



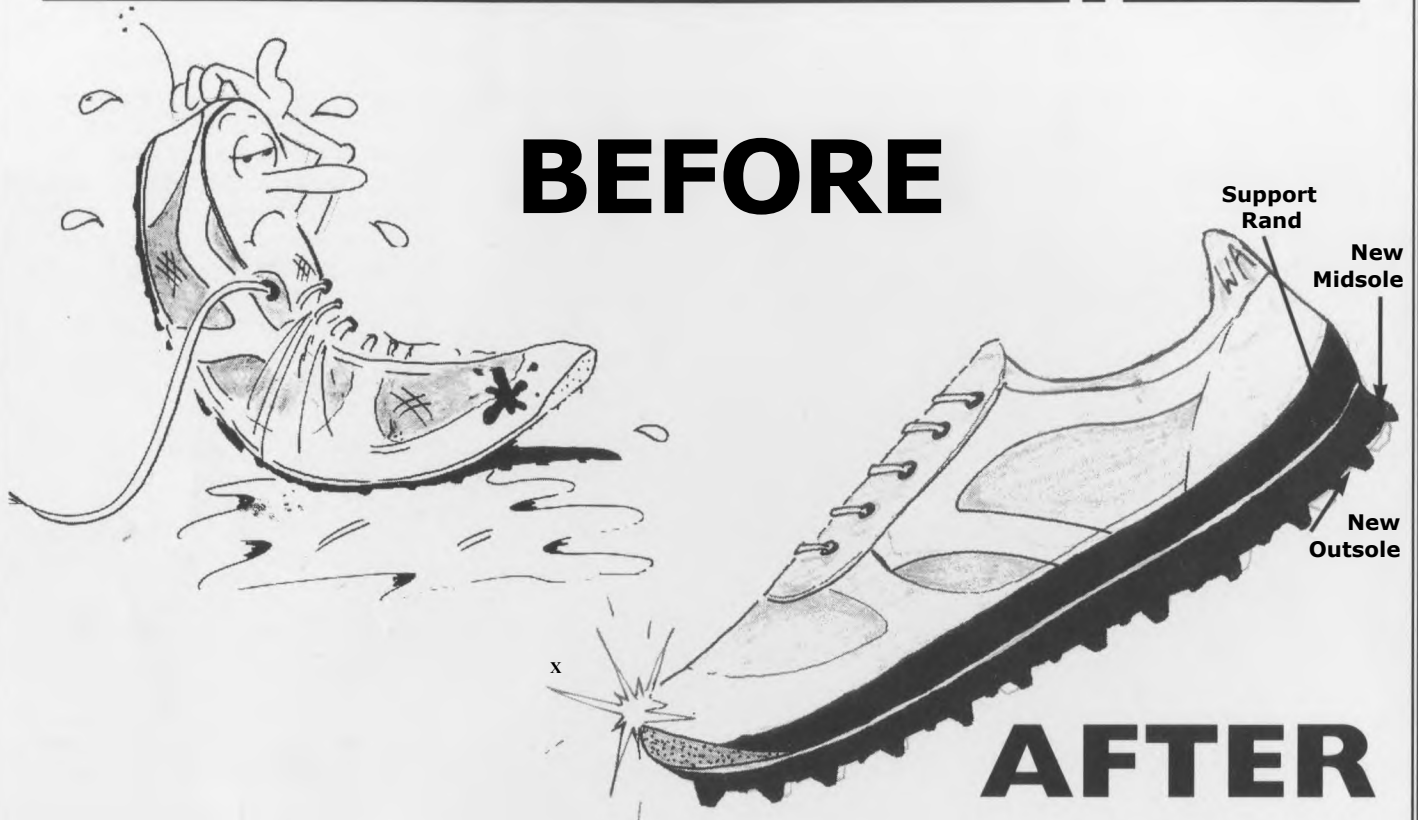
The
Fellrunner



February 1995

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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
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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.

Bit at the Front Neil Denby

The verdict at the inquest on Judith Taylor almost closes a sad chapter in the annals of the Association. I say almost, as the coroner pointed out some possible shortcomings in the organisation of our races which now need to be investigated. It cannot be said enough times that Judith was experienced, fit and well equipped and yet still tragedy struck. So please take heed of the advice offered in our letters pages and by race organisers as to what does constitute 'body cover' when conditions require it - at risk of being controversial let me repeat what I was told about Lycra - the material is such that it actually wicks heat away from the body, so that, when you stop, you cool down more quickly. This is obviously dangerous in extreme conditions

when windproof is more important than waterproof and keeping in warmth is paramount. There are so many good suppliers of excellent thermals, cags, over-trousers that there really is no excuse for setting out in flimsy clothing.

A fairly hefty chunk of the magazine is taken up, this time, with Calendar updates - all due to race organisers getting details in LATE, equally, in the results section, some races have been removed as it would have been well over a year since they were run, reports again coming in LATE - why not send your report straight away and keep up to date (and my thanks to those who do) and, while you're at it, don't wait for Christmas, register your race for next year as soon as it is run!

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Inset: Lowe Alpine Mountain Marathon - Rob Howard: Main picture - Up and coming runner Shaun Willis at the Auld Lang Syne Race. David Brett

STOP PRESS: Freedom at Last!!

The twenty first of January 1995 will be a date to go down in the annals of Fell running. On that day B.A.F. agreed to change its rules so that runners will no longer lose their amateur status by competing in unpermitted fell races. The effect is that we will be able to race wherever and whenever we want. Grasmere Guides; Kilnsey; Ambleside Sports and all the other "open" races will finally be "open" to us too! This arrangement will be initially for a trial 12 month period, but if there are no problems it will become permanent next year.

The F.R.A. has been struggling to unite a sport which has been divided for a century; a struggle which has taken a pretty rocky path over the past ten years! The banning of Guy Russell and others (myself included) in 1985 led to a campaign which gained sympathy from the A.A.A. but no co-operation from B.O.F.R.A. - the open fell runners body. Negotiations floundered, bannings continued and the future looked bleak indeed. 1994 saw the Association redouble its efforts following an arrangement in Scot-

land which helped amateurs to compete in Highland Games. Talks with B.O.F.R.A. seemed hopeful and a compromise looked on the cards. But once again B.O.F.R.A. runners found themselves unable to bite the bullet that would bring an end to the century old split.

Last season ended with several top amateurs competing successfully in 'open' events with no recriminations. The F.R.A. wrote to B.A.F. to say that we would no longer enforce a rule which was both unpopular and iniquitous. B.A.F. offered a meeting and just before Christmas Danny Hughes, Mike Rose and myself met B.A.F. officials and were able to persuade them to change the rule. The full B.A.F. Council rubber stamped the change on 21.1.95.

** Runners intending to compete in 'open' races - or any event not included in our Calendar - should be aware that these races do not have F.R.A. Insurance cover. They are not covered by our Safety Rules and neither the F.R.A. nor B.A.F. takes any responsibility whatever for their organisation."

Selwyn Wright

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 16 APRIL 1995 is 'PHONE DAY', the day when all UK
 area codes will change. Codes started with 0 will start
 with 01. Five cities including LEEDS and SHEFFIELD
 will have brand new codes and a 2 will prefix existing
 numbers.

The revised codes and numbers given above are
 currently operating alongside the existing.

JUDITH TAYLOR'S INQUEST

I'm sure all F.R.A. members are by now aware of the tragic death of Judith Taylor at last year's Kentmere race. I attended the inquest in Carlisle last November as a witness representing the Association.

Going into the courtroom my thoughts were that Judith's death was one of those very sad but unavoidable events which occasionally happen in the mountains even when all reasonable precautions are taken. The facts were that race organiser Pete Bland had followed the F.R.A. safety rules almost to the letter - even to the extent of having Rescue Team personnel on each checkpoint! Judith herself was well equipped both in terms of kit and experience of the local fells.

The Coroner heard evidence from Pete, from Judith's husband Phil, from fellow competitor Doug Brown, from two members of the Rescue Team - one a doctor, and from myself. Not a single witness was critical of the race organisation or the F.R.A. safety rules. When Coroner Osborne came to sum up, however, he did feel that there were areas of our rules which should be reviewed. These have been listed as follows:-

- 1) Alternative routes for bad weather.
- 2) The importance of conveying weather reports to competitors.
- 3) A set of criteria for the abandonment of races in dangerous conditions.

- 4) Procedures to take runners numbers at checkpoints and the availability of food at checkpoints.
- 5) The importance of educating runners about the dangers of hypothermia.

The Coroner's verdict was that Judith's death was by misadventure. The Association has set up a small committee to carry out a review and it is hoped that the results will be published in the next magazine. This consists of myself, Dave Hodgson and Frank Galbraith from the F.R.A. and a Mountain Rescue medical representative.

We shall attempt to take on board the Coroner's recommendations without changing fellrunning's traditional ethos of freedom from over-regulation and bureaucracy. My personal view is that the race organiser has a responsibility to make sure the race is as safe as it can be, while it is the Association's responsibility to set the criteria for safety.

But the final responsibility for the safety of anyone going onto the fell - be they runner, walker or climber - lies squarely with the individual. If the competitor begins to feel that the fells can somehow be made safer by the actions of a race organiser or by the existence of a Mountain Rescue team, then we will do no-one any service.

Mike Rose

LDWA TO RECORD COMPLETIONS OF ASCENTS OF THE 2,000 FT MOUNTAINS AND COUNTY TOPS OF ENGLAND, WALES AND IRELAND.

Publication within the last few years of detailed and accurate listings of the mountains of England & Wales and of Ireland, together with guidebooks describing their ascent, has renewed interest and activity in "peakbaggin" in those countries. This complements the popular sport of "Munro-bagging" in Scotland. Although the SMC has for many years collated a list of "Munroists", until now no organisation has assumed responsibility for recording completions of similar challenges south of the border, or in Ireland.

Now the Long Distance Walkers Association is to keep records of all those who lay claim to have completed a "round" of one or more of the following categories of hills:

1. All the mountains in England and Wales above 2,000 ft in altitude.
2. All the mountains in Ireland above 2,000 ft in altitude.
3. All the County Tops of England and Wales, or of Ireland.
4. All the mountains described in Wainwright's Guide to the Lakeland Fells.

There are no "official" lists of hills within these categories, but several tables of spot heights have been published, the earliest dating from before the Second World War. Any of these published lists will be acceptable, but the claimant must state which table of heights was used to achieve the completions (full details are available from the Recorder - see address below).

A Register of Completions will be kept on computer disk for easy access and updating. Up-to-date lists of "completers" will be published annually in "Strider", the magazine of the LDWA. It is hoped that the Register will be as comprehensive as possible and that in the years to come it will form an important and interesting archive of hill walking activities in the three countries.

There is no time limit, and retrospective as well as current claims are sought. For detailed information on the registration scheme send a cheque (payable to A.G. Castle) for £ 1.50 to cover printing and postage to A.G. Castle, Recorder, Jozef Israelslaan 35, 2596AN, Den Haag, The Netherlands.

Secretary's Corner

The secretary is always the hardest working person on any committee - except of course the editor of *The Fell Runner*. The dullest member of a committee will always do the most talking - I wonder who that can be?

Annual General Meeting, 8.10.94

1. 43 members attended the AGM at Ambleside following the Langdale Horse-shoe Fell Race, the chairman reported on the year's activities and the accounts were adopted.

2. Officers and Committee were elected as listed on page 2. Barbara Carney, our treasurer for 6 years had given good notice of her intention to stand down, but unfortunately a possible successor withdrew at the last minute. Since no nominations were forthcoming the committee was authorised to seek a suitable volunteer and co-opt.

3. Other appointments agreed at the AGM are: Delegates to the Fell and Hill Running Commission, Norman Berry, Selwyn Wright, Richard Day; AAA of England and Midland Counties AA, Richard Day; North of England AA, Alan Judd; South of England AA, Sam Kirkpatrick; International Committee for Mountain Running, Selwyn Wright.

Committee Meeting, Skipton, 20.11.94

1. Assurances about organisation and safety have been received from the organiser of the Calderdale Way Relay.

2. The question of Open Fell Running is still unresolved and is due to be considered by the BAF Rules Revision Committee and the BAF Council. See separate article.

3. Secretary instructed to circulate northern clubs seeking a volunteer to take on the job as treasurer.

4. Pete Bland re-appointed England Team Manager and Malcolm Patterson Assistant Team Manager. England Team selection: Dave Hodgson (chairman), Norman Berry, Selwyn Wright.

5. Championship races selection: Tony Hulme (chairman), Willie Gaunt, Jon Broxap, Dave Richardson.

6. Disciplinary sub-committee: Mike Rose (chairman), Peter Dyke, Neil Denby.

7. Willie Gaunt agreed to look after FRA Radios.

8. Noted that FHRC have decided that the categories in the 1995 Fell/Hill Relay Championships (formerly FRA

Relay) will be Open, Vet Men 040 and Ladies.

9. Report on Inquest on Judith Taylor. Sub-committee appointed to review FRA Safety Requirements; Selwyn Wright (chairman), Dave Hodgson, Frank Galbraith and Dr. Ellerton, Patterdale Mountain Rescue Team. See separate article.

10. Noted that William Hill has advised the FHRC that fell running does not feature in their future sponsorship plans.

MIKE ROSE

INTERNATIONAL COMPETITIONS 1995

20 May, KNOCKDHU, Northern Ireland
2nd or 3rd weekend July, EUROPEAN TROPHY, France (up-hill)

10 September, WORLD TROPHY, Edinburgh, Scotland (up and down)

8/9 October, JUNIOR INTERNATIONAL, Northern Ireland

CHAMPIONSHIP RACES 1995

British

Stuc a Chroin	- 29 April, Long
Duddon Valley	- 3 June, Long
Moffat	- 26 - June, Medium
Waun Fach	- 6 August, Medium
Dalehead	- 17 Sept, Short
Elidir Fawr	- 30 Sept, Short

English

* Edale	- 26 March, Long
* Kinder Downfall	- 23 April, Medium
Duddon Valley	- 3 June, Long
Buckden Pike	- 18 June, Short
Kinniside	- 16 July, Medium
Dalehead	- 17 Sept, Short

* WARNING. Limited entry races. Championship contenders are advised to send off their entries at the earliest possible opportunity.



*The Edale Race is once again on the
Championship calendar
Photo: Peter Hartley*

News and Views

Second Class Citizens?

Which discipline boasts over 4000 dedicated participants and yet lacks a national coach? Which discipline has no recognised coaching structure?

Mountain running has its own World Trophy recognised by the IAF and yet in Britain there is no recognised coaching qualification for the event. Between them the Fell Runners Association and the Scottish Hill Runners association have almost 4000 members with over 400 events listed but we are treated as second class citizens with BAF's chief coach failing to nominate anyone as our national team coach. Is it any wonder that every year our teams finish further down the World listings? Yet in 1995, despite the lack of recognition from BAF, Scotland will host the Mountain Running World Trophy.

What do members of exclusively hill running clubs (such as my own Cosmic Hillbashers) get for their BAF money? Can any race walking event boast fields the size of Ben Nevis, Langdale Horse-shoe or Snowdon? Why should we be fobbed off with middle distance training as possibly suitable for us? There is far more technique and technical knowledge required for the many varied disciplines of fell running than there is for most track events.

Is there even a coaching structure from the marginally related cross country running? Isn't it time that the grass roots had some recognition?

*Ewen Rennie, Coach,
Cosmic Hillbashers*

How much younger?

Below is an extract from a letter I sent to BAF in response to a request for all coaches to comment on their current coaching set up. Well fell running does not have, or need, the elaborate system of coaching or meetings experienced in some areas of athletics, I do feel that the contents of this letter should be considered when junior events are being organised

...my main reason for this contribution is my increasing disillusionment with the system that provides more and more competition for younger and younger athletes with the result that less and less make it through to senior status. One has only to look at the results of any local league or championship from say 10 to 15 years ago and ask the tired old question 'where are they now?'

Any fool, parent or coach knows that the human body will respond positively to any demands placed upon it by its owner or, indeed, by any of the aforementioned. Unfortunately the human mind does not always comply with this simple formula. I believe that the BAF coaching staff must address themselves to these two questions

- (i) Are the younger age groups there as a means of providing individuals and clubs with a method of achievement within itself, with scant regard for the future; or
- (ii) Are they there to give a gradual introduction to the sport in the hope that they will develop into enthusiastic individuals who will contribute to athletics in a positive way.

If the answer is the latter, which I and many others sincerely hope it is, then some radical thinking needs to be done. To highlight this point at the recent West Yorkshire AA AGM, where the possibility of even younger age groups was being discussed, I asked all clubs to consider how many members of their current senior squads, male and female, had started with the club prior to their 14th birthday. The question was answered by a few grunts and many a sad shake of the head. Very few clubs with junior groups were not represented at the meeting.

The age being discussed at the meeting was 8 years and under; with my sense of humour I cannot help wondering how long it will be before nappy changing 'pits' are required!

Pete Watson, Head Coach,
Pudsey & Bramley

Championship format

Further to the recent article in *The Fellrunner* concerning the structure of Championship Races, I would like to make the following suggestions:

1. The British Championship is contested at a single category AM race each year. The race could be rotated between England, Scotland and Wales in order to attract greater participation from Welsh and Scottish runners.
2. The English Championship to be a series of 6 races, as now, but with only 3 races, one at each distance, to count towards the championship. This would achieve a better balance than the best 4 races to count which can favour specialists in one particular category.
3. Three of the English Championship races to be the same each year and three to be different thereby encouraging runners who may not have the opportunity to retrace courses in advance
4. To have no more than one championship race per month, in the period



A 'one-off for the FRA Relay; why not the Championship? See F.H.R.C. views in Championship results, centre pages
Photo: Peter Hartley

April to October, and in particular not to have two championship races on consecutive weekends

I hope these ideas will contribute to discussion and look forward to hearing the outcome. (They have been passed on to the committee already-Ed)

James Parker, Ilkley

Garbled rules

Quote from the Scottish Athletics Federation official fixture list, Summer 1994:

Advice on event entries (11) ... most permitted 'non peoples' events welcome unattached runners of all abilities ...

This phrase is omitted from the 1994 Fixture List, there is no mention of unattached runners being either welcome or not welcome. Presumably they are not any more, not after 12 months anyway. Ah, but there's always the Peoples Races, anyone can run in them. But what's this, People's Events have been discontinued, according to the SAF's official newsletter, 'The Flyer'. The article goes on to say that unattached athlete levies, currently 50p. are due to be paid to the SAF for each unattached athlete. Where's that in the BAF Rules for Competition? It ain't. Don't pay it.

A study of BAF rules on eligibility reveals that all athletes who are amateurs can compete; there is no definition of amateur that says they must be club members; there is no mention of unattached athletes becoming ineligible - therefore unattached athletes can compete as often as they like.

Now I know why some leading runners ignore the rules!

Roger Boswell, Fort William

No litter please

I write to draw attention to two aspects of the Jura race, May 1994. Firstly, what a great do. Secondly, it was marred only by the dropping of litter by competitors. We present ourselves as sportspeople who love the fells and yet are acting in the opposite vein. I was at the rear of the field and saw several discarded drinks containers and food wrappers - I even offered to carry one competitor's litter, however he refused the offer and proceeded to tell me that plastic was biodegradable as he placed it under a rock!

No litter, please!

Keith Cameron,
Sedbergh

Fat Boy no longer responsible

May I through *The Fellrunner* thank all the people who offered to help me and my friend 'Fat Boy' after he lost our car key during the Great Shunner fell Race on September 17th near Hawes. I was grateful for the use of a telephone and spare clothes and wish to apologise to my girlfriend Simone for the interruptions caused to her birthday celebrations whilst bringing the spare keys.

I am sure that all who were involved will be relieved to know that 'Fat Boy' has been relieved of key holding responsibilities for future events and look forward to seeing everyone at next years event!

James Lee,
Northallerton



Well wrapped up against bad weather - Andy Green of Bradford - Airedale at the Auld Lang Syne Race
Photo: David Brett

Body cover required

Ref. 'Windproof whole body cover', Part 9 of Safety Requirements for Fell Races in the Handbook. At this years Tour of Pendle we had our usual kit check at the start and also a check at the finish and as you can see from the race report (in results section) I have given two runners notice that I will not accept an entry from them in 1995. Lenient, it seems after reading *The Fellrunner* of October 1994.

Three others in the race did have leg cover but only Lycra, Helly Hansen or Tracksters. I have told them that I expect them to have overtrousers for next years race if they wish to run.

I consider windproof whole body cover to mean 'plastic' cag and overtrousers, even though it does not actually say that in Part 9. I appreciate that the writer of Part 9 chose his words carefully to give the maximum legal protection possible to race organisers.

At the Langdale Horseshoe I noted that the organizer had written 'Cag and Overtrousers' on his 'Kit to Carry' notice and also noted the same on Page 3 of the October edition of *The Fellrunner* where note 5 of the 26.6.94 Committee meeting interprets 'windproof etc' the same as I do - Cag and Overtrousers.

If there is any self respecting fellrunner reading this who does not have the correct equipment/kit they should buy it now and carry it with them to every race irrespective of the time of year or the weather; get the habit and you will have it with you when you need it.

Kieran F Carr,
Clayton le Moors,
Organizer, Tour of Pendle Race

Windmills of my mind

In recent editions of *The Fellrunner* there has been some fairly animated correspondence about windmills (wind turbines to the pedantic). I feel, however, that despite the number of words written, the most important question remains to be answered.

The question is, "why, every time I see the windmills on Royd Moor (weekly) or on Ovenden Moor (fomightly), do I count them?"

Please can someone help, others of my acquaintance are similarly afflicted

Andy Blanshard, Denby Dale Travellers

...and ones that look nice

A postscript to my letter about windpower in the last issue of *The Fellrunner*.

A conversation I had recently with an engineer working on wind power revealed that there are technical problems with the 'local power generation' approach which I advocated. In particular, there does not yet exist any satisfactory way of dealing with the problem of intermittency : even in the Pennines there are calm windless periods. This does not matter if the power is being fed into the National Grid but does matter if the wind turbine is the sole source of power for a house!

Nevertheless, these principles remain:

1. Where feasible, wind power should be generated as close as possible to the point where it is being used.
 2. More attention needs to be devoted to energy conservation, to reduce the need for new power sources; all power generation has some environmental impact.
- Your headline above my last letter suggests that I am against further development of wind power. I am not (I actually think that wind turbines look rather nice!), but I am worried that development is taking place in an insensitive manner

Anthony Kay, Loughborough

Ben Nevis and the older generation

It is more in sorrow than in anger that I write to criticize J K Riley's comments about the organisation of the Ben Nevis race. I feel your correspondent has done a great disservice to the many older runners who, because they can no longer get round the courses in a reasonable time, in comparison with the

average runner and thus often keep the check-point marshals out on the moor and mountain tops in cold wet and windy conditions.

In a prestige race like the Ben Nevis I have always considered it a great privilege to be allowed to race. When I raced the Ben in 1990 at the age of 72 I considered reaching the summit before the 2 hours cut off as a great achievement. I was overwhelmed by the friendship of the runners, of the marshals, and of the organisers who I met at the trophy ceremony in the evening. Indeed, the Ben Nevis was one of the high spots of my racing-activities life. I have nothing but praise for those people who make such races possible; especially we of the older generation.

Ken Gibson, Doncaster
(Ken's review of the 'Ben' appears on page 15)

Thanks

Well done and thanks to Dave and Eileen Woodhead for all the hard work they obviously put in to the organisation of the FRA 'do'. We were well fed, well exercised by two bands and entertained by numerous running videos, as well as Dave's waistcoat!

Linda Lord, Clayton

Last Word

May I, through the magazine, thank the FRA and all race organisers for recognising the delicate matter of race toilets. Looking through the FRA Calendar the 'no toilet facilities at this race venue' seems to have been heeded. But 30 plus races without toilet facilities is personally still a problem!!

Please note that the Andrex International on April 1st clashes with our 17th wedding anniversary and will be appropriately marked with new quilted soft peach, turquoise and peppermint green sheets,

Yours in good sport,
Eileen Woodhead

(Eileen also spotted the advice in 'Strider' - see page 20)



'Do' organiser Dave Woodhead after his morning swim (Bolton by Bowland race)
Photo: Keith Lodge

Essential kit

Andy Todd considers the essentials for the hills...

Recent analysis of editions of *The Fellrunner* reveals that outside the excellent results section (including myself as 3rd 0/45 in a small evening race) space is divided thus:

Long articles about long races a long way from here by John Blair-Fish 30%

Starting arrangements for ladies 25%

Toilet facilities or lack of them at races 20%

Forestry Commission and Water Company matters 15%

Photographs of busty ladies descending (no problem with this) 10%

In an endeavour to introduce variety here is some very necessary advice on what and what not to pack in your bum bag.

DO NOT PACK

Maps and Compasses

By the time you are lost enough to need compasses and maps the maps will be soggy with sweat and damp. Moreover in stopping to use these aids and to fix the pencil in the compasses you could lose sight of the runners you were following who do know the way. Also if, like me, your sight is deteriorating, you will need to take your reading glasses too. Additionally, the points on the compass will make a mess of your bum bag and could cause injury if you fall.

Liquid

This is heavy and will slow you down. Drink from muddy ponds and streams above the dead sheep. Hounds, foxes and sheepdogs do this and can run all day over rough terrain.

Full waterproof body cover

Wearing this while running will make you far too hot and sweaty. Putting it on in wind and rain is almost impossible as it flaps about and turns inside out - valuable minutes will be lost.

DO PACK

Pound and ten pence coins

Paper money gets soggy. This cash can be used to phone and pay for taxis when lost and to buy beer when in pubs.

A Whistle

This may seem strange but to run without it could incur disqualification. A tiny plastic one from a Christmas cracker should do.

A small bar of scented soap

It makes washing in the river afterwards so much nicer.

One woolly glove

You can wrap all the above in this to avoid rattling noises which may put you off your stride and get on your (and others) nerves.

P.S. Leave your car keys under a stone behind a wheel - if you get injured, tired or lost you can phone someone to bring the car to the pub and pick you up.

CALENDAR UPDATE

First of all, the apology - to Norman Walker, who sent his race details in good order and in good time; I put them on to my disc, the printer copied it to his disc, the Calendar was duly printed and somewhere in the technology Norman's race disappeared!! It still exists on both our discs and after an exhaustive check we can't find any other similar occurrence, so what happened I have no idea - I just hope it never recurs. Norman was most understanding about this and therefore, in a special section all to itself -

SAT. JUNE 3. LANGDALE GALA FELL RACE. AS. 3.00 p.m. 1.25m/650' from Chapel Stile. Race free; pay entry to Gala Field. PM. Over 14. Also junior races: U9/U12/U14; 0.75m. Records: 10.06 S. Livesey 1985; f. 12.46 S. Hodgson 1994. Details: N. Walker, 6 Millrow, Elterwater, Ambleside, LA22 9HR. Tel: 05394 37317.

I refuse to believe that this is the only blunder in the 1995 Calendar especially as it all had to be re-done from scratch this year, or if you come across any inaccuracies at all in the entry for your race **please** give me a ring so I can correct it.

Secondly, a clarification. Page 32 of the Calendar is deliberately mostly blank - there are **NOT** eight or nine races missing. The reason it's like that is because the July/August divide was the split between my two disc files and I thought that instead of joining them together for the printer I would leave the space so that people could put in late entries or whatever they pleased; I did intend to add the heading "NOTES" to make it clear but forgot to do so.

And now....

On the other hand, we have easily the most colossal Calendar Update in recorded history, I know some of them are new races, one of them is a date change and two had difficulties with their arrangements **BUT** the vast majority (and just look at some of the names) are well-established events who simply didn't get their forms back in time. There now follows a public plea to organisers whose race registrations are late arriving - up to a few years ago the number of races in the Calendar was small enough for late entrants to be rung up and reminded and for a "late entries" page to be included in the book. With well over 300 races (and if all these late entrants could have been included it would have totalled over 330 races this year!) it just is not feasible to do this. Firstly it would take too much time, secondly it would cost the FRA a lot of money and thirdly, in cases where the organiser has changed, I sometimes have no idea who to contact anyway. In order to ensure that as many races as possible are included in the Calendar I always leave it to the last practicable moment before sending it to the printers, so a "late entries" page is no longer on. The same timescale has operated for the past five years; I send the forms out on the last weekend in September to be returned by the end of October - some of the races included in this year's Calendar didn't get to me until the last week in November and they're still in, but it doesn't half make the job more difficult!*

The race details on the next page are printed in chronological order according to when the races will now be run.

CRAG HOPPERS

OVENDEN FELL RACE

A new race dedicated to raising money to assist Clayton runner Mark Brown in his bid to compete in the Paralympic Games, Atlanta 1996

Start/Finish at Ogden Reservoir off A629 Halifax-Keighley Road

[064306 on OS 21 S. Penrines]

9 miles/1000'

£2.00 on the day

For further details send SAE to - Allan and Carol Greenwood, 71 Smiddles Lane, Bank Foot, Bradford BD5 9NT

SAT. MAR 18.

CHAPELGILL HILL RACE, AS.

3.00 p.m. 1.5m/1400' from Glenholme, near Broughton, Peeblesshire. £1.50 on day only. Teams free. Over 15. No toilet facilities at this race venue. Details: Dick Wall, The Old Exchange, Tweedsmuir, near Biggar, Peeblesshire. Tel: Tweedsmuir 332.

SAT. MAR 25.

FIENSDALE FELL RACE. AM.

11.00 a.m. 9m/2600' from Fell Foot, near Chipping, Lancashire. £2 on day only. Teams free. NS/LK/ER. Over 18. Records: 1.14.35 G. Devine 1993; f. 1.31.33 Y. Hague 1991. Details: Brian Jackson, 1 Park Walk, Preston, PR2 4PA. Tel: 0772 715808.

SAT. APR 22.

MANCHESTER TO LEEDS RELAY.

8.00 a.m. 67m/6000' from the Jolly Angler Pub (GR 850982 on OS Sheet 109). £18 per team of 12 to organiser. Eight legs, four for single runners, four for pairs. Cross-country route from Manchester to Leeds via Black Hill and Denby Dale; legs vary in length from 5 to 13 miles; all fell legs are run in pairs. ER/LK/NS. Over 18. No toilet facilities at this race venue. Record: 9.20 Leeds University 1993. Details: Marcus Bowler, 13 Elizabeth Street, Headingley, Leeds. Tel: 0532 743489.

SAT. APR 29.

STUC A' CHROIN 5000. AL.

1.00 p.m. 14m/5000' from Strathyre Village. £3 on day only. Teams free. Over 18. Details: A. Bennie, 21 Ledi Court, Cross Street, Callander, Perthshire, FK17 8EX. Tel: 0877 331713.

MON. MAY 8. HELVELLYN.

The race will now be run on this date and **not** on Sunday 14th May as printed in the Calendar. All other details the same.

WED. MAY 17.

WILDERNESS WAYS BURBAGE FELL RACE. BS.

7.30 p.m. 5.5m/1000' from the start of the 'Green Drive' just south of the Fox House

Calendar update in handy "Cut out & keep" format

So you can insert it in your calendar for easy reference

Inn (GR SK265803). £2 on night only. Teams free. Over 16. Records: 37.21 A. Landels 1994; f. 45.30 J. James 1994. Details: Adam Thomas, Wilderness Ways, 26 Park Road, Chesterfield, S40 1XZ. Tel: 0246 201437.

SUN. MAY 21.

FAIRFIELD HORSESHOE. AM.

1.00 p.m. 9m/3000' from Rydal Hall, Ambleside. £2.50 on day only. Teams free. PM/NS. Over 18. Records: 78.53 C. Roberts 1992; f. 102.53 C. Banlin 1994. No training on ascent/descent routes. Details: Tony Walker, 65 Empson Road, Kendal, LA9 5PR. Tel: 0539 726578.

SUN. MAY 21.

ROSSENDALE FELL RACE. BL.

11.30 a.m. 12m/2800' from Marl Pits Sports Stadium, Rawtenstall. Teams free. LK/NS. Over 16. Record: 1.36.26 R. Ashworth 1987. Details: P. Warner, 5 Haigh Hall Close, Ramsbottom, Lancashire, BL0 9QH. Tel: 0860 312118.

WED. MAY 24.

ROYAL DOCKRAY FELL RACE. AM.

7.15 p.m. 10m/2500' from the Royal Dockray Hotel, Matterdale, near Penrith (GR 392216 on OS Landranger Sheet 90). £3 on night only. Teams free. Over 16. Records: 1.15.24 J. Taylor 1993; f. 1.26.01 L. Fairfax 1993. Part of the Matterdale Series. Details: B. Thompson, 1 High Glenridding, Glenridding, Penrith, CA11 0QQ.

SAT. JUNE 3.

CULTER FELL RACE. AL.

2.00 p.m. 12m/4000' from the Crook Inn, Tweedsmuir, near Moffat, Peeblesshire. £4 on day only. Teams free. Over 18. Evening dance in village hall; accommodation and

free camping at the Crook Inn. Details: Dick Wall, The Old Exchange, Tweedsmuir, near Biggar, Peeblesshire. Tel: Tweedsmuir 332.

SAT. JUNE 3.

LANGDALE GALA FELL RACE. AS.

3.00 p.m. 1.25m/650' from Chapel Stile. Race free; pay entry to Gala Field. PM. Over 14. Also junior races: U9/U12/U14; 0.75m. Records: 10.06 S. Livesey 1985; f. 12.46 S. Hodgson 1994. Details: N. Walker, 6 Millrow, Elterwater, Ambleside, LA22 9HR. Tel: 05394 37317.

WED. JUNE 7.

WILL RAMSBOTHAM

BADGERSTONE RELAY. BS.

7.15 pm. 2.5m/590' from Ilkley College, Ilkley. £4 per team of four (men); £3 per team of three (women) on night only. NS/PM/LK. Over 15. Junior teams welcome. Details: Gary Devine, 1 Wrangthom Avenue, Leeds, LS6 1HE. Tel: 0532 741713 or Jamie Smith on 0274 495460.

THUR. JUNE 8.

MELL FELL DASH. AS.

7.30 p.m. 2m/800' from Rooking House Farm, Troutbeck (GR 253383 on OS Landranger Sheet 90). £2 on day only. Over 16. Records: 17.45 M. Roberts 1993; f. 21.54 L. Fairfax 1993. Part of Matterdale Race Series. Details: B. Thompson, 1 High Glenridding, Glenridding, Penrith, CA11 0QQ.

WED. JUNE 14.

BEN SHEANN. AS.

7.30 p.m. 3m/1400' from Strathyre Village. £1.20 on day only. Details: A. Bennie, 21 Ledi Court, Cross Street, Callander, Perthshire, FK17 8EX. Tel: 0877 331713.

SAT. JUNE 17.

ROYAL DOCKRAY HELVELLYN

FELL RACE. AL.

11.30 a.m. 19m/5500' from the Royal Dockray Hotel, Matterdale, Penrith (GR 392216 on OS Landranger Sheet 90). £3 on day only. Teams free. Over 18. Record: G. Bland. Part of the Matterdale Race Series. Details: B. Thompson, 1 High Glenridding, Glenridding, Penrith, CA11 0QQ.

SAT./SUN. JUNE 24/25.

CAPRICORN. O.

Two-day individual event (in pairs for under-16) returning at the end of day one to overnight campsite. Five classes: 25K to 50K plus a junior class. Venue will be the Ochill Hills in Scotland. Limited entry. Send an SAE for details and entry form to P. Mickleborough, 75 Belgrave Road, Darwen, Lancashire, BB3 2SE. Tel: 0254 760380.

WED. JUNE 28.

BEACON BATCH FELL RACE. BS.

7.00 p.m. 5m/850' from the Langford Inn, Lower Langford, Somerset. £2 on night only. Teams free. PM. Over 16. Records: 28.50 D. McNeilly; f. 38.11 J. Nelson. Details: Andy Mullett, 10 Highbury Place, Camden, Bath, BA1 2JW. Tel: 01225 335794.

SAT. JULY 1.

COTSWOLD WAY RELAY.

7.00 a.m. 100 miles from Chipping Camden to Bath along the Cotswold Way Long Distance Footpath. Teams of ten. Route familiarity and navigational skills essential. Record: 12.00 City of Bath A.C. Details: D. Hughes, 2 West Brow, Belmont Road, Combe Down, Bath. Tel: 01225 836076.

SAT. JULY 1.

WHITTLE PIKE RACE. AS.

2.00 p.m. 4.5m/1400' from Cowpe Park, Cowpe Village, Waterfoot, Rossendale, Lancashire. £2 on day only. Teams free. PM. Over 14. Records: 33.50 I. Holmes 1993; f. 39.18 C. Greenwood 1993. Details: A. Hewitt, 5 Bridge Street, Water, Rossendale, Lancashire, BB4 9RG.

SAT. JULY 8.

Y. GARN. AS.

1.00 p.m. 3m/1500' from near the Cwellyn Arms, Rhyd Ddu, Caernarfon, Gwynedd. £2.50 on day only. Teams free. PM. Over 14. Toilet facilities quarter of a mile from the start. Records: 26.05 C. Donnelly 1989; f. 35.58 A. Brand-Barker 1993. Details: E. Evans, Rowen, Y Felinheli, Bangor, Gwynedd, LL56 4RX. Tel: 0248 671150.

TUE. JULY 11.

EDALE FELL RACE. BS.

7.30 p.m. 5m/1200' from Edale Car Park (next to the Railway Station). 2 on night only. Teams free. PM. Over 16. Records: 37.05 A. Trigg 1994; f. 50.35 K. Bryan-Jones 1994. Details: Stuart Chapman, 36 The Crofts, Hathersage, Sheffield. Tel: 0433 650871.

SAT. JULY 15.

INGLEBOROUGH FELL RACE. AM.

3.00 p.m. 7m/2000' from the Sports Field, Community Centre, Ingleton, near Camforth. £2.50 on day only. Teams free. PM/NS. Over 18. Also junior races: U14 and U18; 3.15 p.m.; 4m; £1. Records: 44.15 M. Croasdale 1992; f. 53.41 C. Greenwood 1993. Event run in conjunction with Ingleton Gala. Details: David McGonnigal, Lemon Cottage, Main Street, Ingleton, Camforth, Lancashire, LA6 3EB.

SAT. JULY 22.

ETA LOUGHRIGG. AS.

2.00 p.m. 4m/1000' from Rothay Park, Ambleside. Changing/registration at Ambleside Rugby Club. 2 on day only. Teams free. PM. Over 18. Also junior races: U12/U14/U16/U18; 1.5m/400'. Records: 27.55 M. Fleming 1993; f. 42.22 H. Berry 1993. Details: Martin Richardson, 3 Cambridge Villas, Church Street, Ambleside, Cumbria, LA22 9DL. Tel: 05394 32307.

SAT. JULY 22.

NATIONAL GRID INTERNATIONAL SNOWDON RACE. AM.

2.00 p.m. 10m/3300' from Llanberis. 7.70 to organiser by 20th June 1994. Teams free. PM. Also junior races; 9-18 years; 1.50. Records: 1.02.29 K. Stuart 1985; f. 1.12.48 C. Greenwood 1993. Details: Ken Jones, 6 Blaen y Ddol, Llanberis, Caernarfon, Gwynedd, LL55 4LT.

WED. JULY 25.

BLACK ROCKS FELL RACE. BS.

7.30 p.m. 5.5m/850' from Cromford Rugby Club, Cromford Meadows, Matlock, Derbyshire. £2 on day only. Teams free. Over 14. Records: 33.45 A. Wilton 1994; f. 44.41 C. Pimblet 1994. Details: Russell Tassell, 10 The Causeway, Wirksworth, Derbyshire, DE4 4DL. Tel: 0629 823214.

SUN. JULY 30.

REETH HILLS RACE. AL.

10.00 a.m. 12.5m/3300' from Reeth Village Green, North Yorkshire. 2.50 on day only. Teams free. PM. Over 18. Records on new course: 1.28.20 M. Cara 1994; f. 1.48.03 N. Davis 1994. Details: Peter Smith, Edgemont, Reeth, Richmond, North Yorkshire, DL11 6SN.

WED. AUG 9.

BRADWELL FELL RACE. BS.

7.30 p.m. 4.5m/600' from the New Bath Hotel, Bradwell. £2 on day only. Teams free. PM. Over 16. Records: 24.23 G. Hull 1988; f. 28.27 C. Greenwood 1986. Details: D. Eyre, Mullion House, Smalldale, Bradwell, near Sheffield, S30 2JQ. Tel: 0433 620071.

SAT. AUG 26.

ST. JOHN'S CHAPEL FELL RACE. BS.

2.30 p.m. 3m/700' from St. John's Chapel Show Ground. £3 on day only - includes admission to Show. Teams free. PM. Over 14. Records: 21.40 P. Embleton 1992; f. 29.05 D. James 1992. Details: Julie Bowes, Wear Valley District Council (Marketing Dept.), Civic Centre, Crook, Co. Durham, DL15 9ES. Tel: 0388 765555 ext. 216.

MON. AUG 28.

CILCAIN MOUNTAIN RACE. AS.

1.00 p.m. 3.75m/1800' from Cilcain Village, near Mold, Clwyd. £1.50 on day only. Teams free. PM. Over 16. Also junior race. Records: 26.22 J. Messum 1985; f. 31.57 A. Carson 1986. Details: Andy McClean, Moor House, Mountain Road, Cilcain, Clwyd, CH7 5PB. Tel: 0352 740143.

SAT/SUN SEPT 2-3.

LOWE ALPINE MOUNTAIN

MARATHON Venue for 1995 is the idyllic island of Mull. Same format as successful Arrochar 1994. Six courses, special map, we'll take care of the ferries! Organiser - Martin Stone, Planner - Martin Bagness, Access Negotiator - Colin Hunter. Details will be sent to all 1994 entrants by mid March. Details: D. Thompson, Lowe Alpine MM, 4 Rose Cottage, Stuckton, nr FORDINGBRIDGE, Hampshire, SP6 2HQ. Tel: 01425 652496

SUN. SEP 3.

WOLSINGHAM SHOW FELL RACE. BS.

1.00 p.m. 3.5m/450' from Wolsingham Show Ground. £3 on day only - includes admission to Show. Teams free. PM. Over 14. Records: 20.40 R. Hand 1994; f. 31.37 C. Hankey 1994. Details: Julie Bowes, Wear Valley District Council (Marketing Dept.), Civic Centre, Crook, Co. Durham, DL15 9ES. Tel: 0388 765555 ext. 216.

SAT. OCT 14.

LANGDALE HORSESHOE FELL RACE. AL.

11.00 a.m. 14m/4000' from the Old Dungeon Ghyll Hotel, Great Langdale. £3.50 on official form only to organiser by October 7th. No late entries. Cheques payable to "Ambleside A.C." Teams free. Limit of 400 runners. NS/LK/PM. Over 18. Records: 1.55.03 A. Syan 1977; f. 2.23.25 H. Diamantides 1992. Details: Geoff Clayton, Beechfield, Nook Lane, Ambleside, Cumbria, LA22 9BB. Tel: 05394 30205.

SAT. OCT 14.

STEAM BUNNY STOMP. AS.

2.00 p.m. 5.5m/1700' from the Lamb Inn, Penyrheol, Pontypool (GR 283991 on OS Sheet 171). £1 on day only. Teams free. LK/PM. Over 14. Records: 46.33 D. Richards 1994; f. 54.33 L. Kirk 1990. Details: Simon Blease, The Old Bakehouse, New Road, Chiselton, Wiltshire, SN4 0LU. Tel: 0793 740062.

SUN. OCT 29.

GALE FELL RACE. BS.

11.30 a.m. 4.5m/900' from the Gale Inn, Todmorden Road, Littleborough. £1.50 on day only. Teams (4) free. PM. Over 15. also junior races: U15 and U13; 11.00 a.m. Records: 23.52 A. Holden 1969 (oldest in the Calendar ??); f. 27.38 C. Greenwood 1993. Details: Andy Moloney, 65 Great Howarth, Wardle, Rochdale, OL12 9HE. Tel: 0706 521053.

SUN. NOV 5.

LOGGERHEADS FELL RACE. AM.

11.00 a.m. 10m/3100' from Cilcain (GR 177653 OS Sheet 116). £3 on day only. Teams free. PM. Over 17. Records: 72.15 M. Kinch 1994; f. 88.26 C. Banlin 1994. Details: John Morris, Heatherdene, Ruthin Road, Gwemymynydd, Mold, Clwyd, CH7 5LG. Tel: 0352 755198.

SUN. DECEMBER 10th:

CALDERDALE WAY RELAY.

8.00 a.m. 50m / 6000' from Clay House, West Vale near Halifax. £34 per team of 12 to organiser by November 25th, cheques payable to Halifax Harriers A.C. NS. Route familiarity essential. Over 18. Records: 5.35.02 Pudsey & Bramley 1989; f. 7.02.41 Clayton-le-Moors 1989. Details and official entry forms: Peter White, 12 Coiners Fold, Nest Lane, Mytholmroyd, West Yorkshire, HX7 5AZ. Tel. 0422 885728

CHALLENGE STELLINA

(Susa, Italy - 21st August, 1994)

The "Challenge Stellina" is now incorporated into an open race which attracts 168 runners. The winner of the open race received a considerable prize of 2.5 million lire (about £1,000), and the cash prizes went quite a way down the list. Quite how these cash awards comply with I.A.A.F. regulations I am not sure, but with FIDAL fully involved I assume the Italians have a means of interpreting the rules which is legitimate.

The winner (French) was not a member of his national team. Galdino Pilot (Italian) 2nd, was however a member of the national squad competing in Berchtesgaden, where he finished 5th. The Frenchman Sylvian Richard (5th) was also in Berchtesgaden (25th) as were the other French runners. One of the Swiss runners was in the World Trophy team also. It would, therefore, seem that this race is no longer entirely one in which only 2nd line national runners compete. This may affect British selection policy for future years, especially 1995 when the World Trophy is one week later. (Stellina - 20th August; World Trophy - 11th September).

As usual, excellent hotel facilities were provided in Susa. We were taxied from and to the airport and B.A.F. arranged the flight tickets and were reimbursed directly by the Italians. The only other minor

expenses were some food at the airport and travelling within this country, which will be paid to me directly by B.A.F.

As for the performance of the British team, John Taylor was just behind Ciaponi (winner of the Snowdon race this year) and ran well to finish 10th overall. It was notable, however, that there were 5 Italian runners in front of him, indicating how far ahead of British runners are the Italians in this kind of event. Ian Postlethwaite, new to fell running this year, fully justified his selection in 14th position overall, less than a minute behind John. Mark Roberts may have finished higher had he not lost contact with the leading groups by taking a wrong turning during the run out to the mountain.

The selection process was not easy since those nominated from Scotland and England had not competed against each other this year. There were no nominations from N. Ireland or Wales.

Danny Hughes - Team Manager - 12.9.94

Team Classification:

1. Italy	2.46.11
2. France	2.49.50
3. Switzerland	2.50.12
4. G.B.	2.52.32
5. Germany	2.54.19
6. U.S.A.	2.56.47
7. Austria	3.02.05

High Moors of Elmet

Long has the noise of battle left these long-horizoned moors.

An ancient kingdom lost to an alien fee - desolate, untamed, and will so remain for an eternity.

Stark moorland, hillside chapels witness to a spiritual vibrance that holds the seeking mind.

So many times I have walked and run these open hills, drunk deeply the sweet waters of a jagged clough.

'Know yourself, the wiseman pleads; I 'know' and am known.

Spirit meets with spirit and I am refreshed, renewed, re-created.

I am conscious of the invisible, the moor and I are one.

N.B. The Calder Valley runs through the long gone Kingdom of Elmet - the last Celtic kingdom to fall to the Angles. It was, for many centuries, an uninhabited wilderness, but later became a cradle for the textile industry during the Industrial Revolution.

Today it is an area in which a number of fell races are held and which are always well supported. It is my 'home-ground', a vast wildness that has so many fond memories for me. It has become for me the epitomy of 'freedom'.

Peter Travis



*John Taylor, Mark Roberts, Ian Postlethwaite after the Challenge Stellina
Photo: Danny Hughes*

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19 BRAMSCHE SQ., TODMORDEN, LANCS OL14 SAG
26 KING ST., BACUP, LANCS. OL13 0AH

PROFILE: HARRY JARRETT

by Bill Smith

Harry Jarrett, the 1994 winner of both the British and English titles in the Over-40s veteran championships, has been competing in our sport for over 25 years. A fitter by trade, he was born on 25.9.52 at Egremont in West Cumberland, famous for its annual Crab Fair in September, and now lives at the neighbouring village of Bigrigg with his wife Mary and sons Neil, 16 and Craig, 14.

As a schoolboy, Harry won both the Cumberland track and cross-country championships and was also a champion 2,000m steeplechaser at county level and a runner-up in the NCAA junior championships. He began entering junior guides races at Lakeland village sports around 1968/69 and achieved victories at nearby Cleator Moor and at Pooley Bridge, with second placings in the prestigious Grasmere and Ambleside events. Not content with just running, Harry was also a successful rugby player in both League and Union, attaining county honours under both codes and captaining the Under-19 League side.

On leaving school, Harry Jarrett enlisted with Barrow AC so as to be eligible for the Mid-Lancs cross-country league but two years later transferred to Blackpool & Fylde AC, influenced by his fellow-West Cumbrian training partner, John Kirkbride, an international 1,500m specialist who thought Harry was better-suited to track running. Harry's personal best for the 3,000m steeplechase stood at 9.29 at this time. However, he had also been trying a few fell races under AAA laws, including the 1974 senior Wansfell race in which he caught the previous year's FRA champion, Harry Walker (Blackburn Harriers), at the foot of the descent to claim his first senior victory, after having turned in second place at the top, considerably adrift of Walker. Eighteen months earlier, while representing Barrow, he had defeated a future FRA champion (1977), Alan McGee from the neighbouring village of Cleator Moor, to win the junior Crag Fell Race at Ennerdale, run in conjunction with the Horseshoe race, after having been runner-up to Colin Wappett (Kendal) in the 1972 event.

A FUTURE IN FELL RACING

After his Wansfell victory, Harry decided that it was in fell running that his future in athletics lay, not on the track. Besides the sheer enjoyment of the sport, there was the additional advantage of being able to compete without having to travel long distances every weekend. While his former club, Barrow, had been a strong fell running club during the 1960s, with such stars as Peter Hall, Bob Lewney, Jos Naylor, Fred Reeves and Dave Spencer, it was no longer such a force, and while Jos had transferred to Ken-



*Harry Jarrett approaching the Dale Head checkpoint in the 1982
NCAA championship race from Honister
Photo: Bill Smith*

dal AC in 1970, Harry now decided that his nearest fell running club was the more-recently formed Keswick AC.

"Things started to progress fairly well at Keswick," Harry recalls, "but eighteen months later, a fell running club was formed right on my doorstep, Cumberland Fell Runners, and I decided it was only right that I should join them. This move, coupled with a lot of guidance from Joe Long, has helped me to go from strength to strength. Fortunately, I have a wife who is very understanding and encouraging. This is a 'must' in any time-consuming sport."

Cumberland Fell Runners were actually a direct development from the Cumberland Fell Runners Association, which had existed since 1969 purely as organiser of the Ennerdale Horseshoe and later the Wasdale and other West Cumbrian events. The late Joe Long, together with his good friend, the late Frank Travis, had been chiefly responsible for the introduction and development of both amateur fell racing and orienteering in West Cumberland. Both men were totally dedicated to the sport and loom large in the history of its development. "A lot of things I do now are all down to what Joe Long taught me," Harry says.

In 1978, Jarrett achieved the Top 20 rankings in the open FRA championship, then called the "Fell Runner of the Year", with 5th position, steadily progressing to 4th the following year and 3rd, his highest-ever position, in 1980, only to slide back to 6th in 1981. Around this time, which were his peak years, Harry was notching up victories in such events as the Muncaster (1978 and '81), Creag Dubh (1979/80), Cow Hill (1979/80/81), Chevy Chase (1980), Eildon (1980), Criffel (1981) and Benson Knott (1981), with numerous 2nd and 3rds in prestigious events like Ben Lomond, Langdale Horseshoe, Sedbergh, Kentmere, Fairfield, Skiddaw, Three Peaks,

Wasdale and the old NCAA championship race from Honister, since replaced by the shorter, less-arduous Sail Beck Horseshoe.

CONSISTENT

Over the intervening years, Harry has continued to perform consistently well, generally finishing in the first ten, particularly in short and medium Lakeland events, where he has often made the first five, interspersed with several victories, including three more at Muncaster (1982, '85, '86), two at Kinniside (1982, '84), and one more each at Cow Hill (1983) and Criffel (1983), and other isolated wins at Goatfell (1986), Kaim Hill (1987), Coledale Horseshoe (1987), Blake Fell (1990), Bootle Black Combe (1993) and the Buttermere Horseshoe (1987). The latter, achieved in a record time of 3.46.06, 19 seconds ahead of Colin Valentine, was a particularly outstanding run as Harry does not consider himself to be a long-distance specialist and, indeed, has never been prepared to do the high-mileage training necessary to do consistently well in such events. This makes his other long race victory in the Chevy Chase and his 3rd placings in the 1979 Three Peaks and 1981 Wasdale all the more meritorious, and he also placed 2nd to Andy Styan in the Langdale Horseshoe during the former year. In the Karrimor, he has twice partnered Alan McGee's elder brother John, a former junior guides racer and CFR/Copeland AC runner, and in 1981 finished 3rd in the B-Class with another CFR clubmate, Donald Lee.

During his peak years, Jarrett's winter training would increase steadily from 50/60 mpw to around 85, mainly on the road to and from work, though generally including a weekly fell run: "Winter fell races with the club help to keep me fit for the fells," he once told me at that time, while in the summer: "Mileage drops slowly as races

increase, averaging about 60 mpw, but training runs on the fells increase from one to two or three a week, depending on races."

Nowadays, Harry continues to average 50/60 mpw, of which approximately one-quarter is on the fell, with the remainder on road or country. Surprisingly, for an ex-track runner, his training for fell racing has never included any speedwork, though he does do time trials on the road over 5 to 7 miles. Most of his fell training actually takes the form of recceing the courses of impending fell races rather than regularly utilising local fells for this purpose, as might be expected. He mainly trains alone, but will occasionally do a course recce with some of his clubmates from Cumberland Fell Runners. He now uses a heart monitor and checks his pulse every morning: "If I get up Tuesday morning, say, intending to do a hard run and my pulse is higher than 44, I won't do it."

Harry's preference is for medium-length courses, particularly those which include steep climbs and descents, where he can demonstrate his prowess on such terrain. His favourite races are the Sail Beck, Kinniside, Dunnerdale and Goatfell.

He attained veteran status at the end of September, 1992, but his plans for the following year's championships were wrecked by a broken wrist incurred in the Penygent race in June, and he eventually finished 9th in the British and 4th in the English, though he did claim the first 0/40 prize in most of the non-championship races he contested that year, with an outright win at Bootle Black Combe.

THE CHAMPIONSHIP SEASON

Having incurred another injury just before Christmas, 1993, which sidelined him for a month, Harry used two low-key road races in February to help him regain his fitness. However, more frustration was to follow when, with the first English championship race coming up at Black Combe (from Silecroft) on March 13th, he strained a calf muscle on March 6th and also acquired a sore throat and cold. He therefore rested during the intervening week, while doing stretching and strengthening exercises for the calf muscle. In the race, he finished 6th veteran and 37th overall: "A fairly good result after illness and injury."

However, he fared no better at the second English counter a month later at the Wrekin - "The Midlands' first true fell race," as its organiser, exiled Rossendalian Paul Sander-son described the first event in 1977. Jarrett was 7th vet and 38th overall: "Not running well," was his verdict, though probably the milder terrain wasn't to his advantage, either. (He had not contested the first British counter at Moel Famau a week previously). Improvement came a further month on, however, in one of his favourite events, the Sail Beck Horseshoe, from which points could be gained for both the British and English championships, and while Harry's overall position was comparatively low at 29th, he did have the satisfac-

tion of placing 2nd to Tony Hesketh (Horwich) among the veterans.

June 19th brought a further change of terrain in the Holme Moss Fell Race (English counter) over the peat moors of the "Last of the Summer Wine" country, though Harry had previously experienced the delights of bogtrotting in such events as the Edale and Chew Valley Skylines. Here he finished 3rd vet and 21st overall behind another Horwich runner, Steve Jackson (17th), and Dave Ibbotson from the fairly local Glossopdale Harriers (20th).

A fortnight later came the first long British counter, the Culter Fell Horseshoe in the Southern Uplands of Scotland. Steve Jackson was again first vet, with Harry back in 6th position and 33rd overall due to a navigational error which cost him a much higher place. Another long, arduous race fell on August 20th in Snowdonia, the Peris Horseshoe, in which Harry was 2nd vet and 23rd overall but was actually beaten by the great local Over-50, Don Williams (Eryri), who finished 21st.

Back to Southern Scotland and the Galloway Highlands on September 17th for the Merrick Hill Race, in which Jarrett came home in 13th position to gain the satisfaction of being 1st vet over Billy Bland (16th) and the Scotsman, Dennis Bell (Haddington, 17th). The following weekend brought a second trip to the boggy terrain of the High Peak, where the Shelf Moor race was both a British and English counter and Harry was again 1st vet (21st), this time over two rivals with more local advantage, Mario Foschi (Pennine, 23rd) and Phil Bowler (Mercia, 24th). In the final English championship race on October 8th, Jarrett was 20th overall in the Langdale Horseshoe and 2nd vet to a former open and veteran champion, Bob Whitfield.

In summarising the championship results, Harry says: "As far as the British and English were concerned, both could have been won by three other athletes up until the

last race. I did have a 5 point lead over Steve Jackson up to the last race of each championship, but Steve finished out of the top three in these races. After three races in each championship, any one of six other vets could have won either or both if they had run all the forthcoming races and won. These were Steve Jackson, Dave Ibbotson, Phil Bowler, Bob Whitfield, Billy Bland and Mick Hoffe. In the end, Bob, Billy and Mick did not complete enough races due to injury problems, so with two races to go, it was between Steve, Phil and Dave."

Other noteworthy performances by Harry Jarrett in non-championship events last year included 6th overall at Causey Pike, 3rd Middlefell, 4th Goatfell, 3rd Muncaster, 4th Kinniside, 4th Caw, 9th Lattrigg, 6th Gatescarth, 4th Grisedale Horseshoe, 2nd The Screees and 8th Dunnerdale, in all of which he was 1st veteran, while at Wasdale he came 2nd vet to Phil Clarke in 8th position.

VETERAN TEAM PRIZES

Harry feels that the format of the championships is right as it stands but thinks the FRA should put more emphasis on promoting them among FRA members, and also inject more cash into them to provide, for instance, special championship tracksuits and/or tee-shirts for winners and placings. He also feels that prizes should be awarded to the first three English veteran teams, not just the winners, as at present: "Some teams, when they realise the title is now beyond their reach, might be inclined to lose interest and drop out of the competition." He also thinks there should be British awards for veteran teams.

Having now won both 0/40 titles, Harry Jarrett's fell running ambitions now range further ahead: "I would like to be still competing in 20 years' time and enjoying it as much as I do now, and I would very much like to win the British and English Super-vets' titles."



Harry Jarrett leads on the first climb of the 1988 Hutton Roof Crags Race
Photo: Bill Smith

JUNIOR UPDATE

Once again we are on the brink of a new season and a new set of championship races for 1995. Last season ended in a good way for the international runners who competed at the Races in Edinburgh. Congratulations to all who ran and especially to all those medal winners. This years home international is rumoured to be going to take place in Northern Ireland, where I am sure the folks will have an enjoyable weekend in store for everyone who is able to go. Lets hope we have a bit more official notice than the Scots were able to give, since three weeks was a bit short for some. This seasons championship races are to be for Under 12,14,16, and 18 :-

Hebden Moor (Yorks)

Belmont Winter Hill

(Lancs) Steel Fell

(Lakes) Loughrigg

(Lakes) Noon Stone

(Lancs) Kettlewell (Yorks)

Three of the races are new ones and the other three have been used previously so we hope there will be no problems. For those who realised the Loughrigg race was not in the Calendar, the race is on Sat 22nd July from Millans field in Ambleside with registration at the rugby club, races to begin from 2.00pm, details from M.Richardson on 05394 32307.

The intermediate races are:-

Kinder Downfall

Belmont Winter Hill

Buckden Pike

Kinneside

Noon Stone

Dalehead

This is incorporating the 2 short and 2 medium races in the Senior English Championship.

Another point of interest is that the members of Horwich club are trying to get together some information on coaching juniors for fell running, a field sparse in information to date. It will be interesting to see what they come up with and may be able to pass on some useful tips to runners and coaches alike. Watch this space for future details. Finally could you please note that my address has now changed to:-

Dave Richardson, Canny Brow Foot,
Gatebeck, Kendal, Cumbria LA8 OHS
Tel 05395 67132

Dare to Dream A Bob Graham perspective

in order to live free and happily
You must sacrifice boredom.
It is not always an easy sacrifice.'

Illusions, Richard Bach

I found a dream last summer on the 'C' class of the Saunders Mountain Marathon. A dream of greater things began with the fateful phrase 'If she can' Ali Crabb was attempting a summer Bob Graham; all 72 miles, 27,000 ft and 42 summits of it!

That dream was there through a low mileage autumn and an enjoyable Kar-rimor long score class. The dream survived the Christmas excesses and was still there at the time of New Year resolutions and a slow Nine Standards race (8m) on New Year's day. It was there after work on cold, dark nights running up and down the streets of Penrith. It refused to let go along the unlit lanes of Sedbergh. I needed to do this if I want my dream. And it wouldn't wash off in the rain.

The Lyth Valley Walk (25m) was lovely; through soft valleys in weak sunshine, snowdrops scattered along the way and scones at the end. The Wadsworth Trog (20m) was brutally frozen and I maintained my average race position of somewhat in the last 10%.

'You are never given a wish without also being given the power to make it true.

You may have to work for it, however.'

Illusions, Richard Bach

I exceeded all normal achievements by being herded up by two marshals in the Calder Valley Fell Race (16.5m) - and that was before half way! I thought I'd better retire as the other marshals might want some tea before midnight. And I followed this with a dreadful run in the Dent 14. But the dream was alive and boosted by a six hour, fifty minute solo completion of the Howarth Hobble (33m).

At last a rest. Two weeks ski-mountaineering in Austria, chased home early by too much snow! Three good weeks of running included a race at Coniston (9m) and then the Fellsman (61m) was upon me. A glorious Saturday followed by a horrendous night gave me the knowledge that I can stay distance and I can get through the night - the dream is becoming the reality.

To Jura; what a place, what a race (16m), what a weekend, what a crack. Brilliant weather, prize for the last woman to finish (and Yes, I am proud of it) and sore legs.

The Mallerstang Yomp (23m), what a lovely course, helps when the sun shines. Bronchitis and the vision is broken. Retirement at the first checkpoint in the Tebay race (8m). No strength in my lungs, no strength in my head and the dream refused to re-form as a hectic summer rolls on.

Off to France to the mountains, good food and cheap wine. Several ten hour days and hard earned summits and the dream is back. Quick, before I try racing and lose it again in the depression of slow results.

The sixth of August and the dream is real. Touch the Moot Hall in Keswick and jog off. Good start, warm night and magic empty moments in Langdale at dawn. Perfect conditions, cool and clear, and a great support team.

'Mountains are moods of larger rhythm and line, moving between the external mode and mine.'

Geoffrey Winthrop Young

What a feeling - to distort my socialised norms and strive to meet these moods and rhythms of such unmatched power. What a privilege to be able to have such moments and share them with friends. Over Gable, up Dale Head, Hindscarth and Robinson, touch the Moot Hall and sit down.

'Ah, but a woman's reach should,
Exceed her grasp, or what's a heaven
for?'

R. Browning.

25 hours and five minutes. So I still have my dream and now know it is possible for me.

The journey for that one piece of paper on the wall has brought a year of kaleidoscoping colour and experience, emotion and adventure. To others I say 'Dare to Dream'.

Thank you - to Ali Crabb for the role model, Pip Line for days out on the route, Jessica Goodfellow for many nights in Penrith, Paddy Finn for not laughing.

On the day - Paddy Finn, Fraser Livesey, Pete Davenport, Ian Rook, Bill Riding, Mike Palk, the Brindle family, Ruth Pickvance, Mike Walford, the Moffat family, Karen Wilson, Jessica and Ali.

Kath Cameron, August 1994

Profile: Roger Bell

'How does he do it?' Many of us have asked ourselves this of the fifty-five year old Ambleside supervet who only took up fell-running a few years ago, who has been British and English Champion, who races nearly every weekend, who never seems to get injured and whose considerable enthusiasm for our sport never seems to wane.

That enthusiasm is generous and infectious and has played no small part in my own return to fell-racing after a break of over two years. For, besides his personal goals and achievements, Roger is always supportive and encouraging towards his fellow clubmates. Perhaps that is why he is the Team Captain. (Unfortunately no amount of support and encouragement was enough to generate interest in more than a few Ambleside runners in last year's British and English Championships!)

Roger was born in South-East London in 1939. After school he went to St. Catherine's Society (College), Oxford to study for a Geography degree. He ran cross-country, in which he gained a 'blue', and also the track (mainly the mile and three miles). On leaving Oxford he went to work for Philips Records in London as a Work Study Engineer. His running gradually stopped, although he did play squash regularly. Later he went into computers - still with Philips - but in 1988 he decided to 'get out of the rat-race' and he and his wife Gillean moved up to Ambleside, where they set up an art and craft gallery and picture-framing business.

After doing a bit of jogging Roger entered the Langdale Half-Marathon. This was his first race after a thirty year break



Roger Bell descending Bowfell in the Langdale Horseshoe
Photo: Bill Smith

from running, and he was 'absolutely knackered' at the finish. Shortly after this he joined Ambleside Athletic Club. At this time the club was beginning to get serious about contesting the British Championship, inspired largely by the enthusiasm and achievements of one Keith Anderson, who was himself at this time a relative newcomer.

Roger's first fell-race was Benson Knott '90, in which he finished first vet 50. In those days he ran three or four times a week, including one hill intervals session and usually a race at the weekend. Nowadays he runs nearly every day, but not on a day before an important race. Being very much a social runner his training is based on club sessions. In the winter months his training usually includes a flat intervals session (Tuesdays), and hill intervals (Thursdays). On Sunday mornings, if not racing, he goes for a fell run with the club, this being usually from a different pub each week somewhere in the

South Lakes. During the season there are still regular club training runs, but no interval sessions.

In racing Roger performs very consistently, but is best for his age group at medium or short races. On the rare occasion that he has a bad race it is usually as a result of poor navigation. His Championship placings to date are: '91 1st British and English; '92 2nd in both; '93 1st English, 3rd British; '94 3rd British, 2nd English.

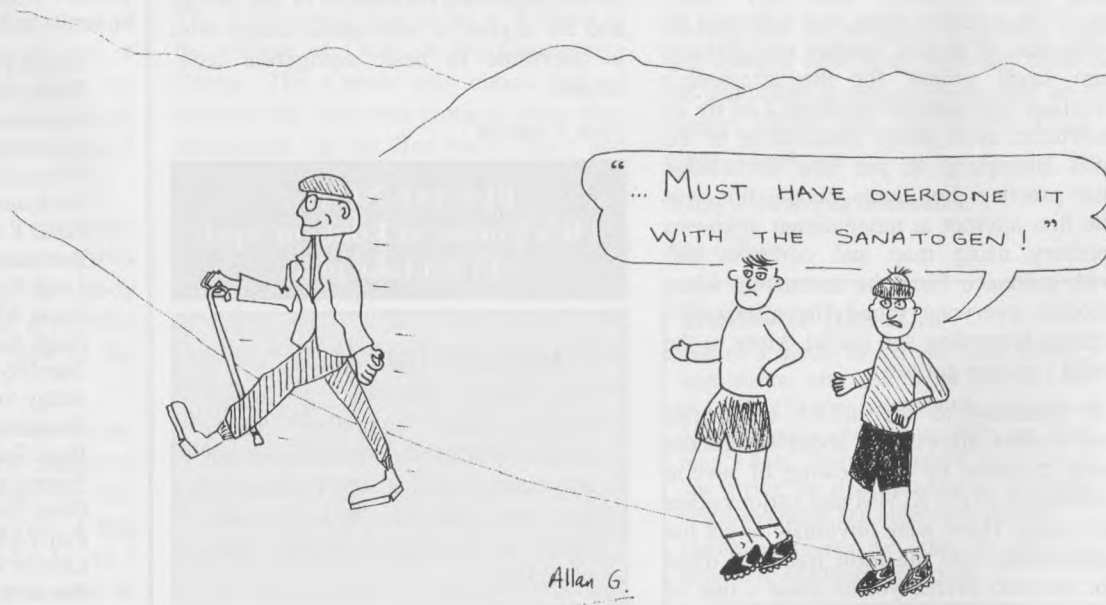
For the future Roger would like to do more long races, including some he has had to miss because of doing Championship races e.g. Two Breweries, Brecon Beacons. Also he would like to tackle the Bob Graham Round. But in the meantime, as we approach a new racing season, I think (and hope) that his drive for contesting the British/English Championships remains as yet undiminished.

Steve Palfreyman

Rumour has it...

that before retiring to the sun for the winter, Mike Rose actually went on a run - or so this letter printed in the News of the World would have us believe

'A pal and I, both 21, struggled up a mountain in the lake District in our full climbing gear and boots. "We're very fit" I wheezed proudly. Suddenly an old chap of about 70 in running shoes and shorts ran past us like a rocket - I wish I'd kept my boast to myself!'



F.R.A. Safety and Navigation

Course: Elterwater

The Elterwater Youth Hostel in Great Langdale was the base for the FRA's latest "Introduction to Fell Running" course which was held during the weekend of the 17th and 18th September, 1994.

Twenty two entrants, including twelve women, made the Friday evening rush to meet up with instructors Ken Ledward, John Gibbison, Peter Knott, Yvonne Armitage and Harry and Sue Ball for the introduction and preliminary session at 9p.m.

After the welcome and brief outline of the weekend schedule by Peter Knott, the opening discussion consisted of a presentation of the basic techniques registered for map and compass reading - the first 'exercise' of the course definitely being one for the brain. By 10.15pm everyone had at least some idea of how to 'set' a map and determine compass directions from it. The real tests would come on Saturday and Sunday when practical applications would be needed.

The final item on the agenda for Friday evening was optional but it proved quite popular. It involved a fine minute stroll to the local pub and a couple of drinks to end the day.

7am Saturday morning saw two dozen runners assembling outside the hostel in preparation for the morning run. A fresh, clear morning resulted in an enjoyable run before returning for a quick shower and breakfast prior to the commencement of the main course at 9am.

Friday evening's introductory session was built upon, this time in slightly more detail. Again the use of map and compass was the main feature of the session but with particular emphasis paid to the identification of physical features such as valleys, hills and re-entrants from contour arrangement.

At 10.30, a coffee break was followed by collection of packed lunches and division into small groups for the afternoon's practical navigational exercise. Led by an instructor, each group ventured on to the fells attempting to put new knowledge into practice. For many people this was the first attempt at navigational unknown territory using map and compass but, with guidance from the instructors when needed, everyone found the afternoon's session rewarding and useful. More to the point - no-one got lost!

On returning to the hostel, a de-brief and further discussions about equipment were followed by the viewing of several videotapes of the KIMM and various other fell races. These were obviously to get the participants into the right frame of mind for the two events yet to come - one of

which was scheduled for Saturday evening.

The night navigation course for pairs took place over a 2.5km course with seven controls, most of which were placed well away from the roads. Armed with map, compass, whistle and torch, competitors set out at regular intervals from 8pm, alternate pairs attempting the course clockwise and anti-clockwise respectively. First home, in 37 mins, were David Wilson and Graham Phillips closely followed by Helen Slater and Charlotte Roberts on 39 mins, with Bob Clapperton and Andrew Pedley recording the same time. No-one got totally lost and all the competitors seemed reasonably happy with the event. The startled sheep would probably not agree.

Sunday morning was taken up by more discussion and talks from John Gibbison, Peter Knott and the 'guest speaker' Selwyn Wright of the F.R.A. who stressed the importance of safety in fell running.

The main event of the weekend, the 'Silverhouse Chase' was scheduled for a 12.30pm start. Again, competitors were set off at intervals but this time the event was very much a sole one.

Ten controls were positioned over a wide area over the Elterwater fell laying out an optimum course for the event of 8km which included 400 metres climb. First home was David Wilson in an excellent time of 67 mins, followed by Peter Walker in 80 mins and Andrew Pedley in 86 mins). The course was a good test for the competitor's newly-acquired skills and all finishers seemed to have coped reasonably well with the event.

The Silverhouse Chase concluded a very enjoyable and worthwhile weekend. The FRA courses in fell running can definitely be recommended for runners of any ability and for anyone of reasonable fitness who is interested in basic navigation techniques.

John Chaption

PLEASE NOTE:
FRA Course at Edale in April
will not take place

Rumour has it...

that Judith Whalley, a former English ladies champion, finally caught up with Male Patterson when she married him in the Autumn of last year. The tiny feet are more likely to be born • running than pattering!

THE YORKSHIRE ROUND

- inaugurated by Colin Brooke
and Tony Wimbush

Since completing the Yorkshire Twothousands route of 26 peaks (Bridge's lists) and some 120 miles in 1982 we have had in mind a reduced 24 hour circuit for some years. Using Nuttall's lists (published 1990) we devised a circuit of 20 peaks and some 100 miles with 17000 feet of ascent. This left out two of the Yorkshire (i.e. within the county boundary) summits - Water Crag and Rogan's Seat on the north side of Swaledale - but nevertheless presented a worthy challenge on a par with the Brecon Beacons Traverse which we completed in 1985.

We managed to complete The Round in July at a steady but consistent pace in a time of 23 hours 23 minutes. Although the sleeping lions of Whemside, Pen y ghent and Ingleborough have been tamed with boards, steps and paving in recent years the remainder of Yorkshire still presents some of the fiercest terrain in the country with mile upon mile of energy sapping bog, heather and tussock. So its a different type of challenge to the Bob Graham which is now well defined. Hopefully the Yorkshire Round will prove more popular than the Twothousands which has had only a couple of other completions in the last 12 years. To encourage interest certificates will be awarded for successful attempts if there is sufficient demand. For further details send 9x4 sae to Tony Wimbush , 10 Beaufort Grove, Bradford BD2 4LJ.

The Yorkshire Round : 20 peaks (Nuttalls) -
100 miles - ascent 17000 feet
Inaugurated : 8-9 July 1994 in 23 hrs
23 min

Start and finish : Horton in Ribblesdale
Roadside support: Christine Porritt -
Ilkley Harriers
Fell support: Keith Pratchet and Paul
Turner - St Bedes AC, Bradford
Summits included :

Simon Fell	2133
Drumaldrace	2014
Ingleborough	2372
Dodd Fell Hill	2192
Whemside	2415
Yockenthwaite Moor	2303
Great Knoutberry Hill	2205
Buckden Pike	2303
Little Fell	2188
Great Whemside	2310
Hugh Seat	2260
Dambrook Fell	2047
Archy Styrigg	2280
Fountains Fell north	2192
High Seat	2326
Fountains Fell south	2172
Great Shunner Fell	2349
Pen-y-ghent	2277
Lovely Seat	2215
Plover Hill	2231

Race Review: Ben Nevis

Perhaps you may find something of interest in the following notes?

Round trip of more than 700 miles to take part in the annual Ben Nevis Race. 5 miles up - 5 miles down, and 4400 feet of climb.

All the 400 runners walked round the sports field behind a pipe band to the starting line. There each runner was asked to produce his cagoule, over trousers and whistle before being allowed on the starting line.

The announcer gave the cloud cover on the mountain, the wind speed and the temperature. Then we were piped on our way.

First mile on a single track road was fairly flat. Then onto footpath which soon led to a sharp rise in the terrain. Across several bums and up into the clouds which covered the mountain. After one hour of run-walk-scramble it was halfway check-point. I was three minutes down on my target time. A marshal asked if I wanted to continue, saying that things were much tougher higher up. I looked down into the mist - and up into the cloud which by now had become light rain. But press on I must.

Avoiding the 'zig-zag' path, and taking a straight line towards the summit which the runners had taken; their footprints were to be seen in the wet broken down rock. Quite steep - sometimes it became one step up - two steps backwards. It got wetter; then colder. Then the hazard of the runners at full speed on their way down towards the finish, flashing past as I struggled on my upward way. As I got nearer to the summit and it became colder, wetter and windier. I commented to a marshal that I had better put my cagoule on. But he suggested that if I stopped to do so I would not reach the cut-off time of 2 hours to the summit check point. So putting on a little extra speed to keep warm I ran to the summit. Taking just 2 hours.

That was worth all the effort I had made on my way up. I put my cagoule on (with the help of another marshal in the windy conditions). Had a drink and a marshal gave me a bar of chocolate, then on my way down.

I chose the 'zig-zag' path off the mountain; much slower but with less chance of getting into trouble. It was none the less tricky going in the mist and rain. I had achieved what I had set out to do, so I now put safety before speed and went as



*David Pearson (Mandate) and Ian Cameron-Smith (Lochaber) do battle on the Ben
Photo: Rob Howard*

fast as I dared with the conditions underfoot. It was with relief when I came out of the clouds and saw the countryside 1000 feet or more below. A marshal offered me a cup of coffee, which I gladly accepted. It was then a plod downhill on rough paths until reaching the single track road, with a mile to go. I then was able to put some speed on to reach the Fort William Sports Ground, where before finishing the runners had to run round the playing pitch. It was somewhat exhilarating to be clapped by the footballers on the field as I ran over the finishing line.

A hot shower and ready for anything again.

All runners had been given a miniature bottle of 'Ben Nevis' whisky when they registered for the race. Also an invitation to take a free meal at the 'Highland Hotel'. I was pleased to accept this offer, it saved me from going back to my tent to cook a meal.

The prize giving was to be at 8.00pm in the village of Caol, at the Community Centre. The Centre was chock full of runners who had come along to show their enthusiasm for the Ben Nevis Race and for those who had won prizes.

There were prizes for the first 10: Gold, Silver, Bronze and etc. First to the Summit; one for the first policeman to finish; etc. Various team prizes (the Ghurka Rifles had a team there); best Police Team; Best Fire Brigade Team; International Team, and etc. Ladies also had Gold, Silver and Bronze medals.

Imagine my amazement and pleasure when it was announced that an unusual but well deserved medal was being given to the oldest finisher - and my name was

mentioned. The announcer then said it was astonishing that the race had been completed by a 72 year old. As I went up to receive the engraved bronze medal, I commented that I didn't expect any medal, I had taken part because I believed the Ben Nevis Race was such a great challenge.

Many of the runners at the prizegiving had called to me on my way up - when they were tearing past me on their way down; "Keep going - you're doing well" - then they were gone - into the mist. All those who completed the race received a certificate, giving their finishing time. My time was 3 hours 47 minutes 42 seconds. The winner's time was 1 hour 26m 8 sec. I was the last to finish but at the summit there were runners still behind me.

The organisation was a credit to the people of Fort William. Mountain Rescue Teams were in evidence by the many stretchers and bearers at strategic positions. The Race marshals were both friendly and encouraging, especially when one realises how long they had been on the mountain to ensure the safety of the runners taking part. For myself, I say a great "Thank you".

A day I shall long remember.

Ken Gibson

Rumour has it....

that as a tribute to the late John Smith, a keen walker who took to the hills as a way of keeping fit after heart trouble, and an avid Munro bagger, the Labour Party are planning a John Smith Memorial Act - a new law giving the right to roam on moorland, heath, mountain and other open country.

Unfortunately it's the other lot that own most of it; and they're in power.....

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EASTER FELL RUNNING FESTIVAL

14th - 17th APRIL, 1995

Manx Mountain Marathon

(Under FRA Rules)

26th ANNIVERSARY

Sponsored by Okells Brewery

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(Certificate and T. Shirt to all finishers)

SUNDAY 16th APRIL

Disco & Beer Drinking Competitions at
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MONDAY 17th APRIL

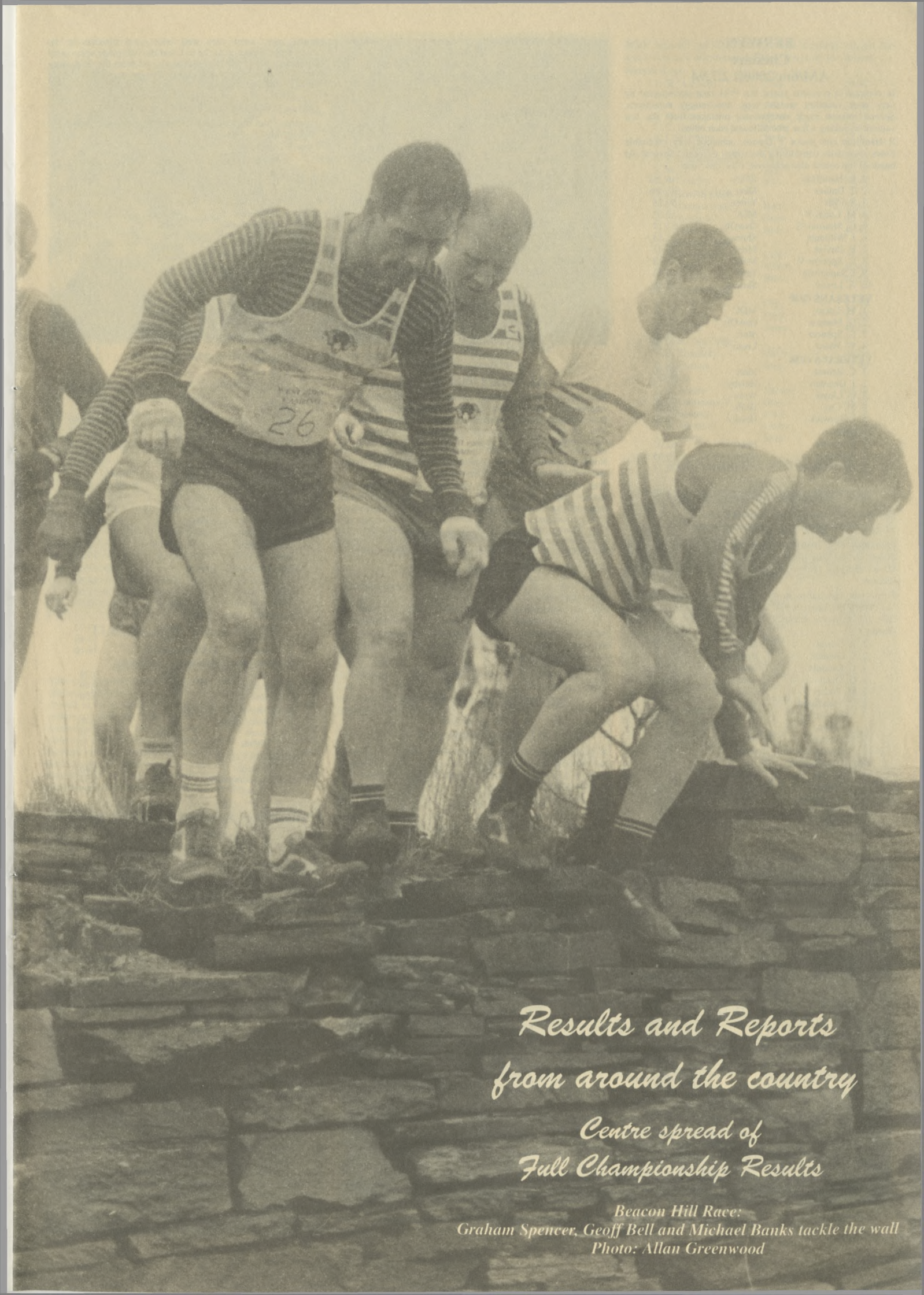
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For further details on events contact

Mr A.C. Jones, 97 Silverburn Crescent, Ballasalla, Isle of Man
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*Results and Reports
from around the country*

*Centre spread of
Full Championship Results*

*Beacon Hill Race:
Graham Spencer, Geoff Bell and Michael Banks tackle the wall
Photo: Allan Greenwood*

BERWYN

Cheshire

AM/6m/2000ft 2.7.94

In contrast to previous years, the 1994 race was marred by very poor visibility on the tops, and muggy conditions. Several runners made navigational mistakes from the last summit including a few who followed each other.

R Hamilton and junior T Davies, achieved very creditable times, especially considering the slippery descents. Several old hands of the course also achieved TBs' this year.

1. R. Hamilton	Ilkley	46.25
2. T. Davies	Merc	46.49
3. S. Ellis	Tatten	50.28
4. M. Lucas V	MDC	52.02
5. G. Manson V	OswOly	52.12
6. J. Williams	Shrews	52.14
7. E. Davies	Merc	54.45
8. G. Spencer V	Merc	54.48
9. I. Sanderson	Telf	54.54
10. A. Lewis	Shrews	55.38

VETERANS 0/40		
1. M. Lucas	MDC	52.02
2. G. Manson	OswOly	52.12
3. G. Spencer	Merc	54.48
4. W. Waine	Learn	57.20

VETERANS 0/50		
1. C. Brown	Merc	60.59
2. J. Dearden	Helsby	61.23
3. G. Lloyd	Wrex	61.53
4. M. Cox	DkPk	63.50
5. J. Beswick	Helsby	71.57

LADIES		
1. C. Banlin	Helsby	62.02
2. A. Bond	Wrex	70.55
3. J. Williamson	ShropShuff	78.24

MYTHOLMROYD FELL RACE

Lancashire

BM/7m/1350ft 9.7.94

Promoting club Halifax Harriers had its first winner in the events sixteen year history, with Kenny Stirrat, well outside Dave Cartridges 1986 record of forty five minutes and fifty six seconds.

Stirrat who specialises in the steeple chase on the track and has earned his Scottish vest this summer, has started to take fell running more seriously this year with several top three placings.

1. K. Stirrat	H'fax	47.38
2. S. Oldfield	Brad/ Aire	48.50
3. G. Oldfield	Brad/Aire	49.02
4. G. Damiani	Spem	49.45
5. M. Wallis	Clay	49.54
6. D. Woodhead	Horw	50.09
7. K. Taylor V	Ross	50.46
8. A. Green	Hallam	50.58
9. M. Falgate	P&B	51.22
10. T. Taylor	Ross	52.22

VETERANS 0/40		
1. J. Winder	CalderV	52.31
2. B. Walton	Horw	52.40
3. G. Appleyard	Fellan	53.25
4. D. Beels	Roch	53.31
5. D. Ball	Mid'ton	56.00

VETERANS 0/45

1. K. Taylor	Ross	50.46
2. B. Mitchell	Clay	53.28
3. P. Aldersley	ManYMCA	53.59
4. K. Carr	Clay	54.21
5. B. Pickersgill	L'wood	55.25

VETERANS 0/50

1. P. Jepsen	Ross	57.19
2. D. Gibson	Sadd	59.42
3. J. Capenerhurst	Bing	67.24
4. V. Seal	Ross	69.07
5. R. Dewhurst	Clay	69.26

VETERANS 0/55

1. R. Jaques	Clay	63.10
2. D. Brown	Clay	65.37
3. W. Smith	Clay	67.34

VETERAN 0/60

1. R. Francis	Bury	71.29
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LADIES

1. G. Cook V	Roch	60.47
2. L. Lord V	Clay	61.59
3. L. Waring	Skip	67.56
4. L. Hayles V	H'fax	70.35
5. A. Whitehead	Bing	77.31

SPERRIN MOUNTAINS

Northern Ireland

AL/14m/4300ft 13.7.94

Brian Ervine was the runaway winner of the fifth round of the Anderson's Northern Ireland Fell Running Championship in the remote Sperrin range of mountains. The Ballydrain Harrier led from the start and clocked a new record for the fourteen mile course which climbs eight peaks. This knocked two minutes and one second off his own 1993 record and assured Ervine of the Northern Ireland title. It also continued his string of good performances in the mountains over the summer.

With ideal weather conditions and many of the leading contenders sitting the event out, there were rich pickings for those seeking championship points. Albertville AC veteran Billy McKay managed to hang on to finish under the three hours, and Gary Murray training for the Moume Mountain Marathon was third. First veteran over forty five was Denis Rankin in fourth and Heather Ervine, the leading woman came eighth overall.

Neil Carty

1. B. Ervine	B'drain	2.12.15
2. W. McKay V	A'ville	2.59.09
3. G. Murray	B'drain	3.06.10
4. D. Rankin V	A'ville	3.12.06
5. J. Cheetham	Unatt	3.37.35
6. F. Bancroft	Unatt	3.38.50
7. I. Taylor V	A'ville	3.46.12
8. H. Ervine	LVO	3.47.52
9. J. Gibson V	B'drain	3.54.12
10. M. Diskin	Riocht	4.02.24

SEDBERGH HILLS RACE

Cumbria

AL/14m/6000ft 14.7.94

A good day for racing in almost ideal conditions, with no navigation problems. Robin took an early lead and held on to it all the way, the only person in touch being John Hooson. No records broken this year but a new aspect was having everyone in, in less than four hours. Not too good a turnout in the ladies, sadly. The prize for the biggest bonk between checkpoint four and the finish, was to a North Lancashire runner, you'll have to check the results to identify him!

Junior races went very well with good turnouts in all categories. Access on to the fell near the hall made some good courses possible, which could be viewed from the field. Very competitive races, especially the under sixteen girls where an entertaining race unfolded.

Thanks to the many marshalls, time keepers and caterers. Graham Eccles won't turn up with a cold again!

Proceeds from the race to Intermediate Technology and Kendal Mountain Rescue.

Dave Richardson

1. R. Jamieson	Amble	2.06.36
2. J. Hooson	Amble	2.10.19
3. D. Nuttall	Clay	2.15.22
4. T. Hesketh V	Horw	2.15.38
5. G. Schofield	Black	2.16.46
6. S. Bourne	Thames	2.16.58
7. B. Brindle V	Horw	2.17.01
8. B. Schofield V	Tod	2.17.15
9. P. Pollitt	Bolton	2.17.38
10. D. Stuart	Kesw	2.18.31

VETERANS 0/40

1. T. Hesketh	Horw	2.15.38
2. B. Brindle	Horw	2.17.01
3. B. Schofield	Tod	2.17.45
4. M. Walsh	Kend	2.18.35
5. P. McWade	Clay	2.19.58

VETERANS 0/50

1.1. Beverley	Clay	2.27.25
2. W. Wade	Holm	2.45.01
3. M. Carson	Kesw	2.45.20
4. H. Blenkinsop	Kesw	2.54.00
5. J. Taylor	Amble	2.54.31

LADIES

1. R. Pickvance	Kend	2.34.46
2. S. Wright	Mand	2.39.21
3. G. Cook V	Roch	2.42.10
4. S. Parkin V	Kend	2.48.19
5. S. Watson V	Valley	2.52.30

JUNIORS U/18 - B (OYS)

1. M. Moorhouse	Saif	18.25
2. A. Turner	Bux	18.29
3. C. Caldwell	Bolt	18.51

JUNIORS U/18 - GIRLS

1. V. Wilkinson	Bing	18.27
2. G. Adams	Bristol	18.37
3. D. Jones	Ghost	19.11

JUNIORS U/14 - BOYS

1. C. Livesey	Prest	11.34
2. S. Savage	Amble	11.56
3. M. Cayton	Horw	12.04

JUNIORS U/14 - GIRLS

1. S. Clark	Ghost	13.27
2. N. Jones	Chor	13.49
3. L. Brindle	Horw	14.16

JUNIORS U/12 - BOYS

1. N. Goodliffe	Holm	9.39
2. L. Barnard	Telf	9.49
3. S. McCain	Wirral	9.56

JUNIORS U/12 - GIRLS

1. S. Waddington	Kly	10.43
2. S. Jones	Chor	11.33
3. J. Hogan	Roch	12.56

JUNIORS U/10

1. O. Heaton		5.46
2. D. Waddington		5.53
3. G. Hicks		5.55

BURNSALL CLASSIC FELL RACE

North Yorkshire

AS/1.5m/900ft 20.7.94

Conditions were excellent and a good field of one hundred and thirty athletes set off in bright sunshine. Andy Peace of Bingley was the Avians, favourite in a field missing some of the usual championship contenders.

Peace led at the top in eight minutes and fifty one seconds, which was a fast time and should have laid on a very fast result. On the descent however, Peace was very much out on his own and finished in twelve minutes and fifty two seconds, just outside the record, but nearly a minute ahead of the second placed athlete.

First veteran was Andy Styan, and first veteran over fifty was Pete Watson. The Ladies Race was won by Sara Hodgson of Fellandale. The Junior race, for the second year in succession, was Matthew Whitfield of Bingley.

C Maxfield

1. A. Peace	Bing	12.52
2. R. Foley	LdsCty	13.45
3. P. Boyd	Horw	14.26
4. J. Wooton	Bing	14.39
5. J. Feeney	Bing	14.54
6. P. Mitchell	Bing	15.02
7. A. Styan V	Holm	15.06
8. R. Hamilton	Ilkley	15.08
9. N. Lanaghan	B'combe	15.10
10. M. Speight	Fellan	15.13

VETERANS 0/40

1. A. Styan	Holm	15.06
2. W. Knox	Teviot	16.32
3. G. Young	R'tree	16.38
4. L. Sands	Unatt	16.47
5. W. Gibbins	Fila	17.09



Lee Thompson (Clayton) en route from Dale Head Tam to the Rigghead Quarry path in the Borrowdale race

Photo: Bill Smith



P. James (Saltwell) descending the Rigghead Quarry path in the Borrowdale Fell Race
Photo: Bill Smith

Mark Aspinall and Carol Banlin both recorded straight forward wins on a fine evening. Thank-you to all the helpers.

Mervyn Keys

1. M. Aspinall	Clay	35.42
2. M. Corbet	Ross	36.06
3. A. Moloney	Roch	36.22
4. M. Keys	Ross	36.57
5. C. Lyon	Horw	37.40
6. J. Smithson	Ross	37.48
7. S. Culshaw	Horw	37.51
8. J. Birchenough V	Bolt	38.00
9. M. Hill	Bolt	38.39
10. S. Cudahy	Bux	38.44

VETERANS 0/40

1. J. Birchenough	Bolt	38.00
2. B. Ashworth	Ross	40.19
3. I. Barns	Ross	40.41

VETERANS 0/45

1. R. Hargreaves	Clay	39.55
2. J. Linley	N.Vets	40.45
3. D. Kearns	Bolt	40.58

VETERANS 0/50

1. J. Smith	Clay	47.09
2. G. Arnold	Prest	47.58
3. F. Wood	Horw	49.31

VETERANS 0/60

1.B. Thackery	DkPk	48.04
2. R. Francis	Bury	51.49

LADIES

1. C. Banlin	Helsby	42.52
2. J. Rawlinson V	Clay	45.27
3. L. Bostock	Clay	47.13
4. M. White V	Horw	50.16
5. L. Warin	Skip	50.25

VETERANS 0/50

1. P. Watson	P&B	18.30
2. D. Hodgson	Fellan	19.04
3. D. Brown	Clay	19.45
4. R. Cutts	L'wood	20.16
5. J. Watson	Plax	20.29

LADIES

1. S. Hodgson	Fellan	17.19
2. E. Hodgson	Fellan	19.17
3. G. Nutter	Ripon	19.32
4. J. Shotter	Fellan	20.43
5. J. Smith	FRA	21.06
6. R. Whitehead	Bing	21.22
7. J. Clark	P&B	21.27
8. M. Batley V	Skyrac	26.13

JUNIORS

1. M. Whitfield	Bing	6.27
2. J. McLeod	H'fax	7.24
3. C. Child	P&B	7.37

VETERANS 0/50

1. D. Gibson	Sadd	72.34
2. P. Blagbrough	Sadd	74.52
3. D. Lucas	Roch	78.36
4. P. Kelly	Ross	80.10
5. D. Mashiter	Acc	83.12

VETERAN 0/50

1. B. Smith	Clay	83.02
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LADIES

1.G. Cook V	Roch	75.34
2. J. Rawlinson V	Clay	78.06
3. L. Warin	Skip	83.56

BORROWDALE

Cumbria

AL/17m/6500ft 6.8.94

1994 marked the 21st running of the Borrowdale Fell Race, and once again the number of entries was high, we hope reflecting the good social and sporting occasion the race weekend can offer.

The team race was very competitive, with Bingley edging out the local club for first place, and Ian Holmes taking the individual honours. There are always many 'thankyous' to give, to the many who without whom we couldn't run the race. These include the Scafell Hotel, Mountain Rescue, Rathbones of Keswick, Pete Bland Sports, individual club members, checkpoint men, tea ladies, etc.

Pete Barron and Ann Bland

1.1. Holmes	Bing	2.42.22
2. J. Bland	Borr	2.47.00
3. G. Bland	Borr	2.47.59
4. A. Peace	Bing	2.48.42
5. B. Whitfield V	Bing	2.58.55
6. A. Schofield	Borr	2.59.32
7. J. Davies	Unatt	3.00.53
8. K. Wood	Salt	3.07.47
9. G. Webb	CalderV	3.08.07
10. S. Houghton	CalderV	3.08.56

VETERANS 0/40

1.B. Whitfield	Bing	2.58.55
2. S. Jackson	Horw	3.13.05
3. J. Holt	Clay	3.19.33
4. K. Carr	Clay	3.25.21
5. D. Loan	Kesw	3.27.00

VETERANS 0/50

1. R. Bell	Amble	3.33.19
2. J. Nuttall	Clay	3.33.39
3. D. Ashton	Black	3.40.14
4. F. Thomas	DkPk	3.50.55
5.1. Beverly	Clay	3.52.14

VETERAN 0/60

1. B. Thackery	DkPk	4.14.26
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VETERAN 0/70

1. E. Mitchell	DkPk	4.52.16
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LADIES

1. N. Davies V	Unatt	3.37.31
2. M. Todd	Amble	3.46.23
3. K. Harvey V	Alt	3.56.50
4. G. Cook V	Roch	4.03.05
5. C. Somers-Cocks	Unatt	4.03.40

TURNSLACK FELL RACE

Lancashire

AM/8m/2000ft 23.7.94

This was the seventeenth Turnslack, and once again I was blessed with fine weather, mind you, the mid summer breeze proved to be a nuisance blowing my canopy poles out and papers all over the field. But we managed to get the one hundred and thirty five starters out on course. The first half mile is a hell for leather, as once you've gone through the farmers gate the course closes down, and the bracken is a little high (about 4ft). Mind you, if me and the lads had not paved a way through on Friday night with flagging, the course would have been like a jungle, but thats fell running.

The race turned out to be a two man event, with ever present Gary Devine having a close tussle with strong Adrian Jones of Glossop. The four second gap at the finish proves that Gary's time puts him six minutes and fifty four seconds outside Steve Hawkins record, set in 1992, but this year it was much too warm, quite a few runners made inquiries about possible drinking points on course, in fact most streams had dried up due to the mini heatwave.

Well done Tony Hesketh, easily first veteran over forty five in fourth position. Local lady Glynda Cook once again picking the lady prize up. The team prize went to Rossendale.

Once again thanks to all those helpers on the day, the race would not be staged without you. Thanks to Dave Woodhead for use of toilets.

KShand

1. G. Devine	P&B	60.37
2. A. Jones	Gloss	60.41
3. M. Corbett	Ross	61.18
4. T. Hesketh V	Horw	61.23
5. P. Sheard	P&B	62.46
6. T. Rowley	MFR	63.43
7. D. Blackhurst	Ross	64.14
8. D. Naughton	Acc	65.00
9. K. Taylor V	Ross	65.20
10. M. Kay	Bolt	65.59

VETERANS 0/40

1. J. Winder	CalderV	65.59
2. J. Birchenough	Bolt	66.25
3. C. Davies	Sadd	67.02
4. R. Clucas	CFR	68.04
5. B. Walton	Horw	68.16

VETERANS 0/45

1. T. Hesketh	Horw	61.23
2. K. Taylor	Ross	6.20
3. K. Carr	Clay	67.48
4. M. Crook	Horw	68.50
5. A. Mellor	Tod	71.08

TEGGS NOSE FELL RACE

Cheshire

BM/6.5m/1100ft 20.8.94

Good to see someone who always supports the event, Phil Bowler, win. A sign of the times maybe, a veteran winning the race with two more in the top six. The same situation in the ladies race, with Alexis Dinsmor coming out on top. The number of entries were down on last year, so I hope to see more next year, with I hope no more route changes.

Greg Rowson

1. P. Bowler V	Merc	44.57
2. S. Thompson	Clay	45.29
3. M. Williams	Penn	46.02
4. G. Cresswell V	Penn	46.05
5. D. Gartley	Gloss	46.17
6. G. Morson V	Bux	46.30
7. P. Deaville	Gloss	46.38
8. I. Greenwood	Clay	48.23
9. P. Boler	Totley	48.33
10. R. Buckley		48.38

VETERANS 0/40

1. P. Bowler	Merc	44.57
2. G. Cresswell	Penn	46.02
3. G. Horson	Bux	46.30
4. R. Clucas	CFR	49.17
5. J. Kershaw	Macc	49.37

VETERANS 0/50

1. P. Axon	StoneMM	51.15
2. J. Clements	Merc	51.44
3. R. Hird	Macc	52.48
4. N. Pratten	Wirral	54.33
5. J. Howitt	M'lock	61.16

VETERANS 0/60

1. J. Newby	Tod	61.35
2. R. Read	Wilms	63.17

VETERANS 0/70

1. E. Mitchell	DkPk	66.28
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LADIES

1. A. Dinsmoor V	Stock	60.31
2. J. Cave V	DkPk	61.16
3. C. Lorimer	StoneMM	61.50
4. Y. Williams	Penn	62.54
5. H. Leigh	Macc	65.09

JUNIORS

1. R. Buckley	Bolt	48.38
2. M. Mason	Wirral	49.52
3. R. Pearson	Unatt	65.17

GATEGILL FELL RACE

Cumbria

AS/4m/1600ft 21.8.94

Ken Stuart on a comeback to fell running was the favourite for the eleventh running of the Gategill Fell Race, with Gavin and Jon Bland both having a very good race at the Peris Horseshoe the previous day. This proved to be the case, as Ken had over a minute lead at the summit over Andy Maloney and Brendan McGee. Keeping most of his advantage at the finishing line. Borrowdale lads took team honours, with Martin Holroyd and Jon Bland having fast descents. Many thanks to checkpoint marshalls, timekeepers, and sponsors. Thanks to the Salutation Inn, and the Horse and Farrier Inn for their assistance.

D Stuart

PILGRIMS CROSS FELL RACE

Lancashire

BM/6m/1000ft 17.8.94

This is the second running of this event, although it's the first year that it has been on the calendar. It is a fast stile free route over Holcombe Moor, passing some of Rossendales most historic sites, Robin Hoods Well, the Ellen Strange Memorial and the site of the Pilgrims Cross, marked by a massive stone obelisk.

1. K. Stuart	Kesw	26.49
2. B. McGee	CFR	27.38
3. J. Bland	Borr	27.46
4. J. Davies	Unatt	28.04
5. A. Maloney	Roch	28.39
6. M. Holroyd	Borr	29.27
7. G. Webb	CalderV	29.37
8. G. Bland	Borr	30.07
9. C. Valentine	Kesw	30.08
10. D. Stuart	Kesw	30.18

VETERANS 0/40

1. B. Firth	Mand	31.36
2. A. Tail	Tyne	33.19
3. C. Knox	Kesw	35.16
4. J. Marsh	Teviot	35.39
5. G. Newsam	Clay	36.35

VETERANS 0/50

1. H. Blenkinsop	Kesw	37.27
2. M. Kinnear	Langholm	39.30
3. D. Turnbull	E.Kilb	39.54

LADIES

1. K. Beattie V	CFR	36.04
2. L. Thompson V	Kesw	37.30
3. W. Knox	Kesw	40.33
4. L. Waring V	Skip	40.35
5. J.-Quigley	Unatt	44.53

CROOK PEAK RACE

Somerset

AS/3m/800ft 24.8.94

Another bloody bottle! That must be about four this summer alone. I'm just glad he invites me around for tea to drink them. Pete James won for the third year running, collecting another bottle of wine from me.

Pete's nearest challenger, was Dave Gilchrist, who incidentally did not invite me round for tea. Dave in turn fought off Dave Francis whose warm weather training in Devon appears to have paid off. First French man, a regular award, was won by Pierre Lariquet of Nancy.

After three years the race has now reached its National Trust limit of fifty runners; so be sure to book early next year.

Will Robbins

1. P. James	MDC	19.14
2. D. Gilchrist		19.37
3. D. Francis V	W'bury	19.44
4. M. Saunders	MDC	19.56
5. A. Kelly	GWR	20.04
6. G. Raine	W'bury	20.54
7. A. Bickerstaffe	GWR	20.55
8. T. Gibbs	SunLife	21.06
9. N. Sproull		21.09
10. B. Hall	Wyvem	21.15

VETERANS 0/40

1. D. Francis	W'bury	19.44
2. T. Lewis	Dursley	21.26
3. B. Mitchell	Weston	21.27
4. I. Stirrups		22.29
5. B. Martin	GWR	22.41

VETERANS 0/50

1. B. Martin	GWR	22.41
2. M. Adams	C'don	23.37
3. D. Tomlinson	G'don	23.57
4. M. Horwood	C'don	24.58
5. K. Dobson	Hynd	25.34

LADIES

1. G. Adams	Bristol	23.13
2. C. Nicholls	Cheddar	25.38
3. M. Blue	Bitton	25.48
4. P. Withers	Wyvem	26.58
5. J. Crabtree	Wyvem	28.42

ST. JOHNS CHAPEL FELL RACE

Weardale

BS/3m/700ft 27.8.94

Poor weather made this tough race more gruelling than in previous years, however, no runners were put off by this and we had a field of thirty.



James Sheard of Calder Valley at the Ben

Photo: Roh Howard

1. J. Hunt	S'land	22.34
2. T. Hardman	Elvet	22.59
3. K. Wilson	Mand	23.48

LADIES

1. G. Beadle	Heaton	29.31
2. K. Vickers	Unatt	34.18
3. C. Farnsworth	Elvet	34.30

PENDLETON FELL RACE

Lancashire

AS/5m/1 500ft 27.8.94

Once again a good turnout on a day of mixed weather, but the sun shone for the race as it always does.

Neil Wilkinson set off as though he was really going for Kevin Cappers eleven year old course record and indeed came as close as anyone in recent years, but thirty minutes and thirty six seconds is going to take some beating. Gary and Shaun had a close race for second.

Andrea Priestley won the ladies comfortably with Linda Lord first lady veteran. Brian Walton in eighth overall took the veteran over forty prize, and good runs from John Nuttall and Barry Thackery gave them veteran over fifty and sixty respectively. Richard Buckley was the first junior home.

Sorry about the lack of refreshments this year. The matter will be rectified for next year's race.

After deducting expenses we were left with thirty two pounds and seven pence, which has been donated to Cancer Research in Clitheroe.

Roger Dewhurst

1. N. Wilkinson	Ale	31.46
2. G. Devine	P&B	32.42
3. S. Livesey	Clay	32.46
4. M. Moorhouse	Saif	33.10
5. R. Hope	Horw	33.15
6. P. Sheard	P&B	34.32
7. A. Preedy	Unatt	35.09
8. B. Walton V	Horw	35.21
9. C. Lyon	Horw	35.35
10. T. Laney	Clay	35.38

VETERANS 0/40

1. B. Walton	Horw	35.21
2. J. Hope	AchRat	36.30
3. F. Livesey	Prest	37.27
4. B. Ashworth	Ross	37.40
5. K. Carr	Clay	37.48

VETERANS 0/50

1. J. Nuttall	Clay	38.58
2. R. Jaques	Clay	41.23
3. L. Sullivan	Clay	42.08
4. A. Peers	Spec	42.59
5. J. Sykes	Fellan	43.45

VETERANS 0/60

1. B. Thackery	DkPk	43.40
2. D. Talbot	Clay	48.01
3. L. Pollard	AchRat	48.37

LADIES

1. A. Priestley	Fellan	40.36
2. L. Lord V	Clay	44.01
3. L. Platt	Clay	45.08
4. C. Dewhurst	Clay	48.48
5. P. Dore V	Roch	50.40

JUNIORS

1. R. Buckley	Bolt	38.40
2. W. Jones	Lostock	39.32
3. P. Comall	Garstang	44.41

BRECON BEACONS FELL RACE

Mid Glamorgan

AL/19m/4500ft 27.8.94

A fine but breezy day attracted runners from all over the country on Bank Holiday Saturday, for this tough but spectacular circuit of the central Brecon Beacons. From the start, Mandale runners attempted to put the opposition off the scent by a variety of unorthodox routes up Craig Pwllfa. They did not put off Mark Haitell, who was never headed after the first summit and cruised in to the finish on Talybout Dam, almost eight minutes ahead of local hero Pete Maggs.

Further down the field, diversion tactics by Robert Benjamin did not fool the first lady, Janet Tyler of Croft Ambrey, who successfully defended her title.

Despite their navigational experiments the local lads won the team prize, but Macclesfield, including MDC 'old boy' Adrian Belton, made sure they had to work for it.

The numerous marshalls did a great job of keeping track of everyone and proving that neither radios nor mobile phones are any use in this terrain. Also many thanks to Kay and her magic teapot.

Next year we revert to the clockwise circuit and perhaps I'll be able to run myself.

** Old Greybeard' (Martin Lucas)*

1. M. Hartell	Macc	2.43.23
2. P. Maggs	MDC	2.51.04
3. B. Willis	Royston	2.53.19
4. R. Wilson V	Powys	2.58.21
5. R. Ansell	DkPk	2.59.02
6. J. Darby V	MDC	3.00.04
7. K. Willis	Chelt	3.00.47
8. A. Woods	MDC	3.03.12
8. G. Bagnall	Chelt	3.03.12
10. A. Belton	Macc	3.05.00

VETERANS 0/40

1. R. Wilson	Powys	2.58.21
2. J. Darby	MDC	3.00.04
3. J. Holloway	Horw	3.07.13
4. A. Lakey	Thames	3.08.31
5. M. Hirst	Denby	3.08.38

VETERANS 0/50

1. F. Thomas	DkPk	3.08.26
2. C. Jones	MDC	3.50.00
3. J. Jameson	Ciren	3.59.57

LADIES

1. J. TyierV	Cft/Amb	3.30.12
2. D. Leakey V	THH	3.58.30
3. C. Porritt V	Ilkley	4.05.47

SNAILBEACH FELL RACE

AS/3m/800ft 29.8.94

The race is part of the local carnival with plenty to do for the family, so the turn out of only 29, on a beautiful sunny day, for this, the third running of the race, and first time in the calendar, was very disappointing.

The course leaves the carnival field and climbs steeply through deciduous woodland, past old mining chimneys and out onto the open moor (Britain's most southerly grouse moor so I'm informed) giving spectacular views over steep sided valleys to the Devil's Chair to the South and the Welsh Mountains to the West. The climb is virtually unbroken for seven hundred feet then a fast descent down a heathery valley, a climb back to the moor, returning through the woods and finishing with a circuit of the field.

It was a young man's day. Tim Davies led throughout, followed by brother Andrew, continuing Mercia's domination of Shropshire races, and another junior, Shrewsbury's promising Harry Matthews was third. John Richards couldn't catch the kids but was 1st vet in fifth overall and Brian Morris added another supervet trophy to his collection.

Jackie Davies won the ladies for Mercia followed by local Angela Francis, both juniors again.

The area is of outstanding natural beauty, steeped in history and well worth a visit, so, hopefully a better turnout in '95.

Results in last edition.

Wild Edric

BEN NEVIS RACE

Fort William

AM/10m/4400ft 3.9.94

Despite rainy weather and a very cold summit with poor visibility, most runners enjoyed a good race again. Two runners, Paul Murray of Horwich RMI, and Henry Swan Young of Inverness Harriers, completed their 21st "Ben" - Congratulations!

George MacFarlane

1. I. Holmes	Bing	1.30.17
2. G. Bland	Borr	1.31.06
3. J. Bland	Borr	1.31.33
4. B. Rodgers	Loch	1.33.12
5. P. Sheard	P&B	1.34.41
6. R. Jamieson	Amble	1.35.03
7. S. Jackson V	Horw	1.35.44
8. B. Whitfield V	Bing	1.36.03
9. A. Bowness	CFR	1.36.22
10. G. Bartlett	Forres	1.36.39

VETERANS 0/40

1. S. Jackson	Horw	1.35.44
2. B. Whitfield	Bing	1.36.03
3. J. Holt	Clay	1.45.23
4. J. Shields	Clydes	1.45.41
5. B. Walton	Horw	1.46.17

VETERANS 0/50

1. J. Nuttall	Clay	1.49.59
2. P. Murray	Horw	1.58.26
3. A. McGillivray	Fife	2.02.16
4. C. Love	Dundee	2.02.24
5. C. Pritchard	Cam	2.07.46

LADIES

1. G. Barnes V	Loch	2.13.22
2. J. Rawlinson V	Clay	2.13.32
3. J. Anderson V	Loch	2.18.16
4. R. Fletcher	Tyne	2.18.23
5. A. West	Carnegie	2.22.33

CAFOD GRISEDALE HORSESHOE

Cumbria

AM/10m/4400ft 3.9.94

Good conditions to begin with gave way to rain and low cloud as the race progressed, only the leader managed to return home dry! M Roberts time leaves the men's record unaffected, but not so the ladies, Andrea Priestley of Fellandale completed the course, knocking almost two minutes off the previous ladies record. Well done Andrea!

Once more our thanks go to all the helpers and supporters who make this race such an enjoyable event, and to the telecommunications experts "Raynet" who help to ensure safety as well as feed useful information during the race.

Last year the race raised in excess of one thousand five hundred pounds for the third world charity 'Cafod', as it did the year before that. We are still awaiting the final count on this year's takings, since most sponsorship money has yet to be collected, here's hoping!

Next year will be the fifth anniversary of the race. With any luck we might exceed our maximum number of runners. Hope to see you there.

Pete McHale

1. M. Roberts	Kend	1.44.20
2. B. McGhee	CFR	1.49.22
3. D. Lee	CFR	1.51.03
4. H. Jarrett V	CFR	1.53.34
5. K. Wood	Salt	1.53.56
5. G. Webb	CalderV	1.53.56
7. J. Hodgson	Kend	1.54.21
8. D. Troman	Kesw	1.55.00
9. C. Valentine	Kesw	1.56.19
10. C. Lyon	Horw	1.56.42

VETERANS 0/40

1. H. Jarrett	CFR	1.53.34
2. M. Richardson	Amble	1.59.51
3. H. Nicholson	Clay	2.00.00
4. I. Naylor	Unatt	2.05.14
5. I. Block	CFR	2.05.21

VETERANS 0/45

1. J. Hope	ARCC	1.59.18
2. M. Walford	Kend	1.59.37
3. J. Nixon	Horw	2.00.31
4. R. Taylor	Penn	2.07.08
5. I. Charlton	Kesw	2.09.10

VETERANS 0/50

1. P. Green	IOC	2.15.33
2. D. Jones	Penn	2.20.05
3. N. Dyson	MDC	2.32.33

VETERANS 0/55

1. R. Bell	Amble	1.59.24
2. B. Smith	Clay	2.31.55
3. E. Blamire	Tod	2.33.40

VETERANS 0/60

1. B. Fielding	Fellan	2.24.06
2. L. Pollard	ARCC	2.50.3

LADIES

1. A. Priestley	Fellan	2.09.25
2. A. Isdale	Bing	2.20.47
3. K. Beaty	CFR	2.20.48
4. L. Lord	Clay	2.23.58
5. C. Kenny	Kend	2.27.25



R. Hamilton of Ilkley approaches Ragleth Summit - Stretton
Photo: John Cartwright

STRETTON SKYLINE

Shropshire

BL/18.5m/4450ft 4.9.94

1. S. Houghton	CaldV	2.28.10
2. P. Cadman	Mercia	2.29.30
3. K. Gaskell	Horw	2.35.16
4. K. Smith	Shrews	2.35.36
5. R. Hamilton	Ilk	2.36.06
6. T. Longman V/40	Hunc	2.39.01
7. T. Laney	Clay	2.39.50
8. T. Haywood	Mercia	2.41.22
9. M. Pearson	Oswest	2.42.54
10. R. Wilson V/40	Powys	2.43.24

VETERANS 0/40

1. T. Longman	Hunc	2.39.01
2. R. Wilson	Powys	2.43.24
3. M. Wittering	Hunc	2.44.23
4. J. Richards	Shrews	2.46.58

VETERANS 0/50

1. C. Brown	Mercia	3.06.49
2. J. Hughes	Hunc	3.12.24
3. B. Martin	GWR	3.13.15
5. D. Tull	Camb	3.14.26
6. P. Smith	Mercia	3.16.19

VETERANS 0/60

1. M. Ward	Oswest	3.01.42
2. P. Steer	LDWA	3.53.31
3. D. Whiting	Westb	3.54.34
4. L. Manns	LDWA	4.09.12
5. L. Myers	Gloss	

VETERANS 0/70

1. E. Mitchell	DkPk	3.38.59
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LADIES

1. S. Ashton V/35	MDC	3.12.46
2. J. Hatton	ShropSh	3.13.35
3. A. Capp	Telf	3.23.17
4. J. Whitterick V/35	ShropSh	3.26.12
5. J. Cave V/35	DkPk	3.28.28

HADES HILL RACE

Lancashire

BS/5m/1200ft 8.9.94

1. N. Wilkinson	Saif	29.18
2. A. Maloney	Roch	30.26
3. M. Aspinall	Clay	30.37
4. M. Corbett	Ross	31.03
5. S. Radcliffe	Rade	31.05
6. D. Gartley	Gloss	32.22
7. I. Greenwood	Clay	32.40
8. P. Boyd	Horw	32.40
9. G. Sumner	Ross	32.56
10. A. Orr	Clay	33.00

VETERANS 0/40

1. D. Beels	Roch	33.05
2. I. Holloway	Roch	33.12
3. C. Davies	S'worth	33.22

VETERANS 0/45

1. J. Dore	Roch	36.09
2. J. Platt	Oldh&Roy	37.02
3. J. Talbot	Tod	37.22

VETERANS 0/50

1. D. Gibson	S'worth	36.15
2. I. Beverley	Clay	36.20
	Clay	36.21
	Ross	36.22
5. P. Blagbrough	S'worth	37.07



Brian Hughes leads a group at the Grisedale Photo: John Francis

VETERANS 0/55

1. E. Blamire	Tod	39.45
2. J. Smith	Clay	40.12
3. B. Pyecroft	FRA	47.03

VETERANS 0/60

1. B. Thackery	DkPk	40.33
2. R. Francis	Bury	43.03
3. B. Leathley	Clay	44.46

LADIES

1. J. Pursey	ManU	36.37
2. G. Cook V/35	Roch	37.26
3. J. Rawlinson V/40	Clay	
4. L. Bostock V/35	Clay	40.25
5. L. Platt	Clay	40.51

LADIES U/18

1. G. Wilkins	Bing	47.15
2. C. Ashton	Cl'y	47.59

WOLSINGHAM SHOW FELL RACE**Co. Durham****BS/3.5m/450ft 4.9.94**

1. R. Hand	DurhamCty	20.40
2. C. Farquharson	HBT	20.44
3. P. Coates	DurhamCty	21.53

LADIES

1. C. Hankey	HBT	31.37
2. K. Vickers	Unatt	31.50
3. I. Smales	Unatt	32.55

MOFFAT CHASE HILL RACE**Dunfriesshire****AL/12m/3000ft 10.9.94**

There was an excellent turnout of fifty one runners for this fourth 'shortened' Moffat Chase. Good, clear conditions dispelled any fears of navigation errors on Arthurs Seat, Hart Fell stretch, where low cloud gave some front runners problems in last years race.

Taking an early lead, Dermot McGonigle set the pace through all the checkpoints, but had to settle for eventual fifth place, following a misjudged line off Greycill Head. Ultimate proof that there is just no easy way off this summit. Taking advantage of Dermot's misfortune, the HELP trio of Brian Marshall, David McGuinness and Dennis Bell, pushed on to take first, second and third place respectively, with Dave Cummins (Ochil Hill Runners) in fourth place. There was no disputing first team, with Dennis taking first veteran and George Armstrong taking first super veteran. There was a clean sweep of honours in the men's categories for the HELP club. It was left to Deborah Macdonald, Lasswade AC, to break the mould by being first lady home.

R Mitchell

1.B. Marshall	HELP	1.59.24
2. D. McGuinness	HELP	2.00.08
3. D. Bell V	HELP	2.00.21
4. D. Cummins	Ochil	2.01.34
5. D. McGonigle	Shett	2.02.52
6. D. Crowe	Shett	2.03.15
7. S. Bennett	W'lands	2.03.59
8. K. White V	W'lands	2.04.02
9. D. Milligan V	Solway	2.04.34
10. D. Simmons	L'ston	2.05.25

VETERANS 0/40

1. D. Bell	HELP	2.00.21
2. K. White	W'lands	2.04.02
3. D. Milligan	Solway	2.04.34
4. J. Hope	AchRat	2.06.10
5. L. Stephenson	Kend	2.11.22

VETERANS 0/50

1. G. Armstrong	HELP	2.13.19
2. G. Howard	Ilkley	2.19.58
3. J. Littlewood	Scot. Vet	2.20.41
4. B. Bennet	P'cuik	2.51.17
5. T. Leigh	Unatt	2.53.47

LADIES

1. D. MacDonald	Lasswade	2.30.25
2. L. Berry	Unatt	2.52.19
3. A. Strachan	Dundee	2.53.23
4. P. McLaughlin	W'lands	3.02.34

RUNNING SHOP MORVEN HILL RACE**Grampian Region****AM/5m/1700ft 10.9.94**

A pleasant day at the bottom of the hill, but a stiff head on wind greeted the runners when they emerged on to the more exposed upper section. Maybe this is what prevented last years Ben Nevis winner, Graeme Bartlett, from reducing this medium length race to a short one by a second! Essentially the course is now a short one and will make a challenging championship race in the future.

Graeme Bartlett's winning time, lopped ninety one seconds off Dave Armitages 1993 time. Armitage (AAAC) ran a good race again this year (albeit three seconds slower) to take second place and the veterans prize.

Sonia Armitage, the ladies winner, smashed last years winning time by over eleven minutes. Diana Jermieson took the ladies veteran prize, also a record.

Cosmic Hillbashers, who continue to grow in strength, took the team prize comfortably. Thanks to all who helped on the day.

Brian Lawrie

1. G. Bartlett	Forres	40.00
2. D. Armitage V	Aber	41.34
3. J. Buchan	Cosmic	42.06
4. N. Kelman	HHR	43.00
5. P. Kammer	Cosmic	44.15
6. A. Smith	Deeside	44.20
7. E. Arrowsmith	Cosmic	44.31
8. D. McDonald	Cosmic	44.58
9. F. Duguid	Deeside	45.29
10. D. Tivendale	S.G. Assoc.	46.48

VETERANS 0/40

1. D. Armitage	Aber	41.34
2. B. Lawrie	Cosmic	46.55
3. E. Rennie	Cosmic	48.49
4. G. Ramsay	Cosmic	48.58
5. J. Stephen	Ochil	49.13

LADIES

1. S. Armitage	Aber	50.23
2. D. Jermieson	Aber	60.01
3. P. Donald	Deeside	62.07

CORRIEYAIRACK PASS RACE**Fort William****BL/16m/2250ft 11.9.94**

The weather forecast for race day was abysmal, but proved over pessimistic: in fact running conditions turned out to be ideal, cool, dull and damp under foot

Thirty five runners were bussed to the start, and thirty four set off on time, the organiser set off twenty minutes later, carrying a two way radio, to act as a 'sweeper'.

All thirty five finished in good time and though no records were broken, a good day was had by all!

John Morrison Fish

1. A. Murchison	Inverness	1.49.05
2. B. Howie V	Edin	1.52.28
3. M. Flynn	Edin	1.53.40
4. A. Craig	Loch	1.55.14
5. J. Dumin	Dundee	1.55.26
6. A. Ross	WofB	1.56.14
7. R. Boswell V		1.56.21
8. D. Hirst	Deeside	1.56.30
9. P. Morrison	Carnegie	1.57.19
10. R. Wilby	H'land	1.59.26

VETERANS 0/40

1. B. Howie	ESH	1.52.28
2. R. Boswell	Loch	1.56.21
3. B. Donald	Deeside	2.06.50
4. J. MacGregor	ESH	2.11.54

VETERANS 0/50

1. R. Wilby	H'land	1.59.26
2. B. Preece	Deeside	2.00.18
3. C. Love	Dundee	2.03.32
4. J. Cunningham	Suther	2.24.59

LADIES

1.S. Low	Suther	2.16.14
2. H. Searle	Loch	2.30.21
3. A. West V	Carnegie	2.40.05

REEBOK LAKES MOUNTAIN TRIAL**Cumbria****0/20m/7000ft & 0/15m/5000ft 11.9.94**

A wild, wet and windy day made this year's race even more of a trial than usual. The number of non-starter and retirements perhaps gives some indication of the weather conditions. The weather was also a major factor in route choice, and the runners showed a strong and understandable preference for low level routes wherever possible, even if it meant a few extra miles.

Martin Hudson & Bill Hunter

1. G. Bland	Borr	4.15.01
2. P. Clark V	Kend	4.37.15
3. J. Rye	Thames	4.57.32
4. M. Walford V	Kend	5.03.31
5. M. Seddon	Gloss	5.04.21
6. D. Blackhurst	Ross	5.05.19
7. B. Clough	Amble	5.05.37
8. D. Ratcliffe	Ross	5.12.46
9. H. Symonds V	Kend	5.13.54
10. S. Hicks	Borr	5.19.15

VETERANS 0/40

1. P. Clark	Kend	4.37.15
2. H. Symonds	Kend	5.13.54
3. K. Adams	W'lands	5.29.57
4. R. Sewell	Kend	5.45.57
5. R. Halenko	Kesw	5.49.00

VETERANS 0/45

1. M. Walford	Kend	5.03.31
2. A. Harmer	DkPk	5.54.14
3. J. Crummett	CFR	6.05.36

VETERANS 0/50

1.D. Jones	Penn	6.30.25
2. D. Sleath	WtePk	6.33.05

VETERANS 0/55

1. M. Hayes	DkPk	6.02.11
2. D. Amour	H'land	6.30.17
3. J. Naylor	CFR	6.35.48

VETERANS 0/60

1. D. Talbot	Rucksack	6.48.46
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LADIES

1. J. Cory-Wright V	Kesw	3.42.50
2. K. Arnold	CFR	3.44.06
3. A. Crabb V	Amble	4.01.29
4. C. McNeill V	Amble	4.05.26
5. S. Kiveal	Sadd	4.05.48
6. J. Walker	BCC	4.10.24
7. J. Laverack	Amble	4.22.09
8. J. Robson	SOC	4.25.23

KETTLEWELL CLASSIC**North Yorkshire****AS/1.5m/950ft 11.9.94**

Cold wet and windy weather greeted the runners for this championship event. Unfortunately, this seemed to put runners off, especially the juniors with only half the number present last year. This is rather worrying for us as race organisers and the F R A as we implemented many suggestions put forward by parents and runners i.e. separate races, not too long, good to watch and good prizes, going beyond the usual first prize per race. In fact, over 70% of juniors received some sort of prize, not bad for a £1 entry fee.

Anyway, those who turned up provided us with some excellent races. Hie senior mens, in particular, was a fascinating contest. John Atkinson, Grasmere Guides Race winner, Andy Peace, Bumsall Fell Race winner, and Ian Holmes, Kinsey Crag Race winner. This is probably the first time that the winners of these three short classic races have met during the same season over another short classic course.

Into a strong headwind, Ian Holmes led to the summit and picked up the special prize for doing so but, unfortunately, he could not shake off John Atkinson who flew past on the tricky descent. Andy Peace was comfortable in third, after cycling from Keighley to the race.

Stephen Hawkins

1. J. Atkinson	Amble	10.02
2.1. Holmes	Bing	10.12
3. A. Peace	Bing	10.24
4. G. Devine	P&B	10.48
5. R. Foley	Leeds	10.55
6. A. Wrench	Tod	10.56
7. M. Whitfield I	Bing	11.03
8. D. Woodhead	Horw	11.11
9. P. Boyd	Horw	11.23
10. A. Mahoney	Roch	11.30

VETERANS 0/40

1. A. Riley	Unatt	12.23
2. G. Fielding	Ross	13.20
3. B. Scholes	KHR	13.38
4. K. Robinson	Bing	13.40

JUNIORS U/12

1.D. Huff	Unatt	5.40
2. J. Mason	Unatt	5.51
3. M. Wright	Unatt	6.26

JUNIORS U/14

1. A. Carr	Unatt	7.44
2. C. Scholes	Unatt	7.48
3. C. Mason	Unatt	7.55
4. L. Hawkins G	Unatt	8.54
5. S. Daniel G	Holm	9.05

JUNIORS U/17

1.1. Wellock	KHR	8.44
2. J. Hart	Oldh	8.51
3. M. Drake	CaldV	9.09
5. V. Wilkinson G	Bing	9.33

INTERMEDIATES U/20

1. M. Whitfield	Bing	11.03
2.1. Hanson	Bing	12.13
3. L. Graham L	Kend	14.26

LADIES

1. L. Graham	Kend	14.26
2. K. Lowther	KHR	15.22
3. P. Collier	Tbd	18.51
4. H. Slater	Tod	19.45
5. T. Targett	Clay	20.49

HAWTHORNE FELL RACE**Isle of Man****AM/9m/2500ft 11.9.94**

This nine mile course is one of the most enjoyable on the Manx calendar, with a varied mixture of terrain that includes two very steep climbs, fast undulating sections on well worn sheep tracks and a couple of rapid descents, with the added bonus of starting and finishing outside a pub.

Weather conditions were good apart from a strong westerly wind, although this was most helpful on the first tough ascent to Greeba summit.

Tony Rowley continued his dominance of the Manx fell scene with another start to finish victory, arriving back at the Hawthorne Inn finish about eight minutes in the clear.

Runner-up and first veteran was David Young, a result that gave the Laxey doctor victory in this seasons hotly contested over forty's league.

On completion of the race everyone adjourned to the Hawthorne for refreshments and the presentation of awards for this years Manx Fell League. This was performed by Jimmy Duncan, a partner in agricultural distributing firm Managrakem who have been marvellous supporters of local fell running, having sponsored the league for the last fourteen years.

Richie Stevenson

1. T. Rowley	MFR	1.14.36
2. D. Young V	MFR	1.22.08
3. P. Costley	WAC	1.22.10
4. I. Watson	NAC	1.22.19
5. D. Corrin V	MH	1.22.44
6. R. Webb V	MH	1.22.51
7. R. Stevenson	MFR	1.27.46
8. D. Bawden	MFR	1.34.34
9. J. Gell	NAC	1.35.03
10. J. Wright	MFR	1.35.43
FIRST LADY		
1. S. Maddrell	WAC	1.40.54
VETERAN 0/50		
1. E. Brew	NAC	1.53.50

TOTLEY TERMINATOR Derbyshire BL/18.5m/3000ft 11.9.94

The weather forecast for the day did not sound good with strong winds and rain, so wet weather preparations were made on the field. In the end, it stayed dry but windy. Unlike the day after when it poured with rain and the moor was covered in mist (you lucky people!).

A record one hundred and fifty two starters set off, with last year's winner, Adrian Jones, soon taking the lead and keeping it finishing ten minutes ahead of Matthew Innes.

At this point, many were stung by a swarm of wasps just half a mile into the race; some kind person put a notice up after the race.

The first lady home was Jacky Smith who managed to lower the Ladies' record by seven minutes, the second lady also breaking the record.

Rob Mason

1. A. Jones	Gloss	2.17.26
2. M. Innes	Holm	2.27.04
3. G. Desforges V/40	DkPk	2.27.34
4. B. Carr	Unatt	2.29.20
5. T. Clayton	NDRC	2.30.47
6. A. Marshall V/45	Tot	2.30.54
7. T. Cox	Warwick	2.32.04
8. N. Sercombe V/45	Unatt	2.32.19
9. R. Davison	DkPk	2.32.33
10. D. Tait VMS	Unatt	2.32.33

VETERANS 0/40

1. G. Desforges	DkPk	2.27.34
2. R. Innes	Stocks	2.35.01
3. R. Lawrenson	DkPk	2.43.06

VETERANS 0/50

1. R. Pritchard	N Derby	2.41.27
2. J. Clarke	HH	2.44.46
3. B. Sprake	DkPk	3.10.20

VETERAN 0/60

1. B. Thackery	DkPk	
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LADIES

1. J. Smith V/40	DkPk	2.48.35
2. J. Searle	DkPk	2.55.21
3. V. Aisthorpe V/35	LincsFR	2.56.29
4. J. Cave V/35	DkPk	3.11.23
5. L. Evans V/35	FRA	3.13.39

YORKSHIREMAN OFF-ROAD MARATHON West Yorkshire CL/26m 11.9.94

Out of two hundred and twenty pre-entered teams of two, over one hundred and ninety braved the bad weather and water-logged course on the day. Last years course record of three hours and seven minutes was unlikely to be beaten, with the winning team of D.Wooley and J.Callaghan recording a good time under the conditions. T. Storie and H.Rutter both of Wells City AC carried off the cut-glass ladies trophy to Somerset for the next twelve months.

No fewer than five retirees requiring medical treatment as the result of falls, but all were reported to be determined to return next year to complete the course!

Colin Crane

1. Woolley/Callaghan		3.18.10
2. Finch/Lyon		3.30.10
3. Gaskell/Drindl		3.31.10
4. Irwin/Hewitt		3.31.35
5. Spicer/Fletcher V		3.32.30
6. Bamforth/Dale V		3.33.25
7. Milnes/Skaife		3.39.40
8. Rose/Grover		3.40.18
9. Martin/Crook		3.41.30
10. Peters/McIlreavy		3.44.10

VETERAN TEAMS

1. Spicer/Fletcher		3.32.30
2. Bamforth/Dale		3.33.25
3. Hoyle/Knowles		3.46.35
4. Hom/Ruecroft		3.47.07
5. Russell/Wrigley		3.55.37

MIXED TEAMS

1. Higginbottom/Finney		3.45.20
2. Griffies/Newman		3.49.14
3. Barker/Cook V		3.57.38
4. Green/Dennison		4.04.25
5. Hobbs/Couch		4.14.59

LADIES TEAM

1. Storie/Rutter V		4.50.55
2. Barratt/Braithwaite		4.51.40
3. Pickering/Wren		4.56.47
4. Scott/Ash		5.12.55
5. Atkinson/Lawton		5.27.55
6. Orritt/Green		5.34.08
7. Smith/Dixon V		5.41.20
8. Keily/Phillips		5.53.55

GREAT SHUNNER FELL RACE Cumbria AM/8m/1500ft 17.9.94

Jim Davies was more than a minute outside Gary Webbs record. The last mile to the summit was very wet and the peat bogs all consuming! Although some paving has been done on the pennine way it does not enhance the course any. Also what has happened to all the ladies? Thor Egerton was unchallenged for the title and left the organiser sharing good prizes with the rest of the male field. Kendal secured the team prize with three veterans in the top five.

F Livesey

1. J. Davies	Unatt	65.07
2. C. Lyon	Horw	68.08
3. H. Symonds V	Kend	70.48
4. M. Walsh V	Kend	71.39
5. S. Kirkbride V	Kend	71.50
6. A. Tait V	Tyne	72.45
7. P. Tuson	Kend	72.58
8. A. Horsfall	Tod	74.52
9. R. Logett V	Horw	75.05
10. F. Judge V	Clay	75.13

VETERANS 0/50

1. F. Walker	FRA	
2. M. McDonald	FRA	
3. J. Whalley	V. Sidrs	
4. B. Leathy	Clay	
5. B. Pycroft	FRA	

LADIES

1. T. Egerton	PFO	113.26
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CORRIS FOREST CHALLENGE Gwynedd AM/10m/3000ft 17.9.94

Forty nine runners competed in this years challenge in perfect weather, but with very wet conditions underfoot. The course involves ten miles and three thousand feet of ascent over a variety of terrain from open mountain to forest rides, and takes in the summit of Tarranhendre (634m).

Trevor Jones and Adam Haynes battled it out from the start with Richard Wilson (0/40), Philip Marsh (0/40 - Tarrenhendre) and Eulyr Evans racing hard for third place some seven minutes down on the two leaders. Trevor Jones pulled away from Adam on the descent from Tarrenhendre, opening up a two minute gap which he maintained to the finish back in the village of Abergynwyn. The seven minute gap between second place and the chasing group stayed the same, but a real ding dong battle was fought for third place with Richard Wilson (last years winner), eventually beating Philip Marsh by just eight seconds, and Eulyr Evans by some thirty nine seconds.

In the ladies race, Carol Banlin dominated from the start beating Liz Campbell by fourteen minutes and being twelfth overall, some fifty two minutes inside the previous ladies record.

Overall the even was very successful, with most runners making positive comments about the course. Forest Enterprise are keen to maintain the event and are more than happy to have events of this type on their land. Thanks are duo* to Forest Enterprise staff for marshalling, and to Tarranhendre fell runners for doing such a good job of marking the course.

1. T. Jones		1.39.20
2. A. Haynes		1.41.29
3. R. Wilson V		1.48.05
4. P. Marsh V		1.48.13
5. E. Evans		1.48.44
6. H. Thesmes		1.50.21
7. A. Orringe		1.52.09
7. A. Woods		1.52.09
9. M. Kenny		1.54.02
10. J. March V		1.54.09

VETERANS 0/40

1. R. Wilson		1.48.05
2. P. Marsh		1.48.13
3. E. Evans		1.48.44
4. A. Nixon		1.58.05
5. M. Lucas		2.03.09

VETERANS 0/45

1. Y. Tredimas		1.58.22
2. J. Evans		2.03.54
3. J. Sweeting		2.07.37

VETERANS 0/50

1. J. Marsh		1.54.09
2. E. Jones		2.21.01
3. M. Callow		2.22.29
4. M. Edwards		2.24.19
5. B. Jackson		2.27.39

LADIES

1. C. Banlin		1.54.14
2. L. Campbell V		2.08.24
3. R. Yorke		2.18.15
4. L. Clarke V		2.19.08
5. S. Woods		2.20.10

THREE SHIRES FELL RACE Cumbria AL/13m/4000ft 17.9.94

The final event of the Junior Championship saw good competition from a large number (over seventy) of runners. It was particularly pleasing to see twenty six girls taking part. The championship has been a clear success this season thanks to Dave Richardson. With the five nations internationals now following at the end of the season - things are certainly looking up for the juniors.

Matthew Moorhouse and Linda Graham won their events rather comfortably, while Victoria Wilkinson had to sprint to hold off Gail Adams. Anthony Turner from Buxton has been the class act all season in the under sixteens, and he won from two new faces from Keighley; Ian Wellock and Owen Beiley. Along with clubmate Robert Slater who romped the under fourteens, they were rewarded with England selection. Hard luck to John Hart and Adam Burnett who missed out despite performing consistently throughout the season.

It was most pleasing to see Keighley (from the BOFRA side of the sport) out in force. Next season we will all be running together and many peoples long held dreams will come to fruition. In the under twelves Sarah Jones and Nicholas Goodliffe completed the winners list.

The senior runners were somewhat outshone by this array of talent, and only Robin Jamieson, winning by six minutes, and Glynda Cook by three minutes, showed well in a below par field; most of the stars choosing to go to 'The Merrick' to chase championship points.

Selwyn Wright

1. R. Jamieson	Amble	1.55.17
2. J. Hodgson	Kend	2.01.31
3. P. Dawson	CFR	2.01.47
4. S. Bourne	Thames	2.02.08
5. S. Houghton V	CalderV	2.03.39
6. B. Walton V	Clay	2.03.44
7. G. Schofield	Black	2.04.04
8. P. Voce	Viking	2.04.37
9. A. Maloney	Roch	2.05.24
10. K. Carr V	Clay	2.05.39

VETERANS 0/40

1. S. Houghton	CalderV	2.03.39
2. B. Walton	Clay	2.03.44
3. K. White	Amble	2.10.01
4. D. Rosen	L&M	2.10.22
5. H. Nicholson	Clay	2.12.31

VETERANS 0/45

1. K. Carr	Clay	2.05.39
2. R. Taylor	Penn	2.09.30
3. P. Lambert	Clay	2.09.33
4. C. Wilkinson	Bing	2.11.18
5. B. Rawlinson	Ross	2.15.45

VETERANS 0/50

1. J. Nuttall	Clay	2.15.22
2. B. Laycock	Amble	2.21.12
3. D. Lucas	Roch	2.24.00
4. D. Gibson	Sadd	2.25.15
5. D. Jones	Penn	2.25.21

VETERANS 0/60

1. B. Fielding	Fellan	2.33.39
2. G. Thompson	Clay	2.36.23
3. C. Rushton	Kend	2.48.21

LADIES

1. G. Cook V	Roch	2.23.21
2. J. Rawlinson V	Clay	2.26.50
3. C. Kenny	Kend	2.33.01
4. A. Crabb	Amble	2.36.23
5. K. Thomson V	Clay	2.45.29

INTERMEDIATES U/18 - BOYS

1. M. Moorhouse	Saif	30.04
2. C. Caldwell	Bolt	31.18
3. D. Stewart	Prest	31.27

INTERMEDIATES U/18 - GIRLS

1. L. Graham	Kend	39.17
2. L. Lacon	Holm	40.22
3. R. Murray	Horw	49.30

JUNIORS U/16 - BOYS

1. A. Turner	Bux	18.41
2. I. Wellock	Kly	18.54
3. O. Beiley	Kly	19.10

JUNIORS U/16 - GIRLS

1. V. Wilkinson	Bing	21.18
2. G. Adams	Bristol	21.23
3. E. Riley	Kend	27.12

JUNIORS U/14 - BOYS

1. R. Slater	Kly	19.04
2. C. Livesey	Prest	19.46
3. S. Reid	Kend	20.46

JUNIORS U/14 - GIRLS

1. N. Jones	Chor	22.13
2. S. Clark	Ghost	22.16
3. L. Brindle	Horw	24.00

JUNIORS U/12 - BOYS			
1. N. Goodliffe	Holm	10.01	
2. L. Barnard	Telf	10.06	
3. M. Smith	Horw	10.57	
JUNIORS U/12 - GIRLS			
1. S. Jones	Chor	11.29	
2. N. White	Holm	11.35	
3. H. Whiteman	Horw	12.01	

LANTERN PIKE FELL RACES

Cheshire

BS/5m/1050ft 17.9.94

His win was predicted from the start by the expressions on other fancied runners faces, from the nervous gathering on the start line, those glances at ones rivals and then back to the starter in a flash not to lose the advantage. Neil Wilkinson ran a fine, controlled race, chased hard by regular competitor Paul Stelfox and Nick Peach.

The first veteran was Roger Bowler, with Mario Foschi second veteran, and Tony Hulme in twelfth. Beware you youngsters, the veterans are coming back, with over half the entry in a veteran category.

First local was Paul Deauville. First women was V.Perry also a veteran, and the first local woman Mary Edgerton. The furthest travelled must have been P and S.Slater from Exeter.

With the re-shuffling of places in this race, makes the championship very competitive all the way down the field. My thanks to all the marshalls, police and helpers for making this race run smoothly.

Mel Crammer

1. N. Wilkinson	Saif	30.48
2. P. Stelfox	Sale	31.11
3. N. Peach	Unatt	31.34
4. S. Willis	Amble	31.52
5. R. Jackson	Horw	32.08
6. D. Gibbons	RonHill	32.57
7. R. Bowler V	Merc	33.22
8. M. Foschi V	Penn	33.30
9. P. Deauville	Gloss	33.39
10. A. Jones	Gloss	33.52

VETERANS 0/40

1. R. Bowler	Merc	33.22
2. M. Foschi	Penn	33.30
3. T. Hulme	Penn	34.53
4. P. Lyons	Ross	35.52
5. P. Alderley	ManYMCA	36.09

VETERANS 0/50

1. J. Morris	Penn	37.53
2. P. Jepson	Unatt	38.26
3. J. Clarke	N.Vets	38.50
4. B. Thackery	DkPk	41.40
5. G. Hall	Penn	42.59

LADIES

1. V. Perry V	Unatt	39.16
2. S. Newman	Gloss	39.23
3. M. Bromley	Unatt	42.03
4. S. Boler V	P'stone	42.14
5. W. Dodds V	Clay	43.53

SANDSTONE TRAIL RACES

CL/16.5m/1750ft 18.9.94

Another fine day, another fine race. After days of heavy rain not only did we get just the right weather for the Sandstone, but the path was surprisingly dry. As well as the excellent winning times, many runners performed well up to their usual standard for the race. Alistair Landels ran consistently ahead of the 'A' Race pack, steadily extending the gap to finish seven and a half minutes ahead of the second runner and only seven seconds off the record. A storming run, all the more impressive for the absence of a close chaser to keep him at it. Alistair previously won in 1992, twenty three seconds off the record; so next time...?

Equally outstanding was Anne Stentiford's victory over the best ladies field the 'A' Race has seen. This culminated in Anne breaking Annie Capp's (Telford) 1989 record by just over a minute - an excellent run against strong competition from Janice Needham. This year seventeen ladies entered the 'A' Race and thirteen ran; if this trend continues, and we have been trying to encourage it for a long time, we may have to reconsider our trophy list. First Orienteer was again Graham Nilsen, in a time almost five minutes quicker than last year. Other orienteers are hoping the forest will slow him down a bit. Helsby Running Club made a successful bid to retain the team prize, in a time only four minutes slower than last year.

The 'B' Race also provided some steady competitive running and a winning time under the hour from Geoff Rawlinson. Veteran times were well up to the mark, Derek Ashcroft's time comparing well with previous efforts. Pat Matthews (Tattenhall) took yet another Sandstone trophy, with her as first lady veteran, less than a minute behind first lady Karen Jackson (Birstall). The new start at Beeston seemed to be satisfactory. It used to be on the same track, but when the ground was wet the waiting pack gradually sank up to it's collective knees in mud and farm products. Mr Ryder has since put a lot of stone down, and now it just 'looks' as if its knee deep.

I won't be organiser next year - Mark Hartell has agreed to take that on, but Jill will still be doing entries. I will certainly be there though, and I hope you will too, for the 19th Sandstone Trail Race.

Barry Barnes

RESULTS - 'A' RACE

1. A. Landels	DkPk	104.01
2. A. Duncan V	S.Liv	111.31
3. A. Carruthers	Crawley	113.58
4. B. Gregory	Stock	114.03
5. G. Brough	Audley	114.18
6. I. Simpson	Hels	114.22
7. G. Nilsen	M'side	115.06
8. R. Wood V	Hels	115.50
9. G. MacNeil	Hels	116.05
10. I. Travis	Unatt	116.11

VETERANS 0/40

1. A. Duncan	S.Liv	111.31
2. R. Wood	Hels	115.50
3. M. Wilson	Holm	118.39
4. T. Lynch	Sefton	119.36
5. R. Pritchard	Warr	120.02

VETERANS 0/50

1. M. Frayne	Hels	121.35
2. J. Hughes	R.Herr	130.42
3. C. Hallows	Deeside	132.45
4. A. Wright	Warr	133.04
5. A. Bell	S.M.	136.06

LADIES

1. A. Stentiford	Macc	124.36
2. J. Needham V	Roch	126.20
3. S. Owen V	Tatten	142.52
4. A. Capp	Telf	147.26
5. L. Eccles	Spec	150.03

RESULTS 'B' RACE

1. G. Rawlinson	Liv	58.28
2. S. Crany	Deeside	60.31
3. G. Beardsmore	S.Liv	61.30
4. M. Jones	Guild	62.45
5. D. Ashcroft V	S.Liv	63.12
6. M. Robbins	Deeside	64.14
7. R. Mitchell V	Helsby	64.45
8. J. Noakes V	E. A.Tech	64.49
9. M. Phillips	S'port	66.38
10. D. Bosley V	Holm	66.46

VETERANS 0/50

1.G. Lloyd	Wrex	72.33
2. D. Walker	Matlock	76.29
3. A. Wooten	Colwith	76.43

LADIES

1. K. Jackson	Birstall	77.33
2. P. Matthews V	Tatten	78.28
3. K. Hulse V	Audley	78.47
4. J. Heslop	M&D	79.14
5. G. Darby	Sefton	79.26

DALEHEAD RACE

Cumbria

AS/4.5m/2210ft 18.9.94

1.G. Bland	Borr	46.52
2. J. Bland	Borr	46.43
3. C. Valentine	Kesw	49.16
4. S. Hicks	Borr	49.56
5. K. Stuart	Kesw	52.04
6. D. Spedding V	Kesw	52.07
7. D. Gartley	Gloss	55.09
8. P. Targett	Clay	55.22
9. I. Charlton V	Kesw	55.34
10. A. Brand-Barker	Kesw	56.03



Clayton packing well at Thieveley Pike
Photo: Peter Hartley

VETERANS 0/40			
1. D. Spedding	Kesw	52.07	
2. I. Charlton	Kesw	55.34	
3. D. Bodecott	CFR	58.10	
4. G. Lloyd	Kesw	58.22	
5. C. Fanning	Airlog	63.47	
VETERANS 0/50			
1. D. Ashton	Black	56.09	
2. J. Stout	CFR	58.43	
3. P. Dowker	Kend	59.29	
4. F. Wood	Horw	62.39	
5. D. Patey	Borr	64.27	
LADIES			
1. A. Brand-Barker	Kesw	56.03	
2. K. Beaty	CFR	59.48	
3. L. Thompson	Kesw	66.13	

TWO BREWERIES RACE

Tweeddale

AL/19m/4200ft 24.9.94

1. M. Rigby	W'lands	2.40.48
2. A. Ward	Cam	2.54.42
3. A. Lewsley	Kesw	2.59.54
4. C. Eades	Liv&Dis	3.01.14
5. A. Davis	Five	3.01.20
6. J. Coyle	Cam	3.01.37
7. I. Wallace	HBT	3.01.41
8. D. Cummins	Ochil	3.01.50
9. T. Brand	Liv&Dist	3.02.51
10. D. Bell V	Hadd	3.05.10

VETERANS 0/40

1.D. Bell	Hadd	3.05.10
2. Ross	Fife	3.16.03
3. L. Fortune	Fife	3.19.56
4. R. McInroy	Clydes	3.20.04
5. J. Knox	Teviot	3.30.05

VETERANS 0/50

1. G. Armstrong	Hadd	3.20.28
2. A. McGillivray	Fife	3.27.46
3. C. Love	Dundee	3.31.42
4. N. Dyson	MDC	3.36.11
5. N. Rose	Cam	3.44.32

LADIES

1. H. Diamantides	W'lands	3.12.50
2. J. Salvona V	Liv&Dist	3.32.11
3. J. Robertson	W'lands	3.32.21
4. C. Kenny	Kend	3.37.59
5. D. MacDonald V	Lasswade	3.44.50

THIEVEY PIKE RACE

Lancashire

AS/3.5m/900ft 24.9.94

A popular first win for Shane Green who was delighted with his victory, ahead of the always consistent Dave Woodhead. The ladies race was very close, with Jean Rawlinson pushing Kath Drake all the way, just one place between them at the finish.

Thanks to all the regular band of marshalls who turn out year after year and help me put the event on. Entries were at their lowest for over ten years, certainly made the organisers' job less onerous than it has been on previous occasions.

Peter Browning

1. S. Green	P&B	26.38
2. D. Woodhead	Horw	26.52
3. C. Lyon	Horw	27.23
4. B. Rolland	N'burgh	27.29
5. A. Hauser	Fellan	27.43
6. W. Styan	Holm	28.00
7. G. Ehrhardt	Tod	28.03
8. A. Whalley	P&B	28.16
9. P. Stevenson	P&B	28.17
10. G. Kirkbright	P&B	28.28

VETERANS 0/40

1. A. Styan	Holm	28.44
2. B. Mitchell	Clay	28.54
3. K. Carr	Clay	29.39
4. F. Judge	Clay	29.48
5. R. Leggett	Horw	29.50

VETERANS 0/50

1. R. Jacques	Clay	33.40
2. M. Coles	Skyrac	34.13
3. A. Daniels	AchRat	35.04
4. I. Thompson	Ranelagh	37.43
5. P. Robinson	N.Vets	38.50

VETERANS 0/60

1. B. Leathley	Clay	39.01
2. J. Riley	Clay	56.24

INTERMEDIATES U/18

1. G. Ehrhardt	Tod	28.03
2. J. Hart	Oldham	30.18

LADIES

1. K. Drake	Spenn	32.40
2. J. Rawlinson V	Clay	32.52
3. A. Donnelly	Eryri	37.15
4. C. Dewhirst	Clay	38.15
5. K. Whalley	Clay	41.26

Full Championship Results

The British Fell & Hill Running Championships - Commission Report

The Fell and Hill Running Commission, consisting of representatives from England (3), Scotland (2), Wales (1) and N. Ireland (1) meet three times per year and delegate most of the Championship arrangements to the F.R.A.

Reviewing the level of participation in the Championships over recent years it became evident to the Commission that three of the four regions take little part. The reason for this is obscure but probably relates to the cost, distances, and time involved in travelling to a race series. This view is strengthened by the fact that regional race championship series are quite popular.

The Commission were also aware of the increasing demands on Championship contenders as they are tempted by attractive international competitions and by representative events such as the World and European Trophies, Snowdon, Knock Dhu, Suza and others. With developments on the international scene continuing apace, leading runners will have to make choices as to their racing programme and this will inevitably have an effect on a British Championship which requires a series of races.

The problem of too many top level races only affects the leading runners of course, and it is

evident that Championship races are popular with many who regard it as a major achievement to win a

few points, so in any review we need to consider both categories of competitor.

There is also the team competition to consider since the clubs have an interest in the Championship format as well as individuals.

When initiating this review the Commission sought the views of fellrunners via a short article by Selwyn Wright (Commission member) in the October '94 Fell Runner magazine, but we had only one response. The next step was for the Commission to make specific proposals which they did at their November 1994 meeting.

At the time of writing (January '95), the English F.R.A. in the form of their Championship sub-committee are conducting a poll to determine opinions about the Championship for those scoring points in last year's Championship. This will provide useful guidance albeit from those already participating but not from those who don't.

The Commission are of the opinion that, with the area championship format fulfilling the needs of those who aspire to all round excellence at all distances, a more specialised British Championship, making fewer demands on travelling and event commission, might be attractive to many. The area championships might even gain in status having no equivalent British competitor.

A proposal therefore evolved that we should hold a Grand Festival of Fell Running over one weekend, at which we would see the leading runners, plus many from the remoter regions (e.g. N. Ireland) taking part. The Championship would then be a one journey, one event, format.

The problem of what type of race to adopt was resolved by opting for 3 races - short, medium and long - producing a champion at each distance. This was thought to be fairer than just one race of medium nature, which would favour one type of runner. Consideration was given to holding these three races on different weekends to produce an overall champion - a scaled down version of the present format - but this seemed not to meet the objectives of attracting all and reducing travel and event commitment sufficiently.

Details of the various veterans categories were not decided on, but the possibility exists of having a separate race, for vets, only, over the medium distance. This arrangement proved very popular during the Keswick World Cup races.

A team competition would also need to be included which could be based on the aggregate score of say the first 3 in each club in each of the distances. This arrangement, or something like it, would produce a worthy Championship Club, requiring a minimum of 9 runners. The Veteran's team result could be derived from their single race - or it may be preferred that they too be included in the overall team result.

As mentioned above, opinions are still being canvassed and if anyone would like to make their views known to me in writing I will gladly bring them to the attention of the Commission, which next meets on March 19th.

Danny Hughes
Secretary - Fell & Hill Running Commission

Please respond promptly either to any committee member; the FRA survey, or Danny. Responses before MARCH 1st will be discussed at the next FRA committee meeting

JUNIORS

UNDER 12 BOYS

1. Nicholas Goodliffe	Holm	40
2. Lee Barnard	Tel	34
3. Stephen Edwards	Wir	30
4. Stephen McCain	Wir	25
5. Mark Smith	Hor	21
6. Shaun Calderbank	Hor	20
6. Ken Masser	Ros	20
6. Gareth Jones	Holm	20
9. Ian Ramsdale	Horw	12
10. T. Holsgrove	Wir	11
11. Matthew Smith	BAE	5
12. T. Nelson	Liv	4
13. Lee Raisbeck	Ghos	3
13. Ian Harvey	Hal	3
13. N. Cain	Hor	3
13. R. Probert	Tel	3

UNDER 12 GIRLS

1. Sarah Jones	Cho	40
2. Natlie White	Holm	32
3. Helen Wightman	Hor	28
4. Christine Boardman	Hor	23
5. Jodie Hogan	Roc	22
6. Hayley Atherton	Hor	18
7. N. Birley	Hor	14
8. Sheryl Finan	Cho	10
8. S. Waddington	KHR	10
10. Naomi Squires	Bux	9
11. N. Slater	ua	8
12. Rachael Beesley	Hor	7
13. L. Hughes	Hor	6
14. Sarah Thomas	Aber	4
15. S. Ramsdale	Hor	3
15. R. Mawdsley	Hor	3

UNDER 14 BOYS

1. Chris Livesey	Pre	40
2. Michael Cayton	Hor	29
3. Stuart Reid	Ken	27
4. Matthew Cain	Hor	26
5. Adam Sutton	Pre	18

6. William Hallas	Holm	17
7. Michael Heath	Wir	14
7. Stephen Savage	Amb	14
9. Kyle Goulding	Holm	11
10. Mark Gregory	Old	10
10. Sam Haigh	Sky	10
10. Robert Slater	KHR	10
10. John Robertson	Horw	10
14. John Blyth	Wir	6
15. Keith Howarth	Ghos	5

UNDER 14 GIRLS

1. Nichola Jones	Cho	40
2. Samantha Clark	Gho	36
3. Stefana Duniec	Holm	29
4. Lindsey Brindle	Hor	27
5. Nichola Brannon	Hor	23
6. Amy Green	Spn	15
7. Rowena Squires	Bux	14
8. Kristina Lamb	P&B	12
9. Jemmima Heatherton	Row	10
10. J. Fieldsend	Holm	5
10. Adrienne Murray	Hor	5
10. C. Williams	Hor	5
13. Nichola Bennett	Cho	4
14. G. Unsworth	ua	3
15. Susan Ramsdale	Horw	2
15. Helen Ramsdale	Horw	2

UNDER 16 BOYS

1. Anthony Turner	Bux	40
2. John Hart	Old	26
3. Andrew Davies	Mer	25
4. Adam Burnett	Lds	24
5. Gavin Lamb	P&B	22
6. Damion Finan	Cho	20
7. Carl Hodgson	Wir	18
8. Ian Wellock	Keig	16
9. Owen Beilby	Keig	14
10. Ben Green	Spn	10
11. Paul Savage	Amb	6
11. D. Bryson	Bin	6
11. Mark Lipprot	Hor	6
14. F. Ulrich	Holm	5
15. David Harrop	Wir	4

15. Gareth Hird	Keig	4
15. M. Bibby	Cho	4
15. James Burgess	Keig	4

UNDER 16 GIRLS

1. Victoria Wilkinson	Bin	40
2. Gayle Adams	Bri	32
3. Melissa Leek	L&M	30
4. Donna Jones	Gho	28
5. Elsie Riley	Ken	20
6. Jill Barron	P&B	18
7. Josie Walsh	P&B	14
8. Renee Heath	Cha	9
9. L. Unsworth	Cho	7
10. H. Matthews	Hor	5
11. Rebecca Walker	ua	4
11. C. Shaw	Gho	4
11. B. Me Wade	CLM	4
11. Jemima Corrie		4
11. Helen Cartwright	Gho	4

UNDER 18 BOYS

1. Matthew Moorhouse	Saif	40
2. C. Caldwell	Bol	27
3. Mike Mason	Wir	24
3. Danny Hope	Hor	24
5. R. Buckley	Bol	23
6. Tim Davies	Mer	18
7. D. Stewart	Pre	17
8. Ian Hansen	Bin	14
9. Adrian Prendergast	Cho	13
10. P. Howarth	Gho	9
11. S. Stokes	Bol	8
12. J. Hales	Bolt	7
12. A. Leek	L&M	7
14. J. Briggs	P&B	5
15. Andrew Mason	ua	4

UNDER 18 GIRLS

1. Lisa Lacon	Holm	36
2. Linda Graham	Ken	34
3. K. Prescott	Cho	32
4. Ros Murray	Hor	26
5. Rebecca Beesley	Hor	23
6. C. Whittam	Tod	20
7. L. Brannon	Hor	12

British Fell Running Championship 1994

Senior Men

1 M Kinch	Warrington	121
2 G Bland	Borrowdale	119
3 I Holmes	Bingley	118
4 J Parker	Ilkley	110
5 B Thompson	CFR	102
6= M Roberts	Kendal	101
A Trigg	Glossop	101
8 J Bland	Borrowdale	94
9 S Booth	Borrowdale	80
10= P Hague	Eryri	79
S Livesey	Clayton	79
12 G Wilkinson	CLEM	77
13 A Wrench	Todmorden	70
14 M Wallis	CLEM	67
15 C Donnelly	Eryri	66
16 P Sheard	P + B	62
17 G Huddleston	CLEM	51
18 A Schofield	Borrowdale	50
19 A Peace	Bingley	48
20 G Devine	P + B	44
21 M Aspinall	CLEM	42
22 A Jones	Glossop	41
23 H Jarrett (V)	CFR	38
24 C Roberts	Kendal	36
25 E Roberts	Eryri	33
26 A Meanwell	Borrowdale	31
27 S Jackson (V)	Horwich	28
28 S Willis	Ambleside	25
29 J Wilkinson	Gala	23
30= J Thin	Camethy	22
A Bowness	CFR	22

Senior Women

1 A Brand-Barker	Eryri	45
2 A Priestley	Fellandale	42
3 J Reid	CFR	30
4= E Hodgson	Fellandale	23
K Harvey (V)	Altrincham	23
6 J Rawlinson	CLEM	16
7 C Greasley (V)	Macclesfield	15
8 S Hodgson	Fellandale	13
9 Y Hague	P + B	12
10 J Shotter	Fellandale	11
11 S Rowson	Macclesfield	19
12= H Diamantides	Ambleside	8
L Thompson (V)	Keswick	8
G Cook (V)	Rochdale	8
15= C Banlin	Helsby	7
J James	DPFR	7
S Malir	Fellandale	7
18 A Bedwell	MDC	5
19= C Kenny	Kendal	4
C Crofts	DPFR	4

Veteran Women

1 K Harvey	Altrincham	45
2 J Rawlinson	CLEM	33
3 C Greasley	Macclesfield	124
4 S Rowson	Macclesfield	123
5 L Thompson	Keswick	17
6 G Cook	Rochdale	15
7 A Isdale	Bingley	14
8 W Dodds	CLEM	11
9= S Bennel	Eryri	9
K Beaty	CFR	9
J Howard	Fellandale	9
12= B Ripley	Eryri	8
A Haworth	Keswick	8
14= G Harris	Mercia	7

A Crabb	Ambleside	7
H Spenceley	Camethy	7
S Lloyd	Eryri	7
18 J Smith	DPFR	6
19 S Boler	Penistone	5
20= K Thompson	CLEM	4
L Lord	CLEM	4

Veteran Men

1 H Jarrett	CFR	82
2 S Jackson	Horwich	72
3 P Bowler	Mercia	63
4 D Ibbetson	Glossop	62
5 D Williams (SV)	Eryri	57
6 R Toogood (SV)	DPFR	53
7 W Bland	Borrowdale	52
8 R Bell (SV)	Ambleside	48
9 M Foschi	Pennine	43
10 T Hulme	Pennine	39
11 G Owen	Eryri	33
12 R Taylor	Pennine	28
13 P L Jones	Eryri	26
14= G Howard (SV)	Ilkley	23
B Rawlinson	Rossendale	23
16= M Hoffe	Ambleside	22
T Hesketh	Horwich	22
18 D Milligan	Solway	21
19 P Clark	Kendal	20
20= R Whitfield	Bingley	19
P T Jones	Eryri	19

Superveteran Men

1 D Williams	Eryri	45
2 R Toogood	DPFR	42
3 R Bell	Ambleside	35
4 J Nuttall	CLEM	29
5 G Howard	Ilkley	26
6 G Fielding	Rossendale	18
7 N Berry	Holmfirth	14
8= G Armstrong	HELP	9
B Jackson	Horwich	9
10 T Baxter	CFR	8
11= J Morris	Pennine	7
I Beverly	CLEM	7
D Ashton	Blackburn	7
J Armi stead	DPFR	7
15 D Amour	Highland	6
16= C Marsdon	U/A	5
K Burgess	Altrincham	5
D Quinlan	Bingley	5
C Love	Dundee	5
20 H Blenkinsop	Keswick	4

Male Team (of 5)

1 Borrowdale	48
2 CLEM	42
3 Eryri	32
4 Bingley	24
5 Glossop	20
6 CFR	17
7 Ambleside	15
8 Pennine	14
9 Rossendale	10
10 Horwich	8

Women Team (of 3)

1 Fellandale	48
2 CLEM	24
3 Eryri	18
4 Todmorden	10
5= Macclesfield	9
Bingley	9
Ambleside	9
8= DPFR	8
Penistone	8
10 Horwich	5

English Fell Running Championship 1994

Senior Men

1 M Kinch	Warrington	122
2 I Holmes	Bingley	117
3 B Thompson	CFRA	110
4 G Bland	Borrowdale	107
5 M Roberts	Kendal	106
6 P Sheard	P + B	95
7 A Trigg	Glossop	92
8 J Bland	Borrowdale	85
9 S Livesey	CLEM	82
10 J Parker	Ilkley	80
11 A Wrench	Todmorden	79
12 G Huddleston	CLEM	78
13 G Wilkinson	CLEM	77
14 G Devine	P + B	75
15 M Wallis	CLEM	72
16 M Corbett	Rossendale	69
17 S Booth	Borrowdale	51
18 A Schofield	Borrowdale	42
19= C Roberts	Kendal	37
M Aspinall	CLEM	37
H Jarrett (V)	CFR	37
22 R Jackson	Horwich	35
23 D Ibbetson (V)	Glossop	33
24 M Hoffe (V)	Ambleside	32
25 A Meanwell	Borrowdale	30
26= J Ward	Derby	28
A Landels	DPFR	28
28= R Jackson	Horwich	26
P Bowler (V)	Mercia	26
30= R Jamieson	Ambleside	25
S Willis	Ambleside	25

Veteran Men

1 H Jarrett	CFRA	78
2 D Ibbetson	Glossop	74
3 P Bowler	Mercia	68
4 M Foschi	Pennine	63
5 S Jackson	Horwich	62
6 M Walsh	Kendal	59
7 R Taylor	Pennine	55
8 P Clark	Kendal	45
9 M Hoffe	Ambleside	44
10= T Hulme	Pennine	40
R Toogood (SV)	DPFR	40
12 R Bell (SV)	Ambleside	31
13 R Clucas	CFR	28
14= D Beels	Rochdale	27
B Rawlinson	Rossendale	27
16 G Cresswell	Pennine	26
17 J Nuttall (SV)	CLEM	25
18= A Harmer	DPFR	24
B Brindle	Horwich	24
K Carr	CLEM	24

Superveteran Men

1 R Toogood	DPFR	45
2 R Bell	Ambleside	42
3 J Nuttall	CLEM	37
4 G Howard	Ilkley	26
5 B Laycock	Ambleside	20
6= M McGill	Kendal	16
B Jackson	Horwich	16
8 T Baxter	CFR	14
9 D Quinlan	Bingley	10
10= B Thackery (V60)	DPFR	8
N Berry	Holmfirth	8
12= G Fielding	Rossendale	7

J Armistead	DPFR	7
M Hope	Grove	7
15= D Illingworth	Bradford	5
P Green		5
K Burgess	Altrincham	5
18= D Gibson	Saddleworth 4	
T Baxter	CFR	4
20= G Causey		3
J Clemens	Mercia	3
D Jones	Pennine	3
A Shaw	Todmorden	3

Veteran 60 Men

1 B Thackery	DPFR	36
2 B Leathley	CLEM	27
3 C Henson	DPFR	23
4 J Newby	Todmorden	21
5 M Waddell	Gravesend	20
6 D Hodgson	Fellandale	12
7=RTodhunter	CFR A	10
B Hargreaves	Todmorden	10

Senior Women

1 A Priestley	Horsforth	48
2 J Reid	CFR A	34
3 C Greasley (V)	Macclesfield 24	
4 K Harvey (V)	Altrincham	20
5 J Rawlinson (V)	CLEM	18
6 G Cook	Rochdale	17
7 S Hodgson	Horsforth	16
8 A Isdale (V)	Bingley	14
9 E Hodgson	Fellandale	13
10= J Kenyon	Horwich	12
L Thompson (V)	Keswick	12
Y Hague	P + B	12
13 S Rowson (V)	Macclesfield 11	
14 J James	DPFR	8
15 N Davies (V)		7
16= S Malin	Fellandale	6
J Jones (V)	Keswick	6
18= L Lord (V)	CLEM	5
J Smith (V)	DPFR	5
20= C Kenny (V)	Kendal	4
A Stentiford	Macclesfield	4
K Beaty (V)	CFR	4
N Lavery	Ambleside	4

Veteran Women

1 C Greasley	Macclesfield 33	
2 K Harvey	Altrincham	32
3 A Isdale	Bingley	28
4= S Rowson	Macclesfield 27	
J Rawlinson	CLEM	27
G Cook	Rochdale	27
7 J Smith	DPFR	23
8 L Lord	CLEM	17
9 L Thompson	Keswick	16
10W Dodds	CLEM	15
11J Kenyon	Horwich	12
12 N Davies (V)		9
13 J Jones (V)	Keswick	8
14 K Beaty	CFR	7
15 C Kenny (V)	Kendal	6
16SBoler	Penistone	5
17= A Jorgensen	Penistone	4
A Watmore	DPFR	4
K Thompson	CLEM	4
C Roberts (V)	Calder	4

Men Team (of 5)

1 CLEM	48
2 Borrowdale	42
3CFR	31
4 Glossop	29

5 Kendal	25
6 Horwich	23
Bingley	22
Pennine	19
Ambleside	16
P + B	10

**Team Results
incomplete
due to
inadequate
race results**

Women Team (of 3)

1 Fellandale	48
2 CLEM	37
3 Bingley	21
4= Macclesfield	18
CFR	18
6 DPFR	17
7 Todmorden	14
8 Horwich	12
9 Penistone	8
10 Ambleside	7

Vet Team (of 3)

1 Pennine	45
2 Horwich	39
3 CFR	34
Kendal	31
CLEM	25

**Team Results
incomplete
due to
inadequate
race results**

Scottish Hill Running Championship 1994

Senior Men

1 J Wilkinson	Gala	82
2 G Bartlett	Forres	70
3 B Marshall	HELP	69
4 N Martin	Lomond	63
5 J Hepburn	Dundee	62
6 D Cummins	Ochil	61
7 D McGonigle	Shettleston	56
8 D Armitage(V)	Aberdeen	47
9 De Bell (V)	HELP	45
10 A Davis	Fife	43
11 D Shiell	Camethy	40
12= M Patterson	Shettleston	38
J Brooks (J)	Lochaber	38
14 D Crowe	Shettleston	36
15 J Thin	Camethy	29
16= R Hackett	Camethy	26
A Ward	Camethy	26
18 N Kelman	Highland	23
19AKitchin	Livingstone	21
201 Wallace	HBT	20

Women

1 A Brand-Barker	Eryri	44
2 J Farmer	Lochaber	36
3 S Armitage	Aberdeen	35
4 D McDonald	Lasswade	26
5 A Mudge	Ochil	17
6 J Robertson	Westerlands	13
7= L Longmore	Solway	10
L Kirkwood	Camethy	10
9= C Whalley	Livi	9
H Diamantides	Westerlands	9
J Salvona	Livi	9
H Spenceley	Camethy	9
H Searle	Lochaber	9
14 H Hartman	Livingston	8
15=KPaton	Metro	7
G Barnes	LAC	7
17 S Hay	Highland	6
18= P Lemoncello	Fife	5
M Woodman	Camethy	5
J Smith	Penicuik	5

Veteran Men

1 D Armitage	Aberdeen	42
2 D Bell	HELP	40
3 D Milligan	Solway	31
4 R Boswell	Lochaber	23
5 J Reade	Fife	20
6 E Harwood	Highland	19
7 C Love (SV)	Dundee	16
8= B Waldie (SV)	Camethy	15
TRoss	Fife	15
10 C Shaw Westerlands		14
11 G Brooks	Lochaber	13
12 E Butler Cosmics		9
13= R Ramsale	Camethy	8
N Bowman	Lochaber	8
15= D Amour (SV)	Highland	6
B Lawrie	Aberdeen	6
J Holden	Fife	6
18KBums(SV)	Camethy	5
19 B Howie	ESH	5
20= R Mclnroy	Clydesdale	4
A Scott	Lochaber	4
G Armstrong(SV)	HELP	4
A McGillivray(SV)	Fife	4

Superveteran men

1 B Waldie	Camethy	40
2 C Love	Dundee	39
3= A McGillivray	Fife	33
G Armstrong	HELP	33
5 K Bums	Camethy	23
6 N Dyson	Mandale	20
71 Chrystal	Lochaber	15
8= W Gauld	Camethy	12
D Turnbull	EKAAC	12
10 D Amour	Highland	11
11 J Littlewood	Scot Vets	9
12= E Harvey	Camethy	8
C Pritchard	Camethy	8
14 G Fleming	Westerlands	6
15 G Angus	Dundee	4
16= N Mackay	U/A	3
N Rose	Camethy	3
D Morgan	Dundee	3
19= F Bias	EKAAC	2
W Bennet	Penicuik	2
J Drummond	Central	2

Male Teams (of 3)

1 Shettleston	40
2 Camethy	39
3 Solway	26
4 Ochil	25
5= Lochaber	24
HELP	24
7 Fife	23
8 Westerlands	17
9= Cosmic	14
HBT	14

Juniors

1J Brooks	Lochaber	33
2 R McFarlane	Fife	28
3 M Canavan	Penicuik	18
4= M Munro	EAC	16
M Pritchard	Camethy	16
6 D Greig	Kilbarchan	9
7= V Macpherson	Fife	8
T Yule	Kilbarchan	8
D Scott	Norham	8
10A Linton	Dumfries	7

FINAL BRITISH CHAMPIONSHIP COUNTERS

PEDOL PERIS MOUNTAIN RACE

Gwynedd
AL/17m/8500ft 20.8.94

1. G. Bland	Borr	3.02.49
2. C. Donnelly	Eryri	3.02.56
3.1. Holmes	Bing	3.03.08
4. J. Bland	Borr	3.03.19
5. A. Trigg	Gloss	3.04.12
6. M. Kinch	Warr	3.04.50
7. P. Hague	Eryri	3.11.01
8. S. Booth	Borr	3.11.29
9. P. Sheard	P&B	3.18.59
10. G. Wilkinson	Clay	3.19.15
11. A. Jones	Gloss	3.20.34
12. S. Houghton	CalderV	3.20.54
13. A. Schofield	Borr	3.21.43
14. J. Hey	Warr	3.22.12
15. T. Jones	Eryri	3.23.08
16. M. Hartfell	Macc	3.25.03
17. M. Wallis	Clay	3.29.18
18. P. Bland	Borr	3.30.01
19. L. Thompson	Clay	3.30.22
20. D. Nuttall	Clay	3.32.28
21. D. Williams SV	Eryri	3.32.50
22. S. Hicks	Borr	3.3.4
23. H. Jarret V	CFR	3.35.33
24. T. Laney	Clay	3.38.31
25. H. Nicholson V	Clay	3.39.41
26. J. Hunt	S.Liv	3.40.13
27. P. Cadman	Merc	3.40.18
28. S. Palfreyman	Amble	3.40.28
29. A. Meanweil	Borr	3.42.04
30. P. Vale	Viking	3.42.20

VETERANS 0/40

1. H. Jarret	CFR	3.35.33
2. H. Nicholson	Clay	3.39.41
3. B. Rawlinson	Ross	3.45.57
4. M. Parker	K'Plod	3.50.08
5. P. Tan-Jones	Eryri	3.55.43

VETERANS 0/50

1. D. Williams	Eryri	3.32.50
2. B. Toogood	DkPk	3.44.12
3. R. Bell	Amble	3.49.05
4. D. Ashton	Black	4.01.13
5. G. Howard	Ilkley	4.05.50

LADIES

1. A. Brand-Barker	Eryri	3.45.22
2. A. Priestley	Fellan	4.00.45
3. J. Reid	CFR	4.11.13
4. K. Harvey V	Alt	4.13.50
5. J. Rawlinson V	Clay	4.17.34
6. A. Bedwell	MDC	4.23.40
7. C. Kenny	Kend	4.35.50
8. A. Donnelly	Eryri	5.10.54
9. R. Taylor	Kesw	5.11.49
10. H. Musson	DkPk	5.11.51

ISLE OF MAN NATIONAL FELL RUNNING LEAGUE

Isle of Man 1994

1. T. Rowley	7 pts
2. D. Young	16 pts
3. R. Stevenson	18 pts
4. D. Corrin	20 pts
5. D. Bawden	31 pts

VETERANS

1. D. Young	9 pts
2. R. Stevenson	11 pts
3. D. Corrin	13 pts
4. J. Wright	26 pts
5. E. Brew 0/50	32 pts

MERRICK HILL RACE

Ayrshire
AM/8m/2710ft 17.9.94

Brilliant sunshine and limitless visibility greeted the seventy one men and nine ladies from the entry of one hundred and twenty nine who turned out to contest the fifth race of the British Championship series at Glentroof in Galloway. Is this a lowest ever for a British Championship race? In the mens race, Mark Kinch led a group of eight at the summit by just two seconds, but extended this lead on the descent to win by fifty one seconds from Ian Holmes. The winning time of sixty eight minutes bettered Mark Rigby's two year old record by over four minutes, and the first seven men were all home inside the old record. In the ladies' race, Angela Brand-Barker led by almost three minutes at the summit and extended this to six minutes and twenty four seconds by the finish, also beating Christine Menhennet's record by five minutes and twenty nine seconds.

An innovation this year was a junior race of two miles covering seven thousand feet, over the first part of the race route. There were six entries and the race was won by fifteen year old David Greig of Kilbarhan AC, in an excellent time over one of the toughest sections of the main race route.

1. M. Kinch	Warr	68.00
2.1. Holmes	Bing	68.51
3. M. Roberts	Kend	69.39
4. G. Bland	Borr	70.27
5. S. Livesey	Clay	71.15
6. A. Trigg	Gloss	71.44
7. B. Thompson	CFR	71.58
8. J. Bland	Borr	72.05
9. C. Roberts	Kend	73.02
10. M. Wallis	Clay	74.29
11. A. Wrench	Tod	75.01
12. G. Wilkinson	Clay	75.17
13. H. Jarrett V	CFR	75.25
14. A. Schofield	Borr	75.38
15. M. Aspinall	Clay	76.34
16. B. Bland V	Borr	77.10
17. D. Bell V	HELP	77.18
18. S. Jackson V	Horw	77.19
19. A. Meanwell	Borr	77.30
20. B. Robertson	Arran	79.48
21. D. Cummins	Ochil	79.53
22. S. Hicks	Borr	80.17
23. A. Anderson	Solway	80.55
24. R. Toogood V	DkPk	81.26
25. D. Shiell	Cam	81.57
26. A. Hewitt	Ross	82.05
27. D. Ramsay	Kesw	82.07
28. M. Holroyd	Borr	82.25
29. S. Palfreyman	Amble	82.35
30. C. Brash	Girvan	83.15

VETERANS 0/50

1. R. Toogood	DkPk	81.26
2. R. Bell	Amble	85.05
3. G. Howard	Ilkley	87.28
4. G. Fielding	Ross	89.45
5. N. Berry	Holm	90.14

LADIES

1. A. Brand-Barker	Eryri	83.41
2. A. Priestley	Fellan	90.05
3. K. Harvey V	Alt	93.32
4. E. Hodgson	Fellan	94.30
5. J. Shottler	Fellan	97.26
6. S. Malir	Fellan	99.56
7. L. Thompson V	Kesw	102.18
8. A. Haworth V	Kesw	103.09

JUNIOR RACE

1. D. Greig	K'chan	19.09
2. T. Yule	K'chan	22.22
3. J. McMahon	K'chan	22.24

Welsh Fellrunning Championship

SENIOR MEN

1. Simon Forster	Eryri	84
2. Hefin Griffiths	Hebog	72
3. Emyln Roberts	Eryri	70
4. Adrian Woods	MDC	59
5. Don Williams (SV)		56
6. Tim Davies (J)	Mercia	53
7. Phil Llan-Jones (V)	Eryri	46
8= Colin Donnelly	Eryri	42
8= Simon Blease	Brcheiniog	42
10. Paul Hague	Eryri	40

VETERAN MEN

1. Don Williams	Eryri	86
2. Phil Llan-Jones	Eryri	74
3. Adrian Orringe	MDC	72
4. Phil Tan-Jones	Eryri	68
5. Alwyn Nixon	MDC	63
6. Martin Lucas	MDC	58
7. Gwynfor Owen	Eryri	44
8. Cledwyn Jones	MDC	36
9. Eric Meredith	MDC	33
10. John Marsh	Tarren Hendre	31

SUPER-VETERAN MEN

1. Don Williams	Eryri	88
2. Eric Meredith	MDC	71
3. Cledwyn Jones	MDC	68
4. Francis Uhlman	Eryri	53
5. John Marsh	Tarren Hendre	40

LADIES

1. Sharon Woods	MDC	84
2. Sheila Lloyd (V)	Eryri	67
3. Jane Coker	MDC	42
4. Alison Scrivens	MDC	36
5= Angela Brand-Barker (V)	Eryri	22
5= Mena Cwper (V)	Llanfruthen	22
5= Lydia Gould	MDC	22

TEAMS

MEN

1. Eryri 'A'	132
2. MDC 'A'	114
3. Eryri 'B'	92
4. MDC 'B'	82
5. MDC 'C'	70
6. Eryri 'C'	60
7. MDC 'D'	46
8. MDC 'E'	43
9. Eryri 'D'	39
10= Mercia	26
10= MDC 'F'	26

VETERAN TEAMS

1. Eryri	110
2. MDC	97
3. Eryri 'B'	74

No Ladies Team qualified

NORTHERN IRELAND ANDERSON FELL RUNNING CHAMPIONSHIP 1994 FINAL PLACINGS

(Best 4 results from 6 races to count)

SENIOR MEN

1. Brian Ervine	Ballydrain	Pts	80
2. Neil Carty	North Belfast	73	
3. Paul Mawhirt	Newcastle AC	72	
4. Jim Brown	Barf	63	
5. Colin Nicholl	Unatt	42	
6. Robin Bryson	Newcastle AC	38	

VETERANS

First Over 40		
Billy McKay	Albertville	65
First Over 45		
Jim Patterson	Albertville	51
First Over 50		
Billy Magee	Lame AC	41

LADIES

1. Roma McConville	N. Down	AC	80
2. Mary Havem	Barf		75
3. Stephanie Pruzina	Barf		57
4. Joanne Boyle	Barf		52
5. Helen McKeeman	Barf		32
6= Emer Killycoyne	Barf		
6= Jeanette McGluggan	Ciymys		17

JUNIOR MEN

1. Dean Fisher	Ballydrain	79	
2. Stephen Park	Ballydrain	75	
3. Andrew Hann	Ballydrain	72	
4. Neil Jackson	Ballydrain	40	
5. Paul Curran	N. Down	AC	38
6= Aaron Devenney	Lame	AC	18
6= Kevin McVeigh	Larne	AC	18
8. Brian Adgey	Albertville		17



BLACK MOUNTAINS

Gwent

AL/17m/5200ft 24.9.94

Except for a gale force North East wind most of the way, conditions were good for the fifty eight runners. Julian Bass led from start to finish, he often does in our local short races. All fifty eight finished the course, assisted by marshalls and Longtown Mountain Rescue. Tea and biscuits, followed by the prize giving in the Red Lion Pub rounded off another successful race. I might even run myself next year.

Puffing Billy (John Darby)

1. J. Bass	UniWales	2.35.18
2. T. Laney	Clay	2.36.51
3. C. Taylor	Merc	2.43.57
4. P. Maggs	MDC	2.45.41
5. G. Williams V	Club69	2.46.22
6. A. Woods	MDC	2.46.39
7. G. Gibb	Islwyn	2.47.36
8. A. Orringe V	MDC	2.48.55
9. R. Day	Merc	2.52.21
10. R. Wilson V	Powys	2.54.12

VETERANS 0/40

1. G. Williams	Club69	2.46.22
2. A. Orringe	MDC	2.48.55
3. R. Wilson	Powys	2.54.12
4. S. Orrels	Merc	3.06.22
5. M. Lucas	MDC	3.11.14

VETERANS 0/50

1. D. Gwilym	MDC	3.24.05
2. i. Jameson	Ciren	3.45.02
3. C. Jones	MDC	3.45.57
4.1. Teesdale	Reading	4.18.40

LADIES

1. S. Woods	MDC	3.26.16
2. S. Ashton V	MDC	3.26.54
3. G. Harris V	Merc	3.28.28
4. J. Robson	Hardley	3.37.19
5. J. Hening	SWOK	4.11.26

THE LYON EQUIPMENT WHERNISIDE FELL RACE

North Yorkshire

AL/12m/3000ft 25.9.94

The third Whemside Fell Race took place in difficult condition, very wet underfoot and in low cloud. Despite this, the one hundred and thirty one runners (an increase of ten on last year) produced good times. Robin Jamieson, won the mens race, coming through a bad patch early on, to dominate the closing stages. Steve Oldfield, was second for the second time. Carol Banlin, who competed recently for England in the World Cup Race, won the ladies race comfortably (42nd overall), and would have beaten the old record by some minutes but for an unfortunate diversion towards the end. Many thanks to the main sponsor, Lyon Equipment, of Dent, and to all helpers.

C Gardner

1. R. Jamieson	Amble	1.32.09
2. S. Oldfield	Bfd/Aire	1.32.12
3. N. Spence	Kend	1.32.50
4. S. Green	P&B	1.32.52
5. J. Davies	Unatt	1.33.04
6. D. Woodhead	Horw	1.34.02
7. J. Woodton	Bing	1.34.54
8. G. Oldfield	Bfd/Aire	1.34.59
9. P. Tuson	Kend	1.40.45
10. S. Ward	Sadd	1.41.28

FIRST VETERAN

1. A. Turner	Clay	1.42.
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FIRST VETERAN 0/50

1. P. Blagborough	Sadd	2.08.
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LADIES

1. C. Banlin	Helsby	1.47.59
2. M. Chippendale	Stock	2.08.06
3. A. Srivastava	P&B	2.14.52

TOUR OF PENDLE Lancashire

AL/17m/4200ft 1.10.94

1. S. Livesey	Clay	2.23.15
2. M. Wallis	Clay	2.24.40
3. L. Thompson	Clay	2.27.32
4. J. Holt V	Clay	2.31.14
5. S. Bourne	ThamesHH	2.35.10
6. P. Pollitt	Bolt	2.35.22
7. G. Wilkinson	Clay	2.36.59
8. T. Laney	Clay	2.37.01
9. S. Whitaker	Clay	2.38.25
10. H. Nicholson V	2.39.03	

VETERANS 0/40

1. H. Nicholson	Clay	2.39.03
2. R. Leggett	Horw	2.42.33
3. J. Birchenough	Bolt	2.42.57
4. F. Judge	Clay	2.51.24
5. J. Barker	Roch	2.57.32



Winner of Eccles Pike, Andy Trigg, here pictured on Bowfell

Photo: Bill Smith

VETERANS 0/45

1. J. Holt	Clay	2.31.14
2. K. Carr	Clay	2.42.12
3. B. Rawlinson	Ross	2.46.13
4. R. Baker	CFR	3.01.32
5. P. Frechette	CalderV	3.02.37

VETERANS 0/50

1. J. Nuttall	Clay	2.52.18
2.1. Beverley	Clay	2.59.58
3. D. Lucas	Roch	3.03.36
4. C. Marsden	Unatt	3.10.21
5. B. Needle	S'bridge	3.27.39

VETERANS 0/55

1. D. Ashton	Black	2.56.49
2. R. Jaques	Clay	3.05.27

VETERANS 0/60

1. B. Thackery	DkPk	3.19.02
2. B. Leathley	Clay	3.44.25

LADIES

1. G. Cook V	Roch	3.00.52
2. J. Rawlinson V	Clay	3.02.47
3. K. Drake	Spn	3.03.36
4. D. Leakey V	ThamesHH	3.36.47
5. C. Roberts V	CalderV	3.43.30

LLOYNEY LIMP Powys

AL/12.4m/3176ft 1.10.94

Hearts fell when day dawned to fog for the third annual Lloyney Limp Fell Race. Marshalls donned wellies and set off in to the mist for positions amongst dripping trees and soggy sheep. At twelve noon the fog miraculously lifted and eager runners began a twelve mile slog up hill, through stream and up-up-up.

Battling through wet fern and slippy rocks, they attacked 'the gully', mostly on hands and knees, and were pleased to arrive at the tripoint. Water was available along with the now famous 'Presteigne Pacers cake'.

The front runners were too close together to stop so sped on towards the downhill gallop - four miles of springy moorjand and rough track.

The more relaxed competitors were happy to chat with marshalls, take heart (and cake) and begin the second half of what turned out to be a lovely October day, taking in the fantastic colours of heather and fern. Following a fierce 'sting in the tail' hill and a knee straining downward scramble, there was plenty of welcome sustenance in the Lloyney Inn, whilst awaiting results. Competitors professed to be happy to have had a good run over glorious welsh moorland.

Haz Retaillick

1. M. Ligema	Cft/Amb	1.50.06
2. R. Ansell	DkPk	1.50.18
3. P. Marsh V	Tar.Hen	1.51.19
4. D. Chadwick	N.Pheonix	1.56.27
5. J. Marsh V	Tar.Hen	1.56.29
6. B. Davies V	Cft/Amb	1.56.34
7. M. Hand V	Unatt	1.56.58
8. W. Waine V	Leam	1.57.38
9. W. Marsh V	Tar.Hen	1.59.37
10. G. Davies	Tar.Hen	1.59.52

VETERANS 0/50

1. J. Marsh	Tar.Hen	1.56.29
2. B. Davies	Cft/Amb	1.56.34
3. H. Franklin	WyeV	2.24.39
4. O. Williams	WyeV	2.24.40

LADIES

1. J. Tyler	Cft/Amb	2.08.
2. D. Kenwright	Sam	2.11.
3. B. Lawrence	Rhay	2.54.
4. H. Bowen	P.P.	3.01.

OPEN COUNTRY ECCLES PIKE FELL RACE

Cheshire

BS/3.5m/650ft 2.10.94

The Eccles Pike Fell Race is one of the oldest races in the fell calendar. Unfortunately it has not been held for a number of years due to difficulties resulting from constraints imposed by the custodians of the trophies. It was decided to resurrect the event this year, and fey-pass the difficulties by not awarding the trophies. On the day sixty seven people turned up which was surprisingly high, given the low publicity of the event. Registration was completed out of doors in a dry, but cool atmosphere. As luck would have it, the heavens opened as soon as the race began, and the last runner came in at forty one minutes and six seconds. The organiser would like to thank the Goyt Valley Striders for their invaluable assistance and wish them well when they take over the organisation of next years race.

Stuart

1. A. Trigg	Gloss	20.30
2. R. Jackson	Horw	20.38
3. R. Rodgers	Horw	21.21
4. D. Ibbotson V	Gloss	21.44
5. G. Morson V	Bus	21.58
6. P. Deavillie	Gloss	22.04
7. A. Turner	Bux	22.08
8. D. Gartley	Gloss	22.19
9. T. Parr	Notts	22.20
10. N. Stone	Stoke	23.16

VETERANS 0/40

1. D. Ibbotson	Gloss	21.44
2. G. Morson	Buxton	21.58
3. T. Hulme	Unatt	23.47
4. D. Lass	Unatt	24.18
5. J. Linley	N.Vets	24.35

VETERANS 0/50

1. J. Armistejid	DkPk	24.24
2. R. Jackson	Horw	24.53
3. G. Hall	Penn	27.31
4. M. Morrison	Gloss	28.09
5. P. Blunt	ClowneRR	29.43

LADIES

1. S. Newman	Gloss	25.12
2. S. Clark J	Ghost	26.55
3. D. Jones J	Ghost	28.13
4. J. Williams J	Ghost	28.53
5. C. Shaw J	Ghost	29.53

IAN HODGSON MOUNTAIN RELAY Cumbria

25m/8500ft 2.10.94

The weather forecast for the weekend proved remarkably accurate and we endured the promised rain and hill fog. At times visibility was down to thirty metres with the cloud base as low as eight hundred feet. Given these conditions, navigation ability was important. Fortunately, the temperature was mild and there was little wind on the tops. However, it was probably the wettest ever day for the Mountain Relay and conditions underfoot were treacherous, with the rock very greasy.

The Bingley international pair of Andy Peace and Ian Holmes soon took the lead on the difficult first leg and by the take-over at Patterdale Hall, had built up a lead of six minutes on Borrowdale, this lead was cut to less than three minutes' on the second leg, by a brilliant run from the Kendal pair of Stefan Lydka and Nick Spence who handed over in second place. Their performance provided the inspiration for another international pairing, Craig and Mark Roberts to take Kendal into the lead over High Street and to hand over a four minute

lead to the veterans, Phil Clarke and Hugh Symonds. This experienced pair delivered a solid performance and brought Kendal home for their first win in the Mountain Relay.

Kendal also showed just how well they managed to get their act together this year by winning the 'B' team award in ninth position. Livingston again won the mixed team and Fellandale, the newly crowned British and English Ladies team champions, proved themselves worthy of those titles by winning the Ladies team award.

That, then, is a brief story of the race, but two other incidents must be mentioned in this report. Firstly, we had regretably, to disqualify the Keswick team who finished in fourth position, because one of their second leg runners was not carrying the safety equipment specified in the race rules. The importance of complying with these rules was emphasised by the second incident when, on the third leg, one of the Preston team took a bad fall descending from Thomthwaite Beacon to Threshthwaite Mouth. Prompt action by his companion, other teams and race marshalls on High Street, provided speedy assistance and enabled the casualty to be kept warm until the arrival of Patterdale Mountain Rescue Team. John Holland was patched up in Penrith Hospital and is making good recovery from his injuries. We would like to thank all concerned for providing assistance when needed. Their selfless actions were in the best traditions of fell running and mountaineering. Preston Harriers have asked up to particularly thank those who sacrificed their own race performance to provide help.

Hopefully you all gained some satisfaction, if not enjoyment, from the challenge of the hills in this years Mountain Relay. Our thanks to Barrie, Maureen and Nigel Atkinson for the use of Syke Side, Alan and Eric Wear for the Hartsop takeover facilities, Stephen Foxall for the use of Patterdale Hall and Mike Beaty and Denis Kitching for other car parking and land access. Thanks also to Pete Bland Sports for donating a team prize and Ed.Hill of Clayton le Moors and Hartsop for presenting prizes.

We are also pleased to acknowledge the help and co-operation of Raynet, National Trust, Lake District National Parks and Dalemain Estates. The persistent rain made everyones task difficult this year.

Dave, Shirley, Michael, Sara, Neil, Chris and Emma Hodgson.

1. Kendal AC		3.49.06
2. Borrowdale		3.52.39
3. Pudsey & Bramley		4.00.28
4. Bingley		4.02.25
5. Rossendale		4.03.51
6. Horwich		4.11.42
7. Ambleside		4.13.31
8. Calder Valley		4.16.40
9. Kendal'B'		4.18.05
10. Fellandale		4.18.39
LEG ONE		
1. Peace/Holmes	Bing	1.09.33
LEG TWO		
1. Lydka/Spence	Kend	36.30
LEG THREE		
1. Roberts/Roberts	Kend	1.04.00
LEG FOUR		
1. Hicks/Bland	Borr	51.31
MIXED TEAMS		
1. Livingston		4.35.16
2. Pudsey & Bramley		4.39.28
3. Keswick		5.14.41
LADIES TEAMS		
1. Fellandale		5.03.50
2. Kendal		5.25.18
3. Clayton le Moor		5.25.30

COMMEDAGH - DONARD HORSESHOE

Co.Down

A M/7m/4200ft 2.10.94

1. P. Macuir	N'castle	1.11.17
2. E. Hawkins	N'castle	1.13.08
3. J. Brown	BARF	1.15.41
4. B. McKay V	A'ville	1.16.05
5. D. Watson	N'castle	1.25.30
6. M. McNiff	BARF	1.25.43
7. E. O'Hagan	Unatt	1.27.02
8. B. Magee V	Lame	1.27.47
9. R. Ferry V	Mid Uls	1.29.00
10. A. Corish V	A'ville	1.30.49
LADIES		
1. R. McConville	N.Down	1.43.25
2. M. Havem	BARF	1.50.40
3. J. Boyle	BARF	2.08.53

LANGDALE HORSESHOE FELL RACE

Cumbria

AL/14m/4000ft 8.10.94

1.G. Bland	Botr	1.58.48
2.1. Holmes	Bing	1.58.50
3. M. Kinch	Warr	1.58.58
4. J. Bland	Borr	1.59.52
5. P. Hague	Eryri	2.00.37
6. M. Roberts	Kend	2.01.24
7. R. Jamieson	Amble	2.04.11
8. J. Davies	Unatt	2.04.34
9. P. Sheard	P&B	2.06.38
10. A. Wrench	Tod	2.08.56
11. B. Whitfield V	Bing	2.09.36
12. A. Trigg	Gloss	2.11.07
13. M. Wallis	Clay	2.12.24
14. D. Nuttall V	Clay	2.13.15
15. P. Davies	Unatt	2.13.18
16. Scoffer	Borr	2.13.24
17. G. Wilkinson	Clay	2.14.30
18. K. Wood	Salt	2.14.50
19. B. Thompson	CFR	2.14.58
20. H. Jarret V	CFR	2.15.07
21. P. Clark V	Kend	2.15.34
22. M. Holroyd	Borr	2.16.04
23. M. Corbett	Ross	2.17.05
24. P. Sheard	P&B	2.17.31
25. J. Hodgson	Kend	2.19.10
26. B. Schofield V	Tod	2.19.50
27. B. Bolland	N'borgh	2.19.59
28. R. Skelton	CalderV	2.20.28
29. S. Hicks	Borr	2.20.35
30. J. Hey	Warr	2.20.38
VETERANS 0/40		
1.B. Whitfield	Bing	2.09.36
2. D. Nuttall	Clay	2.13.15
3. H. Janet	CFR	2.15.07
4. P. Clark	Kend	2.15.34
5. B. Schofield	Tod	2.19.50
VETERANS 0/50		
1. B. Toogood	DkPk	2.22.42
2. R. Bell	Amble	2.33.27
3. B. Laycock	Amble	2.43.54
4. M. Hope	Grove	2.47.08
5. P. Green	Unatt	2.49.58
VETERANS 0/60		
1. L. Sullivan	Clay	2.54.39
2. B. Fielding	Fellan	3.01.41
3. C. Hanson	DkPk	3.27.36
LADIES		
1. Y. Hague	P&B	2.33.25
2. J. Reid	CFR	2.40.37
3. G. Cook V	Roch	2.41.34
4. N. Davies V	Unatt	2.42.22
5. I. Jones V	Kesw	2.56.31

STEAM BUNNY STOMP

Gwent

AS/5.5m/1700ft 8.10.94

Yet another triumph for Majorism! The Steam Bunny Stomp goes "back to basics" with minimal prizes, no race numbers and pins and a 50p entry fee to boot! Mind you, we DID have toilets thanks to the continued support of the Lamb Inn landlord. After five years, a race could well be considered as "established". Certainly this autumnal thrash around an artificial course outside Pontypool seems to have laid claim to regular good weather and local support.

Clear, cool and dry conditions greeted the field of forty one and record-breaking was a distinct possibility. The forty five minute barrier has remained unbroken, so it had taken a rule change by the FRA to bring the course down to a Short category. Dai Richards did his best on his first visit to the event and took the course record more than a minute and a half ahead of Lyndon G willy ms' 1992 record. This feat was not apparent at the time, so belated congratulations are in order. His time would undoubtedly have been faster if he had not had to slow for route-finding help from the chasing Adrian Woods. "Puffing Billy" Darby also showed sparkling late season form by snatching the Veteran's record by fifteen seconds from Les Williams' 1991 mark.

Wheeze

1. D. Richards	2RRW	46.33
2. P. Wheeler	2RRW	47.52
3. A. Woods	MDC	47.52
4. G. Jones	Griff	50.07
5. J. Darby V/40	MDC	50.14
6. G. Gibb	Islwyn	50.44
7. N. Webb	2RRW	52.19
8. T. Gibbs	SalFU	52.58

VETERANS 0/40

1. J. Darby	MDC	50.14
2. N. Jones	Fairw	54.06
3. P. Norling	2RRW	56.03
4. A. Orringe	MDC	56.14
5. C. Ryder	Brych	57.21
6. G. Cheshire	Chep	58.42

VETERANS 0/50

1. E. Meredith	MDC	58.12
2. T. Smith	MDC	60.37
3. D. Gwilym	MDC	60.38

LADIES

1. A. Nixon V	MDC	57.59
2. S. Woods	MDC	58.39

MANOR WATER HILL RACE

Peebles

BM/10m/1700ft 8.10.94

The third Manor Water Hill Race took place in excellent conditions, weather-wise and underfoot.

A good turnout of thirty three competitors, and the previous best time was beaten by six minutes and forty seconds.

We are grateful to local landowners for permission to use their land, and to the numerous race sponsors. We are also grateful for the assistance of Red Cross Ambulance Service.

J R Nash

1. R. Lee	L'ston	71.04
2. N. Martin	Lomond	75.41
3. J. Coyle	Cam	75.51
4. S. Martin	Lomond	77.44
5. A. Lewsley	Kesw	78.32
6. J. Knox V	Teviot	79.41
7. M. McGovern		80.31
8. B. Evans	Amble	82.20
9. J. Marsh V	Teviot	84.59
10. P. Foy	HBT	85.09

VETERANS 0/40

1. J. Marsh	Teviot	84.59
2. R. Timbull	Niths	90.56
3. R. Garnett	ESOC	91.21
4. E. Gowrie	Cam	92.29
5. M. Knowles	Cam	128.30

VETERANS 0/45

1.J. Knox	Teviot	79.41
2. L. Stephenson	Kend	90.26
3. J. Purves	Nortiam	98.13

VETERANS 0/50

1.1. McManus	Irvine	99.22
2. D. Owens	Cara	115.24

VETERANS 0/55

1. J. Buchanan	A&D	93.44
2. P. Duffy	Aber	98.37
3. R. Mitchell	Teviot	102.58

VETERANS 0/60

1. R. Robertson	Cam	124.29
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LADIES

1. G. Ingham	W'ton	96.28
2. L. Eades	L'ston	99.39
3. L. Berry		108.27



Jon Broxap descending Bowfell in the Langdale Horseshoe
Photo: Bill Smith

NEW GLOSSOP FELL RACE Derbyshire

BL/21m/4500ft 9.10.94

Glossopdale Harrier, Adi Jones, was a worthy winner of the New Glossop Fell Race run on a strenuous new twenty one mile race with over four thousand five hundred feet of ascent and descent via Shelf Stones, Alport, the Northern edge of Kinder, Snake summit and Doctorsgate. The local Glossopdale club had decided to put on the event after a gap of a few years - Malcolm Sandals and Dark Peak Fell Runners having first put on the original race in the early eighties.

The thirty eight year old gas board worker from Woolley Bridge was tired yet proud at the end of the race, just managing to hold off the strong finishing veteran Rob Taylor from Pennine who was less than a minute adrift having passed tiring teammate Mario Foschi in the latter stages. Pennine also won the team prize.

Dark Peaks' Jane Searle from Chesterfield took the first female prize.

Most of the runners found the new route very tough but with plenty of variety, good running sections and superb scenery on a perfect day for running.

On behalf of the fell race committee, many thanks to all those involved. Permission for the race has only been granted so far on a bi-annual basis, but the intention at the moment is to stage another toughie next year on a different course, switching back in 1996 etc. Details will be given in due course.

Nev McGrow

1. A. Jones	Gloss	3.22.35
2. R. Taylor V	Penn	3.23.17
3. M. Foschi V	Penn	3.27.54
4. R. Davison	DkPk	3.29.00
5. D. Tait V	Unatt	3.33.39
6. R. Woods	DkPk	3.34.15
7. G. Berry V	DkPk	3.34.46
8. M. Hartell	Macc	3.34.51
9. D. Lindop V	P'stone	3.34.58
10. S. Wyatt	Penn	3.40.19

VETERANS 0/40

1. M. Foschi	Penn	3.27.54
2. D. Lindop	P'stone	3.34.58
3. D. Hyde	CalderV	3.46.28
4. R. Seottney	Penn	3.47.23
5. J. Lawrenson	DkPk	3.49.01

VETERANS 0/50

1. R. Baumeister	DkPk	4.28.30
2. H. Mathieson	DkPk	4.28.31
3. R. Mason	Totley	4.35.55

VETERAN 0/60

LB. Thackeray	DkPk	4.00.20
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SHOOTERS FELL RACE Lancashire

BS/5.5m/780ft 9.10.94

The weather gave us a bright clear day, excellent for running. Raelene Cowie again won the under twelves' to retain her trophy for first runner and first girl. In the senior race there was a great run by Janet Kenyon, to finish fifteenth in a record time, two minutes and fourteen seconds faster than local girl Paul Powells record. Also, an excellent run from Ross Jacques (0/55) in twenty ninth position and seventh veteran overall. Local lad Keith Grant aged fourteen had a good run, beating many experienced runners and finishing twelfth overall.

All money, and revenue from the raffle, goes to Christie Hospital. This year two hundred and thirty pounds was raised, thanks to all runners and helpers.

Rhubarb Race Promotions.

1. P. Pollit	Bolt	35.50
2. J. Roche	Clay	36.01
3. D. Woodhead	Horw	36.13
4. B. Whalley	P&B	36.31
5. A. Carruthers	Crawley	36.35
6. P. Stevenson	P&B	36.41
7. C. Watson	Bing	36.52
8. S. Riley	Pendle	37.49
9. S. Whittaker	Clay	38.27
10. G. Ridings	Clay	38.30

VETERANS 0/40

1. B. Russel	Clay	40.17
2. A. Green	Bfd/Aire	40.29
3. P. Booth	Clay	41.06
4. H. Atkinson	Bing	42.01
5. K. Sturdy	Clay	42.56

VETERANS 0/45

1. C. Taylor	Clay	42.25
2. P. Lancaster	Unatt	43.43
3. J. Toehill	Bfd/Aire	44.00
4. I. Smith	Bolt	44.39
5. D. Edmondson	Ross	45.33

VETERANS 0/50

1. R. Dewhurst	Clay	54.46
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VETERAN 0/55

1. R. Jacques	Clay	43.21
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LADIES

1. J. Kenyon V	Horw	42.01
2. P. Powell	Black	43.08



Adrian Jones and Jane Searle, winners of New Glossop race
Photo: Neil Shuttleworth

3. V. Young V	A. P.	51.39
4. M. Ashton V	Clay	54.25
5. L. Green V	Bfd/Aire	58.21

INTERMEDIATES

1. C. Watson	Bing	36.52
2. G. Ridings	Clay	38.30
3. P. Howarth	Ghost	39.22

FIRST JUNIOR BOY U/16

1. A. Hampshire	Clay	20.51
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FIRST JUNIOR GIRL U/16

1. S. Duniel	Holm	21.51
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FIRST JUNIOR BOY U/12

1. M. Thwaites	Kly HR	21.05
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FIRST JUNIOR GIRL U/12

1. R. Cowie	Unatt	17.37
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BREIDEN HILLS RACE Shropshire AM/7m/2300ft 16.10.94

Yes its true, believe it or not, for the first time in eleven years of the Breidden race you have your results before the start of the next race! After the blistering times everyone produced, we had to reciprocate. Thanks for all the assistance of marshalls, donation and support for the race and the Emma Allen Fund. Finally it was good to see juniors and veterans producing outstanding times all the way down the list, it's never too soon or too late if the enjoyment is there. See you next year.

1. R. Jamieson	Amble	50.15
2. J. Davies	Merc	52.15
3. M. Ligema	Cft/Amb	53.01
4. N. Fenwick	Milton K	54.58
5. T. Longman V	Hunc	55.08
6. H. Thomas	TarHen	55.47
7. C. Banks	N'brook	55.58
8. A. Kay	Cham	56.23
9. H. Matthews	Shrews	57.06
10. J. Gardner	N'brook	57.08

VETERANS 0/40

1. T. Longman	Hunc	55.08
2. W. Marsh	TarHen	58.18
3. G. Machin	Telf	1.01.36
4. P. Stott	Unatt	1.01.40
5. P. Leach	Harb	1.02.14



The start of the Breidden Hills race Photo: John Cartwright

LADIES

1. C. Banlin	S.Liv	1.00.38
2. B. Evans	ShropShuff	1.08.09
3. J. Tyler V	CftAmb	1.10.11
4. C. Hawkins V	Hunc	1.13.20
	ShropShuff	1.15.21
6. J. Jarvis	OswOly	1.16.11
7. R. Turner	ShropShuff	1.16.26
8. J. Witterick V	ShropShuff	1.16.58

JUNIORS

1. T. Davies	Merc	52.15
2. N. Smith	Merc	1.06.28
3. H. Gibert	Ellesmere	1.08.40

FRA RELAY CHAMPIONSHIP Yorkshire 16.10.94

This years event was hosted jointly by Todmorden Harriers and Calder Valley Fell Runners and maintained the tradition of a well organised and enjoyable Championship Relay.

With the result not decided until the last leg, and positions changing drastically on each leg, this year's FRA Relay was a fascinating and exciting event. The overall winners, Kendal AC, moved from twenty second position on leg one to ninth on leg two, third on leg three and moved into the lead with a cracking fastest leg four, by Craig and Mark Roberts. The fastest overall times on the other legs were; Leg One: Mark Crossdale of Lancashire and Morecambe (one hour and thirty four); Leg two: Billy Burns of Preston (thirty five minutes) and; Leg three: Daz Blackhurst and Pete Irvin of Rossendale (one hour, seven minutes and nine seconds). Kendals overall winning time was four minutes and fifty eight seconds in front of Cumberland Fell Runners, who finished second, followed by Bingley Harriers.

The winning womens team was Livingstone, but they were chased hard in the last leg by Sarah Rowell and Yvette Hague of Pudsey and Bramley who did the fastest last leg for the women in a time of one hour, fifty five minutes and thirty five seconds, which clawed back fourteen minutes from Livingstones lead at the beginning of the last leg.

The first veterans team to finish was Horwich.

Bernard Pierce

1.	Kendal	4.37.40
J. Hodgson	Leg One	1.14.38
S. Lyska	Leg Two	36.27
Stuart/Spence	Leg Three	1.08.57
Roberts/ Roberts	Leg Four	1.37.38
2. Cumberland A		4.42.38
3.	Bingley A	4.43.17

VETERANS 0/40

1.	Horwich A	4.54.41
2.	Kendal	4.55.29

LADIES

1.	Livingston	5.49.21
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COP HILL FELL RACE West Yorkshire CM/7m/900ft 16.10.94

John Taylor, still serving his qualifying period, came within four seconds of the course record held by David Topham (1981), winning convincingly over the two lap course from an in-form Sean Willis. Local Bob Harbisher finished just ahead of previous clubmate Andy Hauser (now Fellandale) for the first veteran over forty with Ros Dunnington having a comfortable margin over Christine Couch

1. J. Taylor	Bing	41.02
2. S. Willis	Amble	42.25
3. R. Grillo	BfdAire	43.56
4. S. Oldfield	BfdAire	44.15

5. D. Watson	Holm	44.40
	BfdAire	45.10
7. D. Woodhead	Horw	45.43
8. S. Winspear	Holm	46.13
9. A. Hauser	Felndale	46.11
10. R. Harbisher V	Holm	46.30

VETERANS 0/40

1. R. Harbisher	Holm	46.30
2. P. Grimes	HuddRR	46.44
3.1. Mitchell	L'wood	49.17

VETERANS 0/45

1. P. Buttery	Holm	47.12
2. C. Todd	Harr	48.56
3. G. Wilding	SteelCS	49.25

VETERANS 0/50

1. J. Hobbs	MelthZ	52.24
2. T. Lyons	MelthZ	52.40
3. C. McCready	MelthZ	56.01

VETERANS 0/55

1. D. Bamforth	HolmeV	49.03
2. K. Bamforth	HolmeV	49.52
3. E. Muxworthy	Holm	60.46

VETERANS 0/60

1. B. Boothroyd	L'wood	60.43
2. R. Appleby	Bing	72.39

LADIES

1. R. Dunnington V/40	EChes	51.50
2. C. Couch V/35	MelthZ	53.26
3. A. Dennison	BfdAire	53.55
4. P. Oldfield V/35	BfdAire	54.45
5. J. Sanderson V/40	BfdAire	57.47

WITHINS SKYLINE West Yorkshire BM/7m/1000ft 22.10.94

A route change at the crest of Bronte Waterfalls, which is within the last two miles made for good relation between the athletic sportsmen/women, and the Barbour coated grouse shooting sportspeople..

Only within the last week, when re-checking with the gamekeeper was it realised a major grouse shoot was planned in two days time on the heathery terrain beyond the waterfalls. Why co-operate? Well, Haworth Moor supports seven fell races, and the two gamekeepers are enthusiastic about allowing 'Joe Public' access, within reason. Obviously when their livelihood is threatened by unsanctioned races, mountain bikers who ride everywhere except bridleways, uncontrolled dogs etc, they have to become officious. Being a race organiser means understanding some of the gamekeepers problems. As we all are aware, grouse take flight when disturbed, and if this coincides with wet and windy weather, they tend to stay airborne longer, and land elsewhere; even to the extent of flying outside their gamekeepers boundaries, hence, all his hard work and labours are unrewarded on shoot days.

Even though on race day the wind was minimal, it was decided to use the route change, and a record of one hundred and thirty five runners chased hard behind winner Andy Wrench. Although he was disappointed not to have had a crack at Ian Holmes' 1992 record, the Todmorden Harriers speed and fitness would certainly have revised it.

A feature of these 'woodentops' events are that spot prizes are always on offer to the lesser speedys'. The Skyline' saw twelve bottles of specially brewed, Heysham Nettle Beer, which certainly brought a sting or two to the lucky participants throats!

Junior wise, an excellent turn out of eighteen under fourteens, and seven under sixteens, which saw Prestwich's Raelene Cowie run twice, finishing third overall in the under fourteens, and ten minutes later second girl in the under sixteens, to collect two prizes. The McWade family supplied second under fourteen boy, and first under sixteen girl, with Ryan and Bev respectively. Old Pa McWade who retained his over forty trophy in the seniors, looks to have been coaching them well from his rocking chair!!

Darby and Joan

1. A. Wrench	Tod	41.47
2. G. Devine	P&B	43.46
3. P. Sheard	P&B	44.32
4. G. Oldfield	Bfd/Aire	44.57
5. D. Woodhead	Horw	45.00
6. C. Lyon	Horw	45.22
7. P. McWade V	Clay	46.11
8. J. Wright	Tod	46.42
9. G. Summer	Ross	46.45
10. R. Leggett V	Horw	46.54

VETERANS 0/40

1. P. McWade	Clay	46.11
2. R. Leggett	Horw	46.54
3. K. Taylor	Ross	47.30
4. R. Hargreaves	Clay	47.42
5. A. Churchill	Clay	49.40

VETERANS 0/50

1. D. Gibson	Sadd	52.25
2. H. Stansfield	Eryri	52.38
3. P. Blagborough	Sadd	54.17
4. G. Collinson	Fellan	55.28
5. R. Jacques	Clay	55.33

VETERANS 0/60

1. L. Sullivan	Clay	54.38
2. B. Leathley	Clay	64.34
3. R. Appleby	Bing	84.10

LADIES

1. A. Priestley	Fellan	50.20
2. J. Rawlinson V	Clay	53.24
3. K. Drake	Spenn	54.09
4. L. Lord V	Clay	55.48
5. O. Becker V	Fellan	56.34

JUNIORS U/14 - BOYS

1. B. Crosley	Hulme	6.08
2. R. McWade	Clay	6.27
3. J. Doyle	Tod	6.41

JUNIORS U/14 - GIRLS

1. R. Cowie	P'wich	6.34
2. A. Jagan	EPOC	7.55
3. C. Drake	Spenn	8.23

JUNIORS U/16 - BOYS

1. M. Drake	CalderV	9.55
2. T. Doyle	Tod	11.11
3. M. Kenny	AchRat	11.50

JUNIORS U/16 - GIRLS

1. B. McWade	Clay	12.21
2. R. Cowie	P'wich	14.27

THREE TOWERS RACE Lancashire BL/20m/2600ft 23.10.94

Wet and windy conditions saw one hundred and eight runners leave Rivington and Blackrod school, and after the first checkpoint Martin Lee started to pull away from the leading pack, closely followed by Paul Thompson. Over the final drag from Pilgrims Cross a very strong finishing Graham Schofield managed to overhaul his clubmate Paul Thompson to take second place, Paul being third and Rob Jackson fourth, Leicester Coritanian always manages to field a good team this year being no exception, with Joe Masterson finishing fifth in Nike road shoes.

Steve Jackson won the veterans race from clubmates Tony Hesketh and Brent Brindle, giving Horwich first, second and third. Bob Jackson won the over fifty's and Barry Thackery over sixty's.

Ladies race was easily won by Silvia Watson of Valley Striders, second place went to Glossopdales Donna Hunter, and third Halifax's Linda Hayles.

Many thanks to all helpers, Tony Huime, and especially Gary Rhodes and Lancashire Moorland Rescue, for their excellent monitoring of the event. See you next year on October 22nd.

B J Tyson

1. M. Lee	Bolt	2.05.06
2. G. Schofield	Black	2.07.26
3. P. Thompson	Black	2.07.58
4. R. Jackson	Horw	2.08.27
5. J. Masterson	Leic	2.08.44
6. S. Jackson V	Horw	2.10.43
7. T. Hesketh V	Horw	2.11.26
8. J. Bentley	Bolt	2.12.50
9. B. Brindle V	Horw	2.14.16
10. T. Sommers	R'cliffe	2.14.19

VETERANS 0/40

1. S. Jackson	Horw	2.10.43
2. B. Brindle	Horw	2.14.16
3. S. Ellis	Bolt	2.19.04
4. B. Walton	Horw	2.20.27
5. J. Singleton	Clay	2.24.35

VETERANS 0/45

1. T. Hesketh	Horw	2.11.26
2. R. Edwards	Leic	2.17.31
3. A. Turner	Clay	2.24.06
4. M. Cunningham	M/C	2.26.03
5. M. Crook	Horw	2.26.24

VETERAN 0/50

1. B. Jackson	Horw	2.31.45
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VETERAN 0/60

1. B. Thackery	DkPk	2.45.20
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LADIES

1. S. Watson V	V.Strds	2.47.01
2. D. Hunter	Gloss	3.06.47
3. L. Hayles V	H'fax	3.09.20
4. S. Ormerod V	Black	3.37.33
5. E. Roche V	Darwen	3.41.37

LOGGERHEADS COUNTRY PARK FELL RACE Clwyd AM/10m/3100ft 6.11.94

We had a new venue and course for the 1994 Loggerheads Fell Race. The new venue being at Celcein where the facilities were better for the runners and committee members - a kitchen was available so hot soup was prepared and served to the runners after the race.

The first part of the course was faster than normal which did not suit all the runners. Their speed soon took its toll once they started to climb for the second part of the race.

Colin Donnelly came to try for his third win, but was beaten by Mark Kinch, the runner who came second last year and was determined to be the winner in 1994.

Carol Banlin, the first lady, had a superb run, like she has all season. She was well rewarded, running for England in the World Championship, after such a hard season. This race is a Cheshire Championship race.

John Morris

1. M. Kinch	Wirral	72.15
2. C. Donnelly	Eryri	77.14
3. D. Neill	Merc	77.46
4. R. Seager V	C'wood	79.50
5. S. Houghton V	CalderV	80.16
6. J. Hey	Warr	80.48
7. G. Webb	CalderV	80.56
8. T. Jones	Eryri	81.08
9. M. Weedall	Penn	81.15
10. S. Burtham	Warr	81.54

VETERANS 0/40

1. R. Seager	C'wood	79.50
2. S. Houghton	CalderV	80.16
3. M. Noble	Penn	83.11
4. T. Hulme	Penn	83.55
5. R. Leggett	Horw	84.08

VETERANS 0/50

1. J. Amies	Macc	91.31
2. D. Smith	Wrex	92.47
3. D. Hayes	Warr	96.04
4. A. Wright	N.Vets	96.54
5. P. Heneghan	Bolt	99.07

VETERANS 0/60

1. B. Thackery	DkPk	99.31
2. E. Naisby	Unatt	110.16
3. P. Barton	Warr	133.12

LADIES

1. C. Banlin	S. L' pool	88.26
2. A. Priestley	Fellan	94.10
3. J. Musgrove	Wrex	104.23
4. B. Evans	S.S.	104.41
5. D. Lenders	Penn	105.21

INTERMEDIATES U/21

1. M. Wigmore	Helsby	83.48
2. T. Davies	Merc	98.24
3. M. McInulty	B'borough	109.38

FFORDDY BRYNIAU South Glamorgan BM/9m/2000ft 6.11.94

1. M. Peakman	Wore	57.20
2. S. Blease	Brych	57.43
3. C. Taylor	Merc	57.54
4. P. Maggs	Chep	58.45
5. T. Gibbs	BOC	59.20
6. P. Holder	Cardiff Q	59.42
7.1. Jones	Cardiff Tri	60.27
8. K. Jones	Cardiff Tri	60.43
9. M. Lucas	MDC	62.43
10. M. Benbow	Cardiff Q	63.15

VETERANS 0/40

1. M. Lucas	MDC	62.43
2. G. Parsons	Chep	65.46
3. G. Cheshire	Chep	68.24

VETERANS 0/50

1. B. Martin	G.W.R.	65.37
2. A. Morgan	Cardiff Q	68.45
3. T. Smith	MDC	71.50

FIRST LADY

1. C. Knox	Cardiff Tri	69.16
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BLACK LANE ENDS FELL RACE Lancashire CS/5m/1000ft 6.11.94

There but for the grace of god..... After all the prize winners had collected their rewards, and the organisers were packing away empty boxes, an accident happened on the road race route. The driver had been blinded by the bright sunshine, and managed to hit the verge, lost control resulting in the car somersaulting into the opposite verge. Luckily she escaped unscathed, but imagine twenty five minutes earlier when the road was strung with runners!

This road section was negotiated three times as the one hundred and fifty five runners tackled this now in its eighteenth year typically old fashioned cross country. Twenty six year old Sean Willis showed everyone a clean pair of heels as the 1985 Junior Champion finally showed his true potential as a senior. A Gale Fell Race winner, the previous week, his aim for 1995 is the FRA Championships, and a top ten place, who'd bet against it?

After two years of keeping the tradition of Black Lane Ends going, The Woodentops' finally have a volunteer from the Clayton Ranks to take over the organisational mantle. Three cheers to John and Linda Bostock, their first bash at organising an event; so rally round, be patient, and enjoy the 1995 Black Lane Ends.

Darby and Joan

1. S. Willis	Amble	30.26
2. C. Roberts	Kend	31.00
3. T. Chew	Clay	32.50
4. G. Schofield	Black	33.03
5. C. Valentine	Kesw	33.20
6. A. Maloney	Roch	33.40
7. G. Gough	Clay	33.52
8. P. Stephenson	P&B	33.59
9. P. Thompson	Black	34.01
10. J. Wootton	Bing	34.02

VETERANS 0/40

1.K. Taylor	Ross	35.02
2. P. Grimes	Hudd	35.07
3. D. Beels	Roch	35.56
4. J. Singleton	Clay	36.20
5. G. Appleyard	Fellan	36.43

VETERANS 0/50

1. P. Jepson	Ross	38.08
2. D. Scott	Clay	38.18
3. M. Coles	Skyrac	40.59
4. R. Jacques	Clay	41.46
5. A. Shaw	Tod	42.01

VETERANS 0/60

1. J. Newby	Tod	46.32
2. B. Leathley	Clay	49.34
3. J. Riley 0/70	Clay	66.16

LADIES

1. T. Barton	Leeds	40.26
2. J. Rawlinson V	Clay	40.47
3. N. Wilkinson	Black	41.59
4. L. Platt	Clay	44.38
5. C. Reid	P&B	45.28

JUNIORS U/16 - BOYS

1.S. Frear	Bing	10.54
2. C. Singleton	Unatt	11.06
3. A. Hargreaves	Pendle	11.27

JUNIORS U/16 - GIRLS

1. S. Dyniec	Holm	13.48
2. B. McWade	Clay	14.01
3. J. Dyniec	Holm	16.22

JUNIORS U/14 - BOYS

1. A. Hampshire	Clay	6.52
2. B. Crosley	Hulme	6.54
3. C. Swire	Clay	6.57

JUNIORS U/14 - GIRLS

1. R. Matthews	Shrews	7.00
2. L. Cook	P&B	7.26
3. A. Green	Spn	7.44

SHEPHERDS SKYLINE FELL RACE Lancashire BM/6m/1150ft 12.11.94

Conditions over Caldwell Hill at the time of flagging out were not good, with mist, steady rain and strong wind. However by the time of the races these had eased slightly.

After last years Junior race, we decided we needed a change due to having a run on the exposed top. So this year instead of one race we had two races and both of these were down in the sheltered area of Withins new road, the path that the seniors start and finish on. Numbers were only slightly down and considering the weather it was a good turn out.

In the senior race no previous men winners entered, ensuring a new name on the excellent trophy that was made by Noon Stone Fell Race organiser, Brian Schofield.

Heavy going underfoot did not hamper Sean Willis as he improved his 1993 time by five minutes to win with a comfortable margin. At Stoodley Pike he had a lead of thirty seconds, by Long Stoop this was up to one and a half minutes and by the finish it was nearly two minutes.

Runner up Andrew Wrench had the consolation of leading host club, Todmorden, to their first team win at this race. The mens team needed four to count. Todmorden had fifty three points whilst runners up, Rossendale, had fifty four points. The ladies team winners with three to count were Pudsey and Bramley for the first time with fourteen points.

New records were set in the mens over sixty, with Lawrence Sullivan who improved the time by over four minutes, and in the ladies over thirty five, where Janet Kenyon improved the time by over a minute.

For the first time, four Todmorden fell races were used to determine who were the most consistent racers 'On the Tops' around the town in 1994. The Shepherds Skyline was the final counter, with the others being Whirlaw, Stoodley Pike and Noonstone. Each category winner received a special winners only T-shirt to enable them to advertise their achievements, should they be so inclined. Next year the series will expand to five races, with the addition of the Flowerscar fell race. Get tough!

1. S. Willis	Amble	39.11
2. A. Wrench	Tod	41.06
3. G. Devine	P&B	42.05
4. M. Corbett	Ross	42.06
5. M. Wallis	Clay	42.36
6. S. Oldfield	Bfd/Aire	42.42
7. S. Green	P&B	43.10
8. A. Maloney	Roch	43.18
9. G. Schofield	Black	43.24
10. G.Gouth	Clay	43.24

VETERANS 0/40

1. D. Beels	Roch	45.44
2. R. Leggett	Horw	46.34
3. B. Walton	Horw	48.53
4. J. Barker	Roch	49.19
5. A. Spicer	Ross	49.24

VETERANS 0/45

1.B. Schofield	Tod	44.28
2. T. Hesketh	Horw	45.05
3. K. Taylor	Ross	45.16
4. B. Mitchell	Clay	46.41
5. K. Carr	Clay	47.45

VETERANS 0/50

1. R. Blakely	Unatt	53.41
2. P. Blagborough	Sadd	54.06
3. D. Lucas	Roch	54.16
4. G. Collinson	Fellan	56.12
5. G. Royce	Sadd	58.14

VETERANS 0/55

1. R. Jaques	Clay	55.44
2. J. Smith	Clay	58.48
3. M. Roberts	B'bank	60.10

VETERANS 0/60

1. L. Sullivan	Clay	52.49
2. B. Montgomery	ECH	62.34
3. R. Francis	Bury	63.22

LADIES

1. S. Rowell	P&B	47.22
2. C. Greenwood	Bing	49.18
3. Y. Hague	P&B	49.59
4. J. Kenyon V	Horw	50.43
5. G. Cook V	Roch	51.46

JUNIOR BOYS U/15

1.J. Hart	O&R	12.44
2. B. Green	Spn	13.32
3. T. Doyle	Tod	14.02

JUNIOR GIRLS U/15

1. C. Shaw	Osw	16.02
2. A. Green	Spn	17.02
3. P. Fisk	Unatt	18.20

JUNIOR BOYS U/12

1. C. Swire	Clay	7.22
2. J. Griffin	Bury	7.38
3. L. Raisbeck	Osw	7.57

JUNIOR GIRLS U/12

1. A. Rhodes	Roch	8.14
2. T. Fish	Unatt	11.05
3. S. Fish	Unatt	11.07

F.R.A. 'DO' FRIDAY NIGHT FEVER

On a damp Friday November evening 240 fell runners, wives, husbands and guests descended in to the seaside resort of Morecambe for the Annual Presentation.

The 'Do' as it's affectionately known, starts at 8.00pm with a mountainous buffet, 9.00pm sees the sharp end get their annual awards, 9.30 Ceilidh band strike the chords, midnight until 2am the disco takes its turn. Add in to the party atmosphere party poppers, streamers, balloons and 3 bars to choose from and Friday Night Fever is the result.

In 1995 the 'Do' is on a Friday to be decided in November, but for 1996 and 1997 we have finally managed to book a Saturday. Yes folks, the Carleton Inn is that popular. A different band will feature in 1995 with a Calypso/African theme to it.

After all the exertions of the night before only 3 entered the 4 mile prom run to Heysham. Over 60 Barry Thackery, Paul Thompson and Dave Woodhead at lease blew away any hangers-on. A bottle of beer was on offer to each as reward, a hair of the dog so to speak!

Feedback is very welcome, so if any of you have ideas or criticisms please phone 0535 669100.

Darby mid Joan



Sarah Rowell, victorious at Shepherds Skyline
Photo: Allan Greenwood

COPELAND CHASE Cumbria 0/10m/3500ft 0/5m/4500ft 13.11.94

From an original start list of seventy five runners, fifty brave souls turned out to defy the elements on what must have been the worst day of the year so far. With visibility down to a few yards, continuous heavy rain and near gale force winds, conditions could hardly have been worse.

Before the start, I thought long and hard about the alternatives but in the end decided, rightly or wrongly, to go ahead as planned. Although this did lead to one of the most anxious days of my life. I was pleased that my faith in everyone's ability either to cope with the conditions or else retire before getting into difficulties, was vindicated. The main problems encountered seemed to be stream crossing, ankle deep trickles rapidly became thigh deep torrents, and the slipperiness of the ground, particularly on the descent from control six on the long course.

As for the race itself, Phil Clark tightened his grip on the trophy which he has now won for the past four years, winning comfortably from John Brockbank of Ambleside. The performance of the day, however, must have been that Kate Arnold who not only retained her ladies title in convincing style, but also finished ahead of all but three of the men.

The shorter course was more closely contested with little to separate the three who followed the clear winner, Tony Brand-Barker. Perhaps this was partly the result of runners sensibly transferring to the short course rather than risk the longer one.

Many thanks must go to the numerous people who helped on the day, particularly the marshalls; Peter Hall, Pete Skelton, Neville Elstone and Gwyn Lewis who had the least enviable of task in atrocious conditions.

Colin Webb

RESULTS - LONG RACE

1. P. Clark V	Kend	2.25.34
2. J. Brockbank	Amble	2.51.46
3. J. Crummett V	CFR	3.03.56
4. K. Arnold L	CFR	3.06.12
5. J. Arnold	CFR	3.06.39
6. J. Hope V	AchRat	3.08.08
7. R. Sewell V	Kend	3.16.13
8. C. Smith	WCOG	3.19.24
9. D. Iyers	CFR	3.19.28
10. M. Hambrey V	Kend	3.29.31

RESULTS - SHORT RACE

1. T. Brand-Barker	Kesw	1.25.37
2. J. Faulkner	Kesw	1.43.26
3. A. Brand-Barker	Kesw	1.43.50
4. T. Hobbs	Unatt	1.44.00
5. J. Laverack	Amble	1.55.08
6. P. Targett	Clay	2.06.00
7. A. Crabb V	Amble	2.06.15
8. T. Webb	Unatt	2.20.34
9. R. Simpson	Dalian	2.23.25
10. J. King V	CFR	2.28.50

20TH PENMAENMAWR FELL RACE

Gwynedd

19.11.94

1. P. Hague	Eryri	73.50
2. C. Donnelly	Eryri	78.56
3. G. Hull	LdsCty	79.00
4. D. Huws	Eryri	79.00
5. S. Jones V	Eryri	79.40
6. S. Houghton V	CalderV	79.55
7. R. Hutton	DkPk	80.01
8. T. Jones	Eryri	80.20
9. P. Tan-Jone V	Eryri	80.44
10. K. Pryderch	Eryri	81.09

VETERANS 0/40

1. S. Jones	Eryri	79.40
2. S. Houghton	CalderV	79.55
3. P. Tan-Jone	Eryri	80.44
4. J. Birchenough	Unatt	81.20
5. G. Owen	Eryri	82.52

VETERANS 0/50

1. H. Stansfield	Eryri	86.24
2. J. Marsh	TarHen	87.04
3. C. Corson	Sadd	87.49
4. N. Pratten	Wirral	90.39
5. J. Dearden	Helaby	92.23

LADIES

1. C. Greasley V	Macc	84.44
2. J. Smith	C.Coch	86.10
3. M. Smith	C.Coch	87.30
4. M. Angharad V	Eryri	88.29
5. Y. Hague	P&B	90.58

LORDSTONE'S FELL RACE

Cleveland

10m/3000ft 20.11.94

This year was quite the opposite of last year in terms of weather conditions, and although the Sunday was a little damper than the Saturday, when we were marking the sensitive areas and checkpoints, it was almost ideal conditions for running. The first two miles saw a gradual opening of gaps with Dave Gamble, and Richard Suddaby, holding a few seconds lead at Scuggdale. This continued for a while through to Three Howes, by which time Robin Jamieson and Paul Lowe had passed Suddaby. It was about this point that Gamble and Jamieson were putting in a few bursts to break up the opposition. By 'Brians Stile' (a once a year feature), this pair had established a comfortable lead of one and a half minutes, but on the next two climbs it soon became obvious that Jamieson had the edge but was holding back a little as he was unsure of the route (best route). At Drake's Howe and to my surprise, they elected to descend on the tourist path. On reflection and watching the relative speed of descent, compared with chasing groups, this was not a bad choice. Having descended the last ravine in single file and close proximity it was the 'wall of death' ascent that clearly separated these two, Jamieson demonstrating his superior strength to win in record time.

All category winners were in fact in record times, as this is the first time the full course has been completed in race conditions. Groan of the day went to James Lee who went off course near the end, thinking he had finished. The sadists at the finish were pleased to direct him to the Ravine and wall of death, and Lee, being an obvious masochist seems to have enjoyed the experience.

In the women's race it was Sheila Wright in fine form leading last years winner, Amanda Isdale, all the way, setting an excellent record. Amanda had the consolation of being the first woman veteran whilst Pam Baird despite a missing marshal at Drake's Howe, ran an excellent race to win the women's super veteran category. In the men's super veterans, Guy Colinson, held off Richie Clarke, whilst in the Master's class at over sixty, there was keen competition between Tom Maughan and Alex Menarry with the former staying out in front by just forty six seconds.

Looking forward to next years event when we will have decided whether it is Lord's Stones or Lords' Stones, depending on our education! Many thanks for all assistance given from many quarters, I made it fifty two competitors and thirty two workers!

David Paryy

1. R. Jamieson	Amble	80.83
2. D. Gamble	Mand	83.39
3. P. Lowe	Mand	87.26
4. R. Suddaby	FRA	90.04
5. V. Rutland V	Mand	91.33
6. J. Whitehead	E.Hull	91.52
7. J. Blackett	NFU	92.03
8. B. Firth V	Mand	93.58
9. I. Ellmore	Unatt	94.54
10. K. Wilson V	Mand	95.04

VETERANS 0/40

1. V. Rutland	Mand	91.33
2. B. Firth	Mand	93.58
3. K. Wilson	Mand	95.04
4. B. Mitchell	Mand	95.55
5. C. Todd	Harr	96.28

VETERANS 0/50

1. G. Collinson	Fellan	105.35
2. R. Clarke	Mand	107.27
3. P. Duffy	Aber	116.43
4. R. Brownbridge	Imp	122.24
5. J. Watson	T'Plax	124.44

VETERANS 0/60

1. T. Maughan	Unatt	115.12
2. A. Menarry	FRA	115.58

LADIES

1. S. Wright	Mand	102.08
2. A. Isdale V	Bing	107.17
3. R. Thomas	Unatt	118.08
4. M. Ken worthy	Tatten	121.38
5. P. Percy	S'boro	125.07

WINTER HILL FELL RACE

Lancashire

AM/11m/2700ft 20.11.94

The very wet weather in the weeks leading up to race day made the conditions very heavy going underfoot, the misty conditions on the day also caused problems with the runners.

The race quickly developed into a race for the minor placings after the leading two of Mark Kinch, Sean Willis, and the winner for the last two years and current record holder N.Wilkinson broke clear early on. However, a navigational error after approximately nine miles allowed Graham Schofield, competing in the event for the eleventh time, to take advantage and record his first victory in the race.

The ladies race was won convincingly by J.Pursej in forty ninth position overall, and over ten minutes in front of the second lady.

T Varley

1. G. Schofield	Black	1.36.11
2. M. Kinch	Warr	1.37.41
3. S. Willis	Amble	1.37.45
4. D. Gartley	Gloss	1.38.53
5. M. Wilkinson	Saif	1.39.19
6. C. Lyon	Horw	1.39.32
7. S.Jackson V	Horw	1.40.42
8. S. Culshaw	Horw	1.40.52
9. M. Seddon	Gloss	1.41.05
10. S. Barlow	Horw	1.41.06

VETERANS 0/40

1. S. Jackson	Horw	1.40.42
2. B. Brindle	Horw	1.41.34
3. R. Leggett	Horw	1.42.04
4. A. Duncan	S.L'pool	1.48.03
5. G. Smith	Unatt	1.49.01

VETERANS 0/45

1. M. Noble	Penn	1.44.00
2. K. Carr	Clay	1.45.49
3. B. Rawlinson	Ross	1.48.43
4. K. Booth	Horw	1.50.00
5. S. Furness	Black	1.51.12

VETERANS 0/50

1. D. Kearns	Bolt	1.54.30
2. D. Kay	Bolt	1.52.43
3. P. Murray 4	Horw	1.53.20
4. D. Lucas	Roch	2.01.40
5. A. Wright	N.Vets	2.03.08

VETERANS 0/60

1. R. Bell	Amble	1.44.00
2. D. Ashton	Black	1.53.11
3. D. McCaffery	Cader	2.12.59

LADIES

1. J. Pursey	ManUni	1.53.21
2. S. Niedrum	P&B	2.03.43
3. J. Rawlinson V	Clay	2.05.04
4. M. Chippendale V	Stock	2.14.17
5. G. Walkington V	Horw	2.15.02
6. S. Smith	Unatt	2.16.48
7. M. White V	Horw	2.18.45
8. V. Hamlett	Ross	2.22.12

RIVOCK EDGE RACE

West Yorkshire

BM/10m/1500ft 26.11.94

There was a record senior field, with record runs by Sheard and Greenwood. Sheard, the Pudsey & Bramley runner a full four minutes clear of teammate Green.

As a club we do not normally give out, other than the odd one or two veteran prizes, but in view of the number of 'oldies', we might just have to spread prizes their way next year.

The race has now raised over one thousand, two hundred and fifty pounds for charity in four years.

We have also added junior races while seniors are away, and revised the under seventeen's race so they don't go as far as they did in the past.

Kevin Hopkinson

1. P. Sheard	P&B	62.54
2. S. Green	P&B	67.04
3. C. Metcalfe	Leeds	67.24
4. J. Cudamy	Gloss	67.38
5. P. Davies	P&B	67.49
6. K. Taylor V	Ross	68.08
7. P. Grimes V	Hudd	68.29
8. A. Whalley	P&B	69.07
9. A. Normandale	R'trees	69.45
10. A. Maloney	Roch	70.08

LADIES

1. C. Greenwood	Bing	73.02
2. L. Wright	Leeds	74.39
3. S. Niedrum	P&B	78.33
4. J. Rawlinson V	Clay	79.53
5. K. Drake	Spenn	80.30

BOLTON BY BOWLAND FELL RACE

Lancashire

CM/8m/800ft 4.12.94

A good turnout in damp heavy conditions. Sean Willis took an early lead and maintained it to finish first, but pushed all the way by previous winner Shaun Livesey.

Carol Greenwood also a previous winner, finished an easy winner of the Ladies Race.

Proceeds of approximately two hundred and seventy pounds presented to the upkeep of the Village Hall.

Thanks to all who helped and to the farmers who's land we ran over, and to the people who donated prizes.

Roger Dewhurst

1. S. Willis	Amble	46.16
2. S. Livesey	Clay	46.43
3. A. Wrench	Tod	47.13
4. G. Schofield	Black	48.22
5. J. Roche	Clay	48.53
6. S. Davenport	S'port	49.04
7. T. Bolland	S'port	49.30
8. D. Gartley	Gloss	49.33
9. J. Wright	Tod	49.36
10. D. Woodhead	Horw	49.40

VETERANS 0/40

1. J. Winder	Acc	51.39
2. J. Birchenough	Bolt	51.50
3. A. Kelly	Burnley	53.30
4. M. Green	Clay	53.56
5. S. Morran	Horw	54.11

VETERANS 0/45

1. B. Schofield	Tod	50.26
2. A. Turner	Clay	51.55
3. R. Hargreaves	Clay	52.28
4. C. Choyce	Clay	56.04
5. P. Carradice	Clay	57.55

VETERANS 0/50

1. G. James	B'pool	58.58
2. R. Jaques	Clay	59.25
3. M. Coles	Skyrac	59.51
4. J. Toehill	Bfd/Aire	60.41
5. E. Blamire	Tod	60.45

VETERANS 0/60

1. B. Leathley	Clay	69.17
2. E. Manning	Clay	76.41

LADIES

1. C. Greenwood	Bing	53.00
2. M. Laney V	Clay	58.37
3. J. Rawlinson V	Clay	59.17
4. L. Platt	Clay	63.42
5. J. Hindle V	Clay	64.44

JUNIOR

1. A. Burnett	Leeds	55.10
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MORTIMER FOREST HILL RUN

SHROPSHIRE

BM/11.5m/1700ft 18.12.94

1. M. Ligema	CroftAmb	77.15
1. T. Davies	Mercia	77.46
3. A. Pickles	Ludlow	78.00
4. Fenwick	MiltKey	79.00
5. Bolland	SthW'loo	81.08
6. Longman V/40	Hunc	81.15
7. Rowley V/40	Wolves	84.05
8. J. Marsh V/50	TarHend	84.12
9. Turnbull	CSV	84.48
10. Speed	Unatt	85.15

VETERANS 0/45

1. Russell	DudKings	86.11
2. Morgan	Mercia	88.48
3. Richards	Shrews	89.29

VETERANS 0/50

1. J. March	TarHend	84.12
2. B. Davies	CroftAmb	85.20
3. G. Whitmarsh	CroftAmb	94.50

VETERANS 0/60

1. Jones	Tipton	111.45
2. Paine	Ports	130.51
3. Myers	Gloss	140.55

LADIES

1. D. Harvey V/40	Kidd	94.25
2. Clarke V/35	LesCroup	96.05
3. J. Tyler V/45	CroftAmb	96.37
4. Hodgkiss	Here	102.42
5. Clarke V/35	Stour	104.48

THE STOOP West Yorkshire BS/5m/800ft 18.12.94

Twenty nine year old, Ian Holmes, has made the Sarah Rowell Men's Stoop Trophy, a near permanent feature in his Haworth home, with only Pudsey and Bramley's Alan Whalley denying Ian a total clean sweep. That was in the inaugural race in 1990, where Ian finished second.

The name Holmes became more significant this year because Ian's mother, fifty seven year old Shirley ran her first competitive event. The reason was to raise funds for Airedales children asthma unit, which is now over two hundred pounds better off. The actual race route to the Boundary Stone, also passes through Holmes' intake, you just can't get away from the name!

A feature this year, was that all one hundred and eighty one seniors had to run/compete in Santa Hats, supplied free for your one pound entry. Now that's a bargain.

It was truly a comical and awesome sight to see the red and white hatted snake disappear off Penistone Hill to Oxenhope Stoop Hill and back. One wonders what the scattering of ramblers thought to this unique sight!?

All juniors also received Santa Hats, but after they had finished, along with a prize.

Once again the Christmas Fair featured highly with Ian Holmes, Carol Greenwood and over forty's winner Jonnie Butler, winning a selection box, a tin of biscuits, a Christmas cake and a jar of roses.....sorry no cuddly toys for them. But Andy Wrench chose a three foot white teddy bear donned in what else but a Santa Hat, we can rest assured it's gone to a good home in Todmorden. Selection boxes, Christmas crackers, biscuits, Christmas beer etc, featured highly at the party popping prize giving.

1994 saw two new race records by Boltons Chris Caldwell in the under eighteen category, and at the other end of the scale with over sixty's, Todmordens John Newby.

Darby and Joan

1. I. Holmes	Bing	29.49
2. A. Wrench	Tod	30.23
3. M. Corbett	Ross	30.39
4. G. Devine	P&B	30.47
5. I. Ferguson	Bing	30.53
6. G. Schofield	Black	31.00
7. C. Caldwell	Bolt	31.14
8. S. Charlesworth	Merc	31.24
9. J. Wright	Tod	31.28
10. D. Woodhead	Horw	31.41

VETERANS 0/40

1. J. Butler	KlyRR	32.00
2. J. Birchenough	Bolt	33.32
3. R. Haigh	Ilkley	33.54
4. G. Appleyard	Fellan	33.55
5. B. Walton	Fellan	34.20

VETERANS 0/50

1. J. Sykes	Fellan	38.19
2. P. Heneghan	Bolt	39.48
3. G. Collinson	Fellan	40.58
4. P. White	CalderV	41.11
5. A. Stockdale	Skip	41.56

VETERANS 0/60

1. J. Newby	Tod	44.11
2. B. Leathley	Clay	45.53
3. B. Hargreaves	Tod	48.54

LADIES

1. C. Greenwood	Bing	35.32
2. A. Priestley	Fellan	37.15
3. J. Rawlinson V	Clay	37.39
4. L. Atkin	CalderV	40.20
5. M. Jagan V	EPOC	41.31



Mortimer Forest, 4th placed Nigel Fenwick finishing
Photo: John Cartwright

JUNIORS U/18

1. J. Hales	Bolt	32.25
2. A. Burnett	Leeds	37.18

JUNIORS U/16

1. E. Urmston	Unatt	53.47
2. N. Urmston	Unatt	53.54

TURKEY TROT Northern Ireland AS/5.5m/1500ft 26.12.94

This year the weather dealt us a dud hand as the rain started an hour before the race, and was a chilling wind driven downpour by the end.

Brian Ervine and Dermot McGonigle split the pack early and were the first to emerge on to the hills proper, followed by Neil Carty and Horwicks' James Logue. Jim Brown, Francis Marsh, Joe Mitchell, Robin Bryson and Paul Mawhirt were still in the game at the stage.

Condition worsened to driving sleet as the first col was reached, and by the second col, Ervine had the upper hand. McGonigle, dissatisfied with the courses length, included a circuit of Slieve Lough Shannagh to chill out, and eventually finished a hypothermic twenty fourth.

Ervine was flushed with success as he picked up the Martin McMahon trophy for a second time. Carty won a close battle with Mawhirt and Logue for second place. Mawhirt who had moved through the field strongly, piped Logue for third.

The ladies top spot went to newcomer, Virginia O'Connell of Newcastle, ahead of internationals Susie Carson and Anne Sandford. Other fine displays were produced by Westerlands, Keith Adams for the veterans title, while Albertvilles Ron Schaeffer and Joe Mitchell (unattached) had impressive runs.

All runners and drenched marshalls enjoyed mulled wine and mince pies at the prize giving in the Tollymore Mountain Centre, except McGonigle who had headed home for a hot bath, then a game of cards with his mates, as he fancied his chances better there! I guess there is always a joker in every pack - of fell runners!

Jim Brown

1. B. Ervine	B'drain	45.51
2. N. Carty	N.Belf	48.47
3. P. Mawhirt	N'castle	48.53
4. J. Logue	Horw	49.02
5. J. Brown	BARF	51.16
6. R. Bryson	N'castle	52.24
7. J. Mitchell	Unatt	52.57
8. F. Marsh	N.Down	54.16
9. K. Adams V	W'lands	55.54
10. D. Brannigan	N'castle	57.17

VETERANS 0/40

1. K. Adams	W'land	55.54
2. R. Cowen	Willow	62.15
3. J. Gibson	B'drain	71.16

VETERANS 0/50

1. R. Ferry	MidUls	62.33
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LADIES

1. V. O'Connell	N'castle	70.18
2. S. Carson	Unatt	73.53
3. A. Sandford	B'drain	73.57
4. J. Boyle	BARF	75.58

JUNIORS

1. R. Cowen	Unatt	67.46
2. A. Carson	BARF	77.56

WHINBERRY NAZE DASH Lancashire BS/4.5m/750ft 26.12.94

The fancy dress gets better every year, and in this years event at least ninety percent of the entrants had turned out in fancy dress outfits. The hardest job of the day for the organisers is trying to choose a few of the best outfits for prizes, so much thought and effort had gone into some of the costumes, it is an impossible task! Many thanks to everyone for your wonderful fancy dress outfits, it is what makes this race so unique and it is much appreciated, not least to the spectators for which it provides a splendid spectacle!

A good entry of two hundred and thirty four runners toed the line in very wet and muddy conditions, no pre race favourites in the mens race, several times winner and course record holder, Ian Holmes, not amongst this years entry. Perhaps more predictable would be the outcome of the ladies race, although with Carol Greenwood only just returning from injury and dressed up as a duck, who could say?

Social runner Martin Corbett had perhaps fancied his chances on a familiar course, although it was not to be as an 'in form' Sean Willis from Ambleside dominated the race from start to finish, although several minutes outside of Holmes' record time. Carol Greenwood despite her cumbersome costume, returned victorious in the ladies race with the 'evergreen' Sylvia Watson winning the bottle, with fellow lady veteran Jean Rawlinson for second spot.

Graham Wright

1. S. Willis	Amble	25.27
2. R. Hope	Horw	25.56
3. M. Corbett	Ross	26.04
4. G. Schofield	Black	26.05
5. M. Aspinall	Clay	26.44
6. W. Brindle	Horw	24.04

7. S. Jackson V	Horw	27.16
8. P. Boyd	Horw	27.23
9. A. Maloney	Roch	27.30
10. P. Pollitt	Bolt	28.12

VETERANS 0/40

1. S. Jackson	Horw	27.16
2. B. Walton	Horw	29.52
3. D. Beels	Roch	29.55
4. L. Inson	Kesw	29.58
5. A. Spicer	Ross	30.08

VETERANS 0/45

1. P. Lyons	Ross	29.24
2. J. Hope	AchRat	30.03
3. S. Furness	Black	30.50
4. J. Cooper	Ross	31.06
5. A. Mellor	Tod	32.02

VETERANS 0/50

1. P. Jepsen	Ross	30.14
2. B. Jackson	Horw	31.12
3. G. Webster	V.Strds	32.46
4. P. Jaques	Clay	33.15
5. D. Gibson	Sadd	34.24

LADIES

1. C. Greenwood	Bing	30.41
2. S. Watson V	V.Strds	32.47
3. J. Rawlinson V	Clay	33.33
4. L. Bostock V	Clay	37.50
5. S. Smith	Unatt	39.06

JUNIORS

1. D. Hope	Horw	28.54
2. R. Buckley	Bolt	29.30
3. J. Hart	Unatt	32.21

WEST RIDING CAMPING BEACON HILL RACE West Yorkshire BS/5m/1,000ft 27.12.94

Seventy eight ran the inaugural race and comments suggested that they enjoyed the course over grass, woodland and tracks. Kenny Stirrat, taking time off from his new obsession of chess, led out of the rugby fields and was never challenged, eventually winning by well over a minute from his former Oxford University colleague, Tom. Richardson, originally from Leeds but now a Londoner with Thames Hare and Hounds. The ubiquitous Dave Woodhead finished third after a tussle with fifteen year old Matthew Drake of Calder Valley, whose overall fourth provided further confirmation of his promise. Carol Greenwood, in the middle of four races in five days (she couldn't find one on Christmas Day!) was seventh overall and first lady.

The Old Brodleiens rugby club was an excellent venue, with food, beer, bath and showers. (There should be separate showers for men and women next year!) Thanks to all runners, helpers and marshalls. A special mention for Big Helen and Ellie, who saved the day on Marsh Delves Lane.

Because of West Riding Camping's generous provision of all the high quality prizes, we were able to donate almost £150 to the Roy Castle Cause for Hope Appeal.

Bob Howe

1. K. Stirrat	H'fax	31.36
2. K. Richardson	TH&H	33.01
3. D. Woodhead	Horw	33.49
4. M. Drake J	CalderV	34.11
5. M. Falgate	P&B	34.20

VETERANS 0/40

1. G. Tolley	Bing	35.12
2. R. Futrell	Holm	36.40
3. J. Dore	Roch	37.02

VETERANS 0/50

1. M. Coles	Skyrac	41.39
2. J. Flexney	Spn	41.43
3. M. Roberts	B'bank	44.52

LADIES

1. C. Greenwood	Bing	35.16
2. K. Drake	Spn	42.28
3. A. Green	Spn	47.53

LADY VETERANS 0/40

1. P. Dore	Roch	48.54
2. I. Neville	CalderV	49.24
3. V. Bell	CalderV	52.10

TEAM

1. Halifax Harriers	1. K. Stirrat;
	12. M. Mason;
	13. P. Tobin;
	30. R. Comey

WANSFELL Cumbria AS/3m/1500ft 27.12.94

Good weather, but a slippery course. The only bit of good weather over the Christmas period, left Wansfell with a bit of a frost on top, but some very wet slippery grass. The womens record was broken after a close run between Angela Brand-Barker and Janet Kenyon. Andy Kitchen won the mens race by one minute, a very comfortable margin.

1. A. Kitchen	L'ston	19.38
2. R. Hope	Horsw	20.36
3. J. Bland	Borr	20.37
4. S. Booth	Borr	21.19
5. G. Schofield	Black	21.41
6. G. Bland	Borr	21.48
7. D. Spedding V	Kesw	21.49
8. D. Frampton	Kesw	21.56
9. C. Valentine	Kesw	21.59
10. P. Holdsworth	Lyon	22.07

VETERANS 0/40

1. D. Spedding	Kesw	21.49
2. J. Hope	AchRat	23.22
3. D. Bland	Kend	24.03
4. F. Judge	Clay	24.12
5. E. Parker	Amble	24.56

VETERANS 0/50

1. M. McGill	Kend	25.28
2. K. Lindley	BCR	26.47
3. P. Dowker	Kend	27.41
4. T. Walker	Amble	27.43
5. G. James	B'pool	28.44

LADIES

1. A. Brand-Barker	NCOC	23.56
2. J. Kenyon V	Horsw	23.57
3. S. Hodgson V	Fellan	25.48
4. S. Parkin V	Kend	26.32
5. M. Chippendale V	Stock	30.11

JUNIORS

1. D. Hope	Horsw	22.17
2. P. Savage	Amble	23.11
3. S. Savage	Amble	28.04

**GUISBOROUGH WOODS
HILL RACES
Cleveland
BS/5.75m/1000ft 27.12.94**

Paul Lowe retained his title in this years race, beating his winning time of last year by over a minute. Much of this was down to the pressure exerted by his club colleague Dave Gamble who lost out on the final descent. Andrew Pearson of CEPAC came through well in the second half of the race to finish third. There was an excellent tussle in the veterans event with Bob Firth completing the first lap with the two leaders only to be hauled back by Vince Rutland towards the end of the second lap as the two in front stepped up the pace to move away. Vince ran out eventual veterans winner, with Bob taking the over forty fives'. Ray Stevenson continued an excellent year winning events up to one hundred miles but having to be content, over the shorter distance, with the super veteran group win.

Jane Smith of Rowntrees, a runner up last year, knocked three minutes off her previous time to win the women's race. This was a close fought affair with Jane having the advantage from very early in the race. This was only marginal until about half distance when she gradually moved away from both Alice Bedwell and Sheila Wright, both former winners of the event.

Mother Ann Smith, made it a family double by retaining her title in the women's super veteran category. Matt Gibson of Wigginton retained his Junior race title, whilst Jemmima Hetheron of Rowntrees won the female junior event, in an excellent time of seventeen minutes.

Dave Parry

1. P. Lowe	Mand	38.22
2. D. Gamble	Mand	38.25
3. A. Pearson	C&E	39.06
4. V. Rutland V	Mand	39.18
5. F. Smith	Salt	39.26
6. J. Blackett	CraggHill	39.34
7. B. Firth V	Mand	39.44
7. M. Saunders	MDC	39.44
9. K. Wood	Salt	40.16
10. R. Laws	S'boro	40.24

VETERANS 0/40

1. V. Rutland	Mand	39.18
2. B. Firth	Mand	39.44
3. J. Williams	Mand	42.17
4. C. Pattison	Dari	43.33
5. S. Williams	Mand	44.44

VETERANS 0/50

1. R. Stevenson	Mand	45.48
2. D. Middleton	NewAyc	48.03
3. B. Harrison	CLOK	48.10
4. R. Puckrin	Loftus	49.54
5. N. Dyson	Mand	53.00

LADIES

1. J. Smith	R'trees	45.40
2. A. Bedwell	MDC	46.31
3. S. Wright	Mand	47.27
4. C. Garland	Mand	50.44
5. J. Schreiber	P&B	51.40

JUNIORS

1. R. Laws	S'boro	40.24
2. D. Archer	Mand	44.05
3. D. Gill	R'trees	46.19

**AULD LANG SYNE
5m/800ft 31.12.94**

Run out the old, run in the new - this new phrase could apply to Ian Holmes who won the Auld Lang Syne race, and the New Years day Bob Smith five miler on successive days, but in different years.

Arctic conditions forced the organisers of this six mile, one thousand feet, to delay the start fifteen minutes to allow runners to arrive. In fact until about twenty minutes before the eleven thirty start, only twelve people had entered, but by eleven forty five, one hundred and thirty seven people took part. Biting winds and blizzard conditions with snow underfoot caused the race route to be shortened, to up and down the Stoop route. It was decided it was safer to send people up to the Stoop and straight back down, thereby keeping them off the skyline. Snow had already started drifting two to three feet deep. By start time the blizzards had relented, and the course

looked picturesque, but by the runners return the blizzard had restarted, endorsing the safer route choice. The Stoop marshal, Dave Stevenson, described the scene as "looking down over the expanse of white snow, it was amazing to see a dark chain winding its way upwards. It wasn't until they approached the summit, you realised it was runner turning the pure white to black as they broke through with each footfall." Carol Greenwood clinched her fourth victory in five days, adding to Whinberry Naze, Beacon Hill and Barnoldswick. Although absent from the fells for a while, with a troublesome hip, Carol has been excelling at Cyclo-cross, with numerous triumphs verging on International selection.

In keeping with the tradition of New Years Eve, all prizes were specially brewed beers, with Fatboys Cider, Piggy Stick, Old Growler, Bishops Tipple and Old Fart being just a sample of the stranger brews on offer. The first fifty, and all ladies also received a small bottle of beer at the finish. Mind you, few sampled theirs, as it was the free hot coffee and biscuits which were in demand.

Darby and Joan

L I Holmes	Bing	30.08
2. C. Donnelly	Eryri	31.02
3. S. Willis	Sadd	31.10
4. R. Hope	Horw	32.29
5.1. Ferguson	Bing	32.43
6. J. Butler V	KlyRR	33.26
7. D. Woodhead	Horw	33.43
8. M. Woods	Unatt	33.45
9. N. Stone	Stoke	33.48
10.D. Gartley	Gloss	33.52

VETERANS 0/40

1. J. Buder	KlyRR	33.26
2. J. Hope	AchRat	36.15
3. J. Lindop	Saif	36.38
4. T. Parkinson	Bfd/Aire	36.49
5. J. Dore	Roch	36.52

VETERANS 0/50

1. K. Carr	Clay	36.11
2. H. Stansfield	Eryri	37.37
3. T. McDonald	Bing	38.32
4. D. Quinlan	Bing	39.07
5. J. Sykes	Fellan	39.30

VETERAN 0/60

1. J. Newby	Tod	45.09
-------------	-----	-------

LADIES

1. C. Greenwood	Bing	36.04
2. S. Rowell	P&B	37.03
3. N. Wilkinson	Black	41.24
4. O. Becker V	Fellan	41.29
5. J. Greenwood	Baildon	42.51

JUNIORS U/18

1. M. Drake	CalderV	39.14
2. B. Green	Spn	44.15
3. A. Green F	Spn	50.40

APPLICATION FOR MEMBERSHIP OF THE FELLRUNNERS ASSOCIATION [FRA]

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[Renewing members please contact the membership secretary]

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Race Review: REEBOK MOUNTAIN TRIAL SEPT. 10th

New sponsors Reebok took over from the O.S., reverted to the more traditional name for the race and broke the run of good weather the race has had in recent years, which was unfortunate as it resulted in the lowest number of successful runners in the last 20 years.

Given the conditions the low turn out wasn't surprising and L.D.M.T.A. founder member Harry Griffin described it this way. "All day long towering curtains of rain swept Buttermere, dark, grey clouds crowded the summits and shattering gusts of wind whipped the waters of the Lake." And he was in the marquee at Croft House Farm! Quite a few folk turned up for a chat on the field, having already entered, but were sadly unable to run due to sudden or recurring injuries.

The courses headed North then circled East via Dale Head, across Honister or via Borrowdale to Seathwaite Fell and back via Searth Gap Pass. The majority of runners settled for low level routes, dropping down to the roads to approach both Dale Head and Seathwaite Fell.

Approaching the finish Gavin Bland had given up the idea of his third successive win, as cousin Jonathan was well ahead, having set a blistering pace. It was too much however, and he retired into the finish without taking in the final controls. Unaware of this Gavin sauntered across the line and was amazed to be told he had won. Jonathan's retirement cost Borrowdale the

team trophy which went to the veteran Kendal team of Phil Clark, Mike Walford and Hugh Symonds.

In the shorter ladies race Jean Cory-Wright won the Ted Dance Trophy by just one minute 16 seconds from Kate Arnold and Ambleside took the team honours. The O.S. generously offered a specially printed sheet for the race and Reebok U.K., originally established by Chris Brasher and John Disley who were runners in the early Mountain Trials, are committed to support the race for

at least 2 more years, let's hope they get better weather.

RESULTS.

MENS. (20 Miles/8000' ascent approx.)

1. Gavin Bland	Borrowdale	4.15.01.
2. Phil Clark	Kendal	4.37.15.
3. John Rye	Thames H&H	4.57.32.

LADIES. (15 Miles/5000' approx.)

1. Jean Cory-Wright	Keswick	3.42.50.
2. Kate Arnold		3.44.06
3. Alison Crabb	Ambleside	4.01.29.



*Joss Naylor, head down behind M. Garrett crossing Dale Head
Photo: Rob Howard*

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HIGHLAND FLING

(A continuous traverse of the Munros on foot)

"Is it feasible," said the physio, "that given you are unable to bend your legs sufficiently to reach your shoelaces you will be able to complete this venture without removing shoes and socks? Fourteen hundred miles seems a bit much."

"Shoe and sock," I corrected, "the left leg is OK."

"Quite an improvement," said she, three months later. "You'll probably manage the shoes and socks. But 1400 miles and 410,000 ft? - still seems a long way."

Sod's law that half the reason for early retirement was to create the space for a continuous traverse of the Munros and now decrepitude was sliding (or rather, hobbling) into that space. Oh well, give it a go. Buy a large van, fill it with food, draw lines on maps, instruct the wife in various duties not expressly stated in the matrimonial contract and off!

Plan A came immediately unstuck. The Sound of Mull was too choppy for me to canoe to Oban. So after climbing Ben More I did an extra 10 miles on foot and caught a ferry; preferable, I thought, to a burial at sea. There is a lot of road between Ben More and the first mainland Munro of Ben Cruachan. I was beginning to wish I'd planned to use a bike, but not doing so made the ethic simpler. It felt good to get onto the hills and Cruachan for me marked the real start of the hill journey. My planning had been to put together days of around 18-25 miles with climbing in the range of 5,000 - 10,000 ft. I didn't expect to be able to keep this going but rest days would, I hoped, arrange themselves around weather patterns. If I'd followed this scheme I would still be out there. A fortnight of cold, dry conditions was succeeded by 2 months of generally wet weather. After Cruachan my tracks led steadily E towards Ben Lomond, the most southerly Munro. The master plan was to make W-E zig-zags which would trend steadily N until I topped out at the most northerly Munro, Ben Hope.

Nice plan, shame about the legs. After conquering Loch Lomond by canoe the ensuing big day which took me to below Stobinian enforced a shortening of the next. This became a pattern. I could manage any of my longer days but did not always relish an immediate repeat performance. I let legs and the weather decide when I should shorten a day. Despite these two unreliable variables I was surprised how well my original schedule held up. After the Munros S of Crianlarich the outliers of Vorlich and Chonzie

devoured much time for few summits though Chonzie, on a serene May evening, was unexpectedly fine.

Turning W I executed zig-zags in the Mamlom area (Section 2 of the SMC guide). I spent 5 days on these 26 Munros instead of my scheduled 4. I was not displeased with progress so far but wondered what would happen if/when the weather broke. The question was soon answered. We had one more fine day covering the horseshoe of peaks having Starav at its apex, then my push over the Black Mount Munros to Glen Etive was halted below the Buchaille (Etive Mor). Wind and rain abated a little next day. Two of my sons had appeared and were keen to stretch their legs. It was permissible to stretch legs, necks were not in the plan. I found myself, in thick mist and snow, leading an assault on the icy head-wall of the SE ridge of Bidean nam Bian - armed with a deer's antler. We transferred to the very relative safety of a greasy outdrop, survived and managed to find lesser snow slopes on the descent. The snow fields remaining after the great falls of '94 were impressive and, in mist, problematic. Yesterday I had met two enterprising Scots on Meall a' Bhuiridh, on their way to ski the head-wall of Creise. I indulged in numerous glissades myself. They followed the usual sequence of standing, sitting and falling in quick succession. Being a responsible sort I always had a stick or piece of rock ready for self-arrest. Compulsive thing, glissading.

For the next three weeks Inken and I had company as three friends took it in turns to join in. A good thing as the weather was miserable. However, a dry, breezy traverse of the Aonach Eagach partly made up for the appalling rain over the Mamores and a white-out on the Ben, I was glad of Paul's (Murray) company on these miserable days. Due to foul weather it took two attempts to get from Loch Treig to Culra bothy below Ben Alder. However, the day after in thick mist I tootled over the 7 Munros N of Alder and S of Laggan finishing the days at Dalwhinnie. On Craig Pitridh I exchanged greetings with another Munroist. Being too embarrassed to tell him I'd also been over the Aonach Beag Ridge, I only owned up to the other two Munros. He kindly offered me a lift from Loch Laggan to Dalwhinnie and I had to think of a good reason I couldn't accept. I usually kept quiet about what I was trying to do. Being of a sensitive nature I find hoots of derision or worse, rank disbelief, hurtful.

After minor gales around Drumochter (section 5 SMC guide) the weather improved. John (Richardson) and I rung the Ring of Tarf from Meall Chuaich. The 11 Munros from Glen Tilt to Glenshee with Don (Talbot) took a more leisurely two days. Next day our only heatwave saw Inken and I roll over 10 of the 'subdued eminences' of the Mounth. The most easterly Munro, Mt. Keen, was a literal and psychological turning point. One more big sweep west and thereafter all zigs and zags would be small ones. I was now approaching the half way mark in both time and summits. However, before we reared the mighty barrier of the Cairngorms and again the weather was deteriorating.

Here, Inken and I had our only disagreement. She strongly advised a 3-day traverse of the 17 Cairngorm peaks but I insisted on a 2-day 'bust'. I was worried about the weather breaking down. Her concern was for me breaking down. We were both right. On day 1 with Don's magnificent help I covered 9 of the 10 summits from Ben Avon to the Lairig Ghru. Descending wet through from Derry Cairngorm at 10pm to camp at Luibeg I got a real earholing from Inken for playing out late ('dinner ruined', etc., etc.). But she was far more contented when next day she accompanied me on another 16 plus hour day to complete the Cairngorms at Glen Feshie. She had been right through. I disguised the limp until I came to some woods where I hid and waggled the bits about until they were working again, sort of.

I was vindicated too. The ensuing storm forced a 2-day traverse of the Monadh Liath and relented little for the Creagh Meagaidh group. Waterlogged, I enlivened things by getting lost on my way to Loch Lochy, but worse was to come. Don returned home and I faced a wild, wet day over Gulvain alone. Still, I was surprised to find myself lying on the wind like Batman trying to get downhill and shouting 'I just don't want to be here!' Another voice said 'well you are, so shut up and get on with it'. So I did. Next day was the first dry one for nearly a week and it was wonderful to stride the rough ridge N of Glen Dessarry, finally descending urr na Ciche to prepare for the Knoydart traverse. In the meantime, while carrying out to Sourlies bothy Inken had fallen off her bike into a stream where the 501b sack pinned her for some time. To counter this, next day I nearly drowned several times crossing Glen Camach and narrowly escaped being swept away by a foaming torrent after a geriatric wobble. Between Meall Buidhe and Luinne Bheinn I got quite misplaced and it took several re-locations (i.e. wandering

around bleating) before my skilful efforts were rewarded by the mist lifting.

I arrived on Ladhar Bheinn exhausted and feeling very humble. I'd been through some humbling experiences since the trip started. But the mountain received me as a cathedral may receive a poor sinner, or maybe with rather more compassion, and sent me on my way with a calmer spirit. Thus, after 40 days of wandering in the wilderness I took a rest day and ate bacon butties. It was wet, but next day blew a gale and it was even wetter. Buried under Goretex I went peak to peak on the 7 Munros of the Cluanie Ridge (W-E) in 4 hours. I then waded back to Glen Quoich and another soggy camp. At 9pm merry laughter! Sons Gerard and Liam had found us. (Laughter was because they'd set off twice, once without the tent).

The lads lifted flagging spirits and guided my steps to Skye. The Skye Ridge was 'the last great problem'. It was almost completely unknown to us. I knew however, that I needed at least one good day and I needed expert help. I got both. As I climbed Bla Behinn the clag at last lifted and a perfect evening saw us carrying out to Loch Coruisk. At 4.30am Alpenglow lit the ridge and kindled fires within us. At 8:00 Liam and I met Jed Scott and his son Andy for the first time. Jed had done the Ridge 30 years ago, he was a fellow

member of the Rucksack Club and he 'thought' he could find his way! Andy couldn't find his way but could climb anything!

They were great. Going slowly and steadily they never put a foot wrong and

16 hours after leaving Coruisk we arrived on Sgurr nan Gillean - narrowly missing Gerard who arrived minutes later having run up from Sligachan in 80 minutes. 'Tired but happy' I plodded back to the mainland and more mixed weather. Three days after Skye I had my worst attack of fatigue. Joining the 5 Munros N of Loch Cluanie with Ben Attow and A'Ghlas Bheinn I was on my stumps as we clocked into Alltbeithe YH. Fortunately, next day was superb for walking and with Gerard looking after me we completed the 8 Munros N of Glen Affric slowly but in good order.

After the 'Farrar Four' the lads had to go. Part of me went with them yet they stayed with me. Only Inken and I to the end now. The remote cluster of hills W and N or Monar seemed lonely under the weeping skies. Plans to introduce Beinn Alligin with the Munros S of Torridon came unstuck in heavy rain. A perilous ascent/descent of a gully on Maol Chean-Dearg partly choked with old neve and perched blocks unnerved and slowed me. At 7:30pm I couldn't face Alligin. It

was not until the ascent of Liathach next day after 36h of heavy rain that spirits were restored. On the ridge the mist lifted and views became magical, particularly to the fairy castles of the North. I came down smiling - at last. Only two or three really big hill days remained. I prayed for fair weather for my journey over Slioch and the Fisherfield 'Big Six' to Shenavall bothy. I didn't get it, but conversely the 13h solo traverse of 24ml and 10,000ft in mist and rain restored my self-confidence. A day to put alongside the Cairngorms. I began to believe I could do it.

A high camp selflessly carried out by Inken to the W end of the Fannichs gave me a perfect attack point and a carefree day in fine weather, if only there had been more days like this instead of the war of attrition. The penalty of an all foot journey was painfully underlined as I walked, limped and jogged the busy A832 to Garve. Then an early morning ascent of Ben Wyvis started a long day heading N into the last group of Munros around Beinn Dearg. And below Beinn Dearg amid a remote, beautiful mountain environment and surrounded by sparkling lochans we had our highest, finest and last camp. In the balm of a sunlit morning I walked over to Seana Bhragh.

I was joined by a fellow camper, sadly alone after the recent death of his wife. He was heading S after scattering her ashes from Ben Hope.

On Conival I completed my Munros - in typically wild, wet weather. I had no urge to celebrate. The journey was not yet complete. After Ben More Assynt only 2 Munros remained. They were however separated from each other and me by long stretches of road. I was determined now to make an end of it. I pushed the day out to 35 miles and stopped under the penultimate Ben Klibreck. Next day, quite unnecessarily and to Inken's disgust, I rose at 5:00 and enjoyed a clear traverse of a breezy Klibreck before joining battle with the 12ml of road from Altnaharra to Ben Hope. Assailed by motorists on the single track I took to walking down the middle flourishing my walking stick; this, coupled with my by now full patriarchal beard, proved an effective ploy.

Disdaining the onset of yet more heavy rain Inken and I raced to the top of Ben Hope, the final Munro. We sat on the summit cairn drinking drams to absent friends: Paul, Don, John, sons Mark, Gerard, Liam and Jed and Andy, thank you all.

For 'keepers of statistics: my time of 66 days and 7j was just 15h faster than that of Hugh Symonds in 1990, but I need not remind you that Hugh ran on to polish off the 3,000ers of England, Wales and Ireland, all on foot; a magnificent achievement. (There again, I believe Hugh could tie **both** shoelaces with ease before and after the venture).

P.S. In December after studying x-rays of my hips my doctor has found the solution to the shoelace problem, it's called 'replacement hips'. Curiously enough, I apparently need **two** of them. If you get overtaken by a Zimmer frame, wave, it's probably me.

Mike Cudahy

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* PLEASE QUOTE - REFERENCE F.R.10 *

British Gas Calderdale Way Relay 11 December 1994

98 teams were entered for this year's Calderdale Way Relay, of which 96 set off from Clay House, West Vale at 8 a.m. After the disastrous weather of last year, this year's race followed one of the warmest December nights on record. The strong South West winds, extreme wet underfoot and carrying of safety equipment did however take its toll, with times generally well down on previous years.

Congratulations to Pudsey & Bramley Harriers who won the event for the fourth time in the last seven years. They were pushed all the way by Bingley Harriers who were in the lead at the end of legs 3, 4 and 5 but finally succumbed to finish 1 minute 8 seconds down. Next were Clayton-le-Moors who were third at the end of every leg except the first and finished over 12 minutes in front of fourth placed Horwich.

Clayton-le-Moors Ladies won for the 7th time, though they were closely pushed by the Scottish Hill Squad who were only 95 seconds behind with Pudsey and Bramley less than 10 minutes away in 3rd. The 2nd prize however was awarded to Pudsey & Bramley since the Scots had a composite



Ladies lead at Shaw Croft
Photo: Allan Greenwood

team and it was agreed on acceptance of their entry that no prizes would be taken.

First Vets team home was Horwich in a highly creditable 9th place overall with Clayton Vets less than a minute behind in 10th overall. The only records which were approached this year were Pudsey and Bramley ladies on leg 6, 15 seconds outside the record set by Clayton ladies in 1992 and Bingley 'A' on leg 4 with Holmes and Peace 90 seconds outside their own record set in 1991.

The organisational short-comings revealed by last year's freak weather conditions had all been addressed and although there were still some aspects to improve upon the day was a great success. Keighley Road Runners were disqualified for failing the kit regulations and in future there will be more spot checks so you have been warned.

The organisers would like to thank the F.R.A. for their help and guidance this year. Thanks are also expressed to the numerous members of Halifax Harriers, their friends and relatives without whose valuable assistance this, the country's largest fell race, could not have been held. The 1995 event, although not in the calendar will be held as usual on Sunday 10 December.

RESULTS

1. Pudsey & Bramley	5.58.38
2. Bingley	5.59.46
3. Clayton-le-Moors	6.07.04
4. Horwich	6.19.29
5. Keighley Hill Runners	6.19.44
6. Rossendale	6.19.59
7. Dark Peak	6.20.22
8. Todmorden	6.22.19

VETERANS

1. Horwich	6.25.03
2. Clayton	6.26.00
3. Holmfirth	6.43.14
4. Bingley 'B'	6.43.28

LADIES

1. Clayton-le-Moors	7.46.27
2. Scottish Hill Squad	7.48.02
3. Pudsey & Bramley	7.57.23
4. Bingley	8.13.48

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Afer the recent controversy over 'toilet issues', an item in 'Strider', the magazine of the LDWA on 'delicate matters' caught my eye. The request was what to do with toilet paper after using it when caught short in the hills; the response was that toilet paper was unnecessary - a natural alternative was available in the form of sphagnum moss. This magic substance is common on British moorland, grows on land with poor drainage - so contamination of domestic water supplies is unlikely and actually grows on previous generations of moss rather than in soil. And I quote

"Pull out several handfuls. You will find it comes out easily, and instead of roots, is has feathery moist tendrils that are very clean and totally soil less. Use the hole, then use the moss as toilet paper - downward, moist side first, then the top side, which will be dry if its not actually raining, and replace the handfuls firmly. You will find that it is much better than even the most luxurious toilet paper."

A warning is added - don't ever try grass, heather, bracken or other vegetation - it results in 'sticky fingers and a prickly backside'!



Crossword

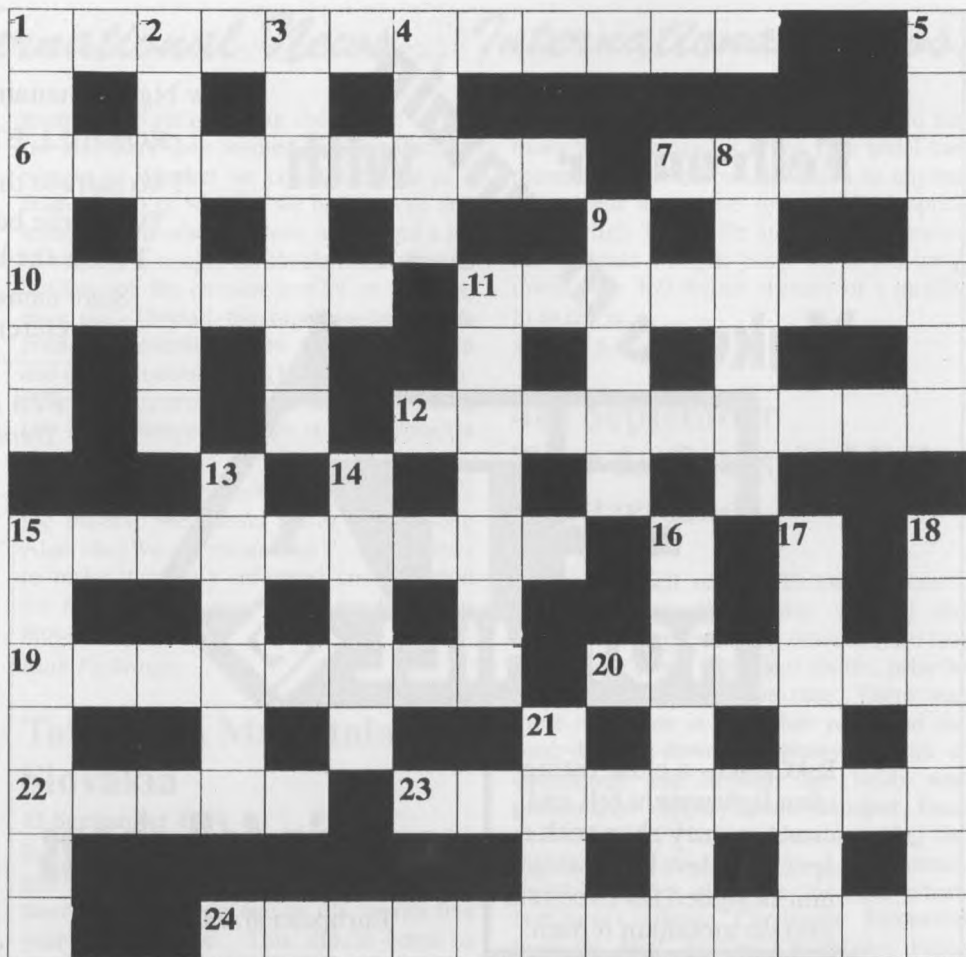
Winners of the last crossword were Steve Bell, Hunters Bar, Sheffield; E. Bland, Thirlmere, Keswick and Stuart Oglethorpe, Sheffield. Copies of Phil Taylor's book are winging their way to you. This time, again, a theme - across clues are all items that might be used/worn before or during walking/running, down clues are normal.

Clues Across

- I. Wrong sunshine, missing point, for feet (7,5)
6. Do lac grow on them? (4,5)
7. Stallions on lac (5)
10. Half of lac, to walk in (6)
- II. Card in Row D that keeps 15ac closed (8)
12. Action sari around for use with 10.(9)
15. Flatulence, no doubt, keeps flatulence out! (9)
19. Tops 12 for criminal shower (8)
20. see 22
22. Love sobs with relief that these are packed for warmth (5,6)
23. Battle gear? (9)
24. Current Scottish trousers keep warmth in! (7,5)

Clues Down

1. Sire, Bill makes it laughable, without learner! (7)
2. Goon, coining a new word with ley? (7)
3. Enter model type of mechanical where one shouldn't (7)
4. Area of Earl? (4)
5. Lives about teams (7)
8. No coy model, this entrepreneur! (6)
9. Weaving tales (5)
11. Hard best friend is a rock! (7)
13. A river is Greek God (6)
14. Died with poor brew, brewer gets blamed! (5)
15. Singing bird? (7)
16. Fur slashed for tonsure (7)
17. Across clues with eon - nonsense! (7)
18. Informal wear for temporary labour (7)
21. Jumper from jumping leaf (4)



T-shirts
to first three correct
entries drawn from
the editor's bumbag
on May 1st.

THE BEN RACE THE SUPREME TEST OF ATHLETIC FITNESS.

HUGH DAN MACLENNAN. 218 PAGES, PUBLISHED BY THE BEN NEVIS RACE ASSOC.

If you ran at last years Ben Nevis Race you will have had the chance to order this book in advance, as it was completed immediately after the race to celebrate 100 years of running on the Ben. If you did so wondering just what you were going to get for your money you will, like me, have been pleasantly surprised. This is a magnificent book, professionally researched and produced, superbly illustrated and a fitting tribute to a century of sporting endeavour on our highest hill. Since William Swan made the first timed ascent in 1895 the history of running on the Ben has taken many fascinating twists and turns. Documenting them all, and publishing a full results archive (including last years in full) could easily

have produced a dull and dreary book, but the author and his many helpers have brought the personalities and the passions to life. Most notable among these are the achievements of Eddie Campbell, who won in 1952 for the first time and completed 42 races last year, 16 year old Kathleen Connochie who was banned just before the start of the 1955 race (on the basis of sex not age), but made a solo run anyway, the tragic death of John Rix in 1957 and the infamous cancellation in 1980. The text is backed up by a stunning collection of archive pictures, some from the last century. They show huge crowds in the early days of the race and there are familiar faces in the more recent shots, though no crowds watching them. There are

also sketches, maps and even a few poems. There are few books about our sport and none that I can think of as good as this. Perhaps Bill Smiths "Studmarks on the Summits" qualifies but when that came out I made the mistake of leaving it too late and the print run was sold out before I got a copy. This time I got in first and I suggest you get your copy of the "The Ben Race" while you can. They are available from; Alister MacIntyre, Algarve, Banavie, By Fort William for the bargain price of £10.99 p&p included. (If anyone has a copy of "Studmarks on the Summits" gathering dust please get in touch!)
[R. H.]

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*ETA competition, 13 Greenside,
Denby Dale, West Yorkshire
HD8 8QY.*

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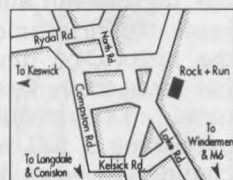
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The Maclehoose Trail Run, Hong Kong

October 28/29 1994
100km/15000'

It's not often in life that your expectations of something are superceded; if anyone had told me that I would run one of the most scenically spectacular races of my life in Hong Kong I simply wouldn't have believed them!

It was a hot Wednesday evening, Singapore hot. The last thing on my mind was running 100km; I'd been working hard at getting up to running 20k, and I felt that was my absolute limit. Then the telephone rang.... It was Graeme from Hong Kong, a warmly persuasive Scot who we'd met at Kinabalu he was now asking whether I could make up their four person team for the Maclehoose which was "the day after tomorrow!"

It was only when I was on the plane that it occurred to me that 100km was a long way, and that I hadn't done any distance running for months, let alone going up and down hills. The heat is the only excuse you need for not training out in the tropics; so I consoled myself with the fact that even if I had known about it earlier I couldn't have done much about it.

The Maclehoose Trail Run is organised by the British Army and The Hong Kong Bank. It's not predominantly a competitive race, the main point is the money that the teams of four raise through sponsorship for charities. Many people actually walk the route and take 48 hours, even stopping for the odd sleep! However, many teams do run the whole way and although there are no prizes it does become competitive.

The race started at 11am on Friday; the weather was hot and sunny but as Hong Kong is nearly a four hour flight from Singapore it wasn't as humid and night running temperatures were very pleasant.

The trail itself passes through The New Territories and then along the hills overlooking Hong Kong itself. The coastal scenery was reminiscent of the West Coast of Scotland, and the hills were very Scottish at times too; the landscape was also quite Mediterranean in feel with scents of wild thyme and pine with white sand beaches.

There was such a variety of running terrain that it's hard to generalise about the route although none of it would be what fellrunners would call rough running. There was always plenty of scenic interest to take your mind off the distance, even at night - running over the hills above the city it was like looking down on a fantasy Walt Disney film set with the millions of lights and the aircraft coming into land which were lower than we were.

A good eight hours of the run was done in darkness which was quite difficult, especially when one torch failed at the start of a three hour section. Unfortunately two of our

team had to retire during the course of the run and there then seemed to be conflicting reports on whether we could continue as a team of two or whether we had to wait and team up with other runners; we wasted a lot of time at a couple of checkpoints waiting but later on the checker just let us carry on as a pair. Overall the organisation of the event was excellent; you were checked in and out of control points by a bar code computer strip around your wrist, it was a bit like being beeped through at a supermarket checkout.

I returned to Singapore with the weekend's job papers "We should go to Hong Kong Alan, they've got mountains!" However to make it a truly informed consideration his first question was "How much is beer though?".....

Ruth Pickvance

Tatranska Magistala - Slovakia

11 September 1994

British runners are a scarce commodity in this 22km Slovakian mountain race: in fact there has only been one in it's twenty five year history. Me. This should come as no surprise as publicity for East European mountain races is rarer than rocking-horse droppings in the UK.

Results were not surprising either.

- 1. **Vladimir Marciciak** Slovakia (youth) 1.42.16
- 2. **Roman Cudmak** Slovakia (youth) 1.45.20
- 3. **Peter Matos** Slovakia (youth) 1.46.36
- 49. **Mike Browell** Great Britain 2.42.56

55 started

The race was an eye-opener in more ways than one. The High Tatra scenery has to be seen, a cluster of spikey mountains rising out of a plain with a skirting of conifer forest. Over a total of 22 kilometres (half marathon) on rocky trails the leaders set a hot pace. So hot that when I reached the first control, they were history and the supporters had binoculars focused long distance. There followed some 650 brutal metres of ascent, most of it in a straight climb up zig-zags from Popradske Pleso to a col at Sedlo Pod Ostrvou.

On any British race the zig-zags would have been short-cut by a direct line but under East European morals that wasn't permitted. All runners stuck religiously to way-marked paths.

Refreshment stations served lukewarm black tea; at least I think that was what it was.

The winning time would have been quite respectable for a road half marathon so it was mind-bogglingly fast for rocky trails.

Everyone stayed for the very formal prize giving and watched the three winners in each age category step up onto the podium to receive applause and prizes. Rather more ostentatious than our casual affairs.

The race organiser would dearly like to see more West Europeans at his race and I can recommend it without hesitation to anyone who needs an excuse to visit the inspirational High Tatra. Or anyone who fancies the ultimate bungee jump off a ski-jump tower with 360 degree scenery of a quality fit to die in.

Mike F Browell

4th September Tour du Dents du Midi (Switzerland)

44km 2890m

Heavy rain fell on the Thursday when I arrived and on the Friday when I did another reece of the tricky descent from Col du Susanfe down ropes and chains, prior to my third running of the race. There was more mud than in the other years and the final descent down the grassy ski run at Chindonne and through the fields was particularly slippery. Jose Lambert from Colombia and Norbert Moulin battled for the lead till the climb to Lac Anteme, the third major climb in the race where last year's winner, Christophe Jacquerod took the lead. Fellow Colombian, Fabio Villafrades, heeded advice from organiser Claude Defargo after last year's race that the race begins at Lac Anteme and came through to second over these last relatively flat 15km. In the race from Champéry to Verossaz over the second half of the course, Patrick Viene narrowly beat Francisco Sanchez (2.02.17 to 2.02.18), the Colombian running in road flats missing a vital flag.

After three attempts at this race I still feel I have not reached my potential over the course and handicapped myself this year by an overcautious slow start and indigestion necessitating more involuntary stops than in other races(!). So I'll probably be back next year but then the course is one of the most beautiful I've run in my career.

This race formed part of Gilbert Hirschy's Supermarathon championship and winners in three categories won free trips to the Nepal Supermarathon.

1. Christophe Jacquerod	Chermex	4.39.59
2. Fabio Villafrades	Colombia	4.42.02
3. Meinrad Fleischmann	Langnau	4.48.53
4. Norbert Moulin	Volleges	4.51.21
5. Stephane Millius	SC Choex	5.02.25
6. Robert Berchbuehl (1st Vet)	Kinolfingen	5.05.07
7. Patrick Lambert	France	5.06.53
8. Pius Mathis	Malters	5.09.06
9. Jose Lambert	Colombia	5.10.09
10. Jean-Michel Lenta	France	5.14.29
15. Hugo Balduchelli (2nd Vet)	TAC St-Maurice	5.26.18
17. John Blair-Fish (3rd vet)	Camethy	5.27.06
22. Werner Schweizer (1st Super Vet)	Gland	5.34.11
42. Catherine Mabilard (1st Lady)	Troistorrents	5.58.34

John Blair-Fish

Pikes Peak Revisited

Legendary as "The Ultimate Challenge", why? because if they called it "The Ultimate Madness" they'd need a dozen psychiatrists to certify us all and their fees would treble the entry cost.

September '92, some eejit from Runner's World (U.S.) writes glowingly about The Arkansas Hogs and their annual pilgrimage to Pikes Peak. There being no health warning on the cover I innocently read the article. August '93 I am on the Pikes Peak Ascent start line, one step later the terminal madness begins. I survive this first bout and three hours twenty one minutes later I stand at the summit, sound of limb and hearty of soul. No matter that a fellow Brit, Lew Miles is unimpressed that I have come all this way just to do the Ascent, no matter that later in Boulder Veronique Marot is similarly unimpressed that my time was only for the ascent.

August '94, a whole year in which the body had recovered but the mind, alas, had not. '93s hypoxic heady high was about to induce a second bout of the madness. This attack was to be twice as severe, buoyed by a summer of Alpine races, I had switched from the Ascent to the full marathon.

Saturday 20th, I absorbed the Karma in the Carpenter abode. Pre race pasta bashing, I was encouraged that the meal volunteers remembered me (something to do with red hair), from the year before.

Sunday, zero hour, as prepared and relaxed as it was possible to be at the start of a marathon peaking at 14100 ft. The weather was perfect, I should have accepted there and then the good fortune the Great Manitou had showered down on me and not tempted fate, but where angels feared to tread I started running.

I skipped through town and then turned left up to the Cog Railway. Suddenly my mind and legs started arguing. Despite the months of preparation head office had forgotten to in-

form my legs that there was a hill in this race. I hit the Barr Trail, my mind was losing the dispute, I managed 1/2 hour of running compared to 2 hours the year before. Disaster with a capital F.

4 to 5 miles on, flat trail and, horror of horrors, downhill! How the hell was I going to stagger up that on the way back? Eons later somewhere below the mythical "Cirque", "Rhino Allison's" dulcet tones started booming down from above. The altitude was getting to me, I was surely hallucinating. Rhino heroically hailed everyone in at the finish-hours of ceaseless patter - there was no way he'd be able to get back down in time to greet the leaders. Turns out he'd left a pre-recorded tape at the top to surprise us.

400 yds (4 minutes!) from the summit turnaround, I was stirred from my exhausted stupor by a rallying Carpenter was whoop - "Babs you animal, good job". 3 hrs 38, Sanctuary I. A queue formed as we waited to get our numbers marked. The officials kept apologising and thanking us for being patient. Were they kidding or what? I would gladly have stood there till Christmas to avoid the descent.

Another message of good cheer - "Hi Pommie" from the lady who marked my number. Spirits lifted, I wheeled about, grabbed a handful of grapes and freefall. Home legs and dont spare the Nikes. I flew down the first 4 or 5 miles, ricocheting from rock to rock, gliding over gravel, showing them what a British fellrunner could do! "On your left" "On your right" I hissed at the shuffling zombies in my path. "Runner", "Coming down", followed by a second glance and "Looking good" went the cries ahead of me. I smoked (and inhaled!) the rare air, the voices became a chant swirling like a vortex around me pulling me on further, faster, lower. My feet no longer touched the ground, I was rolling on the highest trip ever.

Then came "The Fear". The pain thudded into my back, loins and stomach, they felt like a Manchester United practice ball. Wings clipped 1 plummeted to Planet Earth. I walked, when that became too painful I crawled, following the advice of the race handbook. Physically the pain eased by

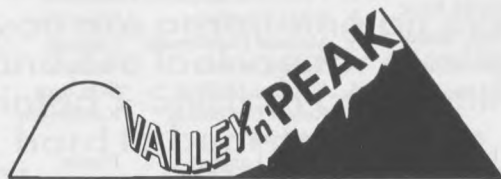
mentally it grew as more and more "shuffling zombies" passed me!

When self abuse brings you to death's door (as opposed to a bullet, while acting heroically in a move) the slightest provocation can make your blood boil. And it boils at a lower temperature at altitude! Distance markers at 5.9, 4.9 etc. miles to go.... A whole extra digit for me to read. Double the neurons firing. Double the ATP molecules consumed. Even the single digit 0.9 had more ink for me to register than "1". No wonder I was shattered. My next walking spell became a determined stride, I'd find the miscreant responsible and sort them out if it killed me.

My resources were further sapped by a guy from Boulder. Since the last mile of ascent I had heard him merrily chatting to all around him. At my lowest ebb he got me running again but then latched onto my accent and tried discussing football (soccer) with me. I failed him dismally due to lack of knowledge and life. After 10 minutes I gave up trying to grasp monosyllabic answers and run, I ground to a halt. He took up with a passing group and immediately burst into hearty voice on another subject. I realised that he was unaffected by the lack of oxygen because he obviously didn't need to breathe while running.

A mile-ish to go, I was kickstarted again by Harold, a Carpenter spy who sped by tutting that he would report me for walking. I shuffled, to jog to run. I started to refocus; - There was no way I would ever do this race again so this one time I had to finish. - The shouts of "Good job" started coming thick and fast, carrying me down off the trail and onto the road. I even started replying. - Above the noise I could hear the cries of my Hershey chocolate bar at the finish wanting to be released from its foil prison. - I began to chase the "Ultimate Water Bottle" bouncing along ahead of me.

I ran the 2.9 plus miles between the 0.9 mile and half mile to go markers, the bottle got nearer, I could almost sip from it worryingly it had grown arms, legs and in fact a whole body. I smiled and waved to the crowds. Roger Allison struggled to pronounce my name, left turn - Sanctuary III!



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CHARMOUTH TO GOLDEN CAP CHALLENGE

Saturday, 8th July, 1995

Start: 2.45/3.00p.m. Charmouth School.

8 miles/1600' of very mixed terrain through the spectacular coastal scenery of West Dorset, including the highest point on the south coast. 4 mile/500' fun run for the timid and the short-legged and a fete for the support crew. The venue is within yards of Charmouth's famous fossil beach and two miles from Lyme Regis. Somewhat further from oop north, but well worth the trip.

Entry form/information: Gordon Hathway. Tel: 0297 560033
 1 The Lawns, Charmouth, Dorset DT6 6LR. (SAE please).

Main Sponsor: Lyme Bay Holidays. Tel: 0297) 560755.
 Self-catering holiday accommodation in the Lyme Bay Area.

Beneath an unforgiving finish clock they gathered to give me the last rites. Stooped at the waist I stood watching and feeling every knot in my adductors begin to undo. Someone realised I had not quite expired and tried to finish me off. I fought her off till I realised she was not strangling me but trying to put my beribboned medal around my neck.

Finish plus *h* to 0.9 hour - drifting back and forth throughout of body experiences. Then the vomiting, self-projectile - everything I had drunk on the descent and an orange quarter - real fruit pieces! Feeling better I drank some water, lay down and curled up. A screech of brakes woke me some time later. "Yes, I was fine" I lied "Yes I had done the race. Yes it probably was safer lying on the pavement rather than on the road. Thankyou". I stood up and stepped towards the curb, dizziness, nausea, more vomiting. I kept getting these reminders of my stomach's presence for hours. In the midst of it all I heard

- a. Matt consoling Terrie (P.b by 3 hours in 1993!) about her race. Race? What race? Had I missed it?
- b. Repeated encouragement to eat (pasta), drink (water), and be merry.

Back Chez Carpenter I put in my fastest running of the day - to the loo, then staggered to bed.

Happy Ending Morals

- 03:00 hours Monday, Hershey bar, released, consumed, retained.
- Sunday is church day. If you do ungodly things you deserve all you get.
- Don't get your mind bogged by the awesome potential of the Carpenter Computer Chip, Pentium whatsit dooberry, the day before the race.

1995 Master Plan

- Offer prayers for the marathoners.
- Ascent - contact "the A team" to blow the lid of Pikes Peak - a la Climax, Leadville, producing a shorter, lower course and different stained glass profile for the winners to put on their walls.

Motto

- He who runs up does not have to run down (a certain Mr. Eidelberg and his "Peakus Interruptus" excepted).

1994 Winners

Ascent	Matt Carpenter	2:09:35
	Marie Boyd	2:38:22
Marathon:	Martin Rodriguez	3:35:04
	Mexico	
	Danielle Ballengee	4:24:38

Records

Ascent	Matt Carpenter 2:01:06 1993
	Matt Bjorklund 2:33:31 1981
	Marathon Matt Carpenter 3:16:39 1993
	Lynn Bjorklund 4:15:18 1981

Pikes Peak is 14,100 feet. It dominates Colarado Springs and the surrounding peaks both by its pink hue and its height. It is the third longest running American marathon and was the first to officially allow women.

Details: B. Bukunola, Flat 11F,
Fook Chak House, 17 Po Yau ST, Sheung Wan,
Hong Kong Island. Tel: 852 9609

The M.A.S. Mount Kinabalu Climbathon

2/3 September, 1994. Sabah. Borneo. SE Asia.



國際攀登神山比賽國際女子組三名優勝者，左起季軍保麗珍魯莎，冠軍哈斯妮沙拉岸及亞軍黃笑碧文斯，合舉雙手，表示友誼萬歲！(D)

Sabah is probably one of those countries that you're not quite sure if you've heard of before, hate to admit your ignorance, and hastily head for the atlas - it was with me! Find Borneo, and then Sabah which is the top left-hand corner country the N.W. tip for the technical orienteers). Mount Kinabalu is the highest peak in S.E. Asia, and towers out of the surrounding jungle, and, yes, there's a race up it.

Several Brits have participated in the race in former years - Helen Diamantides has won the race twice, and John Hooson was runner up last year; but this year saw a fairly healthy entry of ten British runners - the Sabah people thought we'd all come over as one big family team, needless to say, it was more a case of "fancy seeing you here"!

The race itself goes up to 13,555' and starts at about 5,000', so if you haven't acclimatized you'll feel like you're running on half a lung! There isn't a piece of flat running in it, and the descent is particularly punishing as the path has been stepped in the lower jungle so you certainly know where your calf muscles are by the end.

The women's race and men's are on separate days which makes for a weekend event, and two post race meals!

In the women's race, the UK finished impressively with two runners in the first three. Al-

though the eventual winner was second to the summit after myself, she had a phenomenal descent. Polly Gibb finished third which was an excellent performance to say she'd been living in Botswana for the last two years.

Results:

1. Hasny Salagan (new record)	3:18:22
2. Ruth Pickvance	3:22:10
3. Polly Gibb	3:39:38

The men's race was set to be dominated, as ever, by the Gurkas who'd been staying at 11,000' for two weeks to train! Unfortunately they'd all caught bad colds and didn't perform well on the day, and the race was won by Guinus Salagan (brother of Hasny - quite a family - watch out the Blands). John Hooson had a good ascent, but finished 6th due to a bad ankle sprain on the descent, and John Gallagher finished the race covered in cuts and bruises from a bad fall.

Results:

1. Guinus Salagan	2:44:22
6. John Hooson	2:57:41
25. John Gallagher	3:30:10
30. Alan Gillard	

It's a unique race and the sponsors Malaysia Airlines are keen for runners from abroad to participate - entry forms are available from Malaysia Airlines in London.

Ruth Pickvance

To avoid clashing with the International event

**THE KENTMERE
HORSESHOE RACE**

will now be held on

9th JULY

and not the 16th as advertised in the calendar

ALL OTHER DETAILS REMAIN THE SAME AS IN THE CALENDAR

The South Deeside Skyline

Viewed from Morven, the Hill of Fare or other vantage points on the north side of the Dee Valley there appears to be an unbroken ridge running from Mount Keen (the most easterly Munro) to Mount Battock (the most easterly Corbett) and beyond. The easterly end of the Mount Battock ridge terminates in the distinctive granite torr of Clachnaben before the dips and mounds of Mount Shade and Kerloch.

Consulting the map (and various hill-walking guides) gives a road start and finish by taking the section from Bridge of Muick, near Ballater to Glen Dyke, near Banchory. A quick squint at the map suggests about forty kilometres and who worries about contours on a ridge run!

It's the second last Thursday in August with the schools back next week so Brian Lawrie (a teacher) and myself (an educational psychologist) decided to give it a go. Spud, my long-suffering eight year old cross-bred collie, is always keen for a new adventure so that makes three - two men and a dog (there's a poem there somewhere!)

We drive up Deeside to leave Brian's car at Glen Dye and take mine to Bridge of Muick, managing to squeeze it into one of the few off-road parking spots. So with the time just gone 9am we set off. For the first part of the traverse over to Mount Keen I keep Spud on a long lead but as we emerge from the wood on to the moor he gets his freedom. There's not another living thing in sight. Meanwhile Brian, who only agreed to come if we walked all the uphill, is as good as his word as we climb over the side of Craig Vallich. It's a long drag but we start jogging again as we start across the moor towards Glen Tanar. In the distance there is a huge herd of deer but fortunately Spud doesn't catch their scent.

With the sun beating down we start on the food and water supplies even before the first descent. The hour is just clocked up as we arrive at the bridge at the head of Glen Tanar. With no real prospect of more fresh water before Mount Battock, still some fifteen miles away, we have a good drink and then some more before filling the water bottles and setting off up Mount Keen. Spud has had a good walk and hopefully has caught the mood and drunk some as well. How do you tell a dog to fill up as it's the last running water for the next four hours?

We walk all the way up Mount Keen so as to be fresh for the real challenge ahead. From the summit our route stretches to the hazy distant dump of Mount Battock and beyond. So far we've been on well trodden paths but as we head east to Braid

Caim it's sheep tracks and deer trods at best. Off Braid Caim we pick up the old county boundary fence and its rusty posts and coils of wire are to be our companions for the next few miles.

Although it's basically a ridge run there are plenty of up and downs before we reach Cock Caim where Brian takes time out to dress an incipient blister. I stoke up on food while Spud pants away in the shade of the trig point. The faint track alongside the boundary fence disappears in the peat bogs as we head for Hill of Cat but thankfully they are fairly dry - what would they be like after a wet summer?

Off Hill of Cat we pick up the Firmounth Road (an old drove road from Aboyne to Glen Esk) but after less than a mile we leave it on the top of the Tampie as we drop down to the Fungle (a lower level drove road). Straight across it and as we crest Mudlee Bracks at last Mount Battock is beginning to seem a little nearer. Now Brian gambles that the landrover track eventually meanders to where we want to be on Hill of Crammie. He's proved right and it makes a welcome change from ploughing through the heather - even if it is wind-swept and quite low.

A little bit further along the ridge and then it's down into Glen Tenna. In the distance we see our first human being since the top of Mount Keen but we don't even get within hailing distance as we plunge down to the valley bottom. The stream coming down Glen Tenna gives us our first fresh water since Glen Tanar so we all have a welcome drink. Brian and I are careful to keep upstream of where Spud is sloshing about. The concept of a pleasant ridge ran disappears as we tramp up the steep side of Mount Battock. Fortunately we find a

green stream course that keeps us out of most of the heather - there are no paths round here!

Five hours and ten minutes, six thousand feet of climb and twenty-one miles gone. The legs are starting to feel it but at least that's another Corbett for my list. One less to do when I've knocked off the two hundred and twenty outstanding Munros. Off Mount Battock. Fortunately we find a green stream course that keeps us out of most of the heather - there are no paths round here!

Five hours and ten minutes, six thousand feet of climb and twenty outstanding Munros. Off Mount Battock we pick up a good landrover track but lack of familiarity with the territory catches up with me and I'm forced to walk. Psychologically I had considered Mount Battock as the finish but there's still over seven miles to go-

We walk and jog along the minor dips and humps to Clachnaben with Spud and Brian giving me worried looks every time I grind to a halt. The sight of the familiar torr rejuvenates me and by the ascent of Mount Shade I'm the one pushing the pace. Through some more heather and over the deer fence to join another landrover track round the back of Greystone Hill. This one takes us all the way down to Brian's car. Some tea-time dog walkers look at us suspiciously as we prop up his car and discard various items of sweaty clothing and footwear.

I rest while Brian drives us back up to Ballater to pick up my car in which Spud is promptly deposited as we have a couple of celebratory pints of Guinness; but he does get a few extra dog biscuits when we get home.

Ewen Rennie

Distance	Climb	Time	From	To
8K	1400'	60 min	Bridge of Muick	Glen Tanar
3K	1800'	43 min	Glen Tanar Bridge	Mount Keen
8K	800'	70 min	Mount Keen	Cock Caim
12K	2000'	137 min	Cock Caim	Mount Battock
8K	350'	52 min	Mount Battock	Clachnaben
5K	350'	44 min	Clachnaben	Glen Dyke
Total				
44K	6700'	6h 46min		

Route

Bridge of Muick (on B976, GR-N03679958) - skirt Craig Vallich - top of Glen Tanar - Mount Keen - Braid Caim - Hill of Gairney - Cock Caim - Hill of Cat - Tampie - Mudlee Bracks - Hill of Crammie - Mount Battock - Hill of Badymicks - Hill of Edochoer - Clachnaben - Mount Shade - skirt Greystone Hill - Glen Dye (B974, GR-N0648866). Nearly all on OSM44.

Footnote: Morven and Clachnaben already figure in excellent hill races organised by Cosmic Hillbashers (a running club of which Brian and Ewen are founder members). It may not be too long before this route becomes an organised challenge.



BOOK REVIEW

ALPS 4000 - 75 peaks in 52 days

by *Martin Moran*

In the Summer of 93 Martin Moran and Simon Jenkins completed a remarkable traverse of all the Alpine '4000ers' - the peaks over 4000 metres in the Alps. Their epic journey on foot, fingertips and by bicycle earned them the Fell Runners Association Long Distance Award for 1993. This book is

Martin's account of their remarkable adventure.

The book is not intended just for mountaineers, but should appeal to those with a sense of adventure who relish a long distance challenge. If you've been to the Alps as a walker or skier and know a little of the geography, the sheer scale of the undertaking soon becomes apparent as Martin and Simon link together ridges, valleys and mountain regions on foot and bicycle. If you have climbed in the Alps and returned home at the end of a holiday, delighted with your tally of a couple of peaks achieved in fine weather, reading this book will certainly put things in perspective.

It is an engrossing story, told in a modest and often understated way which belies the scale of the challenge. Encountering the worst summer weather for years, facing blizzards, white-outs and sudden thunderstorms and fighting hunger, exhaustion and near despair Martin and Simon succeed in their attempt, covering over 620 miles, including over 229,000 feet of ascent, in just 52 days. A wonderful sense of purpose and overriding optimism shines through in this book as the climbers face serious weather problems. During the journey, Martin conveys the beauty and grandeur of the Alps to the reader in his distinctive style and climbing routes are described without too much tedious detail or jargon - in any case every effort is made to explain technical climbing terms. Sections of Simon's personal

diary provide observations which interpose with Martin's text and the reader sees a vivid and honest picture of tensions and relationships which are all part in parcel of such an undertaking. The book is an honest study of an obsessive side to human nature, the desire to achieve even though it can cause serious conflicts of loyalty between the family and challenge.

Martin describes the friends who carried loads to high cols and huts from the valleys, helping to make the dream a reality. A few are previous clients (Martin & Simon are both Mountain Guides), others live locally in Scotland and a couple were known through Martin's membership of Dark Peak in the early 80's and subsequent long distance ventures in Scotland. The book is in hardback and punctuated with many excellent colour photographs. The route is depicted on sketch maps and appendices summarise the schedule, summits and logistics. **Alps 4000 is published by David & Charles at £17.99.**

Throughout the trip Martin Welch provided support as a film cameraman, climbing many peaks himself and capturing classic moments on film. Superb footage has been compiled to produce a video which has been edited and produced by ChrisFilm & Video Ltd. Copies are available for about £10 from Martin Welch - Tel: 02502 231.

MARTIN STONE

KIT REVIEW

I have been trying out a few items of outdoor/adventure gear over the past few months. As I have been impressed with the equipment, I thought my comments might be of value to other fellrunners and outdoor enthusiasts. May I add that I have no 'axe to grind' for any manufacturers or stockists mentioned in the following review. All items were bought and paid for in full.

Starting at the head and working down....

Mountain Equipment Ultrafleece hat

Designed for year round use, but mainly for winter wear, Ultrafleece is a strong, lightweight, wind and waterproof material. Garments and accessories made from this material are warm and comfortable. The Ultrafleece hat is a tough, stylish reversible peaked cap with all of these characteristics woven into it. The fit is very snug and comfy and, with the "ears" brought down from their 'press-studded' positions, the bitter December and January winds have been kept from my delicate ears! I am particularly fond of the very slight (V) collar at the back, which can be pulled down to meet the collar of a fleece jacket, keeping the neck warm. The Mountain Equipment Ultrafleece hat is available in a variety of contrasting colour combinations, mine being a sort of British Racing green (sea green) one way and violet when reversed.

In my opinion this piece of equipment represents excellent value for money as I reckon it will last me a long time even with year long use.

Ultrafleece hat, available from West Riding Camping, Halifax Road, Hipperholme. Tel:

01422 203491, and good outdoor equipment shops. (Price approx. £15.50).

4-Runners Actionwear Thermal Tops. Standard and Superthermal

I have been using 4 Runners thermal tops all season (1994) after a recommendation by a club mate. There are basically two types, Standard thermal which is made from 100% Meraklon, a Polypropylene fibre, which has the usual characteristic of most thermal tops nowadays, in the ability to wick moisture away from the body whilst keeping the wearer warm and comfortable. Superthermal is made from the same fibres but has the added characteristic of a 'brushed' fleecetype lining. I found that the Standard performed well, keeping me warm in windy conditions on the fells in winter. In driving rain, I found it quite adequate to slip on a thin cagoule over the thermal to retain body heat; though carrying (as always) a spare thermal, I found that it's services weren't required.

I would say that the Superthermal would only be needed (in my case anyway) on the fells in extreme cold or in Long races with lots of slow going/exposed terrain. I wore mine for a ten mile club fell handicap race recently and found that even though it was a cool day, whenever I was sheltered from the wind I was rather "overheating". (That was my excuse anyway) One occasion when I really did benefit from wearing the Superthermal was when I did the 3 Peaks Cyclo-cross race, on a very cold wet day in September. Even on the exposed summit of Whemside with gale force winds, I was kept warm and comfortable.

Finally I would say that for the price these thermals are very good value for money. They are cheaper than the very similar,

famous brand of thermal by about a third, and above all, after 12 months constant running use - THEY DO NOT SMELL!!!

Available from 4 Runners Direct, P.O. Box 89, Derby DE22 2XY. Tel: (0332) 552990 (9am - 7pm).

Neoprene Scuba Socks

I first discovered these wonderful items whilst talking to a runner at the prize presentation of the ill-fated Calderdale Way Relay 1993. She had been stranded somewhere in the snow and had to hitch a lift to Greetland. Obviously she had no dry gear so she was soaking wet and frozen, "except" she said, "for my feet which are warm and dry". She wore Neoprene Scuba Socks.

As you may have guessed, these are the socks that Scuba divers wear, they are really comfortable on the feet and perhaps not surprisingly, are completely waterproof. Marshy ground, wet muddy terrain, even stream crossings (shin deep) can be traversed with no water penetration. The only negative comment I have is that some people may find that they need to use a *h* size bigger fell-shoe, as my wife does because the neoprene is a little thicker than ordinary socks, though I have not had this problem with my well used Walshies. The best thing I've found about Scuba Socks is when putting on cold, still damp fell-shoes from the previous days' training run, my feet stay snug and dry inside the Neoprene, which I had been able to wash and dry in minutes the night before.

Neoprene Scuba Socks. £10.95. Available from Alan Austin outdoor gear, Jacob Street Mills, Manchester Road, Bradford, West Yorkshire. Tel: (01274) 728674.

Prices correct at time of writing. Kit review compiled by Allan Greenwood.

ANDERSONS MOURNE MOUNTAIN MARATHON

SEPT. 17/18th

After very wet weather in recent years the Emerald Isle at last produced some fine, if very breezy conditions for the annual running tour of the Mourne Mountains. The venue this time was Kilbroney Park, Rostrevor, which was a longer drive down from Belfast, but did offer comfortable camping conditions and a fine view across Carlingford Lough to the Republic as everyone set off through the forest park.

The majority of competitors were in the 'C' class which inevitably means that class covers a very wide range of abilities and tends to make the course something of a follow-my-leader. On the other hand the elite Andersons Class is under subscribed and the race organisers are considering different options, though with a limited organising team it is hard to see what they can do. This was also the first year local landowners had any objections to the event.

In the fine weather such matters didn't concern the runners, who had fine views across this compact but spectacular group of hills. The best viewpoints were 2 summit controls on Doan and Ben Crom right in the middle of the Mournes and high above the Silent Valley and Ben Crom reservoirs. Only the 'B' class missed out on the panoramic views as they took a lower level route round the West of the hills.

The camp was tussocky but dry and chilly in the wind, though there was some entertainment laid on by the BBC, doing a piece for a local sports show. Former Andersons Class winner Neil Carty was accompanying presenter Lata Sharma round some parts of the course, but filming putting up the tent took a long time as it kept falling down. His limited camping skills were publicly exposed to the gathered crowds, but then it is always difficult to get a good erection when everyone's watching!

His former partner Brian Ervine was on his way to another win, this time in the company of Scot Jamie Thin. They had a 36 minute lead which was extended in the early part of day 2, which was just as well as Thin pulled a hamstring and struggled to get round, limping for the last 2 hours. Chasing pair Gerry Brady and Brendan Bolland did pass them on the run in to the finish, but too late to change the result.

In the other classes the overnight leaders were not challenged and Marcus Pinker, the Irish International orienteer took another trophy to add to a growing collection. The number of 'C' class finishers was reduced by 12 teams punching the 3rd control wrongly and those who were later getting back to the finish found the fine morning had turned to

afternoon rain, though it did little to dampen the enjoyment of the weekend.

- Rob Howard

RESULTS

A CLASS (13 teams/10 finishers)

1. **Jamie Thin & Brian Ervine** 10.01.14.
2. **Brendan Bolland & Gerry Brady** 10.34.39.
9. **Paul Bates & John Page (Vets)** 14.48.47.

CLASS (93 teams/85 finishers)

1. **Marcus Pinker & Steve Wilson** 7.56.38.
2. **Mark Leyland & Alan Millar** 8.06.51.
3. **Ricky Cowan & Fred Hamond (Vets)** 8.08.11.
4. **Peter Owens & Joan Flanagan (Mixed)** 8.15.20.
16. **Elsbeth Scott & Jane Robertson (Ladies)** 9.03.21.
60. **Jane Watt & Eileen Murphy (Lady Vets)** 12.51.16.

CLASS (162 teams/137 finishers)

1. **Dean Field & John Mayo** 6.11.03.
2. **John Wooton & Mike Bullard** 6.31.23.
4. **Conor Creedon & David O'Connor (Junior)** 7.14.51.
14. **Terry Bell & Michael Hutchings (Vets)** 8.46.48.
23. **Stephen Bradley & Beth McCluskey (Mixed)** 9.20.51.
26. **Philip Butler & Trina Cleary (Mixed Vets)** 9.34.14.
46. **Ali Gilbert & Anne Wilson (Ladies)** 10.36.23.
79. **Charelle Pyper & Nicola Pyper (Junior girls)** 12.04.55.
123. **Delia Skan & Mary Shapcott (Lady Vets)** 15.12.54.

A Scottish View....

This was my first Mountain Marathon for 9 years, having been made an offer by Tim Brand on a training run from KB. Luckily the weather was fine and the social scene at the overnight campsite was very convivial, certainly among the Scottish contingent. The full moon was also there to look at and the start of Day 2 almost warranted suntan lotion. As you can see Tim and I had a battle with David and Brad which included looking for a misplaced checkpoint together on Day 1 and a sprint finish down the track on Day 2 after we left the second traverse of some awful peat hags. Actually we were told these peat hags were said to be the only peat hags in the Mournes.

Northern Ireland TV were at the overnight campsite filming one of their crew putting a tent up in the bog. Yes it was boggy there and one had to cross the bog AND the river to reach the portaloos. Then at the finish the TV crew were asking us all what the overnight campsite was like.

Then there was a meal in a restaurant near the finish with the Northern Irish runners, never ending pots of tea and soda bread, and the sounds of the final of the Gallic football between County Down and Dublin. Prior to this the ubiquitous red and black flags of County Down along the roadside did not make sense.

It was a long way to go for a mountain marathon where the scenery is only a new variation on that we see in Scotland but the fun of route optimisation to get to and from Stranraer (yes we missed one ferry and Jamie flew instead) made it all worth it.

John Blair-Fish



The summit of Doan - Day 1
Photo: Rob Howard

1995 KIMM. OCT.22nd/23rd.

The very wet and muddy registration for the 27th KIMM was at the Tibbie Shiels Inn, last used as the event centre in 1972, when there were not quite so many runners. Fridays rain meant a wet night for those camped out, but Saturday was overcast and remarkably dry considering much of the U.K. was flooded out that day. The cloud level was above the tops too making navigation easier. j

The Harveys event map covered the area North of St. Mary's Loch and South of Peebles, centred on the Manor Valley, which not surprisingly was the position of the main overnight camp. None of the area was particularly high, most of the summits were under 800m, but there was some very steep ground in deep valleys, and some of the heather to the North was very hard going.

From the start just above the main road the shorter courses used the eastern part of the map on day one, circling round to the Manor Valley, while the Elite and 'A' continued into the N.W. corner of the competition area. An increasingly high percentage of the entry, however, enters the 2 score classes, giving them the freedom to go where their choose and the overnight points totals showed both Long and Short Score would be highly competitive.

In the shorter classes, which approached the finish via a calf deep ford, there were a lot of late finishers, resulting in bad weather courses being run on day 2. After a very wet night which left some tents virtually afloat that was a relief, but the rain did at least die away in mid morning, though there was some low cloud about.

In the elite it was no surprise that the Swiss pair Oli Buholzer and Urs Butikofer took an 11 minute first day lead, mostly the result of one inspired route choice. Mark Rigby & Ian Ferguson were chasing, and defending champions Paul Hague and Mark Seddon were a further 3 minutes down, but a weary Seddon, who spent all day 10 yards behind Hague said, "We still felt we were in with a chance."

With Hague taking more of the kit on the second day that optimism proved well justified as they passed and left Rigby And Ferguson on the way to the first control without seeing them, caught the Swiss by the 4th control and left them approaching the 5th, eventually winning by 16 minutes. Seddon commented; "I think the conditions helped us and we just had a good day, everything went right for us."

The other very closely contested classes were the 2 score competitions The Short Score was won by Mick Angrim and John Horton, who had been joint overnight leaders with Duncan Milne & Jeremy Snell. Had they not been 4 minutes late on the Sunday they would have won by 2 points, it

was that close. The long score was even closer, Andrew Addis & Mark Elsegood winning on time after finishing on the same points total as John Duckworth & Iain Mennie. All the other classes had very clear winners and it was a reflection of a tough weekend when the prize giving was delayed to allow more teams to finish.

- Rob Howard

KIMM RESULTS ELITE.

1. Mark Seddon & Paul Hague 11.36.31.
 7. Mike Walford & Hugh Symonds (Vets) 13.58.09.
 8. Helene Diamantides & Jonathan Broxap (Mixed). 14.02.19
- A.
1. Calvin Routledge & Murray Cowen 11.18.31.
 4. Martin Sellens & Stephen Jones (Vets) 11.57.48.
 5. Andy Hemingway & Angela Mudge (Mixed) 12.05.52.
 44. Amanda Isdale & Wendy Dodds (FemVet) 14.45.00.
 51. Dennis Lucas & Glynda Cook (MixVet) 14.54.58.
- B.
1. Simon Bourne & Colin Scott 8.29.55.
 5. Philip Lumley & Andy Hemsted (Vets) 9.33.39.
 6. Kirsty & Gareth Bryan-Jones (Mixed) 9.48.20.
 45. Barbara Heathcote & Neil Lawford (MixVet) 11.36.27.
 53. Mary Rogers & Liz Jolley (Ladies) 11.42.50.
- C.
1. Jonathan Armstrong & Colin McNeil 7.31.03.
 2. Michael & Peter Gilbert (Vets) 7.59.02.
 11. Simon Sarginson & Sarah Brown (Mixed) 9.05.58.
 30. Joyce Dyas & Yvonne Brichieri-Colombi (Ladies) 10.02.32.
 42. Ken Ducatel & Alexis Dinsmor (MixVet) 10.13.05.
 70. Shirley Hay & Joan Noble (FemVet) 10.55.47.

LONG SCORE.

1. Andrew Addis & Mark Elsegood 395 Pts.
4. Graham Eccles & Brian Jackson (Vets) 390 Pts.
17. Liz & Malcolm Campbell (MixVet) 360 Pts.
20. Jane Robson & Jean Cory-Wright (Ladies) 350 Pts.
38. Alison Stott & Gill Barnes (FemVet) 335 Pts.

SHORT SCORE.

1. John Horton & Mick Angrim (Vets) 423 Pts.
6. Carol McNeil & Alison Crebb (FemVet) 375 Pts.
13. Ray Collins & Elizabeth Clayton (Mix) 345 Pts.
19. Maureen & John Ashton (MixVet) 325 Pts.



Mark Seddon, winner, with Paul Hague, of the Elite
Photo: Rob Howard

KIMM VIDEO

If you want to enjoy the KIMM from the comfort of your armchair a 24 minute video of last years event is now available from Karrimore for 10, plus 3 p&p.

You might already have seen some of the footage on Trans World Sport on Channel 4 and as this is a made-for-T.V. documentary it may be screened on some regional channels in future. The film team was lead by Ron Isles, who made the video of the 21st KIMM in the Cheviots in 1988, and Martin Stone helped sort out the complex logistics.

Despite the fact it was made for a mass audience the commentary is well informed enough not to be annoying, though you might find yourself concentrating more on spotting familiar faces. There are plenty of interviews from the likes of Peter Knott, Derek Ratcliffe, Mike Walford, and of course, the winners. You might pick up a few pointers by listening to their pearls of wisdom, but some of the most truthful and funny comments are the off-the-cuff quips. Mark Rigby, for example, describing Ian Ferguson's map as in the "readiness position" as they set off on day 2. It was firmly tied onto his rucksack!

The film team did a good job of keeping track of the elite leaders in an exciting race, and this is a rare chance to see what really goes on at the sharp end. One interview which was an outtake however, was the Swiss pair, Buholzer & Butikofer being approached on the finish line by the presenter with the question, "What does it feel like to win the Karrimor Mountain Marathon?" The very restrained answer was, "We were second!"

LOWE ALPINE

M.M.

Memories of an event in the Arrochar Alps, three years ago, must have left a lot of potentially nervous competitors for the Lowe Alpine Mountain Marathon 1994. My own experiences of these striking mountains, rising above the sinuous sea lochs of Fyne, Long and Goil was based on a more pleasurable past. For over 20 years I had searched out esoteric climbs and walks amongst the peaks, glens and corries of this area. Geology has had a hand in producing the most striking mountain outline I have ever seen. The Cobbler with its distinctive gothic trio of peaks is simply stunning. Other features are less easy to view, such as the A'chrois caves (well described in Alistair Borthwick's book "Always a Little Further") this was and still is the scene of troglodyte weekend parties, adventures and scrambling over great chasms, whilst being rained off the higher crags and mountains.

A last minute sponsorship deal with the Kendal based rucksack and clothing firm Lowe Alpine had been agreed. By a strange quirk of fate myself (an employee of the company) and my partner Julia a model for the products had become the Lowe Alpine team.

We arrived at the event centre on a delightfully sunny evening. The loch was flat calm and the rocky flanks of the Cobbler glowed in the evening sun. Competitors were strolling around, exchanging news and banter as well as sharing their apprehensions towards whatever Martin Bagness had in store for us all over the next two days. The mixture of holidaymakers, regular weekenders from Glasgow and competitors made for an oddly relaxing start to what could be a very gruelling event. We both took time to sit on the shore to watch the shoals of mackerel rippling the surface of the loch as they fed on the incoming tide.

This peaceful scene was soon shattered for us by the arrival of hordes of blood-thirsty midges. We retreated to our tent for a "pasta blast". I had a second misery to endure, as pain ripped up the side of my face. Somehow a fish bone had found its way into a tooth cavity and was now reminding me of its spiky nature. Eventually the pain subsided to a mild throb and I gingerly sucked pasta off my spoon. With dinner over, it was Julia's turn for some anguish. She complained of earache, dizziness and a well founded fear and loathing of the event we were about to undertake.

What a start to day one, both of us incapacitated by an assortment of toothache, earache and midges, making our way through rain soaked plantings to the start area. Suddenly, we were off to pick up



Contouring on the 1994 Lowe Alpine
Photo: Rob Howard

our control descriptions, with only a brief "hello" to the Lowe Alpine representatives, Neil and Helen. Twenty seconds into the event we made our first big mistake. I called out the grid references and unusually, Julia struggled to plot them. She asked for the numbers again and put her finger on the map in the middle of Loch Long! Her earache had turned to partial deafness. So we swapped over and soon we both saw, (at least on the map) what lay ahead of us.

Shortly we were jogging down a forestry track. It was sweaty and close in those trees and it was a relief to be out on the open hillside. The weather was perfect for us, at least. The mist was down to 450 metres and visibility about 10 metres. Boulders loomed out of the mist and it became apparent that Harveys Mappers had just as difficult a job distinguishing between various "prominent boulders" as we were now having. It was almost impossible for us to navigate from feature to feature. So we employed another navigation technique to nail our first control.

All around us we could hear shouts, whistles and yells. Already a few people were lost. I had just whispered to Julia that we pretend we were still looking for the control, when out of the mist appeared two anxious looking figures, demanding to know where number one was. We looked at each other, smiled and feigned innocence.

Upwards over Ben Namain and around the Cobbler's South Peak, by now the scene was set: mist down, accurate navigation and a steady pace through heather, bogs and broken rocky ground for the rest of the

course. Eventually we emerged as to our first road crossing, the aptly named "Rest and be Thankful". Where, Julia (who is usually a demonic descender) was by now swaying woodenly from one foot to the other, complaining of not only dizziness and deafness but nausea too. This was going to be a heartbreak for us, the event centre was only 3 kilometres down the road, it would have been so easy to give up at this point. Despite all her problems, Julia set her mind on getting round the course, for day one at least.

850 metres up on the summit of Ben Donich the wind was driving curtains of rain into our sides, but we were convinced this was the best route choice to take us over to the rather alluringly named "Hell's Glen". The midway camp was less than 2 kilometres away, but not for us just yet. Our route now hauled out of the glen to over 600 metres and along a saw-tooth ridge. Standing in what was now a howling gale, we made the decision to skirt round the mountains, rather than venture onto a slightly more exposed yet direct route.

Soon all that lay between us and the final control was 3 or 3 kilometres of forest. What we had envisaged to be a gentle job along a forest ride had turned into a nightmare of knee deep mud, windblown trees and irritating pine needles. We emerged battered, scratched and for the first time that day convinced we had taken the wrong route for this leg.

The relief of arriving at the camp after 9^h hours was short-lived. The rain was coming down even heavier now and to my dismay I found I had forgotten my sleeping

mat, midge repellent and worst of all, a dry change of clothes. For another 14 hours this misery continued as we sloshed around in the squalid dampness of tent.

The mass start on the second day was like all others, a rather nervous affair. There seemed to be too many teams frantically trying to make up precious minutes from yesterday. This is the closest I get to an early morning rush hour now that I am lucky enough to live in the Lake District.

Today we both felt better, Julia's earache and my toothache had subsided. Steadily, we pulled onto the moor and the stream of competitors split off onto various courses and route choices. One other mixed team eyes us nervously. As soon as we encroached on the pair they put a spurt of speed on to open up the gap. My own initial reaction was to close the gap quickly, however as usual, Julia's even pacing dictated a more sensible approach to grinding down any opposition.

We headed off southwards to the very tip of the "Argyle Bowling Green". This was where the two most technically demanding controls of the course lay. It was amongst the crags and knolls that I caught a glimpse of two fleet footed figures up ahead. A little later, two more competitors came gasping up behind us, faces strained with the desperate effort of either staying ahead or catching up. We discovered later, we had just witnessed the two leading Elite class teams briefly swapping the lead.

We turned the corner of the "bowling green" and we headed north to our last three controls and the finish. As we trudged along forestry tracks, my private thoughts were being governed by my leaden legs. I just felt like bailing out and going directly to the finish. I had to keep the lid on my inner struggles, drink a bit and stuff a sandwich down to make me feel better. We broke off the track to search for the "5 metre high boulder top". Feeble in mind and body, I elected to give Julia a punty (as it is called in Glasgow) onto the top of the boulder. I pondered as to whether technically speaking, we both had to visit the control. But then what are a few metres on a course involving a distance of 60 kilometres and 4000 metres of climb?

Our route to a complimentary cup of tea and meal at Wilfs lay across 5 kilometres of some unpredictably mapped forest, brashings and undoubtedly the boggiest forest rides I have experience. As we ran out of the forest for the last time and into the finish field we caught sight of a familiar red V.W. Sirocco parked up to receive our control card. The occupant, Martin Bagness was grinning at us, confident that he had replaced the memories of three years ago with a new set that would have us coming back for more next year.

R-Howard

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LOWE ALPINE MM RESULTS

ELITE.

- | | |
|---------------------------------------------|-----------|
| 1. Ifor & Alun Powell | 12.45.11. |
| 6. Anne Stentiford & Paul Driver (Mixed) | 17.21.57. |
| 8. Martin & David Sleath (Vets) | 18.08.54. |
| A. | |
| 1. Calvin Routledge & Murray Cowans | 11.57.49. |
| 9. Julia Laverack & Davie Sanderson (Mixed) | 16.06.18. |
| 12. Denise Brown & Julie Walker (Ladies) | 18.55.13. |
| B. | |
| 1. Derek Bearhop & Alec Keith | 09.18.00. |
| 5. Steve Burkinshaw & Emma Moody (Mixed) | 10.56.49. |
| 17. Ian & Shirley Hay (MixVets) | 12.16.01. |
| 41. Irene Neville & Val Smith (Ladies) | 16.51.42. |

C.

- | | |
|----------------------------------------------|-----------|
| 1. Ian Elsmore & Norman Jones | 09.53.42. |
| 4. Joan Nicolson & Darrell High (Mixed) | 10.29.56. |
| 9. John Harvey & Brian Cook (Vets) | 11.25.50. |
| 13. Mary Rogers & Angela Srivastava (Ladies) | 11.35.50. |
| 29. Colin & Judith Powell (MixVet) | 13.34.22. |

D.

- | | |
|------------------------------------------|-----------|
| 1. Mick & Martin Garratt | 08.21.56. |
| 4. Willie Gibbins & Paul Glover (Vets) | 09.09.44. |
| 5. Peter Eagan & Tracy Cowell (Mixed) | 09.32.49. |
| 12. Alex & Mary Gillespie (MixVet) | 11.00.24. |
| 21. Jill Gorvett & Ruth Charles (Ladies) | 12.24.23. |

SHORT.

- | | |
|-----------------------------------------|-----------|
| 1. Dean Field & John Mayo | 05.09.03. |
| 3. Tony Miles & Jane Fisher (Mixed) | 06.23.15. |
| 5. Neil & Leena McLean (MixVet) | 07.13.13. |
| 18. Maureen & Catherine Ashton (Ladies) | 09.07.22. |

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LONG DISTANCE AWARD 1994

The panel of 25 long distance 'enthusiasts' voted for **Mike Cudahy** who completed the **Scottish Munros** from Ben More on Mull to Ben Hope in 66 days. His trip is described elsewhere in this issue. The award was presented to Mike at Edale Village Hall last December after the Marsden - Edale race.

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. Please send a schedule and brief details of any record-breaking run to: *Martin Stone, 12 Moorlands, 103 Garstang Road, PRESTON PR1 INN Tel: 01772 562395*

BOB GRAHAM CLUB ACHIEVEMENT OF THE YEAR AWARD 1993/94

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 1993/94 presentation was made at the Bob Graham Dinner to Alison Crabb for her Winter Bob Graham Round, completed in late 1993.

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 1994/95 award should be sent by June 1995 to: *Mr Fred Rogerson, Tethers End, Lindeth, Windermere, Cumbria.*

1995 LOWE ALPINE MOUNTAIN MARATHON - MULL 2/3rd September

Venue for 1995 is the idyllic island of Mull. Same format as successful Arrochar 1994. Six courses, great prizes, special map, we'll take care of the ferries!

Organiser: Martin Stone

Planner: Martin Bagness

Access Negotiator: Colin Hunter

Entries & Map: Debbie Thompson

Details automatically sent to all 1994 entrants by mid-March. Also From: **D.**

**Thompson, Lowe Alpine MM
4 Rose Cottage, STVCKTON, FORDINGBRIDGE, Hampshire SP6 2HQ
01425 652496**

THE BOB GRAHAM 24 HOUR CLUB BIENNIAL DINNER

Almost 400 members and friends attended the club dinner on 8th October, 1994, held once again at Shap Wells Hotel, which seems capable of expanding to accommodate the ever-growing numbers. The Chairman, Fred Rogerson, organised and hosted the evening in his usual enthusiastic manner.

The total membership now stands at 898, including 51 ladies, and certificates were presented to new members by two stalwarts of the club, Stan Bradshaw and Alan Heaton.

The "Achievement of the Year" award was presented to Alison Crabb of Kendal for her winter traverse of the Bob Graham round in 1993 (following a summer round in August), the first such accomplishment by a female member. Mike Rose made the presentation.

Margaret Rogerson then presented the women's Fell-Running Trophy to Anne Stentford of Mow Cop. Anne, herself a former winner of the Achievement of the Year award, climbed 62 peaks in 23 hours

17 minutes in June 1994, surpassing the previous record of 58 held by Anne-Marie Grindlay.

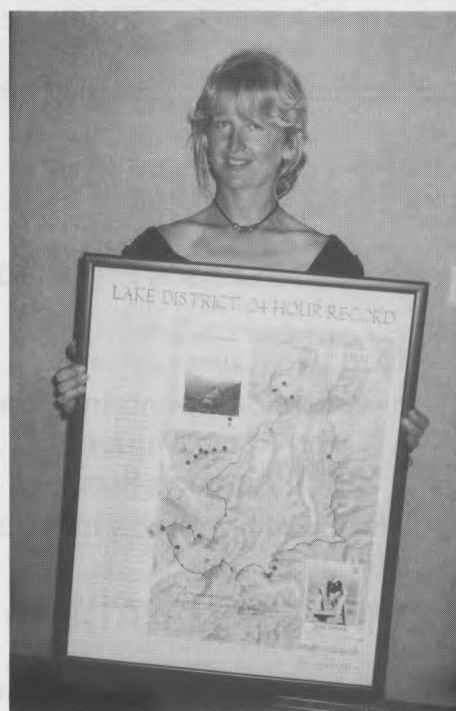
Then followed a remarkable and most moving presentation when Andrew and

Louise Chamings from York were presented with certificates of Associate Membership by Frank Milner. Seventeen years ago Andrew suffered a serious spinal injury which rendered him a paraplegic. Despite this however, and with the aid of elbow crutches and calipers Andrew covered the Bob Graham Round during 1993 in 79 hours 3 minutes, spread over 10 days between May and September. His clockwise journey inevitably included the descent of Hall's Fell ridge from Blencathra. Accompanied and supported by his wife Louise and other helpers, Andrew's heroism and determination make him an outstanding role model for other disabled people and an inspiration to all of us. A spontaneous ovation and thunderous applause greeted this very special couple.

The remainder of the evening was devoted to dancing, country-style, to the unique and highly popular music of Martyn Harvey and Baldrick's Cunning Plan.

The evening's events were captured on film by Border Television who are making a programme about the Bob Graham Round.

Brian Covell



*Ladies 24 hour record holder Anne Stentford
Photo: Brian Covell*

Small Ads

Quantock Wilderness Survival system Ultra lightweight bivvy bag - double to hold all gear inside; solo cut small to fit runner (around lib) all seasons - all terrain - doubleskin - breathable window - no zips - drawcord front entrance - own groundsheet - unique concept - packs small £59.00 DELIVERED

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Also **Quantock Foul Weather Visor** pliable eye care system - packs flat with maps - no condensation - elastic drawstring - worn with hat or on its own £3.25 DELIVERED Tel: Pete Beard 0752 223008

Bed, Breakfast and Evening Meal in remote coastal Sutherland Croft house. Access by foot only - close to Quinag and Assynt Mountains. Phone or Fax Peter and Trish Kohn, Dark Peak Fellrunners. 01571 833288

Profile

Mark
Kinch

British and English Fell Running Champion, 1994

He joins Champions like Billy Bland, Jeff Norman, Mark Croasdale and Colin Donnelly - "It feels good and makes me realise that I have achieved something. Some of the past Champions are legends." The Warrington Man is like Croasdale Fell Champion of Britain and England.

Now 31, he was first inspired by Great Runners like Bedford, Foster, Coe and Ovet at school, he reached county level in the Steeplechase with a p.b. 9:16. After a spell out he returned to running in his mid twenties and in 1991 was 67th in the National Cross-country at Luton as Warrington's second man, Sam Carey being 10th. Success with Warrington as a team includes a bronze medal from the Northern 12 stages at Sunderland and a gold medal in the Northern C-C at Sheffield.

Then coached by Warrington's Bert Quennel he soon found enjoyment in fell running, having been introduced to the sport by club-mate John Hay. After some success and meeting Tony Hulme he changed coaches and considers Hulme's input has been valuable: "Yes, a change of direction has paid dividends. All credit must go to Tony Hulme for conditioning and strengthening. It's worked well."

Hulme, of the "Running Bear" in Alderley Edge, offered this assessment of his charge: "He'd dabbled about at road and cross-country; neither mediocre nor spectacular. Then the change of direction two years ago. I've coached him for about 18 months



On his way to winning the Roaches Race Photo: John Cartwright

now, and he has been one of the few people I've coached who do what I tell them. We try and focus our attention on one thing - strengthening his weakness to keep him going through the season. Yes, he deserves the win."

Mark's spare time is spent with his two young boys, Josh and Luke.

After his win at Shelf Moor where he was assured of the British he said, "It was a long hard season, but it was all worthwhile." The only 'blip' in his six month long season was when his car broke down on the way to the Trials at Keswick; his form gained him World Trophy selection. He finds it hard to identify one outstanding race in the season, but lists several:

"Knockdhu my first international win in a course record defeating Mark Croasdale; Snowdon where I was second, first Brit home; Peris Horseshoe, sixth - a very enjoyable run and lastly Shelf Moor where I became Champion."

Objectives for next year include gaining more national vests, run well in the World Cup and hopefully try to retain the Championship as well as improving his road times. A member of the FRA (unlike some past Champions,) he thinks that the Championship format is good, but it may be difficult to combine the Championships and Internationals, a concern voiced by Tony Trowbridge, Clare Croft's coach.

Neil Shuttleworth



..... and on his way to winning the Shelf Moor Race
Photo: Neil Shuttleworth

MONDAY : CLOSED
WEDNESDAY 9 - 2
TUES./THURS./ SAT. 9 - 5.30
LATE OPENING FRIDAY



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Fell shoes

We carry good stocks of Walsh Trainers and Racers £52.95
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We hear very good reports of the NEW Edmondson Felldancer Racer and Trainer £46.95

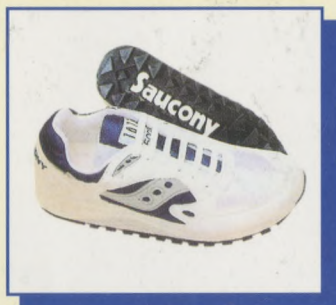
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The Jazz 4000 shoe was our No. 1 best selling multi terrain shoe, now replaced by the 5000 with an improved tougher upper, improved midsole support and the proven triangular sole.

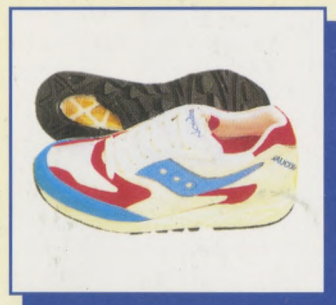
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See Page 50 in Calendar for more details

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