfirth Harriers, always eager to get out on those long Sunday runs. He would make a mental note of the places visited and the views he saw whilst out with his clubmates on the Pennine moors and would return later to commit the scenes to canvas. When, in later years, one of the Harriers noticed an art exhibition by Peter Brook in Huddersfield and saw images of his weekly training grounds, he was amazed. Peter had never told them about his painting.

The introductory text also tells of Peter's great friendship with Joss Naylor MBE, and how Joss encouraged him to enter his first ever fell race, the Three Peaks. With the guidance of 'the Boss' he became more confident on the fells and managed at the age of 46, in this first race, to obtain a first class certificate in a time of 3 hours 26. Peter went on to achieve veterans awards in many fell races including Kinnside, Darwen Moors, Eston Nab, Saddleworth and Gale Fell, among others. In 1979 he was runner up Fellrunner of the Year in his age category and he became the North of England cross country champion in 1983. He is an honorary life member at Holmfirth Harriers.

There are over a hundred colour reproductions of Peter Brook's painting in this book, in chronological order, followed by a commentary on the paintings by fellow artist Jake Morton. It is available in hard or soft back and published by Ryburn and would make an ideal present or race prize.

Allan Greenwood

The Pennine Landscape Painter : Peter Brook. Published by Ryburn Publishing Ltd., Krumlin, Halifax, W. Yorks. Obtainable from the publisher, from Harrison-Lord, Picture Framer, Bradford Rd., Brighouse or all good bookshops. £10.00 softback, £20.00 hardback.



"Blowing Snow — Pennine Road"
Photo: Allan Greenwood

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.

MEMBERSHIP BENEFITS

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

A very competitive calendar listing over 200 events.

Membership runs from January 1st to December 31st.

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

Club affiliation: one nominated member will receive the above information.

Return to Membership Secretary: P. Bland *do* PETE BLAND
SPORTS, 34a Kirkland, Kendal, Cumbria LA9 5AD
(Tel: 0539 31012)

Please mark envelopes 'F.R.A.' and enclose remittance as follows:

Name.....
Address.....
.....
PostCode..... Tel.. ..
Club.....
Donation £..... Life Membership.....£100.00
Amount Enclosed £..... Annual Membership.....£9.00
Signature..... Junior Membership.....£5.00
Date..... Affiliated Clubs.....£10.00

Of Age Coefficients, PK Numbers and Many Things

To aid Peter Kohn's researches into the age and race-time relationship (see Dark Peak Newsletter Spring 93) and having noted an item about such matters in *The Fellrunner* (June 93) and having observed that the ranges of ages in years and finishing times in minutes at the Crookstone Crashout are more or less the same, I offered a bottle of wine to the finishers in the most recent running of this classic event whose age and time (i) most nearly coincided and (ii) were furthest apart. The difference between age in years and sixtieths (approximately) of a year at the time of a race and finishing time in minutes and seconds is known as the Pete Kohn number and will be an invaluable component of Peter's research.

Calculate your Peter Kohn number as follows:

EITHER Age in years and (days/6)
minus* time in minutes and seconds
OR Age in years and (calendar months
X5) plus (days/6) minus* time in
minutes and seconds.

For example D.O.B. 10/2/48, race time
37.41, age = 45 and $4 \times 5 + 13/6 = 45.22$
or Age = 45 and $(19 + 31 + 30 + 31 + 23)/6 = 45.22$. PK number 7.41

* or the other way round if time is
greater than age.

Unfortunately none of this year's entries were able to perform this elementary calculation so vital information has been lost and Peter's research has been seriously delayed. It would appear that research into the debilitating effects of fell-running on simple mental arithmetic might be a more important area of research. Incidentally, despite the absence of data it was impossible to award one of the prizes because, in a triumph for the Dark Peak youth policy much discussed at the AGM, the last finisher in the Crashout was also the youngest and therefore clearly had the largest PK number.

However there are clearly several long term investigations of great significance to the fell-running community. For example if you were to calculate your PK number for every race you do in a year you could then work out your average PK number for that year and a comparison of several successive annual average PK numbers would enable you to see how your annual average PK number had varied over the years in question. And so on. No doubt the FRA would institute a PK number of the year award in various categories and with subsidiary English, Welsh, Scottish etc. awards. Responses, statistics, etc. to peter please, I am just doing the publicity.

Will McLewin

Rod Pilbeam sought support in the columns of The Fellrunner and found.....

An Alternative Coast to Coast... by Bike

I would like to say thanks to all who showed an interest in my cycle ride across the USA in May and June, especially to those who were kind enough to sponsor me. I'm still in the process of collecting in all the money, but I hope to have raised around £2,000 for the Stroke Association by the end of the day for their work with stroke victims in hospital and in her homes.

The ride took 44 days and covered 3600 miles from Los Angeles on the Pacific Ocean to Kitty Hawk, North Carolina on the Atlantic Ocean. The first 850 miles was mostly desert terrain, not quite like the Sahara because there was at least some vegetation, although no cover from the sun and temperatures up to and well above 100°. The Grand Canyon was the highlight of this and indeed any stage of the ride and lived up to all it was made out to be. A lot is talked about rattlesnakes in the area although I didn't see any. It was at the Grand Canyon that I cycled over a live snake believing it to be a piece of rope in the road, only to realise what it was when it moved, but by that time there was no avoiding it. Fortunately it was as surprised as I and I made a hasty get away.

Any thought that I had had that the desert ended at the Grand Canyon was soon corrected as there was another 250 miles before trees and green grass became a regular feature. The temperature stayed well up in the 90's despite the proximity of the Rockies. Slowly the terrain was becoming more mountainous although I climbed little since the desert is largely above 5-6000 ft. At the foot of the Rockies I was at 7500ft.

It was at this point that my companion decided to call it a day. We had cycled 1000 miles but Peter had been considering flying home over the past few days. The scenery had not been very inspiring and had only changed slowly and Peter felt he'd rather be cycling in the Yorkshire Dales.

Crossing the Rockies took two days and involved two climbs, the first to 10500ft and the second to just over 9000ft. After two weeks in the hot desert it was quite a change to have snow on both sides of the road and the temperature down to about 40°. It was in the Rockies, crossing the Rio Grande Plain between the two arms that I experienced a Tornado, a funnel cloud touching down not far behind me.

Fortunately it soon reverted into a cone and then disappeared into the cloud base which was just as well because there was nowhere to hide. Whilst still in the Rockies I had a bear visit my tent which was after my food that I'd foolishly left inside with me. I needed no second invitation after the paw hit the side of the tent to discard the food in record time, no food was better than being food myself.

After the Rockies came the Great Plains, characterised by endless grasslands, antelope, vultures, tortoises and straight roads (again). The further East I cycled the more undulating the terrain until it became a real switchbreak of roads and hills. The roads gradually became busier with more settlements. The villages/towns became older, some even had town squares, nearly all were characterised by fast food restaurant areas on the edge of the town and supermarkets.

I came across more mountains in the Ozarks in Arkansas, a very wooded state, crossed the Mississippi North of Memphis in the area where there has been extensive flooding this year, and then crossed the Appalachian and Blue Ridge mountains. The route I took through the Appalachians was if anything harder than the Rockies although the attitude was only half as high. The weather continued hot and sunny with humidity being a factor the further East I cycled.

During the last week I decided to reach the Atlantic South of my original destination of Virginia Beach to avoid many miles of urban cycling. By finishing at Kitty Hawk I could cycle on quiet roads and cycle almost straight into the ocean. It was a great moment to reach the Atlantic. Los Angeles seemed such a long way away, was it only 6 weeks since I set off? It had been a wonderful experience and the weather had been superb and was the reason I finished 12 days ahead of schedule. Given the opportunity I may well have burned the bike around and headed back West. Maybe one day I'll do just that.

Thanks once again for your support.

Yours in Sport

Rod

Keswick Athletic Club

Snippets

The Guardian, August 1993. Harry Griffin in his 'Country Diary' asked a shepherd on the Dodds (who leapt down the slope like a mountain goat) 'Are you a Bland?' and indeed he was - a member of that notable family of champion fell runners. Seeing him was the only thing of interest that day.

Summer mountain races in Europe

by John Blair-Fish

1st August Aigle-Leysin 20km 1650m

As there was no early bus from Chandolin on Sunday, six of us from Camethy camped on the balcony of the race organiser, Pierre, who also is the chief promoter of tourism for Leysin. This race always takes place on 1st August, which is the Swiss national day. Just after closing the sleeping bag zips as the temperature dropped in the early morning we were rudely reawakened by cannons firing. A band playing the Swiss national anthem enthused us to have breakfast and get the funicular railway down from Leysin to the start. The field was very select with only 120 runners compared with 450 at two other races being held in the same region on the same day. The course was slightly different to the two previous years in that it zigzagged up to the top of the Ai instead of a direct ascent round the side.

It was at this point that I nearly caught Jamie having fought my way through the field. The first prize of a mountain bike eluded both of us and went to a cross country skier, Juerg Capol. We had to settle for skis but I'm not intending to open a sports shop with my winnings as Pierre suggested at the prize giving. (But anyone interested in buying unused Alpine skis can contact me). Kate Charles won a voucher for some Kelme shoes as 2nd lady in her first hill race. This somewhat obscure shoe manufacturer, a sponsor of the race, was exhibiting but did not stay long enough to facilitate the exchange of race prize vouchers. We collected several vouchers for a days skiing at Leysin if anyone is thinking of going there next Winter.

1. Juerg Capol	Les Verrieres	1.53.43
2. Jamie Thin	Camethy	1.55.13
3. John Blair-Fish (1st Vet)	Camethy	1.58.11
11. Andy Spenceley	Camethy	2.08.36
22. Mark Johnson	Camethy	2.17.07
34. Catherine Mabillard (1st Lady)	Troistorrents	2.21.48
67. Kate Charles (2nd Lady)	Camethy	2.40.17
78. Hilary Spenceley (4th Lady)	Camethy	2.47.58

8th August Sierre-Zinal 31km 2000m

Conditions were very favourable with a cool breeze above the valley and some cloud cover but the start was a bit humid. The Colombians reasserted themselves and Correa broke Sanchez's 1991 record by 32 seconds. As this was my 14th Sierre-Zinal running much of the race seemed a bit mechanical. However it was good to have a large Camethy contingent there for the first time, to see Beverley Redfern win, and to see also many of the friends I'd run supermarathons with such as Werner the supervet, Philippe who puts me up when passing through Geneva, and the Russian Vitaly Kovell who somehow makes his living out of running 100km races.

Colin Pritchard tried to emulate Jack Maitland's victory in 1985 when as 'L'Ecosse Volant' his victory entailed injuries needing stitches. But the tactic did not give Colin a Supervet victory; perhaps he needed to start flying through the forest earlier!



Passing the Lac cl'Ansermet, Tour des Dents du Midi.

1. Jairo Correa	Colombia	2.32.44
2. Martinez Sanchez	Colombia	2.34.19
3. Jean-Francois Cuennet	Bulle	2.39.15
4. Thomas Hiltbrand	Cadro	2.40.37
5. Matt Carpenter	USA Colorado	2.40.43
6. Andy Peace	Bingley	2.40.50
9. Martin Roscoe	Leeds	2.46.17
30. Ian Holmes	Bingley	2.55.27
42. Ian Ferguson	Bingley	2.57.27
44. Andy Thomas	Thames H+H	2.28.31
57. John Blair-Fish (8th vet)	Camethy	3.03.41
58. Mike Short (9th vet)	GB-Saviese	3.03.51
59. Michael Ball	GB	3.03.55
61. Vitaly Kovell (10th vet)	Russia	3.05.05
63. John Kerley	Dorset	3.05.20
66. Jamie Thin	Camethy	3.06.19
70. Richard Byers	GB	3.08.08
75. Philippe Rossier	Carouge	3.08.50
77. John Coyle	Camethy	3.09.26
85. Werner Schweizer (1st vet 50)	Gland	3.11.22
87. Beverley Redfern (1st Lady)	Camethy	3.11.31
88. Phil Makepiece	Leicester	3.12.07
107. Alan Catley (18th Vet)	Tynemouth	3.15.54
111. Rob Worth	Penrith	3.16.36
113. Tim Lofthouse	Bingley	3.16.45
122. Andy Spenceley	Camethy	3.18.16
123. Kath Bailey (3rd Lady)	GB	3.18.30
129. Nick Hewitt (28th Vet)	Lancaster	3.19.26
189. Phil Davis	Leeds	3.28.04
191. Neil Ketchington	GB	3.28.08
211. Lucy Wright (7th Lady)	Leeds	3.30.03
215. Gullia Gilbert (8th Lady)	GB	3.31.04
222. Mark Johnson	Camethy	3.31.52
492. Colin Pritchard (11th Vet 50)	Camethy	4.03.38
1119 finished		

5th September 30th Tour des Dents du Midi 44km 2890ft

Following an invitation I returned to run this fast and arduous race circling the Dents du Midi which I described in the Fell Runner of last October. Although this year there was no snow as last year there were a few patches of ice and mud. The descent down from the Col de Susanfee aided by ropes, chains and fences was as exhilarating as ever. I helped two runners from the military mark the course on two days preceding the race which included making one crucial decision on how to circumvent a churned up piece of farmland surrounded by forest and an electric fence.

Impressions made last year that the Swiss Athletic Federation did not know how the grass roots runners descended down the grass roots (or rocks) were confirmed again by fellow competitors and also by the presence of a book "Tout Le Monde Descend" in the bookshop in Chambéry next to where the two day version of the event finished its first day.

And these runners doing the two day version had to descend the chains in a thunderstorm.

Others who had also been invited to come and run the race were elsewhere either working after holidays, discovering whither *tout le monde* did descend in Gap, or descending Ben Nevis. I was left in the Pension in Chambéry to discuss race tactics and whether training runs of an hour were long enough with Fabio Villafrades, a PE teacher from Colombia. His team mates, the redoubtable Sanchez and Correa both went to Gap.

We started the race just as it got light at 7am but it quite soon got very warm. Jean-Francois Cuennet, the favourite and victor at Sierre-Zinal in 1992, went out very fast, cutting several corners on the ascent to the top of the first Col, Col du Jorat. This actually proved to be some consolation to me when I passed him with 6km to go wondering if I was going to finish at all, and with more veterans passing me by the second, or so it seemed. It is always difficult to know how to judge a long race, especially coming back from injury, in my case as a result of falling down a cattle grid. No - I'm not entering the best excuses competition, only having another try!

Christophe Jacquerod came through to win the race from Meinrad Fleishmann. Robert Brechbuehl's time for first veteran will be hard for any of us to beat. Catherine Mabillard was first lady as last year. The prize-giving was of record length with speeches by local dignitaries as well as several of the organisers before and after each set of prizes. The significance of some parachutists arriving with a trophy in the middle was partly lost on me. Every competitor received a well earned but appropriate souvenir prize of a loaf of the coarse Valaisian Pain de Siegle at the end.

Results

1. Christophe Jacquerod	4.32.23
2. Meinard Fleishmann	4.46.56
3. Armin Mathieucquerod	4.47.48
4. Fabio Villafrades	4.58.20
5. Robert Brechbuehl (1st vet)	4.58.37
18. Adrien Lowe	5.33.13
21. John Blair-Fish (6th vet)	5.31.16
Catherine Mabillard (1st Lady)	5.48.53

A Two-man Pennine Way Relay

18-20th June '93

It was Mike Hartley's idea and it was intriguing and challenging. Could the only two runners (so far) to have completed the P.W. in under three days solo complete it in two days as a two-man relay? Intriguing certainly to conjecture the possibility of packing 135 miles (each) into 24 hours of running aided by 24 hours of resting.

When Mike proposed the idea in 1991 he was still more than capable of a sub three-day P.W., I was not. Furthermore, I realised that the essence of the difficulty coincided neatly with my basic weakness, a decline in 'speed'. Quite a fair proportion of the P.W. is on awkward ground. It would be unlikely we should be able to go much faster on this ground in relay than we had solo. 'Forcing' the pace over, say, the Falcon Clints would be very counter-productive. Thus, we should have to go much faster on the better going. Despite well founded doubts about my ability to run fast enough I could not resist Mike's challenging idea.

Rejecting the novel notion of 2 x 135 mile legs we eventually settled on stages of around 8 to 12 miles (approximating H₂ to 2h hours running). This gave the non-runner time to eat, change, rest and arrive at the next take-over without undue haste. We decided on a North to South traverse early in June. The final discussion concerned whether we would enjoy typical Hartley weather (a trifle too hot but dry and excellent for the morale of the support team) or typical Cudahy weather (frequent showers, persistent rain, high winds, the occasional blizzard; excellent for character building and making everyone thoroughly miserable).

Well, we didn't quite get the blizzards but in all other respects our characters were vastly improved. An hour after leaving Kirk Yetholm up came the weather front and smacked me in the face. At first Mike seemed to escape the worst but soon no distinction was made between us. Ascending Cross Fell (100 miles) after midnight I was astonished by the weight of the deluge flung upon us by a fierce wind. This was the real McCoy and a touching recognition by my old adversary the P.W. and its arch-deacon, Cross Fell. At Widdybank (120 miles we conferred; heavy rain, headwind, losing time, Mike tried one more stage to Grassholme (132 miles). Even he struggled on this water-logged section by the Tees. We drove home amid floods; 'see you next year'.

Next year; south to north this time. And this time a gale from yes, the northeast! (What do you mean Mike, I'm a weather jink? Not me!). Heavy ground, night mist and the ferocious wind promised a battle, but before it could be properly joined, I failed. Mike was running magnificently and the disappointment was bitter. From Malham (77 miles) I half ran, half limited until the tendon swelled and bled. And so at Keld (120 miles) when I quit I knew I had gone to the limit. But failing your mate is worse than failing yourself.

In 1993, Mike was fully occupied establishing his national credentials on the ultra-road scheme. In my 53rd year, too old to know better, too daft to stop trying, I lined up with a new partner, my 28

year old son, Mark. Mark had first run P.W. support with me 14 years ago and had shared the triumph of my record in 1984. Our target was merely to reach Kirk Yetholm as a two-man relay. As a guide I had set an overall 5 m.p.h. schedule (yielding a completion time of 2 days 6 hours). But in this wettest of summers the ground was against even that and 5 m.p.h. at night has become, for me, a kami-kaze exercise.

The first leg (Mark's) over Kinder set the pattern; 20 minutes lost to the bog in only eight miles. Most disheartening was the fact that as we moved slowly northwards we took longer to cover the first 60 miles than it had taken me when I set the solo record. Whenever we had firm ground we ran over 5 m.p.h. and better, but this was seldom enough. The scheduled times oozed beyond our grasp and bevvies of heavy showers kept the bogs well topped up. Beyond Horton (92 miles) Mark suggested it would save embarrassment if we returned next year. With some passion I declared I was sick of the P.W. and it was now or never, to hell with the time! We continued...

Up to this point our only support had been Inken Blunk and Wade Cooper who drove one old wreck and serviced the other. Then friends John Richardson and Joe Kyle joined us for a section apiece. As Inken and Wade knocked off to catch some sleep another of my sons, Liam and Mark's friend, Claire, took over.

Darkness swept in for the second time over Cross Fell (inevitably!). Mark and Liam loomed out of the mist on to the 'ski road' to Dunn Fell (168 miles) and Wade and I departed for Garrigill. Up to now I had lost 'only' a total of about an hour on my previous eight stages but the night was so thick I lost more than another hour on this leg alone. No matter, dawn was due and Mark and Liam ran faultlessly along the tricky section to Slaggyford (189 miles). In the clear light of a perfect summer morning I ran for the last time over meadow and heath and saw before me the long surging line of the Whin Sill topped by the Roman Wall. At 199 miles I handed over to Mark and felt

relief as the see-saw at last began its final sweep to earth and rest.

But at Peel Road Mark was overdue. He limped in at last with a ruined Achilles tendon. I set off for Ladyhill (216 miles) automatically with Wade, feeling the stone of defeat heavy within. Catch 22; quit now to return a year older, a year less motivated? Or, drag my now very slow and very unwilling body the remaining 60 miles solo? I changed down to an even lower gear and hoped I wouldn't get caught in the dark over the Cheviots.

I prayed I would end up inside Mike Hartley's solo record and vowed to fall on the sharpened end of my Silva compass if I didn't.

Liam came with me to Bellingham (225 miles) and here he, Mark and Claire waved a sad farewell. Thereafter Inken and Wade were magnificent. First, Wade to Bymess (241 miles), sharing a string of jokes becoming gradually more bizarre. Then with Inken on the final 29 mile section over the Cheviots, partly borne up on the new stone flags but mostly in the bog, deep in! Just two statistics I will include; from the border fence to Cheviot Summit is but three quarters of a mile, it took us 25 minutes of bog-wrenching effort; and, in 1984 I had taken two hours from the summit to Kirk Yetholm. In the early dark of the third night it now cost me three stumbling hours.

At last, with no other emotion than exhausted relief we plodded up to the Border Hotel. It was 01.00 a.m. and you may think that 2 days, 13 hours, 50 mins is not very impressive and I must agree. There again, it sets a tempting target which I hope will spur other attempts. Despite everything I found it a fascinating experience, until it stopped being a relay! I am also convinced Mike's idea of a sub two-day completion is quite feasible and constitutes a cracking good challenge.

FINAL NOTES:

Rules: A two day relay with relay stages of any length. Runners may be accompanied or not as desired. They should be in contact at each takeover. They should follow Wainwright as honestly as possible and report any substantial deviation, (substantial = one which affects the time taken).

BATON: I carved two small (1¹ inches) acorns which, strung on a leather thong were carried round the neck and handed on at each takeover. Mark and I kept one each as a memento. I would be pleased to carve similar acorns for any team. These could be kept if the event is successful and returned to me if not. (Criteria for 'success' are: a full completion, by two persons, under three days; not necessarily a record).

Mike Cudahy



Andrew Wrench, Todmorden, nearing the finish in 3rd place. Noon Stone Fell Race, Todmorden.
Photo: Alec Beconsall

Race Review

NOON STONE FELL RACE

West Yorkshire
N/9m/2300ft 21.8.93

Grouse beating gratis...

Yes, another fell race up Stoodley Pike! But this one's a bit different. The first running of Todmorden Harriers' newest event, the Noon Stone Fell Race was a resounding success. Starting from the Top Brink Inn, Lumbutts, 95 runners finished the gruelling 9 mile course. Rossendale's Mervyn Keys continued his impressive run of form by scoring an emphatic victory. He finished 1 h minutes clear of his nearest rivals. Cecilia Greasley of Macclesfield carried off the ladies' trophy by finishing in similar fashion well ahead of her nearest competitor. Congratulations also to Rossendale Harriers (men's) and Clayton Le Moors Harriers (women's) for winning the team events. Competition amongst the veterans was dominated by local runners, with Dave Beels finishing first overall and Todmorden Harriers Joe Talbot, Alan Mellor and Peter Jackson taking all three prizes in the 0/45

category. Tony Shaw triumphed for the host club in the 0/55 category.

The warm, sunny conditions were certainly ideal for spectating, if a bit on the hot side for running, but who's going to complain about that after the summer we've been having? The tops were as wet as they have ever been at this time of the year - a reminder of how poor the weather has been recently. All of the feedback received from runners on the day was positive, with many expressing their liking for the course and general organisation of the race. Lots of prizes were given away throughout the field and a good time was apparently had by all. It is hoped by the organisers that most will return next year with a friend or two so that the future of the race will be guaranteed.

Talking of the future, it was announced on the day that it was intended to stage the 1994 event in January, but there have been developments on that front since. The runners were effectively acting as beaters by moving grouse up the moor, which is where the hapless creatures are best located for "sporting" purposes. The local gamekeeper was so impressed that he changed his mind about insisting on next year's race being moved to a date outside the shooting season. So look out for a mid-August slot when you consult your 1994 Fixtures Calendar to plan your race entries. This will suit those finishers who were expressing doubts about their willingness to battle with such a tough course in the icy, misty depths of winter.

Keith Parkinson

RESULTS

1. M. Keys	Ross	66.32
2. S. Oldfield	Bfd&Aire	68.03
3. A. Wrench	Tod	68.07
4. S. Livesey	Clay	68.14
5. M. Corbett	Ross	68.46
6. D. Cartridge	Bolt	69.14
7. D. Beels	V Roch	72.22
8. J. Smith	Cald	72.54
9. D. Thompson	Cald	73.03
10. P. Thompson	Black	75.43
VETERANS 0/40		
1. D. Beels	Roch	72.22
2. P. Weatherhead	Wirral	76.57
3. T. Spicer	Ross	83.45
4. J. Baker	E. Hull	84.29
5. R. Sutcliffe	Cald	86.15
VETERANS 0/45		
1. J. Talbot	Tod	77.53
2. A. Mellor	Tod	79.49
3. P. Jackson	Tod	81.47
4. T. Hulme	Pennine	83.15
5. B. Rawlinson	Ross	83.20
VETERANS 0/50		
1. P. Jepson	Unatt	81.41
2. R. Blakeley	Unatt	90.49
VETERANS 0/55		
1. A. Shaw	Tod	82.28
2. R. Jaques	Clay	88.14
VETERANS 0/60		
1. B. Leathley	Clay	96.37
2. J. Newby	Tod	1.40.02
VETERANS 0/65		
1. J. Riley	Clay	1.81.19
LADIES		
1. C. Greasley	V Macc	84.32
2. D. Flanagan	Unatt	88.52
3. L. Bostock	V Clay	88.57
4. C. Rowe	Rowntrees	92.07
5. W. Dodds	V Clay	99.59
6. S. Carey	Tod	1.45.24
7. K. Pierce	V Clay	1.56.54



Steve Oldfield on Coldwell Hill.
Photo: Dave Woodhead



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CORSA AL MONTE ROSA - The Monte Rosa Race

Now I'm not normally a fan of straight 'up and down' races but when Martin Stone ('Mr Fixit') telephoned me with an invite to run one in Italy, I was certainly interested. This was no ordinary mountain race by any standards. It was to start at the village of Alagna (3500ft) and climb to the summit of Signalkuppe (15000ft), a satellite peak of Monte Rosa on the Swiss border with the dubious privilege of having the ugliest building in the Alps perched on its summit - the 3 storey Margherita Hut. 11000ft of climbing in nine miles, more than half on snow, would certainly give us a new perspective on the Ben Nevis race.

The second annual Monte Rosa race took place on 4th July and was organised by an Italian company named Mountain Runners, which sets up a number of extreme mountain races in different parts of the world. The Italian sports equipment manufacturer, Fila, underwrite the cost of these wacky events and the majority of the competitors in the Alpine races are ski mountaineers. The races are linked with medical research and data is gathered by blood testing before, during and after the races. This will help to provide a better understanding of the way altitude effects the human body when its being stressed.

Two days before the race Martin, Mark Rigby and I flew out to Milan clutching our doctors notes (a race rule) certifying us insane and fit to run at altitude! The organisers met us and provided accommodation in a small, friendly hotel situated just 200 metres from the village centre and the race start. Our third floor balcony overlooked the square and provided a fine view of an unspoilt Walser village nestling in the narrow steep-sided valley. The next day we took the cable car up to the glacier at Punta Indren (10000ft) to check how useless our kit was. Ski poles, we were told, were essential. A short trial soon proved that we were a danger to ourselves and everyone in range, especially when descending. The newly re-soled PB's seemed perfect on good snow. Spikes were considered but would have meant a shoe change. Our secret weapon was now revealed. Christened 'granny crampons' they are used by old ladies on frosty mornings in Preston and consisted of metal plates attached to shoes with rubber straps. Extensive testing by Mark on the steep sides of Winder in the Howgills proved them ideal for glacier running at 4000 metres.

On the race morning our warm gear was taken up on the cable car to Punta Indren, enabling us to start the race in shorts and vest. At 7am it was cool with clear blue skies and we shivered while the doctors extracted 6 phials of blood for their experiments. Many of the runners started the race dressed in full lycra suits and carrying ski poles - somebody had to be wrong! We reached the snow line at about 8000ft after a very steady climb up the lower slopes. At this point the runners with ski-mountaineering experience started to move through using their poles to good effect. At Punta Indren a quick change was made into thermals, orienteering gaiters and sunglasses while a doctor tried to hold us still as he pierced our ears for yet more blood. This was the point where the altitude began to affect progress. The route now crossed snow slopes, criss-crossed by Summer skiers before reaching some 500ft of fixed rope crossing the 'bergschrand' and climbing a couloir to gain the upper snow slopes. These were at an easy angle but impossible to run up due to the altitude. We traversed a small area of crevasses which were flagged and led us to the Colie del

Lys, a manned checkpoint about 2000ft below the summit. Breathtaking views from here of the Matterhorn and other Zermatt peaks with precious little time to appreciate them - but Mark & Martin had plenty of time for views as they languished above this 13000ft death zone!

From here the route traversed the head of the Grenz glacier for 2km, through some large blocks of avalanche debris, a great incentive to start running again. The final snow slopes to the summit were quite exposed and made more difficult by the strengthening wind, blowing clouds of spin drift in our faces. It was an incredible relief to complete the final lung-bursting climb, traverse the final exposed ridge and stagger through the hut door to escape the weather. A mug of tea was thrust into my hand while the doctor gave me a quick check. He didn't need to feel my pulse, he could hear it! A couple of minutes to get the brain into gear and then back into the fray, stepping out of the door into the icy blast, remembering to turn right (left would be a fatal mistake - a 6000ft fall). A quick slide down a fixed rope positioned directly below the hut in a torrent of spin drift and into some great downhill running on firm snow. It's fortunate that a lack of oxygen isn't so crucial when you're descending. Mark and Martin were passed, still fighting their way up in the rapidly deteriorating weather, coping badly with the debilitating effects of altitude. Martin, in fact, cooled down so much that he had to spend 15 minutes in the hut having his hands brought back to life. Slower runners were now being turned back at Colie del Lys because of developing white out conditions. The descent varied from lycra assisted bum slides to floundering through knee deep snow on the lower slopes. Off the snow and an interesting but jarring 4000ft down twisting paths back to Alagna. We watched competitors who appeared to be surgically attached to their ski poles, levering themselves down steep slopes

and even making use of them as they entered the village. The route eventually popped out of a ginnel between the tightly packed chalets in the centre of the village. The final trial after finishing was to give yet another blood sample without fainting. It was an incredible 5 days with marvellous hospitality from the race organisers and local people. The one vivid memory which remains is running across the head of the Grenz glacier at 14,000ft, spin drift blowing everywhere, passing climbers roped together wearing crampons and carrying ice axes.... We could only guess what they must be thinking. On any other day of the year, we wouldn't dream of climbing a 4000 metre Alpine peak wearing just lifa top & bottoms, PB's and a thin running cagoule!

Phil Clark - with bits by Martin Stone & Mark Rigby

Results

1. Ettore Champretavy	Italy	4.59
2 Milan Madaj	Slovakia	5.05
3 Luca Negroni	Italy	5.05
7 Phil Clark	GB	5.26
14 Mark Rigby	GB	5.51
32. Martin Stone	GB	7.09

After reading this I defy anybody to say that the continentals are only interested in uphill races on tracks!

CORSA AL MONTE BIANCO - The Mont Blanc Race

When we learned of the Monte Rosa race we were aware that it was one of a pair of extreme mountain races run just 3 weeks apart. The second was from Courmayeur in Italy to the summit of Mont Blanc and back. The Skyrunner Trophy would be presented to the male and female with the fastest aggregate times. Before we undertook the Monte Rosa race we decided to keep an open mind about attempting Mont Blanc and would see how we felt after the first event which should be relatively hazard free. When Monte Rosa was over, I think we felt that we had already 'enjoyed' a big enough epic for one year. Mont Blanc is 500ft higher than Rosa, the massif is prone to sudden, severe weather changes with very little warning, the snow is steeper and the route at high level is a graded climb with far more objective dangers than Rosa. Unlike at Monte Rosa, a slip would likely involve fast acceleration to 'escape velocity' and a column inch in the newspapers. The local ski-mountaineers were obviously well sorted in terms of skills and suitable kit. They could fix ice-axe attachments to the top of each ski pole - for climbing steep slopes and arresting falls. We didn't really fancy trying to race on that sort of ground, especially as we felt that we still had much to learn about the kit. As the organisers told us in their best Italian - it would be a whole new ball game.

We relaxed in the sunshine after Rosa and discussed the Mont Blanc race with the day's winner, Ettore Champretavy. He made the decision for us when he gave his reason for not participating - 'I cannot do that race because I have a wife and four children'. Fair enough, we would probably have a far more relaxed time doing the 35 mile race the same day at La Plagne.

In the event, the organisers had to move the race forward one day to avoid some nasty weather which was due for the Sunday. Ettore Champretavy must either have changed his mind or got a divorce because he did the race and his second place was enough to win him the Skyrunner aggregate trophy. The winning time was an incredible 7 hours 6 minutes for the 60km round trip with 11000ft ascent/descent. Fourteen men and two women left the centre of Courmayeur and ran along asphalt, steep mountain track, moraine and then onto the glacier, across crevasses and along precipitous crests to the summit and back down again. The leaders reached the summit in 4hrs 40mins and behind them the field was already strung out by 2 hours. The bad weather arrived early and the organisers decided in the interest of safety to evacuate the slower runners - they were airlifted off by helicopter.

The third event organised by the Italians will take place in Tibet on 5th October. The Everest Skymarathon will be run on a flattish course of standard marathon distance but at an average altitude of 14,000ft. Helene Diamantides will be participating and Transworld Sport will be filming the race.

- Martin Stone

Nid D'Aigle 1800m ascent (only!) 20 km 19th July 1993.

This is an uphill only race starting from St. Gervais mainly on tracks and footpaths, a little bit on roads. A fairly scenic route, well marked, and if you've never done an uphill only race (like me) it's probably a gentle one to start on. Most of the climb is in the last 7k of the course and road shoes are fine. Organisation and hospitality are excellent but brush up on your French if you want to understand the prize giving and pre race briefing.

La Plagne 3000m ascent + 3000m descent 60 km, 25th July 1993

A real fellrunner's race in the Alps (or as close as you'll get to one) The terrain is an exciting mix of footpaths, rocks, scree, snow, ice and grass



Some of our descents can be just as hairy as those in foreign parts. Edward Proctor of Calder Valley negotiates the rough descent from Dish Stone Moss at Ravenstones Brow 1993.

Photo: Allan Greenwood

- fairly good testing ground for fell shoes. The route climbs through and around the whole of the very unpretty ski resort, with masses of support and encouragement. Excellent hospitality and organisation - the promoters want it to become the 'biggest and the best'. It certainly has the potential to be.

Ruth Pickvance and I linked up these two races by walking between the two venues: parts of the GRS and the Tour de Mont Blanc.

Helene Diamantides

Rumour has it...

that a certain make of shoe was subjected to a ceremonial burning by disgruntled athletes after a certain race ... allegedly. The usual promise of a crumpled fiver for any more solid information!

Small Ads

YORKSHIRE DALES HOLIDAYS

Cottage at Hawes, Wensleydale, sleeps 4, overlooks Shunner Fell and Penine Way £100 - £200 per week. B&B near Askrigg, Wensleydale - spectacular views to Addleburgh and Wether Fell. Double en suite £16 pp. £14 pp twin bedded room. Tel 0969 650565

RUNNING HIGH

Hugh Symonds' story of his 2000 mile run over the 303 mountains of Britain and Ireland. Books for sale direct from HUGH SYMONDS, GREENMANTLE, UNDERWINDER, MARTHWAITE, SEDBERGH, CUMBRIA LA 10 5HT. £14.99 including p+p

Attention race organisers!!!

Basic card numbers, approximate size 6.5" by 5", stencilled/handwritten, only £1.50 per hundred. Not waterproof buy they are when used with sandwich bags. Take it or leave it, all proceeds ploughed into my fell race.

Contact Allan Greenwood 0274 393101.

Martin Stone's Long Distance News Summary

I've not been made aware of too many long distance achievements this Summer. Apologies for any omissions - do remember to keep me up to date for the record books.

FRANK THOMAS - COTSWOLD WAY RECORD

Frank is an exiled member of Dark Peak living in Cheltenham. He and Robert Hitchings made the first serious attempt at setting a record for the 102 mile Cotswold Way on 29/30th August. The scenic route runs from Bath to Chipping Campden and includes 11,000ft ascent/descent. Robert unfortunately dropped out through injury at 61 miles leaving Frank to carry on, paced most of the way by just runners. Frank was 40 minutes up on the 24 hour schedule at 83 miles but due to a minor c... up lost contact with his support vehicle at the start of the second night. This unfortunately meant that a sub 23 hour time had to be sacrificed on this occasion for a relatively 'soft' 26hrs 55mins.

GEORGE FOOT - SNOWDONIA TO THE SOUTH WALES COAST

I couldn't think of a suitable title for this run as it follows about half of Snowdonia to the Gower (the route used by The Dragon's Back Race) while the remainder is George's own creation. George describes himself as a 56 year old 'fringe member' of the FRA - living in Exeter precludes participation in fell races. On 3rd July he set off to cover 200 miles and 27,000ft ascent from Llanfairfechan on the coast of N Wales to Dunraven Bay in the south. His family and a few close friends supported him as his route took him over the Cameddau, Moelwyns, Rhinogs to Barmouth, Machynlleth, through remote mid Wales passing close to Plynlimon, the great reservoirs of the Elan Valley, Black Mountain and finally arriving at Dunraven Bay. His journey took him 2 days 22hrs 40mins.

COLIN DONNELLY - SCOTTISH 4000' PEAKS, SOLO/SUPPORTED

Some more interest has been shown in the rarely attempted Scottish 4's route from Fort William to Aviemore. On Friday 18th June, Colin set off from Glen Nevis YH, aiming to run 85 miles and climb 17,800ft to reach the Norwegian Stone outside Loch Morlich YH within 24 hours. His

father met him with food and drink at Dalwhinnie (41 miles) and Glen Feshie (58 miles). At one stage he was 43 minutes ahead of my record schedule although he felt that his main aim was to complete the route rather than attempt a record. The weather was mixed early on and some tricky ground near the col to the north of Ben Alder cost him time during the hours of darkness. Conditions were perfect for the Cairngorms and Colin took in the extra 4000ft 'Tops', Cam Na Criche and Macdui North Top, which aren't usually tackled on this route. Unfortunately his pace slowed and on the way to the final peak, Cairngorm, Colin struggled to keep up with a group of RAF Mountain Rescue who also happened to be attempting the 4000's within 24 hours, but motoring between Lochaber and Strathspey. Colin achieved his aim and reached the Norwegian Stone in 23hrs 19mins, making him (probably) the fourth person to break 24 hours for the route.

THE MUNRO RELAY 1993 - EDDIE HARWOOD AND TEAM

Taken from a note by Eddie Harwood - The record for a 7 man relay over all the Munros was set in 1990 at 12 days 16 hours. The basic rules for this are that a baton is carried, starting on a public road and finishing on the last summit. It can be taken by vehicle on all public, maintained roads and sea going ferries, but at all other times it must be carried on foot.

It was decided to give it another go this year, with the target of averaging one Munro per hour, (11 days 13 hours). An entirely new route was devised which gave no concession to changeovers in pleasant spots and involved much longer walk ins/outs than in 1990, actually adding 30% extra distance to the baton's route. A strong team of Graeme Bartlett, Mark Hartell, Eddie Harwood, Craig Harwood (no relation), Steve Jones, Ifor Powell and Ross Powell (no relation) was assembled. The team was also assisted by Liz Peart who cooked and general helped out, also Colin Powell who on a semi-professional basis provided his 'Flexihol' camper and himself.

The team met on Skye on Saturday 5th June with the rain lashing down and the wind blowing hard. Not expecting to be able to go, the climbing support was dispensed with. With a small improvement, however, Steve set off at 7am. Craig has wet conditions to solo the tricky down climbs that we had intended to be supported abseils, but Skye was still left ahead of schedule. As darkness fell, the first of many weather depressions came in to give near zero visibility for Graeme who although the fastest team member, was also the least experienced. Four of the next five nights were much the same

and Graeme was unfortunately landed with three of them. On the third evening Craig seriously sprained an ankle but was determined to continue. An easterly wind brought a brief period of settled weather but only while the team were moving east. Cold, drizzly fog was experienced next followed by a night which gave us a hard frost. Another bad night gave way to a really fine day which allowed every member to pick up on the schedule and suddenly the target time became a possibility. Our optimism was short lived as this marked the end of any half decent weather and it rained almost incessantly for the last three days until a misty finish on Ben Hope at 3.15am. The weather and Craig's ankle finally scuppered the target time, but 11 days 20 hours 16 minutes beat the existing record by nearly 20 hours. Ifor's performance was outstanding and with the toughest combination of sections he consistently annihilated his target times. The event was run in aid of The Royal National Institute for the Blind. The total amount raised will not be known for some time, but if you think our efforts were worthwhile, please consider sending a donation to: Munros Relay 1993, RNIB, 9 Viewfield Place, Stirling, FK8 1NL

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' 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 1993/94 award should be sent by June 1994 to: Mr Fred Rogerson, Tethers End, Lindeth, Windermere, Cumbria

Junior Home International Fell Race

Sunday 10th October 1993

Grasmere

Inaugural British Junior International Fell Championship Races



Victoria Wilkinson England's leading U/16 girl
Photo: Allen Greenwood

Age Categories : u/18s Boys, u/18s Girls, u/16s Boys

In addition to representative teams from England, Scotland, Wales and N. Ireland the race will be 'open' to any boys or girls in those age categories. u/16 girls may compete in the u/18 race.

The event will include a BRITISH CHAMPIONSHIP RACE for u/14s Boys and Girls (as at 1.1.1993)

Medals for first three in each race. In addition there will be over £200 in prizes.

COST: £1.00 for all Open races, entry on the day. Ages: as on 1.1.1993

PRESENTATION: Awards will be presented after the races and will incorporate the presentation of the 1993 English Junior fell championship awards.

RACE TIMETABLE:

- 11.00 a.m. British Championship Open Race (u/14s, Girls and Boys)
- 11.30 a.m. u/16 Boys International and Open Race
- 12.15 p.m. u/18s Girls International and Open Race
- 1.00 p.m. u/18s Boys International and Open Race
- 2.00 p.m. Butter Craggs Senior Fell Race
This is a change from the advertised time
- 3.00 p.m. Presentation



Robert Jebb pictured finishing 2nd at Bumsall
Photo: Allen Greenwood

REFRESHMENTS: Available throughout the day, courtesy of Kendal AC Ladies

Further details from:

Dave Richardson 05395 60602 Dave Hodgson 0532 585586

Selwyn Wright 0229 716797 Gary Harold 0204 690968

ESTIMATED RACE TIMES:

u/18s Boys 30-40 minutes u/16s Boys 25-30 minutes
u/18s Girls 25-35 minutes u/14s Boys and Girls 15-20 minutes

**Come and enjoy a family day out in the Lake District:
Why not make a weekend of it!**

These races are supported by the FRA and BAF.

*C. Smith of Eccleshill
descends Buckden Pike
Photo: Steve Bateson*

