

# The Fellrunner

February 1996



*Including full British,  
English, Welsh & Scottish  
Championship Results*





Alan Vaughan, (Wales) Winner of the u/16 race  
Photo: Jim Brown

team mate Gail Adams ran an inspired race to win easily. Emma Gorman of Scotland in third place split the English team who took fourth and fifth places through the efforts of E. Riley and E. Hopkinson. As a result England easily won the team prize with Wales second.

Wales moved to the fore again in the under eighteen boys race with the highly rated Tim Davis winning but not without a struggle as England's Lee Gibson pressed him all the way as did team mate Tim Cairns who led for over half the race. England's G. Ehrhard cruised in for fourth place while A. Anthony was Scotland's top man, just beating a late challenge from England's O. Beilby and Ireland's Ken Lynch. England beat Wales for the team trophy by two points with Northern Ireland third.

- Jim Brown



Gayle Adams (England) winning the u/18 girls race  
Photo: Jim Brown

## British Junior Championships

The British Junior Championships were held on Sunday, 8th October, 1995 on Cavehill, overlooking Belfast. The event was organised by the Northern Ireland Fell Running Association with courses ranging from 2.7km for the under four-teen up to 5.6km for the under eighteen boys with 365m of climbing. The terrain was varied with wooded sections, open hills, fast tracks and steep sharp climbs. On the day conditions were windy and dry although some dampness on the grassy sections made things tricky.

The event couldn't have happened without the support of the Northern Ireland Tourist Board, Sports Council and Newtownabbey Borough Council, so many thanks to them for all their help.

Events got under way with a fine win for England's Stuart Reed in the under fourteen race, ahead of team mate, S. Savage. Top girl was S. Waddington of England. The under 16 race saw the strong Welsh team grabbing first and second places courtesy of Alan Vaughan and Andrew Davis. David Greig of Scotland was third.

England's Victoria Wilkinson was the favourite for the under eighteen girls race, but had to accept second place as

### UNDER 18 BOYS (3½ miles/1200ft)

1 T. Davies	Wales	26.49
2 L. Gibson	England	26.54
3 T. Cairns	Wales	27.08
4 G. Ehrhard	England	27.27
5 A. Anthony	Scotland	27.55
6 O. Beilby	England	27.56
7 K. Lynch	Rep. Ireland	27.58
8 A. Turner	England	28.42
9 D. Galvin	N. Ireland	29.07
10 D. Lewis	Wales	29.49

### TEAM RESULTS

#### UNDER 18 BOYS

1 England (Team A)	12
2 Wales (Team A)	14
3 N. Ireland (Team A)	34
4 Scotland (Team A)	36
5 Republic of Ireland (Team A)	38

### UNDER 18 GIRLS (2½ miles/900ft)

1 G. Adams	England	21.33
2 V. Wilkinson	England	22.17
3 E. Gorman	Scotland	22.23
4 E. Riley	England	22.51
5 E. Hopkinson	England	23.03
6 C. Peck	Wales	23.15
7 L. Harrison	Scotland	23.34
8 N. Jones	England	23.59
9 S. Omed	Wales	24.25
10 D. Jones	Wales	24.36

### TEAM RESULTS

#### UNDER 18 GIRLS

1 England (Team A)	7
2 Wales (Team A)	25
3 Scotland (Team A)	29
4 N. Ireland	40

### UNDER 16 BOYS (2½ miles/900ft)

1 A. Vaughan	Wales	18.34
2 A. Davies	Wales	18.50
3 D. Greig	Scotland	18.57
4 H. Matthews	England	19.03
5 C. Liversey	England	19.24
6 R. Slater	England	19.32
7 D. Moore	Scotland	19.35
8 D. Hughes	Wales	19.37
9 J. Stewart	Scotland	20.04
10 S. Briggs	England	20.11

### TEAM RESULTS

#### UNDER 16 BOYS

1 Wales (Team A)	11
2 England (Team A)	15
3 Scotland (Team A)	19
4 N. Ireland	51

### UNDER 14 BOYS (1.7 miles/650ft)

1 S. Reid	England	13.34
2 S. Savage	England	14.07
3 J. Slater	England	14.14
4 D. Huff	England	14.40
5 D. Berry	East Down AC	14.43
6 J. Budde	North Down AC	15.06
7 R. Neill	Ballydrain Har	15.30
8 E. McConville	North Down AC	16.00
9=D. Geddis	Ballydrain Har	16.19
9=A. Gorgan	East Down AC	16.19

### UNDER 14 GIRLS

1 S. Waddington	Skipton	16.45
2 N. Slater	England	18.08
3 A. Friel	Lagan Vall AC	18.36
4 L. Henning	Unatt	18.54



The start of the senior boys' race.

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## APPRECIATION

You may have heard of the recent tragic death of the Leeds City AC athlete Pete Atkinson.

Pete was an excellent runner on the road, cross country and track. But it was the Fells that I always seemed to associate him with. Many of you will have seen him race at Dodd Fell and Bentham Gala last May.

Through all the years that I knew Pete I never heard him complain, even when it was obvious that his diabetes, which he had suffered from since University, was giving him a hard time.

Pete was an irreplaceable example to me, as both an athlete and a person. He was also a very good friend.

### Acky

*I rarely said Pete:*

*It was never Peter:*

*It was always just Acky.*

*The stereotypical Yorkshireman,*

*Tempered with a grace,*

*That echoed the rolling fells.*

*Where the sunlight seems so bright.*

*When I pound southern streets,*

*Knock out the rain soaked miles:*

*There's a soft Yorkshire voice,*

*That pushes me to give a bit more.*

*You carried your problems*

*With a self depreciation.*

*You never noticed the rain.*

*When we ran up your fell,*

*Ran to say a goodbye,*

*As I struggled in mist,*

*I fancied a lithe figure flitting ahead.*

*Maybe it will always*

*Be there on the fell for me.*

*Beyond the mist the sunlight's so bright.*

*Tim Lambillion-Jameson*

## MARGARET ROGERSON

People associated with the Bob Graham Round and Lakeland fell racing in general will have been shocked and saddened to hear of the death of Fred Rogerson's wife, Margaret, last November. Her cheerful support helped many an aspiring 24 Hour Club member to success. She will be greatly missed among the fell running fraternity and we extend our deepest sympathies to Fred.

*Bill Smith*

## ALTERNATIVE TRANSPORT TO RACES

I would like to make a plea to organisers of fell races.

I think that in addition to car-sharing, we should encourage use of the cycle and/or public transport to events.

Those who oppose fell races, citing the deterioration of hills may soon also claim that fell races attract far too many cars to small villages/towns.

Although there are many races in areas where public transport does not exist, I'm sure that there are some races that don't really need car journeys to get to them.

Perhaps two new codes could be introduced:

PT Public transport nearby

BY Areas to lock bikes

Although some opponents to these other forms of transport may argue that they would lose their freedom and that this would also cause them discomfort, I think that this would prepare us for the future, when there will be much more of an outcry towards the high number of cars in our countryside.

- C.W. Greatorex



*Alternative transport could be canal barge! Final leg of the Calderdale Way Relay*

*Photo: Steve Bateson*

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



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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 Willie Gaunt, 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 Willie Gaunt on 0113 2787513.

*Bit at The Front..... Neil Denby*



*Oh, for the joy of the unrestricted fell! Leaving the summit of Winter Hill*

*Photo: Peter Hartley*

'Green' portfolio on conservation, access and recreation. Our Commitment to Freedom of Public Access.

Thus one of the papers produced by North West Water in 1990. Many other similar papers were produced, by other Water Boards and landowners, all claiming that freedom of access would not be affected by their ownership of land. At the same time advisory committees, corporate bodies and associations sprung up left, right and centre. The Country Landowners Association has appeared, with a budget of 10 million quid, and the intention to 'conserve' land for 'country pursuits'. You might guess that 'country pursuits' encompasses almost anything that can be achieved on horseback, or with a dog, or with a gun, or, preferably, with all three; it apparently fails to include those traditional country pursuits not followed by the landed gentry. Conservation of the land means keeping people off it - or at least that is how I read it: *my wilderness, you clear off.*

As a club, mine is as sensitive to access and conservation issues as any; many of us are active in conservation work, or work in the outdoors, or have strongly held beliefs about conserving the environment. We accommodate landowners wherever possible. In the case of the Mickleden Straddle we set the date after consultation so as not to disturb nesting or shooting or running when the ground was too soft; we altered the course (from a much better one) so that an area of soft ground was

not eroded; we sent maps and descriptions of the course to all interested bodies.

Imagine our chagrin when told, initially, that we could not run the race this year (its seventh) because it went over a site of archaeological interest (newly discovered? No, an inability to read the map!) and then that the race - which takes place on rights of way - would be limited to an entry of 100.

The race? The Mickleden Straddle - an established course over an ancient and much used (first by horses and carts, latterly by mountain bikes) bridle way, public rights of way and open country. The objectors? Severn Trent Water, acting on behalf of a consortium of interests including English Nature and the National Park amongst others. The 100 limit? No one will own up to being the person to pull that particular plum out of the air, and no one will defend it.

Our only options were to carry on and run the race (does anyone have the right to stop you racing on rights of way? There's a few bob in that one for the lawyers,) or to cancel. We chose, by democratic decision, the latter, so as not to jeopardise any other races planned on land owned by this particular body. Much as we hated 'backing down' we have now given ourselves 12 months to negotiate proper access. It is important that we do and that the 1995 Mickleden Straddle is not seen as the thin end of the wedge when it comes to access.

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# SECRETARY'S CORNER

In the June '95 magazine, I made a plea for a good attendance at the AGM. The future of the FRA depends on the continuing support of the membership. The response beggars belief. Just 14 members took the trouble to turn up and another 14 were thoughtful enough to send apologies. 28 members from around 4000, and from some 250 clubs registered for fellrunning.

The meeting was on the same weekend as the Fell and Hill Relay in Wales; an unfortunate clash for which the FRA apologises. Nevertheless, there were over 250 competitors at the Langdale Horseshoe Fell Race; most were not going to Wales the following day. And some quite prominent fellrunning clubs did not send teams to the relay.

For those who take the FRA for granted, here is a reminder of some of the things which don't just happen; somebody somewhere has to get off their backside and do something.

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Topical problems, eg. Open Fellrunning.

Links with Fell and Hill Running Commission.

Links with International Committee for Mountain Running.

Accounting for around £50,000 annually.

The FRA was formed 25 years ago and we are indebted to many members, who, over the years have been actively involved in its organisation and development. They have done their share, and on standing down, are entitled to expect the next generation of fellrunners to carry on the good work.

I realise that the average fellrunner is not switched on to meetings. I know many have family commitments. I know many have heavy work responsibilities. I am not pointing a finger at anybody in particular. I think it is a case of 'if the cap fits'. The turn out at this year's AGM was an insult to your officers and committee who put a lot of voluntary, unpaid, time and effort into the well being of our sport.

Our constitution requires 20 members at an AGM for the meeting to be valid. The 14 members present voted for the meeting to proceed regardless, and I defy anybody who couldn't be bothered to attend,

or write a letter of apology, to challenge this decision. Fortunately all the existing officers had agreed to carry on for another year, but many have been in post for a long time. Who is going to fill some of the key posts in the next few years?

There are about 175 clubs in the North of England which are registered for fellrunning. Each of these clubs ought to put the future of the FRA on their agenda with a view to appointing someone to take an interest in FRA matters and attend the AGM on behalf of their club. I shall be writing to clubs on this subject well before the 1996 AGM.

The future of the FRA as an effective organisation is bleak indeed unless some interest, other than simply competing, is generated over the coming months. I make no apologies for this sermon. For goodness sake just show me I have got it all wrong.

## Annual General Meeting

**Ambleside, 14 October, 1995**

1. 14 members present. Notwithstanding insufficient for quorum, those present voted for meeting to proceed.

2. Chairman and Secretary reported on the year's activities. Treasurer presented accounts for year ending 31 July 1995.

3. The following motion was unanimously approved (previously announced in June 1995 magazine):

Amend FRA Rules for Competition, Rule 10, The minimum age for competition under FRA Rules is 11 years on the day of the race.

Maximum distances for junior races shall be:

under 12 years - 2 miles.

under 14 years - 3 miles

under 16 years - 4 miles

under 18 years - 6 miles.

Ages are as at 1 January in the year of competition.

4. Officers and Committee were elected as listed on page 2. Other appointments, to BAF committees and ICMR are also listed.

## Committee Meeting

**Kendal, 27 November, 1995**

1. Several volunteers have come forward to help with the Elterwater Safety and Navigation Courses on 13/14/15 September 1996. More would be welcome even if for only part of the weekend.

2. Sub-Committees appointed as follows:

English Team Selection. D. Hodgson (Chairman), P. Bland (Team Manager), N. Berry, S. Wright. M. Patterson co-opted as Assistant Team Manager.

Championships. J. Broxap (Chairman), T. Hulme, R. Lecky-Thompson, P. Sheard.

Disciplinary. M. Rose (Chairman), N. Denby, P. Dyke.

3. Noted that the date decided for the European Trophy at Snowdon clashes with the English Championships race at Wasdale on 13 July 1996. Agreed to replace Wasdale with Borrowdale.

4. 1996 British Fell/Hill Relay Championships on 20 October will be hosted jointly by Kendal AC and Howgill Harriers. The venue is Sedbergh and the competition area is the Howgills.

5. It is the turn of Wales to organise the 1996 Junior Home International but they have asked to be excused because of their commitment to the European Trophy. At the request of the FHRC the FRA have agreed to arrange the event at Grasmere similar to 1993. The event will be on the same day as the Butter Craggs race, 13 October 1996.

6. Noted that William Hill have declined to sponsor the 1996 British Championships.

7. The 1996 World Trophy races will take place on Aug 31/Sept 1 at Telfes, Austria. A return to the brilliant venue of 1990. The 1997 event will be on Sept 9 in the Czech Republic.

8. The Sports Council are considering a Code of Practice to regulate Competitive Events in the Countryside. They are targeting the larger money-making and sponsorship events but we must beware any spin-off. The FRA were represented at a recent meeting with the Sports Council, and we shall seek to ensure our sport is not adversely affected.

9. The BAF, FHRC and FRA recently reviewed the experimental 1995 Rule amendment allowing athletes to compete in unpermitted fell races without jeopardising amateur status. No problems were reported and a motion to make the change permanent will be put to the BAF Council at their January 1996 meeting.

*Mike Rose*

*General Secretary*

## FANCY THAT!!!

The Fell runners, who raced into the arena at the end of a mountainous nine-mile horseshoe circuit called the Rydal Round, were superb physical specimens: stomachs like washboards. "A lot of vests have been cast in the heat," the commentator accurately observed.

*Independent on Sunday  
(Monitor: Ronald Turnbull)*

## Soixante-neuf...

Dear Sir,

My first thoughts on seeing Mr. Clarke's article entitled 'The first 69, some highlights' were that we were perhaps going to be treated to a rundown on the fellrunners' Kama Sutra - him being an ex beer-swilling rugby jock and all! I was therefore somewhat disappointed to read the character bashing handed out to Muriel Gray. Anyone who has read her book 'The First Fifty' or indeed seen her 'Munro Show', would quickly realise that her strong passion for the Scottish mountains, and for hill walking in general, is overwhelmingly genuine.

She always displays a keen sense of humour and ability to laugh at herself - so pick on someone your own size next time, Gav! Try Will Carling. Before you know it you'll be insinuating that A. Wainwright was a boring anti-social boot-wearing nationally challenged hill walker. God forbid.

I trust 'to be continued' doesn't imply we're going to be treated to another dose of highlights, theories on sheep etc. etc. Many thanks for explaining the term 'bonk', though Gav.

Yours faithfully,

*Dave Lindop, Penistone Footpath Runners*  
p.s. re the item on the same page as above; I, too saw that lady on Great Gable doling out the ice cubes. Mind you, I also saw palm trees on Scafell and pigs flying over Dalehead, so who knows....

## Prizes for vets

Dear Sir,

Two points raised in the last excellent edition of *The Fellrunner*. The first is about publicity; your 'Bit at the Front' is calling for more but later in the same issue runners in the Three Peaks Race were complaining about the intrusive noise of helicopters during the race. Once you get the media involved it seems to me that the sport is eventually altered beyond recognition. You've only to see what exposure to the media has done to Rugby Union to appreciate this - let alone the increased wear and tear on the fells that inevitably follows.

The other point I would like to take up regards prizes for vets and supervets. I'm sure that the proportion of vets in races will increase due to demographic reasons. A lot of races have prizes for over 40/45/50, very few have prizes for over 55s and above. In fact, due to the accelerating decline in physical ability the older you are, there is a greater inequality in a 59 year old racing against a 50 year old than a 49 year old against a 40 year old.

Can the committee recommend that race organisers have an o/55 prize or is it up to individual races? The fact that I am approaching this magic age of course has nothing to do with this request!

Yours faithfully,

*F. Walbe, Carnforth*

## Scots defended

Dear Sir,

I can only assume that Pauline Dore's letter to you was a wind-up, but if not, may I reply. Firstly, I saw three pipe bands, two playing on several occasions and venues throughout the event and one at the opening ceremony. It's not easy to run over rough ground with pipes but these lads were - providing stirring skirls for all to hear.

Secondly, I like to pay my way and, having some awareness of the cost of running a venture of this nature, really felt that I had good value for money. £7.50 for entry on the day is quite justified when you consider how much extra work this causes the organisers who are all volunteers. As regards the evening, I regularly organise Ceilidhs. Even in the village hall we have to charge £8 and only cover costs on a full house.

Thirdly, I had orange juice in my plastic cup and I was very nearly last. I was in no fit state to appreciate the bone china and didn't even want a cup of tea! I then drank lots of lovely water, which some kind soul had lugged up to the finish for me. I'm glad there was no washing up.

Fourthly, I preferred the memento I got, that's nice, I thought, much better than a tacky metallic and plastic medal, and I've kept it.

Fifthly, I think this good lady might be prone to rumour; I looked hard at my number and there was no evidence of anything having been cut off. I suspect that the organisers had better things to do than to cut a logo off all the numbers. The prizes were books which contained beautiful pictures of Scotland as one proud winner showed me. He was obviously thrilled although his English was poor. I don't think that a cheap bottle of plonk from his or a rivals country would have had quite the right touch.

If you don't like the heat, Pauline, I suggest that you get out of the kitchen. If I was one of the superb team of Scottish organisers I would be in two minds about giving up my time to complainants like you.

Yours faithfully,

*Ann Smith, Huby*

## Marvellous Mull

Dear Sir,

Memories of Mull and the LAMM will be with me for a few years to come. It was a wonderful experience and probably the best Mountain Marathon I have done over the years. Not because of my own achievements, but because of the location and organization which provided an unforgettable weekend. Congratulations to Martin Stone and his team. I will certainly return to Mull at a more leisurely pace to explore the hills and coastline.

My only complaint about the event was the placing of checkpoint BR at the river crossing on Day 2. Would organisers refrain from using fifteen foot giants to place kites and

punches because I am only short and find it difficult climbing trees.

The arrival of *The Fellrunner* was to provide me with my 15 seconds of fame. My picture crossing the river on Day 2. (Well, it was my picture, but if I am Phil Clark then my partner must have been running with the wrong person all weekend!). With the arrival of the results I discovered that my picture was linked with an Elite runner. Phil Clark must feel upset after completing the Elite only to get his name alongside a Class D runner. I don't know whether I look like Phil, but my partner Derek certainly doesn't look like Huw Symonds. Next time I see someone with a camera I will give them my card.

Yours faithfully,

*John Gomersall (partnered by Derek McNeill), Stalybridge*

## Chapter and Verse?

Dear Sir,

With reference to J.B.F.'s treatise on ancient scriptures and their probable connection with fellrunning, could it be that race reports in ancient times were recorded in Psalms? For instance the note of the critical spectator at the 'Man v Horse' event: 'He delighteth not in the strength of the horse: he taketh not pleasure in the legs of a man' (Psalm 147, v 10)

Yours faithfully,

*Norman Berry, Holmfirth Harriers*

## Two miles too short?

Dear Sir,

With reference to the changes in the format of junior running outlined in *The Fellrunner*. June. If the changes mentioned are implemented they will have an adverse effect on small local races. Races that have adult courses of over 6 miles and can only



*Under 16 junior winner of the Stoop race:  
Adam Astin of Rochdale  
Photo: Trevor Smith*

## The Missing Years (A Pothunter's Lament)



The caves of Cave Hill in the background as Tom Cairns of Wales leads the U/18 race, British Junior International with a third of the course to go  
Photo: Jim Brown

afford to have one junior race will have to do one of three things.

1. Have races less than 2 miles so that u/12s can run. These races will be unsuitable for u/18s due to the distance and they won't get the competition they would have in the adults race.

2. Have a decent length junior race but nothing for u/12s or u/14s.

3. Break the rules and let the juniors run further than they are allowed to.

These races are important as they act as a build up for more important events such as the national championships. The problems I have outlined may not apply in the Horwich area as they have such a large junior team and so can afford to have a different race for every age group but where I race, in the Peak District, there will certainly be a problem.

Another problem that will affect races here is that many start in the centre of villages as part of a village fair and so involve long sections of road or flat running at the start and finish; this is fine if there is a good amount of fell running as well but if the race has to be less than 2 miles long then we're not going to get much fellrunning, are we?

I feel that these problems won't just affect races in the Peak District but any race with a small entry or starting in a village,  
Yours faithfully,

Esmond Tresidder, Matlock (U/18)

### Appalling behaviour

Dear Sir,

Having run the second leg of the Calderdale Way relay on the 10th december for my club Todmorden Harriers, I went along to the end of Leg 6 to watch the final teams come in. As the runners came through the funnel, there was a mandatory kit check as we all knew that there would be. Leeds City A team finished well up the field, having had a good run, but had chosen to ignore the

rules and not carry any kit so were promptly and rightly disqualified. At this point there followed a brief but ugly and outrageous display of crass immaturity by the two team members. They loudly and publicly hurled verbal abuse at the finish officials because of their disqualification and it has subsequently become known that they had abused marshalls at the earlier Shelf checkpoint.

I was appalled by the behaviour of these runners and found it hard to believe that I was witnessing such an incident. It is probably fair to assume that these characters will not be FRA members or readers of *The Fellrunner*, at least, I hope not, but if they are, I say this to you both; fell running does not need you nor does it want you, stay out of our sport and grow up.

Yours faithfully,  
Ray Poulter, Todmorden



Sally Fletcher of the Northern Ireland tourist board presents a cheque to Jim Hayes before the British Junior International races at Cavehill. The support of the Board, The Sports Council and Newtownabbey Borough Council was invaluable

It happened to me for the first time three years ago when I became 45, and I was quite stunned. I found out one evening that I was not over 40! It was the source of great puzzlement, but I have since realised that it is very common. The results section of *The Fell Runner* shows it, and indeed it reveals that Over 50's are also not over 40. How can this be?

I can best explain by going back to an evening in May a few years back when I ran the Blackstone Edge Race having reached my 45th birthday in December the year before. I had quite a reasonable run, and as you do, looked at the results afterwards and found that I was the first veteran. Having always been a 'pothunter', I was looking forward to the excitement of choosing my prize from the amazing array of toilet rolls, joints of beef, glass fishes, catering packs of tea bags etc. that Kev Shand always manages to scrounge from local shops. When it came to announcing the first over 40, Kevin read out someone else's name. Being the assertive soul that I am, I spoke quickly "I think there's a mistake there, Kev - I was the first over 40!" "But you're over 45, Andy" he replied. "Well that's over 40 Kev," I rejoined, and he relented and let me go up to choose as the first Vet.

Now I just don't understand that, and it happens at many events. If you're 46, 48, 52 or 55, as far as my maths go, that means you are over 40, so why do many organisers see it differently? It wouldn't bother me if the "only one prize" rule applied, but when an over 45 or over 50 is the first veteran, why not let them choose first if it is selecting off the prize table, or have the 1st Vets prize otherwise?

Looking at the results in the last issue of *The Fell Runner*, you see a similarly daft pattern. Here are some examples:

#### KINDER DOWNFALL

<b>Vets O/40</b>	
1. M. Foschi	1.09.37
2. S. Jackson	1.11.12
3. S. Houghton	1.11.47
4. G. Mason	1.11.48
5. J. Cout	1.12.02

<b>Vets O/45</b>	
1. T. Hesketh	1.09.46

<b>WELSH 1000m</b>	
<b>Vets O/40</b>	
1. J. Darby	5.02.18
2. N. Hindle	5.12.34
3. J. Birchenough	5.17.21
4. P. Parker	5.19.58
5. S. Sedgewick	5.28.13

<b>Vets O/45</b>	
1. R. Roberts	5.08.45

<b>GOAT FELL</b>	
<b>Vets O/40</b>	
1. D. Armitage	1.20.39
2. E. Butler	1.25.38
3. J. Holt	1.27.31
4. B. Lawrie	1.31.15
5. A. Curtis	1.31.50

<b>Vets O/45</b>	
1. J. Shields	1.24.18

<b>Aonach Mor</b>	
<b>Vets O/40</b>	
1. G. Brooks	1.25.58
2. R. Boswell	1.29.40
3. R. Greenaway	1.39.53

<b>Vets O/50</b>	
1. J. Shields	1.24.13

The daftest case here is Jimmy Shields at Aonach Mor, but to me they're inaccurate results because they don't count O/40's and O/50's as being over 40! If it was just the results on paper, it wouldn't matter to me, but when it comes to prizes, the over 45's are definitely over 40!

— Andy Stryan



## A Northern Blast....

*Never ones to shrink from a challenge, we publish where others wouldn't dare!!*

I sent it but they chose not to print it - maybe you will!

### Letters, Radio Times

Dear Sir,

Athletics is one of Britain's most popular televised sports. If one asks anyone to name Olympic sports, athletics is sure to feature.

I am thus totally bemused by the failure of the major television channels to give any coverage to the World Mountain Running Trophy Event held in Edinburgh on Sunday, 10th September. Given the excellent result achieved by Britons in the Senior Men's event (a second overall with second and third teams for Scotland and England respectively) then the lack of coverage on any of the weekend sports round-ups verges on criminal.

Within athletics hill-running may be a minority sport but that has not prevented television from giving regular extensive coverage to other minority sports (three day eventing comes to mind) whilst the actual setting of Arthur's Seat in the middle of Edinburgh should have made this an extravaganza for any producer worth their salt.

Who chooses what is newsworthy?

Yours

*Ewen Rennie*

I sent it but Athletics Weekly wouldn't print it - dare you!

Dear Sir,

What an excellent headline to your editorial on 13.9.95! What a shame that it did not go on to take the major TV channels to task for their failure to even mention the results of the World Mountain Running Trophy in their weekend sports round-ups - far less their failure to cover the event. The course was surely a producer's ultimate dream - even without the excellent British results.

Never mind, I thought, AW will surely redress the balance. Gary Webb's parochial preview in the 6.9.95 issue might have been forgiven if he had given a suitably grovelling apology after the event but no he fails to mention the all-important fourth member of the Scottish Team (6 to run, 4 to count) and continues to get his facts wrong about how many hill races Tommy Murray has actually run - three, not two or wasn't he aware of the hammering that Tommy gave Martin Jones in the hill race in the Northumberland All-Terrain Challenge (which WAS televised).

Nor does the lack of actual photographs from the event reflect well on the rest of the AW staff - and the fact that none of the photographs used features a Scot is almost as unforgivable as the fact that they are all of English runners! Do you really want all your Scottish subscriptions cancelled? Scotland WAS second team and finished two runners ahead of the English males featured.

Congratulations to Graeme Bartlett on closing in the Scottish Men's Team in 21st place (eight places ahead of Keith Anderson whom Gary Webb thought worthy of mention in his preview) and to the Scottish Women's Team (Megan Smith, Helene Diamantides and Sonia Armitage) who all placed better than the best Scot from last year - Helene in 25th place.

At least Mr. Webb was right in his congratulations to Robin Morris and the organising committee and it was a super run by Matthew Moorhouse.

Yours,

*Ewen Rennie*

Footnote - I understand that AW did have a photographer present but the technology let them down - but do they not have any photos of Scottish runners in their album?

## FELL/ HILLRUNNING COMMISSION REPORT

### FINANCE

With the BAF incurring a financial loss for 1995, the Commission budget for 1996 has been curtailed. Details of how economies can be made are yet to be worked out but it seems that the £200 grant to championship race organisers is under threat.

### CHAMPIONSHIP

The end of season discussion as to whether those not competing in championship races at all distances should be entered on the ranking list (and potentially medal winners) has been resolved for 1996 by adopting the following wording suggested by ex-statistician Mark Rigby:

"Ranking will be calculated on scores in up to three races; if three scores are used they must include one at each distance."

The Commission also rules that it was not permissible for a lady to be counted in arriving at a men's team result. Other statistical anomalies are under consideration.

### COACHING

With coaching for fell/hill running now included in BAF Coach Level 1, the coaching educators are calling for a small group of current fell/hill running coaches to come forward for consideration for advancement to Coach Level 2, via the experiential route. Level 2 coaching material for fell/hill running should be ready later in the year. Norman Matthews (Horwich) and Dennis Quinlan (Bingley), who have been involved in preparing for BAF coaching material, are to become the first Senior Coaches for fell/hill running.

### OPEN FELL RACES

Commission and FRA representatives (Danny Hughes and Mike Rose) have met with BAF officials and agreed to put forward to BAF Council a proposal that the rule pertaining in unpermitted fell/hill races be made permanent (i.e. no disqualification for running in open races). A statement confirming BAF Council's decision should appear elsewhere in this issue.

### RULES

The Commission have adopted the FRA safety guidelines as BAF safety guidelines, so these are now mandatory for all fell/hill races in the U.K.

We have also agreed to the new FRA rule relating to junior ages and race distances. This should also be observed throughout the country.

*Danny Hughes*  
Secretary - Fell/Hill Running Commission

I'VE COME TO SEE IF I'M WELL ENOUGH  
TO START RUNNING AGAIN....





Andy Styan Photo: Rob Howard

## The Reebok Everest Marathon Nepal, Nov 1995 — Andy Styan

The 1995 event was the 5th running of this remarkable race and it produced two "firsts" - the first Nepalese winner and the first time the race has had to be shortened.

Bishan Ranat won the Reebok Everest **Half** - Marathon, a distance forced on the runners by the freak snow which had hit Nepal, bringing the worse November weather in living memory. It was a great disappointment to all, but there was nothing else the organisers could do, and as far as I'm concerned, it didn't matter too much in the end.

The event is organised by BUFO Ventures of Windermere, and is basically a 3 week trek up into the Himalayas with an (off-road) marathon towards the end, and a few days in Kathmandu at the start and finish of the holiday. And a holiday is what it primarily is, because you can't spend all that time in such amazing surroundings and only care about a race held on part of one day.

The party of 60 runners and support staff flew to Nepal and was split into two separate groups - the Early Birds and the Late Birds. After a short stay in a hotel in Kathmandu, a couple of rugged buses took the first group off over the steep winding mountain roads, bounding over potholes and landslide rubble to the end of the road at Jiri. From here we walked in the dark to our first night's camp on the trek to Namche Bazaar, nearly a hundred miles away. The Marathon finishes here in the Sherpa capital of Nepal - a village not much bigger than Burnsall. The track to Namche, though it is the main "road" to the Everest region, is like the path up from Wasdale to Scafell Pike most of the way, and at its best it's got the smoothness of Esk Hause to Sty Head. The scenery is spectacular, and you have plenty of time to take it in, walking as fast or slow as you wish. Porters carry your kit bag and tents and you carry only your day sack. Lunch is cooked at a picnic spot each day, nearly always by a river. With warm sunshine in the daytime, it's an idyllic existence for anyone who likes the mountains.

November is chosen because it is in the middle of the trekking season, when there is no rain or snow - normally! But 3 or 4 days into the trek, we had 36 hours of torrential rain, and what we didn't know was that high up at Gorak Shep (17,000' feet) below Everest Base Camp where the race starts, there was 36 hours of snow. As we continued on the track, we began to hear reports of many deaths in avalanches, and stranded trekkers and climbers being helicoptered out. By the time we got to Namche Bazaar, we were seeing black body bags being unloaded at the basic airstrip, and we knew that getting to our Marathon start point was going to be difficult. After 2 days rest in Namche, we set off to see what we could do, and after our scouts had gone ahead up towards Everest, it became clear that a full marathon was impossible. It would have been extremely difficult and quite dangerous, never mind the fact that there was nowhere to camp for the 60 runners and the 70 or so porters, sherpas, doctors and physiotherapists. So we halted at 13,000 feet at Dengboche, at a lovely campsite where the snow had melted. The race was brought forward two days, and it became the Reebok Half-Marathon - even so, much of the first mile and a half was run on sheet ice!

I had been doing some training with one of the sherpas - a Kathmandu runner working as a sherpa to 'pay' for his entry in the race - and I had no doubt about his ability to win. And so it happened, with Bishan Ranat beating his Nepalese training partner Hari Rokha by nearly 5 minutes. (Hari has now been second 3 times). Third was another running friend of theirs giving Nepal a clean sweep. Twenty five seconds separated fourth placed Stephen Weir of Scotland and myself, and since he's 22 years younger than me, I was quite pleased.

Because we never got to the height where the real dangers of Acute Mountain Sickness kick in, we had no major problems with altitude. It is, however, still really difficult to run - I suspect the winner's time for this course in Britain would be 30 mins faster. Though the gradual trek out had helped us acclimatise a bit, you still have the strangest feelings to cope with altitude. You can be desperately tired one minute and quite OK the next, with even small gradients making you feel legless. It's hard to pace yourself by listening to your body - you have to use your head to work out what's 'real' tiredness and what is the effect of altitude.

This event is one that I would recommend to anyone who likes adventure, mountain scenery and running/walking and who has some cash to spend on a once in a lifetime experience. The altitude, the rickety suspension bridges and the yak trains on the path are all part of the fun. As part of the event, you are asked to try and raise money for the Everest Marathon Fund, a charity which supports four Nepalese development projects in education, health and water provision. For Clare Kenny and me this was part of the build up to the event - a challenge in itself. Clare and I, managed to raise over £6,000 each, and when you get to Nepal and see what the money is going on, it is very rewarding.

But the main part of the event is quite simply the trek itself, which if you relax into, it takes you into another world in more ways than one. For me personally, the race became insignificant even before we reached Namche Bazaar, as I was so spiritually uplifted by being in Nepal, just absorbing the people, the culture, and the way of life which, outside the city, is so much nearer to a natural way of living than ours. In many ways, I didn't want to return home - back to "reality" (or is it?)

The next race is in 1997 - if you're considering it, give me a call.

### RESULTS

1. B. Ranat	Nepal	1.51.17	14. G. Scott	GB	2.38.32
2. H. Rokha	Nepal	1.46.05	15. G. Tangermer	Austria	2.42.03
3. R.B. Basnet	Nepal	2.01.09	16. D. Sharp	GB	2.43.35
4. S. Weir	GB	2.11.11	17. D. Clarkson	GB	2.43.45
5. A. Styan	GB	2.11.36	18. A. Roberts	N.Z.	2.44.50
6. E. Hillman	USA	2.16.48	19. R. Carter	GB	2.45.10
7. M. Tamang	Nepal	2.21.10	20. A. Young	GB	2.46.43
8. A. Smith	GB	2.21.32	<b>LADIES</b>		
9. J. Linaker	GB	2.24.07	1. R. Carter	GB	2.45.10
10. B. Tamang	Nepal	2.24.59	2. J. Johnson	USA	2.56.54
11. T.B. Khamcha	Nepal	2.30.09	3. H. Searle	GB	3.03.09
12. J. Schmidt	USA	2.37.00	<b>LADY VETERAN</b>		
13. F. Kienberger	Austria	2.37.10	1. M. Smith	GB	3.13.32



'Nun better.' J.B. Cooper at Whinberry Naze  
Photo: Steve Bateson

## CALENDAR UPDATE

Not very many, fortunately, this time; however two of them are, most unfortunately, changes to both British and English Championship Races, so I hope all the likely contenders are avid readers of the "Fellrunner" or some of them could get a bit annoyed. First of all, take a pen and your new, shiny copy of the 1996 FRA Calendar. Now turn to page 10, where you will find Tony Hulme's advert for the "Fell Shirt". Change the very last digit of the telephone number from "9" to "0". This will mean that you will now get Tony's shop and not the Convent down the road when you ring up to order a Fell Shirt with your Christmas money !!

And now to the rest of the update; the entries are, as usual, arranged chronologically according to when they will now take place.

SAT. FEB 24. QUANTOCKS RACE. AM. 12.00 noon. 7m/1800' from Holford Green. £2 to organiser or on day. Teams free. LK/PM. Over 15. No toilet facilities at this venue. Details: Tom Gibbs, 2 Doone Road, Horfield, Bristol, BS7 0JG. Tel: 0117 9073757.

SAT. APR 13. MOELWYN PEAKS. This will take place on this date and not 20th. All other details as in calendar

SAT. APR 27. RAS PEDOL CRAFT-NANT. AM 11am. 9.5m/2700' from Trefriw Playing Fields (GR 782631). £3 on day only. Teams free. PM/NS/LK o/16. Details: Trevor Jones, Ty Coed, 8 Pentre Castell, Llanberis, Gwynedd LL55 4OD. Tel: 01286 872553. TUE. MAY 7. CEFN DU. BS. 7.15 p.m. 5m/1000' from Llanrug School on the

main A4086 Caernarfon/Llanberis road. £1.50 on night only. Over 15. Also junior races; U15 and U13; 50p. Details: Daffydd Thomas, "Bron Y Nant", Llanrug, Caernarfon, Gwynedd, LL55 4BA. Tel: 01286 673515.

SAT. JUNE 1. WELSH 1000 METRE PEAKS. AL. 10.00 a.m. 23m/8500' from Aber foreshore. £5.50 pre-entry only on official form obtainable from organiser. Teams 2. ER/LK/NS/PM. Over 18. Also short course; 12m; "C" category; 3. Records: 3.37.56 C.Donnelly 1992; f. 4.30.53 C.Hunter-Davies 1991. Details: Andrew Middleton, 31 Cherrytree Avenue, Kirby Muxloe, Leicester, LE3 5HP. Tel: 0116 239 5425.

SAT. JUNE 2. LANGDALE GALA. This race will now take place at 3pm as above, not on June 1st. All other details as in calendar.

WED. JULY 3. ILL BELL. AM 7m/2100' from The Queen Head, Troutbeck, Nr. Windermere, Cumbria. £2 on night only. Details: Pete Bland 34A Kirkland, Kendal, Cumbria. Tel: 01539 731012

SUN. JULY 28. JACK AND JILL CHALLENGE. BS. 11.30 a.m. 5.25m/1110' from Clayton Playing Fields, Clayton, near Hassocks, West Sussex. £4.50 BAF affiliated; £5 non-affiliated; £5.50 on day; cheques payable to "Haywards Heath Harriers". PM. Over 15. Records: 32.07 M.Moncastle 1995; f. 39.56 J.Boulton 1995. Details: Race Secretary, 24 Marlborough Drive, Burgess Hill, West Sussex, RH15 0EU. Tel: 01444 242696.

SAT. AUG 3. BORROWDALE. This race replaces Wasdale (July 13) as an English Championship Race.

SAT. AUG. 3. WAUN FACH. The race will take place on this date and not on August 10th. All other details remain as in calendar.

### SAT/SUN AUG 17-18 LOWE ALPINE MTN MARATHON

Two-day race for 500 pairs at a venue between 2-3 hours north of Glasgow. Six courses for hill runners of all abilities who have navigation skills, visiting a list of orienteering controls disclosed at the start of each day. All kit for the weekend to be carried. Organiser - Martin Stone, Planner - Martin Bagness. Information is automatically be sent to all 1995 entrants by mid-March. Details: 9" x 4" SAE to: **Martin Stone, Lowe Alpine MM, 12 Moorlands, 103 Garstang Road, PRESTON PR1 INN. Tel: 01772 562395**

SAT. AUG 17. STICKLEPATH HORSESHOE. BM. 2.00 p.m. 9.61m/1723' from Finch Foundry Field, Sticklepath, Okehampton, Devon (GR 642941 on OS sheet 191). £2.50 on day only. NS/LK/ER. Over 14. Records: 1.09.41 N.Holmes 1995. Village fete, etc. Details: Jon Padfield, 4 Steddaford Court, Sticklepath, Devon, EX20 2NP. Tel: 01837 840984.

WED. AUG 21. THE RUGBY RUN. BS. 7.00 p.m. 5m/1000' from the Rugby Pitch, Hollowford Lane, Castleton, Derbyshire (GR SK148835). £2 on night only. Teams free. PM. Over 14. Records: 31.06 S.Bourne 1994; f. 37.52 C.Greasley 1994. Details: Ian Broad, 10 Farndale Road, Sheffield, S6 1SH. Tel: 0114 233 8264.

SAT. AUG 24. BRECON BEACONS. AL. 10.30 a.m. 19m/4500' from Talybont Reservoir Dam, near Brecon. £3 to organiser or on day. Teams free. ER/LK/NS. Over 18. Ladies record: 2.59.23 L.Kirk 1991. Details: Tom Gibbs, 2 Doone Road, Horfield, Bristol, BS7 0JG. Tel: 0117 9073757.

SAT. AUG. 31. BELLINGHAM SHOW FELL RACE. This will take place on this date and not on August 24th. All other details as in calendar.

SUN. OCT 6. OPEN COUNTRY MINI MOUNTAIN MARATHON. O. £18 per team of two. ER/LK. This event is a six-hour Score event; teams to visit controls in any order to gain maximum points. Limit of 200 teams. All details from organiser - Mark Seddon, 55 Prince Edward Avenue, Denton, Manchester, M34 6AS. Tel: 0161 320 6465.

SEPT. 14. HODDER VALLEY SHOW FELL RACE. This race will now take place on this date and not Sept. 7th. All other details as in calendar.

NOV. 16. TOUR OF PENDLE. Note start now 10am.

**PLEASE NOTE:**  
English Fell Championship  
Teams = 5 to count



*No substitute for basic fitness; Glynda Cook heading for a win, 3 Shires  
Photo: Bill Smith*

*Fell and Hill Running have been included in the 'All Events Overview' and 'Endurance Event Group' for BAF Club Coach Level 1 Awards. Dennis Quinlan and Norman Matthews have written the text for the course and are likely to become the first Senior Coaches for Fell Running. The text is reproduced with their kind permission.*

## TRAINING FOR THE FELLS

Training for the fells is like training for any other distance events in that best performances depend mainly on a consistent volume of training. For many fell runners the bulk of this training can be done, and is, on undulating off-road surfaces or road. Even fell runners who live in mountainous localities are unlikely to train daily on severe climbs. They are fortunate, of course, in having them available for some of their training.

However, there are one or two significant differences between fell and other events. The most obvious are the demands of steep climbing and steep descending, both of which require practice. That practice for many lies almost entirely in racing but better results are gained from incorporating both in training. Less obvious differences are the range of events commonly undertaken and the frequency of racing. Races can vary from the little over a mile of Burnsall to the arduous 23 miles of Ennerdale - and for many the 2 day mountain marathon. What is unusual about the fells is the number of people competing across the full range of events. The Championship structure, of

course, encourages that range of participation, demanding as it does competition from 'A' Short to 'A' Long.

### Climbing training

The strength to climb will automatically be developed through 'hilly runs', especially if a degree of extra concentration is applied to the climbs. This, along with races is what many do. However, it is desirable to incorporate at least one repetition hill session into the weekly training programme.

### Endurance hill reps

The total climbing time for these would probably be in the range of 15-25 mins and the climbs might take 2-3 mins each. A brisk descent is desirable to keep the recovery tight and so maximising the endurance benefit. The climbing is meant to be hard but a little short of race intensity. It is likely that race intensity would be touched towards the end of the climb but it is important to the purpose of this session that it is not maintained. For those with the benefit of a heart rate monitor the pulse range largely aimed for would be between 5-10 beats less than the typical pulse experienced in a half hour race. An adequate warm up and cool down, fol-

lowed by stretching, should accompany the session. Flexibility and mobility exercises are important ingredients in the training of athletes who would look to run fast as their neglect limits the power and range of movement in fast, explosive running in particular.

Provided the recovery is kept tight ie no more and preferably less than the time taken to do the climb, there is nothing magical in the length of the climb. The key factors are the total size of the session and the controlled intensity.

The severity of the climb is important in judging this session right. It is very difficult to run up a severe climb and keep the effort within the above parameters because running at almost any pace up a very steep climb is very demanding. The way to handle this is for the athlete to walk a little at the appropriate point. Steep walking is well worth practising and if undetaken during a brisk effort a high pulse is easily maintained.

### Race intensity hill reps

The intention of this session is to work hard, simulating the demands of racing itself. This is a dangerous thing to do and must be done in a deliberate, controlled fashion. Too many athletes give themselves this type of work intensity 'accidentally', usually hanging-on on club nights, and line up tired for races.

The total climbing time is best kept to around 12-14 minutes only, with the

length of effort between 30sec- 1 min 30 sec. The shortness of the effort enables powerful climbing and the athlete rapidly comes under stress. BUT even this session should not be attacked with maximum effort and motivation. This work can be done unproductively too hard, leaving the athlete with too great a recovery problem despite the relative shortness of the session. Useful body indicators are breathing and muscular reaction affecting style. If breathing becomes a gasping for breath affair be warned, the athlete is probably over doing it. Similarly, if normal running rhythm is falling apart because of 'tiring up' too great an effort is being made. This is the type of work that should be done sparingly. Once per week is sufficient and not within 2 days of having raced or within two days of a race to come.

Whether a hill session should be endurance based or of race intensity will depend upon a number of factors: the background endurance already developed by the athlete, the demands of other planned training around the day in question and the proximity and length of races:

- \* if the athlete is lacking in endurance background the session would usually be best used for endurance
- \* if the athlete is recovering within a day or two of a hard race it should also be endurance based
- \* a fit athlete could do one of each in a week - though one endurance session would suffice if racing successive week-ends

If possible it is a good idea to have a variety of hills used for repetition training:

races contain a wide variety of hills. The coach can determine the needs of the athlete whether it be for more medium slope speed or the greater strength of very steep climbing.

### Descending

Descending is well worth practising. If left to racing alone the athlete is likely to feel very uncomfortable attempting steep, rough descents at speed. Like other aspects of training practising descending does not have to be done at race speed to gain benefit, useful as that might be. It is a skill that can be developed at lesser speeds. There are a variety of ways of incorporating this into training, from fast descents during otherwise steady runs to specific downhill repetition sessions. The latter could be done as part of the above hill repetition sessions but if this option is chosen a short recovery at the bottom of the hill will be necessary to enable recovery before the next climb.

### Points to consider:

- \* varying the length of stride
- \* varying the lightness of foot plant
- \* looking ahead of the foot plant
- \* experimenting with heel, flat foot, toe first foot plant
- \* increase confidence by visualising yourself descending fast
- \* find a comfortable degree of lean for the slope - the steeper the more upright
- \* wear close fitting shoes with good grip
- \* consider strength exercises for legs and ankles
- \* don't run flat out to the top - save something for the descent

### Track training

Track training is not an option most fell runners will choose. It is too far removed from the free roaming spirit of the fell enthusiast and taking things too seriously by far! However, the serious fell aspirant would do well to consider this as an element in their programme. The advantage of track work is the speed at which intervals can be run. Many fell runners are in danger of never practising running fast in training. The consequence of that is they always feel lost for speed in short to medium fell races and uncomfortable when they try to run fast.

For much of the season top class fell runner would do well to consider one track repetition session and one hill session per week. To maximise the point of going on to the track it would usually be best to keep the session relatively short and intense ie fast. 'Classic' 5K sessions should form the core: eg 12 X 400 me with about 1 min recovery, 6 X 800 me with around 2 min recovery. The way to interpret the session would be as for the short hill repetition session above.

The track can be used for other types of work, of course, such as a less intense

speed practice session eg a brisk 12 X 300 me with 100 me jog, deliberately running with controlled rhythm which is not too intense but nonetheless fast.

Alternatives for off-road enthusiasts who could not bear to step onto a track might be to transfer this type of work onto paths, trails, parks or playing fields. For the purposes of fell racing it is likely that just as useful work can be done on these terrains - and with less injury risk.

### Other running

If an athlete trains according to the above then other running must be carefully controlled also. Mostly it needs to be 'recovery' running. This is relaxed running, without pressure, to enable recovery from previous hard work and adequate freshness for the next hard session or race. The pace of this running will vary between athletes according to fitness and talent. Obvious as this is it is worth stating as athletes commonly make the mistake of going for someone else's easy run, working too hard themselves. A fit, talented athlete can run quite briskly and still be doing a recovery session but even such an athlete should avoid pushing on recovery days. If in very good condition an occasional light fartlek session is as far as it ought to go. Getting this running 'wrong' will interfere with the quality of other planned hard work and can easily lead to fatigue with the increased risk of injury or illness. Good class athletes can suffer at the hands of their less talented club mates if the latter are not motivated to do deliberate quality sessions but attend club runs as alternatives to racing, pushing the former into working too hard.

### Cross-training

Cross-training is doing a form of training different from the competition but with the aim of improving the latter. In concept it contradicts the main principle of adaptation, the 'principle of specificity' which states that improvement in an activity is best gained by practising that activity, not alternatives. Cross-training depends upon 'transfer effect' - the extent to which a different activity has a transfer benefit to the main activity.

Arguably, running on the flat is cross-training for fell runners where most demands are up and down - though in fact few courses are literally 'up and down' only and even those close to that definition have fast, runnable sections with medium slopes.

Other sports such as swimming or cycling are usually what come to mind when considering cross-training and they are often used at a time of running injury or for a psychological break. But specific exercises, weight training and circuit training are further examples. One of the advantages of specific exercises is that particular muscle groups can be developed



Shorter distances for younger runners - G. Erhard, 4th in the U/18 race (3½ miles); junior international  
Photo: Jim Brown

without interfering with the athlete's 'normal training' - provided the amount of work is sensibly controlled and does not leave the athlete sore or weary.

If activities are chosen instead of running then those activities need to demand general endurance and muscular endurance of the legs, the thighs in particular. Otherwise the athlete's performance, despite some physical gains, is likely to deteriorate. The best alternative of this sort is cycling - road or off-road. Cycling not only has the necessary aerobic demands but has the benefit, especially valuable to the fell runner, of placing extra emphasis on the thigh muscles, that group of muscles of especial significance to climbing and descending.

A further advantage of cycling is that it is non-impact and so work loads can more readily be absorbed and the activity is readily utilised for the full range of training purposes from steady aerobic work to high intensity interval work. A disadvantage is that it takes longer in the saddle to achieve the gains of a similar running session. But a well thought out programme of running plus cycling will produce as good a result on the fells as a running programme alone.

### Specific exercises

As the ankle joint comes under constant pressure from the uneven terrain of fell running it warrants particular attention. As a short term measure, if only to increase confidence, an athlete who is concerned about going over on weak ankles could make use of taping. Correctly done, taping lends strength to the joint without impeding its movement for the purposes of the race. But it is not a long term solution. Strength is gained, of course, through fell running itself but complementary exercises would entail pointing, pulling, turning in and out, and rotating - all with a weight attached to the foot. Avoid undue stretching as 'slack' ligaments will add to the instability of the joint which wants to be firm and mobile but neither rigid nor slack.

Fell racing and training, hill reps and biking will all develop the quadriceps but exercises such as half squats with weights, multigym leg presses, 'burpees' and step-ups are examples of worthwhile extras especially for those living in fairly flat terrains. A more demanding extension of these activities are the more dynamic plyometric exercises such as hopping, bounding and depth jumping. Such exercises should be undertaken with care, after careful warm up, as they can easily result in injury. However, they do have the advantage of moving more specifically to the actual demands of racing fells.

Of the quadricep muscles the vastus medialis on the front inside of the thigh warrants special attention. This muscle is readily left with comparative weakness to the others and that weakness will result in

an imbalance which all too readily leads to knee injury. To rectify this potential problem the leg should be exercised primarily in a straight leg position with the knee locked and the toes pulled toward the body. This position and exercise specifically works the vastus medialis and can be used as a therapeutic as well as a preventative measure. Not all knee problems relate to this muscle, of course, and any persistent pain should be referred to proper medical opinion.

The hamstrings at the back of the thigh can easily be neglected and although they do not have to be as strong as the quadriceps they should not be neglected in any supplementary exercise programme. Although a hamstring curl station on a multi-gym is the common way of exercising this part of the body an entirely acceptable alternative is to carry out the same movement with partner resistance around the ankle.

Although maximum strength is best developed through the use of equipment the value of using body weight should not be under-estimated especially for the needs of fell runners. Consequently, a well constructed circuit training programme can be very beneficial especially if the athlete is unable to do the amount of running desired as they can keep moving briskly and so get an aerobic as well as a 'strength' workout.

Indeed the overuse of weight training can add undesirable muscular bulk to the athlete. That extra weight has to be carried. The aim of weight training is to add strength with as little weight gain as possible. The conventional way to do this has been to aim for power or muscular endurance, using a weight that feels hard to move for 10-20 efforts, repeated in 2 or 3 sets, but which can be moved quite quickly. However, recent thought favours even less volume but after thorough warm up increasing the weight to the point where literally just 1 or 2 maximum efforts are possible. It is claimed that this produces the best strength gain with the least weight gain. A similar dilemma can face the athlete with a physically demanding job. The job may be good for developing the strength required for fell running but if it is very demanding too much weight gain may result and the athlete may be too tired to run.

### Racing

Many fell runners over race, by the standards of other endurance runners. What appears strange to the non-fell runner is that this over racing often appears to be carried out with impunity - fell runners get away with it, even seem to thrive on it. It would appear that the variety and typical softness of the terrain, and the more localised demands on parts of the body enable the fell runner to more readily recover than the track or road



*Even the best don't win them all. Ian Holmes can't believe he's beaten at Withins Skyline  
Photo: Dave Woodhead*

runner racing a similar length of time. Many fell runners start the season very unfit, race every week and gradually improve. Road or track runners attempting the same would be likely to injure or become ill. However, because such a regime is possible does not make it desirable or the most productive plan of development. One of the risks with this strategy is that runners can fool themselves into thinking there is no limit to the amount of racing their body can absorb and so race several times in a week. This is a high risk strategy no matter what the race results. After such exertions the athlete is highly prone to picking up infection or injury and possibly ruining the rest of the season.

A better plan is the more conventional approach of breaking the year up into phases of 6-8 weeks followed by an easy/rest week and plan minor races as stepping stones to target races. There are many possible patterns of varying work load over time but a narrow interpretation of the concept of 'periodisation' does not readily fit the racing year, or the typical psychology, of most fell runners. This is not to decry the value of base conditioning and peaking in key competitive periods but for most these will be represented by only minor shifts in training and racing programmes at any one time in the year.

These and other matters should be given more consideration, of course, in the case of those seeking international representation, especially if they hope to perform with distinction in the Trials for and the World Trophy itself. Coaches and athletes with such ambitions need to refer to the Senior Coach/Fell Manual for guidance in this respect.

## "When the revolution comes ...."

which looks as if it won't be all that far away, I hope fellrunners will be right there in the forefront of the slaughter, mowing down National Trust and Water Board bureaucrats, dismembering BAF Officials, shredding Race Permit Agreements and scampering over the corpses to disappear victorious into the crags, heather and peat bogs, leaving only bloodstained Walsh-prints behind them. My dad, a veteran of the Kinder Scout Mass Trespasses, a lifelong Socialist and defender of the right to roam responsibly anywhere over wild country was fond of drilling into me that "the price of Freedom is eternal vigilance"; well we seem to have lost that vigilance, become a little blind to the steady erosion of things we took for granted and are very much in danger of finding the freedom we all enjoy and appreciate in fellrunning disappearing in a minefield of restrictions. The worst of it is that, unlike in the "bad old days" of the grouse moor landlords and the private estates, when at least you knew precisely who to complain to, negotiate with and (hopefully) persuade of the error of his ways, nowadays it's all committees, organisations and suchlike bodies, all of whom are ever so reasonable but absolutely impossible to pin down.

I have been doing the job of FRA Fixture Secretary since 1988 and over the last two or three years have seen a steady change for the worse as far as influences on fellrunning are concerned. The National Trust has taken to charging 50 for a race permit in some areas and when you ask why (as Dale Gartley and I did last year) back comes the reply -

"We have to charge a fee for the administration costs."

"Administration costs for what?"

"For issuing the permit."

"But what do we need a permit for?"

"So you can run the race."

"But we've run the race without a permit for nine years with the total agreement and co-operation of the Park management. What's different now?"

"You need a permit."

No way of bridging the yawning gulf between the two ways of looking at things until either the organiser pays up in despair (as we did) or loses his temper and embarks on a course of confrontation (which maybe we ought to have done). Ours weren't the only races to be hit in this way, and worse than this are the cases where "The Committee" suddenly decides that because of imagined/reported/rumoured risks of erosion or damage a long established race has to alter its route or even be cancelled. Reasoned argument gets nowhere; in one case, in order to support the Organiser, I took several photographs of an area of supposedly soft and "at risk" ground on a well-known Welsh race the day after the

event had been run to disprove the accusation that two hundred runners would rip acres of mountainside down to bare rock and sent them - showing as they did a few Walsh prints and nothing more - off to the National Park body in question. They refused permission for the race for the following year and it is still under debate at present. Ask Tony Hulme about his problems with the Shining Tor or ask the Glossop lads about the reasons why the Glossop Fell Race first had to alter its route, then had to be cancelled, then was reborn bearing no resemblance to the original and is now only run every two years and you will begin to grasp something of what's happening. And then there's "The Great Fire Risk" !!\*! Oh, the delight this year with which innumerable bodies banned races from taking place or insisted on altered routes TO PREVENT FIRES FROM OCCURRING. The image of your average fell race field leaving a trail of discarded dimps, matches and blazing hillside behind it as it wends its merry way is one most people would find hard to take seriously, but not our Guardians of the Wilderness; or maybe it was the fear of excessive heat being generated by the sheer blistering pace for which fell runners are well known!

Apart from the ever-increasing number of restrictions such as the ones above, there is also the invidious appearance of American style legality, which threatens our basic tenet that a fellrunner is responsible for himself/herself when out on the hill, either alone or in an organised race. We have already had rulings which make it very difficult for organisers to allow their races to proceed in poor or deteriorating weather conditions, which is one reason for the burgeoning concern for publishing Safety Requirements in the FRA Calendar of late. Where is the challenge of trying your skill and fitness against the elements as well as the speed of other runners going to go if this trend continues ??

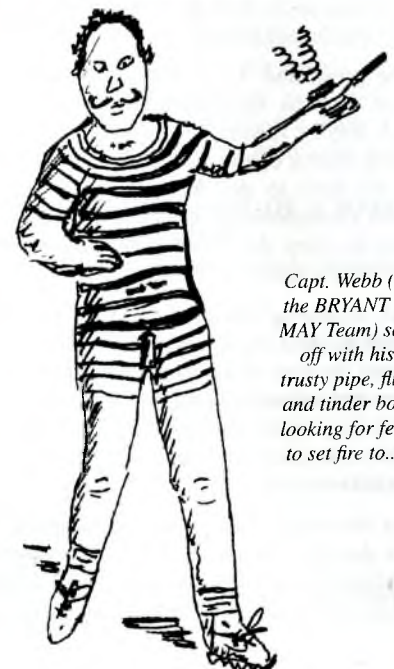
So far, most of the malign influences have come from outside the fellrunning fraternity but in the last two years even that has changed for the worse. We used to have the FRA, a straightforward body whose committee (uniquely to any sport, I suspect) actually had to be actively competitive at a high level to ensure committee members knew what they were talking about and were in touch with the membership. NOT ANY MORE !! Now we bask in the glory of the FHRC and BAF and what has it brought us. Not a lot I would suggest. We had a Championship structure (4 races from 6; 2 short races, 2 medium races, 2 long races) which, despite its problems, was generally agreed to be a fair test and to produce representative, all-round champions. The FHRC/BAF disagreed with it so John Broxap did a comprehensive survey which proved beyond all doubt that the vast majority of fell runners preferred the existing format. The FHRC/BAF still disagreed with it. As a result we now have three races from four - for whose benefit

?!? Pre-FHRC/BAF the section of the FRA insurance policy which dealt with claims against organisers for damage, etc. read "... the first 50 will be found by the event organiser". It now reads "... the first 500 will be found .....". As an organiser I find it very hard to work out how this is an improvement, in fact I think that most organisers would find that 500 was way beyond the budget of their races and would be in serious financial difficulties in the event of a claim. All in all our own organisation seems to be getting railroaded by the type of bureaucracy most of us go running to avoid.

As you might gather, I find the developments of the last few years a shade depressing and the light at the end of the tunnel is that despite all the difficulties there are still 387 races which people are willing to put on and there is still plenty of countryside to lose yourself in if you wish, but it's worth bearing it all in mind and, if necessary, doing something about it when you can. How? Maybe by going back to the days of direct action. Trespass and then justify it; argue your case with the Water Boards, National Trust, et.al. and then ignore them if they refuse to respond to reason; write letters left, right and centre; get your club to complain about restrictions; use your vote appropriately (bit political, that one!). As for our own organisation; perhaps a Motion at the AGM to the effect that fell-running would be best served by the FRA disassociating itself from the FHRC/BAF and returning to the days of honest, direct, democratic government unfettered by irrelevant bureaucracy would be a useful first step !!

Whatever you do, it's too good a sport to be allowed to be slowly strangled, so keep up the vigilance, maintain the Freedom and I'll see you at the barricades. Or at least in the pub; I am, after all, getting a bit old for this revolutionary stuff.

Dave Jones.



Capt. Webb (of the BRYANT & MAY Team) sets off with his trusty pipe, flint and tinder box, looking for fells to set fire to....!

# TOMMY MURRAY - ON TOP OF THE WORLD

It was one of those days that will live long in the memory of those that were lucky enough to be there. Scotland's Tommy Murray pulled away from a quality field in the early stages of the World Mountain Trophy in Edinburgh, last September, only to be reeled in by the eventual winner, Lucio Fregona of Italy, in the latter stages and lose out on the final downhill to claim silver in his debut in the event.

I'll also remember vividly the post-race 'press conference' as Murray reflected on what it meant to him and what he had just achieved. With the sunlit splendour of the imposing 'Arthur's Seat' towering in the background as a reminder of a pulsating and truly memorable race, Scotland's hero of the hour, Tommy Murray, sat in the shade on the cool well-trodden grass, knees drawn to his chest, sweat glistening on his brow as he attempted to convey to the gathering press contingent his feelings in the immediate aftermath of arguably Scotland's greatest ever performance in the eleven year history of the event.

How would he react, we wondered? After all, isn't Murray one of the more outspoken athletes in the sport? The one guaranteed to say what he thinks and not give a damn who he upsets? Would he slate the press and TV for the lack of publicity for this world event held on British soil for the first time in seven years? Would he be disappointed with 'just' silver after only losing out on the final descent after leading for much of the race? Or was he delighted, like the rest of us, with his monumental achievement?

True to form the 34 year old Spango Valley runner didn't disappoint. On the one hand he was elated to win silver for his country on native soil. And secondly, yes he did have one or two broadsides to fire off.

"The press and TV coverage for a world event such as this has been abysmal," he says, hardly raising his head as he toyed with a plastic cup in his hands. "What more do we have to do? Here they are with a world championships on their doorstep and what do they do? With a few exceptions, they totally ignore it. Pathetic."

And, whilst in full flow, he clearly wasn't finished: "You could say I won this in spite of, not because of my employers. I wrote to them beforehand asking for a few days in order to prepare properly for the event and didn't even receive a reply to my letter. Can you believe it?"

In a few hours time, Murray admitted, he was due to start an evening shift with Inverclyde District Council and the ill feeling in his voice was apparent to all present.



*Finishing strongly in second - World Mountain Running Trophy, Edinburgh  
Photo: Peter Hartley*



"And then there's the kit," he continued. "Considering we're representing Scotland - in Scotland - you would have thought the kit would have fitted, wouldn't you?"

And we all laughed. After all, Tommy Murray is Tommy Murray, isn't he, we grinned? Was there something he actually was happy with, though, we wondered? After all, here he was, a World Silver Medallist after probably Scotland's greatest ever performance in an event that has grown massively in prestige over the years - even allowing for Beverley Redfearn's outstanding 1990 victory in Austria and Colin Donnelly's silver a year earlier in France. Wasn't he delighted with what he had just achieved?

"Yes, I'm absolutely thrilled to win silver," he smiled, the mood change also readily apparent. "I only ran here today because it was in Scotland and that's why it means so much to me to win silver. There's just this feeling, though, that I could have actually won, I suppose. I couldn't have given any more though," he added.

A few days later, when I spoke to Murray again, I found him in a more relaxed mood and in a better position to reflect on his run and get things into a truer perspective: "If someone had said to be beforehand that I'd win a world silver medal then, yes, I'd have been very pleased. It was just a bit of an anticlimax, you know what I mean? I led the race for so long and really thought I could have won it - and perhaps should have. But in the end the Italians proved too strong. I gave everything I had, but perhaps if I'd not have gone off so fast so early on then things might have been different. But you learn from your mistakes, I guess."

I wondered if there was ever a time during the race that Tommy had started to doubt his tactics. "I suppose so, yes. I remember I was conscious at one stage of how heavy I was breathing and thinking to myself: 'Am I going off too quickly here?' But I never look back in a race, I hate looking back. At one stage there was a switch back on the course and I remember sneaking a look back and seeing Martin (Jones) - who I'd considered as the main threat before the race - dropping back and the Italian, Fregona, coming through and thinking to myself: 'Have I done too much too early?'"

"Even so I didn't ease off," he smiles. "I just kept working at it the whole way. By then it was either a case of I'd judged it right or it was too late. It was as simple as that."

Murray admits to taking a bit of flak from his employers after the race over reports in the press where he criticised their lack of support. The Spango Valley runner was unrepentant on the subject, however. His reference to the ill-fitting Scottish kit was never commented upon by anybody ("What could they say?" Murray asks). The matter of his scathing remarks over his employer's attitude, however, was raised.

"They did ask me to explain some of the comments I made after the race. I just told them they'd missed an ideal promotional opportunity, and they had to agree with me. I also told them that if a journalist asks me a

question then I'll do my best to answer it as honestly as I possibly can. I also told them that I was only too willing to ring up those same press guys and tell them what a wonderful job Inverclyde District Council were doing if they were to alter their stance .... But they haven't."

Whilst many pundits were quietly expecting Murray to put up a good performance in Edinburgh, particularly considering his outstanding pedigree on the roads and over the country, they also argued that this was a different kettle of fish altogether. This was mountain running at its toughest, they said, and he would be up against some of the finest hill and mountain runners in the world, as well as facing the pressures of international competition. Even so Murray wasn't deterred.

"Though it was only my second race ever on the fells, I was pretty confident I could do well," he says. "I remember winning the trials and taking two minutes out of Bobby (Quinn), who placed eighth in Berchtesgaden a year earlier) and thinking 'hey, perhaps I could do something here'. I thought I could possibly sneak into the top five after that and thinking that, hopefully, if I could nick a medal that would be a real bonus."

"I was also really pleased afterwards when I met up with Fregona, the winner, and a few of the other Italians at the drug testing unit. They couldn't believe I'd just achieved what I had done off a mainly road and cross country background. I mean, these guys actually prepare for events such as this and treat it as really high profile. I heard somewhere that they've got something like a £25,000 budget to prepare their athletes properly for the event. The Italians and the other continentals are, in many respects, out-and-out mountain runners really, and they were very impressed when I told them of my limited background as regards hill running."

"As far as I'm concerned it doesn't really matter if it's flat, hilly, roads, cross country .... anything. Everything, in the end, comes down to one thing really: Speed. Pure and simple."

Murray's preparation for the event would possibly surprise one or two people, especially when he confides that he had been training all summer for a marathon (in Eindhoven which, in the end, never materialised) and that his training is severely hampered by work limitations.

Unlike his contemporaries on the international circuit, Murray's training programme can best be described as spartan. Not for him the mega-mileage training schedules normally associated with athletes of his calibre. Not that he hasn't given it a go, however.

"I find the more training I do, the worse I get," he cheerfully admits. "I find I run best off about 45-50 miles a week with two quality sessions thrown in as well."

"It would be really good, I suppose, if I could put in 100 miles a week, two sessions

a day plus quality and plenty of rest and what have you. But the truth of the matter is I've just no time. I start work at 7.30 in the morning and finish at five with just half an hour for lunch. Therefore I tend to fit my training in whenever I can.

"I actually thought, though, that my training was as good a training as anything for the World Trophy because it was giving me the strength work. Plus the fact I know I have speed as well. On the basis of the training I was doing I felt pretty confident I could run well."

Whilst he admits the reaction to his silver medal has been muted to say the least - and the lack of coverage in the media minimal - Murray is in no doubt whatsoever where he places the performance on his list of career achievements to date.

"I'd have to put it right up there alongside my world cross country team bronze (from Boston in 1992) and my first ever Scottish cross country title. Definitely," he says proudly. "It's a world championship silver and, as you rightly point out, not many people win one of those do they?"

So what of the future? Murray has already shown himself to be a force to be reckoned with on the world scene and another twelve months down the line should see an even better prepared Tommy Murray for Telfes in Austria. Or does he see his one championship race on the hills as quite enough for the time being?

"I know in Edinburgh, directly after the race, I said that I reckoned the guys who run these type of events were mad and that I'd never run the event again, or words to that effect. But since then I've had a chance to reconsider."

"Next year the event will be uphill-only and I think that would suit me better because I've got a light build and a good uphill running style. I'd love to run for Scotland again and I've told several of the Scottish selectors since that I'd love to have another crack at winning it."

"And I actually do believe I can win it, especially with it being uphill. I made a few mistakes during the race in Edinburgh - perhaps I could have started slower and maybe I could have prepared a bit better. But, as I said earlier, you learn by your mistakes and I think next year I've got a really good chance of actually coming away with gold."

#### **THE TRAINING DIARY OF A WORLD SILVER MEDALLIST:**

Sun: 22M (Hilly roads around Greenock, where he lives).

Mon: 10M road and trail at 6pm.

Tues: Track session: EG: 15 x 400m (64/65 secs with 45 secs recovery).

Wed: 10M (6 mins per mile "recovery run").

Thurs: 5M

Fri: 5M.

Sat: 50M cycle ride (To work at Glasgow and back).

- Gareth Webb

Gareth is the fell correspondent for Athletics Weekly.

# Memories of a perfect weekend at Elterwater: The FRA Introduction to Fell-running course



Left to right: Andrew Frame, Hetta Morath, John Gibbison, Eileen Bond, Gordon Johnson, Francis Uhlman, Lyn Eden, Peter Ahearn, David Moffett, Alan Storrow, Peter Knott, Chris Hack, Geoff Hodges, Henry Thomas, Mark Groves

The final exercise of the FRA Autumn course held at Elterwater Youth Hostel was the Silver Howe Chase, and it was designed to draw together most of the navigation techniques shown over the weekend. By Sunday the group of 15 had learned to respect each other's strengths, and, although the final exercise was to be completed solo we tended to help each other. (At least Monica Gordon and I did).

Friday evening at Elterwater Youth Hostel had brought together a mixed bag from all corners of Britain, (Ireland also), with differing standards of fitness, from the experienced fell-runner brushing up on navigation to the novice. Being one of the five women, all a bit older bar one, I wondered how we would match up to the ten men, most of whom appeared to be in their twenties. By Sunday evening the younger ones viewed us older women with something bordering on respect - nearly. Alison, from Manchester, held her own amongst them in speed and hill climbing, outstripping them in stamina, (and she was in her forties). Hetta, (mid fifties) beat most men with her accurate map-reading, route planning and speed.

I suppose I most enjoyed having the opportunity to 'surgically extract' from our leaders those secrets most experts like to keep to themselves. Opening was Ken Ledward to talk about his life and experiences, his years of poring over maps and seeing the mistakes cartographers have made in maps which currently are available in shops. He showed us how to judge distance quickly no matter which scale we were using, when to believe the map against the terrain and the accuracy and value of the compass both in rough and fine navigation.

I had decided to do the course to brush up my navigation, especially when using the Harvey maps 1:40000 scale. Although one of the reasons was the impending Karrimor Mountain Marathon, with Monica as my partner, my

ulterior motive was to refine my map reading and navigation to allow me to confidently enter those longer fell-races, and in particular, to enable me to return to Assynt next May for a week, camping in the wild: to see the mid-night sun again, possibly from the summit of Cul Mor, drop into the sea and rise again in the West. On a cloudless night the tableland of thousands of lochens and the sea flash suddenly, gold and red, and dusk changes to dawn without the night.

My last encounter there had been in 1991, camping on thyme. What had been then a fearful experience of climbing and descending Cul Mor in the cold half light became a last and lasting memory.

Saturday morning found all of us on a run at 7am, followed by preparations to go out into the fells in groups.

Monica was in a group with not only a young fit leader but with all the younger fit men. Each time I saw her she was running at a fast pace behind: but keeping up. Hetta's group always appeared separated from the leader.

I was lucky to be with Ken Ledward, who, being older, concentrated on map-reading and compass work, getting individuals in the group to lead to specific points by using techniques he carefully explained. A particular memory of him will always be of him jumping up and down in frustration shouting 'NO YOU W-K-R. FOLLOW YOUR COMPASS.' Then turning to me, the perfect gentleman, 'Please excuse my language'. I didn't dare not to follow my compass after that.

Saturday night saw us all out on the fell again on a solo night navigation exercise. Elterwater had Leeds share of stars but no moon. My petzl was useless in the inky black: and particularly useless in the bracken which reached well over my head and seemed to feature over most of the course. John Gibbison had spent the day laughing and remarking that the night course would be okay for the vertically advan-

taged. now I know what he meant. My "night eyes" had collapsed with my body. Age I think. However the accuracy of my compass proved itself with pacing distances, and I completed the course within the hour allocated.

At the feedback later I found out that only seven of the fifteen had completed the course, with Hetta winning the Ladies, not far behind Henry, a Brummy whose orienteering appeared exceptional. Monica, who was only a few minutes behind Hetta, was delayed by a fast fellrunner who offered to guide her through the bracken. He is now recovering from his limp.

The Sunday gave us time to prepare for the big event, the Silver Howe Chase. Mike Rose, Secretary of the FRA told us about the FRA and the importance of safety in the fells, especially following criticism from the coroner after the deaths last winter of two fellrunners (in separate races), both deaths from hypothermia.

The FRA came under heavy criticism for allowing what the coroner considered to be "inexperienced and inadequately clothed" runners taking part in fell races. Race organisers feel threatened that an elitism may creep into fell racing which will bar the people the races are organised for, you and me, from taking part.

This navigation course is heavily subsidised to encourage the safety aspect of fellrunning.

On that sober note Peter Knott followed Mike Rose with a full description of the symptoms and effects of hypothermia, how to recognise the early signs, preventive measure and treatment. Then followed an outline of the most effective clothing to wear to alleviate hypothermia.

The Silver Howe Chase was organised on the lines of a mini Karrimor, and we all set off solo at minute intervals. Just before checkpoint one, Mark who was catching me up, wasn't kidded when I guided him to a red marked sheep behind a rock. Although at checkpoint 2 Andy appeared to be going in the wrong direction for checkpoint 3 as he completed the full course well within the allocated time, he probably had found a better route. I never had the chance to find out.

At checkpoint 4 Eileen was still looking for checkpoint 3 - miles out of her way. Monica and I met looking for checkpoint 6 (top of knoll) nothing but bloody bracken again, and after that pretended that we weren't together. Down at checkpoint 7 Gordon joined us trying to find checkpoint 6. "It's up on the top of that" said Monica happily, pointing through the thick bracken to the top of the steep sided hill that he had just descended. Bugger it - our time was nearly up, and John Gibbison was hard on our heels collecting up the checkpoints - we beat him by 30 seconds.

Bearing in mind that the instructors and their helpers volunteer their time the enthusiasm, encouragement and quality of instruction was exceptional.

The YHA accommodation and food was ample and altogether the course was certainly well worth the time and money. I will return soon for a refresher course.

Thanks to Peter Knott, John Gibbison, Ken Ledward and Sue Parkin for your patience, time, good company and above all for sharing your experience with us all.

Lyn Eden

(The next course is 12/14 April at Kettlewell. See ad. on page 31.



Rossendale Ladies, Leg 2  
Photo: Peter Hartley

## BRITISH FELL AND HILL RUNNING RELAY CHAMPIONSHIPS 1996

SUNDAY, 15TH OCTOBER  
LLANBERIS, GWYNEDD

A total of 60 teams attended this event, the first time it has been held in Wales. The area around Llanberis is ideally suited for an event of this kind and it meant some challenging legs! (Definitely Category A standard!).

After marking the course and setting out the finish field in glorious autumn sunshine on the Saturday, it was disappointing on Sunday to have cool, damp, overcast conditions, with light rain at times.

In the Open Race Leg A was won convincingly by Mike Jubb of Dark Peak in 54.10 with Colin Donnelly of Eryri second in 55.48.

The fastest run on Leg B was by Nick Peach of Kendal in 39.01 with Horwich taking the overall lead.

Local knowledge on the Navigation Leg C enabled the Eryri pair of Gary Rees Williams and Dei Huws to win the leg in 61.12, and take Eryri into the overall level.

Storming runs by Greg Hull and Martin Roscoe enabled Leeds City to come up from 8th position at the end of Leg C to win overall at the finish in a total time of 3.57.40. Their time on Leg D was 74.03.

Pudsey and Bramley were second in 3.59.36, closely followed by Cumberland F.R. in 3.59.42.

In the veteran men category it was a close battle between Horwich and Ken-

dal, with both teams exchanging the lead at the end of each leg. Horwich eventually came out on top in a total time of 4.16.59 with Kendal 2nd in 4.21.18 and Cumberland F.R. 3rd in 4.22.36.

This was the biggest event ever organised by Eryri Harriers and from the comments received the events seemed to go extremely well. I hope you all enjoyed yourselves.

Special thanks to the organising committee - Sheila M. Lloyd, Ross Powell, Geoff Clegg, Mike (Catering) Blake, Wills (Results), Henry Stansfield, Eilir Evans and Alwyn Oliver.

In the Ladies Race Leeds City were going extremely well initially winning Legs A and B. They then lost time on the Navigation Leg C slipping to 3rd position behind Livingston and Pudsey & Bramley.

On Leg D Pudsey & Bramley managed to hold off Leeds City to win in a total time of 4.55.16. Leeds City were 2nd in 4.59.20 and Livingston 3rd in 5.05.29.

Finally a big thank you to all the Eryri members, and others, who turned out in force on the day to help (some eighty people in total!).

- Ross Powell

### RESULTS

#### OPEN

	Time
1. Leeds City	3.57.40
2. Pudsey and Bramley	3.59.36
3. Cumberland F.R.	3.59.42

37 Teams Ran

#### LADIES

1. Pudsey and Bramley	4.55.16
2. Leeds City	4.59.20
3. Livingstone	5.05.29

10 Teams Ran

#### VET MEN

1. Horwich	4.16.59
2. Kendal	4.21.18
3. Cumberland F.R.	4.22.36

13 Teams Ran

#### FASTEST LEG TIMES

Leg A (6.5m/2500ft)	
Mike Jubb (Dark Peak)	54.10
Leg B (6.25m (1100ft)	
Nick Peach (Kendal)	39.01
Leg C (Navigation 7.5m/1800ft)	
Gary R. Williams Eryri	6.12
Dei Huws	
Leg D (9m/3250ft)	
Greg Hull Leeds City	74.03
Martin Roscoe	



Rob Taylor hands over to Tony Hulme at pace Photo: F.U.

### BINGLEY HARRIERS & ATHLETICS CLUB

Request the pleasure of your company on the occasion of

## The Wharfedale TTT

Friday, 12th July - Sunday 14th July 1996.

Bingley Harriers & A.C. are hosting a weekend racing extravaganza in the lovely Yorkshire Dales village of Kettlewell in Wharfedale during the weekend of 12th, 13th and 14th July 1996. Known as the Wharfedale Triple 'T', the weekend will include races over tarmac, trail and tussock (hence the three 'T's - clever eh?)

The series of three races will include a short uphill only road race on the Friday evening followed by fell races on the Saturday and Sunday. The Saturday race will be 'A' medium with navigational skills required and the weekend will culminate with a marked 'A' short straight up and down affair.

Facilities will include a field where people can pitch a tent (at a small charge) together with directions to three nearby public houses. The main prizes will be given on a cumulative basis with a Grand Prix Prize awarded to The CHAMP who does best over the three races. There will be smaller awards to the winners of the individual events.

Entry on the day, further details available after 30th April from: Dave Weatherhead, 16 Birchlands Grove, Wilsden, Bradford, BD15 0HD. Tel: 01535-273508.

# EASTER ON THE ISLE OF MAN

**5th - 8th April, 1996**

## **Manx Mountain Marathon**

(Under FRA Rules)

**BRITAINS LONGEST SINGLE DAY SOLO FELL RACE**

**EASTER SATURDAY 6th APRIL - 30 miles - 8,000ft of ascent**

Supported by Isle of Man Tourism & Leisure

*Sponsored by Okells Brewery*

## **SATURDAY 6th APRIL**

*(Certificate & T.Shirt to all finishers)*

Elite & Standard Runners start 9.15 a.m. - Non-Competitive Walk start 7.30 a.m.

Prize Presentation - Bradda Glen Hotel 7.30 p.m. - Entertainment til' 12.00 midnight

## **EASTER ATHLETICS FESTIVAL**

Friday 5th - Road Race - Douglas - Saturday 6th - Hill Race - Peel

Sunday 7th - Relay Race - Douglas - (events can be entered individually)

**WORLD FAMOUS BEER DRINKING RELAY RACE**

**EASTER SUNDAY 8.00 p.m. - 2.00 a.m.**

All competitors join together for Beer Drinking and Disco at Summerland  
Leisure Complex, Douglas

## **MONDAY 8th APRIL**

Castle to Castle Coast Walk 26.5 miles - (non competitive walk) start at 9.00 a.m.

For further details & entry forms on events, contact

**Arthur Jones, 97 Silverburn Crescent, Ballasalla, Isle of Man. Tel: (01624) 822286**

**Athletics Events - Joan Powell Tel: (01624) 672009**



*Ian Hodgeson Mountain Kelly  
Saddleworth runners braving the appalling  
conditions at the start of Leg 1, heading up Dove Dale  
Photo: Peter Hartley*

## CHARMOUTH TO GOLDEN CAP CHALLENGE

### West Dorset

BM/7.8m/1600ft 8.7.95

The annual Charmouth Challenge was extended this year to include an ascent of Golden Cap, the highest point on the south coast. Double the usual entry came from near and far to enjoy the seaside and a fell race on the same day. Now where else can you do that? On a glorious sunny afternoon, one hundred and fifty runners raced away from the beach and up over Stonebarrow Hill, supported by an enthusiastic crowd. A further two hundred runners then set off on a four mile fun run.

The first two runners appeared at the top of the final descent surprisingly early and stormed down the hill and across the river to the finish in an incredible time. They were followed by an ominously long gap. A handful more then appeared at intervals until the main field arrived following Paul Wright of Wells City Harriers. Sure enough something had gone horribly wrong, namely a teenage member of a pseudo-professional marshalling organisation who had sent the first six runners the wrong way, in spite of a clearly marked course. Yes, it is possible to have too many marshalls. After a discussion with all the runners affected it was agreed to award the class trophies in finishing order anyway, but to withhold the overall winner's trophy. Times are shown in the results only for those who completed the correct course.

In spite of the confused results a number of experienced fell runners wrote afterwards to thank us for this new event, which they thoroughly enjoyed in spite of long journeys to get here. Many thanks, and let's hope we will see many more of you next year.

#### Gordon Hathway

1. A. Rich	R.Navy	
2. T. Wray	Wells	
3. K. Payne	Exeter	
4. P. Wright	Wells	58.00
5. P. Clarke	W'ley	58.16
6. P. Chadwicke	Wells	58.51
7. N. Wilson	Nun	59.05
8. D. Savage	Woot	59.15
9. C. Bradley	Dor.Dod.	59.28
10. J. Keast	R.Navy	59.48

#### VETERANS O/40

1. A. Rich	R.Navy	
2. K. Payne	Exeter	
3. P. Wright	Wells	58.00
4. P. Clarke	W'ley	58.16
5. C. Bradley	Dor.Dod.	59.28

#### LADIES

1. R. Carter	DevonOr.	68.31
2. S. Thomas	Chep	71.45
3. H. Rutter	Wells	72.00
4. J. Crabtree	Wyvern	75.25
5. T. Storie	Wells	75.54

## BRADDA FELL RACE

### Isle of Man

9.7.95

1995 looks like being the most successful in the history of fell racing in the Isle of Man, with entries showing a marked increase. The Bradda saw a continuation of this trend with another record entry setting off from Bradda Glen to do battle over the Southern hills of Manxland.

Manx champion Tony Rowley's unbeaten sequence against insular runners that stretched back to August 1993 and covered twenty races finally came to an end when Kirk Michael's Stephen Hull took victory in the heat wave conditions.

New dad, Hull, ran a calculated race allowing a leading trio consisting of Rowley, Stockports Tim Hargreaves, and Boltons John Quine to fight it out at the front, and, as they began to tire he stormed through to win by nearly ninety seconds in one of the best races seen on the fifteen mile course.

1. S. Hull	MFR	2.21.53
2. T. Hargreaves	Stock	2.23.25
3. J. Quine	Bolt	2.28.54
4. T. Rowley	MFR	2.30.37
5. R. Moughtin	WAC	2.33.37

#### VETERANS O/40

1. R. Moughtin	WAC	2.33.37
2. R. Stevenson	MFR	2.38.34
3. D. Young	MFR	2.41.01
4. S. Moynihan	SAC	2.42.16
5. D. Farnworth	Clay	2.47.14

#### VETERANS O/50

1. D. Corrin	MH	2.35.57
2. J. Comaish	IOM Vets	3.07.20
3. E. Brew	NAC	3.42.18

#### VETERAN O/60

1. B. Baxter	MH	3.49.35
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#### LADIES

1. S. Maddrell	WAC	2.49.35
2. R. Hooton	MH	3.17.12
3. S. Haydon	Nott	3.51.59

## NORTH BARRULE

### Isle of Man

25.7.95

Perfect weather conditions make a new course record a possibility and it certainly looked in danger as Steve Partington and Tony Rowley set off through Elfin Glen at a furious pace. The two leaders battled it out all the way up to the summit half way point and turned for home together, whereupon Rowley's greater experience of descending took him clear to win by just under a minute, surprisingly well outside Partington's 1989 course record.

One record that did take a battering was in the ladies section where Steve Partington's wife Cal knocked nearly a minute off the previous best time set by Syliva Watson six years ago.

1. T. Rowley	MFR	34.21
2. S. Partington	MH	35.24
3. P. Crowe	NAC	38.44
4. I. Ronan	MFR	40.44
5. D. Maddrell	MFR	41.42
6. D. Farnworth	Clay	42.57

#### VETERANS O/40

1. R. Moughtin	WAC	39.38
2. J. Crellin	MH	40.49
3. S. Garry	Kend	41.27
4. I. Callister	MH	41.54
5. R. Stevenson	MFR	42.05

#### VETERANS O/50

1. D. Corrin	MH	39.42
2. S. Moynihan	IOM Vets	45.28

#### VETERANS O/60

1. I. Chrystal	Loch	45.32
2. B. Baxter	MH	58.34

#### LADIES

1. C. Partington	MH	42.11
2. R. Hooton	MH	50.43

#### JUNIOR

1. N. Brew	NAC	43.19
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## 15th CROSS DES CRETES

Red/18km/735m 30.7.95

1. M. Boudifa	Alg	1.12.45
4. P. Sheard	P&B	1.16.53
7. J. Deegan	Leeds	1.19.16
8. P. Sheard	Leeds	1.20.03
14. K. Wilson	Mandale	1.25.07
18. I. Twaddle	GB	1.28.37

## BORROWDALE FELL RACE

### Cumbria

AL/17m/6500ft 5.8.95

The hot sunny weather continued for race day. Two hundred and fifty nine runners started the race, remarkably only nineteen retired despite the hot conditions. As ever, many thanks are due to Miko Jessop of the Scafell Hotel for so much, including the venue and first prize. We could not offer the extensive prize list without the generous help from Rathbones of Keswick - thanks Neil! There are many individuals without whom the race would not function, thanks to you all. Finally, we believe the Borrowdale race to be one of the best covered long races for safety, and that is very much down to the efficient services of the Bowland Pennine Mountain Rescue Team and the K-show gang.

Congratulations to Menna Angharad of Eryri for breaking the ladies record.

Borrowdale Fell Runners took first and second team prizes with six runners in the first ten. We had our first over seventy to enter the race also.

Look forward to seeing you for next years race on the first Saturday in August.

Pete Barron & Ann Bland

1. S. Booth	Borr	2.49.33
2. J. Bland	Borr	2.53.34
3. I. Holmes	Bing	2.54.41
4. A. Davies	Borr	2.55.05
5. G. Bland	Borr	3.02.52
6. M. Fanning	Borr	3.02.58
7. J. Davies	Borr	3.09.52
8. L. Thompson	Clay	3.10.09
9. J. Hodgson	Bing	3.11.14
10. P. Thompson	Black	3.14.24

#### VETERANS O/40

1. R. Unwin	CFR	3.20.25
2. C. Wilkinson	Bing	3.21.27
3. A. Styan	Holm	3.22.44
4. A. Bland	Borr	3.22.46
5. D. Overton	Kend	3.25.04

#### VETERANS O/50

1. K. Carr	Clay	3.34.57
2. I. Beverley	Clay	3.49.13
3. D. Ashton	Black	3.50.31
4. J. Amies	Macc	3.51.19
5. F. Thomas	DkPk	3.52.39

#### VETERANS O/60

1. B. Thackery	DkPk	4.48.16
2. J. Coope	Horw	5.32.53
3. R. Todhunter	CFR	5.52.01

#### LADIES

1. M. Angharad O/35	Eryri	3.25.33
2. K. Harvey	Alt	3.51.27
3. K. Jackson	Kesw	4.11.41
4. N. Wilkinson	Black	4.18.18
5. C. Roberts O/35	CalderV	4.21.20
6. J. Higginbottom	Knives	4.28.10
7. S. Hodgson	Amble	4.30.36
8. J. Cave O/35	DkPk	4.41.17
9. T. Hyde O/35	CalderV	4.56.15
10. J. Robson	S'hampton	4.58.24

## TEGGS NOSE FELL RACE

### Cheshire

BM/6.5m/1100ft 5.8.95

I didn't think there would be a problem this year, but how wrong can you be. On an out and back course there should not be any trouble coming back to the finish. You can imagine my surprise when John Kershaw came in to the finish first after winning the inaugural race in 1983, he was over the moon. You have guessed it, the front runners went wrong on a fast descent. More markers next year perhaps?

Greg Rowan

1. J. Kershaw	Macc	49.20
2. G. Kenny	Mersy	49.27
3. R. Hutton	DkPk	49.40
4. P. Deauville	Gloss	49.57
5. S. Gelsthorpe	St.Bedes	49.59
6. M. Pomfret	Spec	50.06
7. P. Tergett	Clay	50.22
8. G. Crosswell V	Penn	50.42
9. M. Brown	Bux	50.50
10. G. Watson	Alt	51.04



Andrew Davies, fourth at Borrowdale, leaving Blisco summit on the Langdale Horseshoe  
Photo: Bill Smith

**VETERANS O/40**

1. J. Kershaw	Macc	49.20
2. G. Cresswell	Penn	50.42
3. R. Taylor	Penn	51.47
4. M. Crook	Horw	51.58
5. R. Murray	Macc	52.17

**VETERANS O/50**

1. C. Radcliffe	Unatt	56.28
2. D. Buckley	Bolt	58.04
3. R. Longdon	Goyt	63.15
4. R. Wignall	Alt	65.49
5. C. Ardron	Macc	67.38

**VETERANS O/60**

1. B. Howitt	Matlock	59.33
2. L. V-Hodgkinson	Wirral	60.36
3. R. Reed	Wilms	68.24

**LADIES**

1. R. Dunington O/40	E.Chesh	54.03
2. A. Jones O/40	Alt	57.22
3. R. Pleeth	Macc	57.38
4. J. Smith O/40	DkPk	58.02
5. M. Chippendale O/50	Penn	63.08
6. C. Lorimer O/35	StoneMM	65.00
7. Y. Williams	Penn	66.52
8. A. Dinsmoor O/45	Penn	69.58

**PILGRIMS CROSS  
Lancashire****BM/6m/1000ft 16.8.95**

I don't know if its the fine summer evenings we've been having or the fact that it's too hot to race at the weekends, but the Pilgrims Cross Fell Race enjoyed a record field of over one hundred and sixty entrants.

Up front Sean Livesey looked like he had the race sown up passing the cross the second time on the figure of eight course, but Mervyn Keys clawed back the deficit catching Sean just after the last climb and pulling away to win by fifteen seconds. John Smithson newly turned forty was first veteran in very commendable tenth position.

Glynda Cook had a very comfortable victory in the ladies race despite having an 'easy' run prior to the coming weekends trial race for the World Trophy Mountain Race. Behind Glynda the next three ladies had a fierce battle down the last road descent before the finish. Jean Rawlinson of Clayton ended up fourth by a matter of seconds but had the consolation of being first lady veteran.

The event was kindly sponsored by local firms P&P Plc, and Felldancer Shoes who provided running shoes for the category winners. Not that the leading runners needed converting, both the men's and ladies winners wore the Felldancer anyway!

*Mervyn*

1. M. Keys	Ross	35.53
2. S. Livesey	Clay	36.08
3. M. Corbett	Ross	36.51
4. S. Thompson	Clay	37.34
5. A. Maloney	Roch	37.43
6. D. Wilkinson	Roch	38.15
7. I. Greenwood	Clay	38.20
8. M. Horrocks	CalderV	38.30
9. G. Sumner	Ross	38.40
10. J. Smithson V	Ross	38.46

**VETERANS O/40**

1. J. Smithson	Ross	38.46
2. S. Breckell	Clay	39.46
3. P. Butterworth	Clay	41.30
4. T. Spicer	Ross	42.40
5. K. Masser	Ross	43.09

**VETERANS O/45**

1. K. Taylor	Ross	40.49
2. M. Crook	Horw	41.11
3. J. Barker	Roch	41.59
4. J. Linley	Unatt	43.33
5. D. Munroe	Unatt	44.43

**VETERANS O/50**

1. B. Mitchell	Unatt	41.02
2. J. Talbot	Tod	44.25
3. G. Navan	Ross	48.35
4. T. Targett	Clay	49.20
5. F. Wood	Horw	49.22

**VETERANS O/60**

1. P. Duffy	Aber	48.28
2. B. Thackery	Unatt	50.29
3. B. Leathley	Clay	55.01
4. J. Newby	Tod	58.05
5. R. Francis	Unatt	62.27

**LADIES**

1. G. Cook	Roch	44.05
2. A. Martin	Clay	45.48
3. N. Wilkinson	Black	45.49
4. J. Rawlinson O/40	Clay	45.57
5. L. Davies	Sadd	48.28
6. D. Fleming O/40	Ross	48.53
7. J. Keys	Ross	49.30
8. M. White O/40	Horw	50.16

**SPELGA SKYLINE****Co.Down****AL/12m/4500ft 19.8.95**

1. N. Carty	N.Belf	2.17.47
2. W. McKay V	Albv	2.33.40
3. M. Scotney	BARF	2.35.20
4. M. Barton V	ACKK	2.40.05
5. T. Rowley	Manx	2.49.16
6. D. Rankin V	BARF	2.57.35
7. F. Hammond V	Dub.R	2.54.45
8. J. Sloan V	ACKK	2.55.55
9. J. McAlister V	Larne	2.57.52
10. I. Ronan	Manx	2.58.42

**LADIES**

1. M. Copeland	BARF	3.42.48
2. J. McClughan	CIYMS	3.57.50
3. S. Pruzina	BARF	3.57.50
4. H. McKecman	BARF	4.13.20

**BURNSALL CLASSIC****North Yorkshire****AS/1.5m/900ft 19.8.95**

A very good entry on a hot dry day, saw good racing in the field, but a winner never in doubt from the start of the descent. Andy Peace of Bingley Harriers won yet again and for the fifth time since 1989. The winners time of thirteen minutes and thirty one seconds, the slowest for a number of years reflected very hot conditions and the lack of competition once the descent started.

First to the top was Paul Sheard in nine minutes, very creditable in the heat and a worthy second place overall. Third Ian Holmes of Bingley always gives the impression of a future winner.

1. A. Peace	Bing	13.31
2. P. Sheard	P&B	13.51
3. I. Holmes	Bing	14.03
4. G. Patten	Bath	14.06
5. J. Bland	Borr	14.25
6. R. Jebb	Bing	14.50
7. A. Holden	KlyHR	15.00
8. J. Brook	Bing	15.04
10. B. Whalley	P&B	15.09

**VETERANS O/40**

1. G. Appleyard	Fellan	15.43
2. A. Syan	Holm	15.47
3. P. Harlowe	Kesw	16.21
4. H. Sawyer	Skyrac	16.51
5. C. Prenergast	Fellan	17.10

**VETERANS O/50**

1. D. Cartwright	P'stone	18.13
2. A. Stockdale	Skip	19.42
3. D. Hill	Skyrac	19.54
4. M. Roberts	Bing	20.00
5. D. Illingworth	Bfd/Aire	20.04

**LADIES**

1. J. Shoter	Fellan	18.27
2. E. Nutter	Ripon	2.05
3. T. Hyde	CalderV	21.47
4. R. Whitehead	Bing	22.02
5. F. Skidmore	W'kirk	22.25
6. J. Towse	TeamPlax	23.10
7. J. Wheelright	Unatt	25.45
8. T. Targett	Clay	28.10

**JUNIORS U/18**

1. I. Wellock	Bing	7.28
2. W. Fletcher	H'fax	8.23
3. J. Burbridge	H'fax	9.25

**FALSTONE FALCON****Northumberland****BS/4m/500ft 19.8.95**

1. S. Birkinshaw	Unatt	41.37
2. J. Rea O/40	CFR	41.56
3. P. Vincent	UniSund	42.05
4. B. Sloan	C'mont	42.13

**VETERANS O/40**

1. J. Rea	CFR	41.56
2. N. Cassidy	Tyne	43.57
3. J. Humble	51.19	

**VETERANS O/45**

1. A. Tait	Tyne	45.57
2. I. Richardson	N/S Poly	48.16
3. S. Beaty	Tyne	54.24

**VETERAN O/50**

1. J. Bannion	Tyne	69.50
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**VETERAN O/55**

1. R. Hayes	Morp	49.53
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**LADIES**

1. R. Fletcher O/40	Tyne	57.40
2. D. Green	Unatt	60.21

**NOON STONE FELL RACE RESULTS****20.8.95**

1. P. Sheard	P&B	1.04.51
2. A. Wrench	Tod	1.04.52
3. G. Oldfield	Bfd/Aire	1.05.46
4. S. Willis	Amble	1.06.17
5. S. Oldfield	Bfd/Aire	1.06.45
6. M. Corbett	Ross	1.07.22
7. K. Smith	CalderV	1.10.15

8. M. Horrocks	CalderV	1.10.57
9. J. Rogers	E.Hull	1.11.44
10. A. Graish	Bowland	1.12.53

**VETERANS O/40**

1. S. Morran	Horw	1.21.31
2. D. Beels	Roch	1.21.42
3. A. Green	Bfd/Aire	1.21.54
4. J. Taylor	Penn	1.22.45
5. W. Michell	Unatt	1.23.33

**VETERANS O/45**

1. R. Taylor	Penn	1.13.29
2. K. Taylor	Ross	1.15.57
3. B. Rawlinson	Ross	1.17.59
4. T. Hulme	Penn	1.18.44
5. D. Banks	Mid'ton	1.21.43

**VETERANS O/50**

1. K. Carr	Clay	1.16.16
2. D. Ashton	Black	1.21.53
3. J. Talbot	Tod	1.22.05
4. D. Quinlan	Bing	1.23.27
5. R. Bleakley	Unatt	1.26.20

**VETERANS O/55**

1. R. Jaques	Clay	1.22.51
2. P. Davis	Oldham	1.36.27
3. R. Shaw	EPOC	1.36.39

**VETERANS O/60**

1. B. Thackery	DkPk	1.35.38
2. C. Henson	DkPk	1.42.27
3. D. Clutterbuck	Roch	2.06.36

**LADIES**

1. T. Sloan	BelleVue	1.20.35
2. G. Cook O/35	Roch	1.21.46
3. K. Harvey O/35	Alt	1.24.05
4. T. Barton	Leeds	1.25.43
5. J. Smith	DkPk	1.29.10
6. A. Martin	Clay	1.31.17
7. L. Lacon	Holm	1.37.09
8. C. Young	Leeds	1.36.16

**JUNIORS U/18 - BOYS**

1. T. Davies	Merc	15.39
2. L. Gibson	CalderV	15.41
3. A. Davies	Merc	15.46

**JUNIORS U/18 - GIRLS**

1. G. Adams	Brist	19.40
2. N. Jones	Chor	20.34
3. M. Leck	L&M	20.56

**JUNIORS U/14 - BOYS**

1. D. Martin	Unatt	12.27
2. S. Savage	Amble	12.42
3. S. Reid	Kend	12.44

**JUNIORS U/14 - GIRLS**

1. E. Hopkinson	Skip	14.14
2. S. Duniec	Holm	14.43
3. S. Waddington	Skip	15.11

**JUNIORS U/12 - BOYS**

1. J. Mason	Kly	7.30
2. D. Mills	Chor	7.48
3. A. Godwin	Ross	7.51

**JUNIORS U/12 - GIRLS**

1. S. Cowley	Ross	9.22
2. H. Wightmen	Horw	9.35
3. C. Boardman	Horw	10.14



N. Jones, second in her class at Noon Stone  
Photo: Jim Brown

## GATEGILL FELL RACE

### Cumbria

AS/4m/1600ft 20.8.95

1. S. Booth	Borr	27.32
2. J. Bland	Borr	28.26
3. D. Loan V	Kesw	30.07
4. A. Schofield	Borr	30.57
5. S. Shuttleworth	Borr	30.57
6. A. Beaty	CFR	31.22
7. R. Unwin	CFR	31.33
8. D. Ramsey	Kesw	31.35
9. D. Stones	Kesw	31.44
10. D. Stuart	Kesw	31.59

### VETERANS O/40

1. D. Loan	Kesw	30.07
2. R. Firth	Manch	33.36
3. D. Milligan	Solway	33.43
4. I. Block	CFR	34.29
5. K. Wilson	Manch	35.50

### VETERANS O/50

1. R. Stevenson	Kesw	35.43
2. C. Wilson	Kesw	36.26
3. M. Pritchard	CFR	36.57
4. B. Booth	Kesw	37.11
5. W. Kinnear	Annan	40.48

### LADIES

1. K. Beaty O/35	CFR	37.48
2. W. Knox O/35	Kesw	44.41

## GOLF BALL FELL RACE

### Lancashire

BS/5m/800ft 23.8.95

On a lovely summers evening, the race attracted its largest field yet, with one hundred and fifty three runners starting the race.

With a large proportion of the top runners being absent, due to Championship races coming up soon, and others due to injury, the race record never looked like being broken.

The race was well fought out right from the go, with the first five runners coming in within a minute. Local improving runner, M. Newby, did very well to finish in fifth place, plus young junior B. Rawlinson (chip off the old block) did excellently, looks like Dad's being teaching him properly.

Overall the evening was a great success and money was raised for a local boy with cerebral palsy. I hope to see everybody back next year, and many thanks to all the runners and to everybody who helped on the night.

1. R. Hope	Horw	35.43
2. S. Thompson	Clay	35.55
3. I. Greenwood	Clay	36.10
4. P. McWade V	Clay	36.17
5. M. Newby	Ross	36.44
6. P. Thompson	Black	36.55
7. B. Whalley	P&B	37.06
8. M. Horrocks	CalderV	37.25
9. G. Sumner	Ross	37.45
10. D. Blackhurst	Ross	37.52

### VETERANS O/40

1. N. Gotts	Ross	38.34
2. P. Butterworth	Clay	39.02
3. J. Windor	AccRR	39.12
4. A. Spider	Ross	39.40
5. S. Houghton	CalderV	40.00

### VETERANS O/45

1. P. McWade	Clay	36.17
2. P. Lyons	Ross	38.48
3. M. Crook	Horw	39.35
4. K. Taylor	Ross	40.12
5. B. Rawlinson	Ross	40.35

### VETERANS O/50

1. P. Knott	Bfd/Aire	38.40
2. B. Mitchell	Clay	38.47
3. P. Jepson	Ross	41.46
4. D. Ashton	Black	42.35
5. J. Talbot	Tod	42.54

### VETERAN O/60

1. P. Duffy	Aber	45.14
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### LADIES

1. V. Peacock V	Clay	41.49
2. A. Martin	Clay	43.25
3. N. Wilkinson	Black	43.55
4. J. Rawlinson O/40	Clay	45.25
5. D. Fleming O/40	Ross	47.35
6. B. McWade	Clay	48.15
7. C. Ashton U/18	Clay	51.35
8. J. Middleton O/35	Clay	52.11

## PENDLETON FELL RACE

### Lancashire

AS/5m/1500ft 26.8.95

A close race with nothing to choose between the leading three until the descent of Mearly Moor, when Paul Sheard broke away from Robert Hope and previous winner Shaun Livesey at the stream crossing.

A good time, but still well outside Kevin Cappers long standing record. So too in the ladies race, but a good win by Tricia Sloan with Alison Martin second and Linda Bostock third.

John Hope took the over forty prize, Kieran Carr in twenty first position was first over fifty with Laurence Sullivan well up taking the veteran over sixty prize. Michael Clayton was first junior under eighteen.

Despite a slightly smaller field we were still able to show a profit of thirty five pounds. This was donated to the McMillan Nurses who were such a comfort to George Brass who died recently. George had a long and active association with Pendleton Fell Race, having been the organiser for a few years in the late 70's and helped flag the course on many occasions.

### Roger Dewhurst

1. P. Sheard	P&B	31.52
2. R. Hope	Horw	31.57
3. S. Livesey	Clay	31.59
4. G. Wilkinson	Clay	32.07
5. G. Huddleston	Clay	32.09
6. P. Sheard	P&B	33.05
7. M. Horrocks	CalderV	33.32
8. J. Blackett	Mand	34.23
9. M. Aspinall	Clay	34.28
10. G. Gough	Clay	34.48

### VETERANS O/40

1. J. Hope	AchRat	36.13
2. N. Pearce	Ilk	37.13
3. B. Rawlinson	Ross	37.48
4. F. Judge	Clay	37.51
5. F. Reddington	Spen	38.05

### VETERANS O/50

1. K. Carr	Clay	37.07
2. I. Beverly	Clay	38.40
3. J. Talbot	Tod	39.50
4. D. Ashton	Black	40.04
5. R. Jaques	Clay	40.08

### VETERANS O/60

1. L. Sullivan	Clay	42.06
2. B. Leathley	Clay	49.08
3. A. Ball	Clay	59.06

### LADIES

1. T. Sloan	BelleVue	39.53
2. A. Martin	Clay	41.30
3. L. Bostock O/35	44.24	
4. M. Chippendale O/35	Penn	45.25
5. B. McWade U/18	Clay	46.03
6. C. Wright	Horw	47.22
7. C. Jones	Lostock	50.26
8. J. Sullivan O/35	Clay	50.28

### FIRST JUNIOR

1. M. Clayton	Horw	40.50
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## MOUNT SKIP FELL RACE

### Lancashire

BS/4.5m/1000ft 26.8.95

The fine sunny weather stopped two hours before the start of the race, making underfoot conditions tricky for competition. The race was won again by Kenny Stirrat with second, third and fourth sprinting for the line, and being covered by only five seconds at the end. The Ladies Race had only three competitors and was easily won by M. Smith who finished a very good fourteenth overall. Apologies over the mess at registration, the rain caught us out, and a tent will be available next year. A few people complained about the flagging on the moors, the trouble was down to low cloud and mist coming in during the race, but as I said at the time you should be able to contend with these conditions. Apart from that, all enjoyed themselves and hope to see you all next year.

### RESULTS

1. K. Stirrat	H'fax	30.06
2. P. Mowbray	HBT	30.41
3. S. Willis	Amble	30.43
4. R. Jackson	Horw	30.46
5. J. Wright	Tod	32.46
6. J. Cordingley	Tod	32.54
7. S. Houghton O/40	CalderV	33.35
8. H. Smith	Penn	33.49
9. C. Moses	Bing	34.00
10. J. Deegan	P&B	34.08

### VETERANS O/40

1. S. Houghton	CalderV	33.35
2. J. Dore	Roch	34.39

3. D. Tait	Unatt	35.44
4. P. Clark	Bing	35.50
5. S. Sanderson	Bfd/Aire	35.59

### LADIES

1. M. Smith	Edin	34.30
2. L. Aitkin	CalderV	39.46
3. M. Goth O/35	Tod	47.21

## ROAN FELL RACE

### Roxburghshire

BM/9m/1500ft 26.8.95

A higher turnout, coupled with firm conditions underfoot, ensured that the course record was going to fall. A special trophy was up for grabs for the runner with the best combined time for competing in this event, and the Moffat Beef Tub Race held earlier in the day.

During the pursuit to the summit John Tullie was neck and neck with Horwich's David Woodhead, both descended down to Blackburn Farm where Tullie was able to pull away on rougher ground.

Tullie came in victorious for the fourth consecutive year, some one hundred and fifty yards clear of Woodhead, but Woodhead also came in inside the original course record, and picked up the combined trophy in spite of being stung in the mouth by a wasp during the descent.

### Tony Furlong

1. J. Tullie	Teviot	1.08.25
2. D. Woodhead	Horw	1.08.52
3. T. Ireland	Annan	1.15.12
4. C. Nichol	Teviot	1.15.38
5. L. Turnbull V	Carn	1.17.37
6. R. Cranston	Teviot	1.17.42
7. N. Walker V	Amble	1.19.05
8. J. Blair-Fish V	Carn	1.19.45
9. D. Howes	Unatt	1.24.15
10. R. Hughes	Norham	1.24.23

### VETERANS O/40

1. L. Turnbull	Carn	1.17.37
2. N. Walker	Amble	1.19.05
3. J. Blair-Fish	Carn	1.19.45

### JUNIORS

1. G. Nichol	Unatt	12.12
2. G. Nichol	Unatt	12.45
3. P. Laing	Unatt	13.31

## ST JOHNS CHAPEL FELL RACE

3m/700ft 26.8.95

### RESULTS

1. G. McAdam	CleS	22.30
2. J. Rougier	Elvet	23.23
3. K. Wilson V	Mand	23.33

### LADIES

1. G. Beedle		27.40
2. J. Young		30.18
3. B. Owens		33.08

## RAS Y CNICH

### Gwynedd

AS/4.5m/1850ft 27.8.95

Dave Neill, on holiday from Staffs, snatched first prize from established Cnicht regulars. Tim Davies led to the summit but can't yet handle steep rocky descents. Duncan Hughes, running his first fell race of the year, had to settle for second place for the third year running. Menna Angharad took the Lady's prize with the second fastest time ever and Duncan Hughes (jr) winning the under fifteens' race to half-way, knocking an impressive twenty five seconds off Andrew Davie's record. A race for 'The Connoisseur', a mini classic. Mike Blake was second fastest on the descent. No bones broken. No blood. What could be better?

### Francis Uhlman

1. D. Neill	Merc	33.50
2. D. Hughes	Hebog	35.56
3. A. Haynes	Eryri	36.12
4. J. Hurst	MFR	36.43
5. J. McQueen	Eryri	37.54

### VETERANS O/40

1. R. Taylor	PFR	38.08
2. A. Hughes	Hebog	29.15
3. M. Blakk	Eryri	41.38

### VETERANS O/50

1. H. Stansfield	Eryri	42.21
2. E. Davies	Eryri	45.05
3. B. Evans	P'atyn	47.12

### FIRST LADY

1. M. Angharad	Eryri	40.04
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### FIRST JUNIOR U/19

1. T. Davies	Merc	36.07
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Ian Holmes, winner at Ben Nevis, pictured winning Auld Land Syne  
Photo: David Brett

### LAXEY HORSESHOE Isle of Man AM/11.75m/3200ft 27.8.95

Conditions were near perfect for this years race, apart from a strong head wind that persisted all the way from the Laxey promenade start till the half way point on Snaefell summit.

Ambleides Mark Fleming, on his first visit to the Island, had reconnoitred the course the previous day and had no hesitation in taking the lead on the first climb past King Orry's Grave.

By Snaefell the Cumbrian had a lead of some two minutes over his nearest challenger, top local race walker, Steve Partington. The second half of the race became a fascinating battle as Partington gradually reduced his deficit over Fleming who just managed to hang on to his lead, finishing just thirty seconds to the good.

As in the recent North Barryle race, Partington's wife Cal destroyed the ladies record knocking sixteen minutes off Karen Rushtons time set in 1992.

1. M. Fleming	Amble	1.45.00
2. S. Partington	Manx	1.45.35
3. T. Rowley	Manx	1.49.11
4. P. Buttery	Holm	1.53.39
5. J. Quine	Bolt	1.54.13
6. R. Stevenson	Manx	1.55.45
7. D. Sharpe	RAF	1.57.58
8. J. Crellin	Manx	1.59.51
9. P. Crowe	NAC	2.03.36
10. R. Moughtin	WAC	2.03.40

#### VETERANS O/40

1. P. Buttery	Holm	1.53.39
2. R. Stevenson	Manx	1.55.45
3. J. Crellin	Manx	1.59.51
4. R. Moughtin	WAC	2.03.40
5. D. Young	MFR	2.06.49

#### VETERANS O/50

1. J. Comaish	IOM Vets	2.16.32
2. S. Moynihan	SAC	2.19.27
3. E. Brew	NAC	2.57.20

#### VETERANS O/60

1. I. Chrystal	Loch	2.20.14
2. B. Baxter	Manx	2.50.14

#### LADIES

1. C. Partington	Manx	2.09.15
2. S. Maddrell	WAC	2.15.27
3. R. Hooten	Manx	2.28.25

### BARREL INN FELL RACE Derbyshire BS/5.5m/900ft 29.8.95

This years race had an entry of one hundred and twenty nine runners, the previous best being one hundred and eight. We felt that as in the last eight years we had a local element, 1995 brought a better class of fell runner to our race, this was probably due to the circulation in the Fell Runner. Those who did our course for the first time commented that it was a fast and enjoyable run.

J W Fox

1. A. Trigg	38.45
2. K. Smith	39.55
3. G. Morson	40.33

#### FIRST LADY

1. T. Sloan	46.06
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### BEN NEVIS RACE Fort William AM/10m/4400ft 2.9.95

1. I. Holmes	Bing	1.28.08
2. J. Brooks	Loch	1.28.24
3. S. Booth	Borr	1.31.29
4. D. Rodgers	Loch	1.32.40
5. B. Rodgers	Loch	1.32.55
6. M. Rigby	Amble	1.33.14
7. J. Bland	Borr	1.33.45
8. A. Wrench	Tod	1.36.24
9. G. Bland	Borr	1.37.25
10. M. Roberts	Borr	1.39.08
11. D. McGonigle	Shett	1.39.39
12. N. Martin	Lomond	1.39.55
13. G. Wilkinson	Clay	1.40.03
14. B. Marshall	Hadd	1.40.25
15. J. Blackett	Mand	1.40.29
16. S. Jackson	Horw	1.40.38
17. A. Bowness	CFR	1.40.42
18. D. Weir	Perth/Strath	1.41.57
19. R. Jebb	Bing	1.42.14
20. N. Lanaghan	BkCombe	1.42.18
21. B. Thompson	CFR	1.43.01
22. T. Jones	Eryri	1.43.15
23. J. McQueen	Eryri	1.43.19
24. L. Croasdale	L&M	1.44.04
25. L. Thompson	Clay	1.44.13
26. G. McKinnon	Loch	1.44.18
27. W. Bell	CFR	1.44.40
28. A. Davis	Fife	1.44.49
29. D. Nuttall	Clay	1.44.59
30. C. Hornsby	Inver	1.45.09

#### FIRST VETERAN O/40

1. S. Jackson	Horw	1.40.38
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#### FIRST VETERAN O/50

1. K. Carr	Clay	1.40.56
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### CAFOD GRISEDALE HORSESHOE Cumbria AM/10m/4400ft 2.9.95

The fifth Cafod Grisedale Horseshoe really belongs to the ladies. While only six entered the quality was of the finest. Vanessa Peacock knocked over five minutes off the previous ladies' record (established only last year by Andrea Priestley), and the second lady, Nichola Davies also beat the record by four minutes. Congratulations to both on a superb performance.

Next year's FRA calendar will reveal a revised figure for feet of ascent. We have not changed the route and the mountains have not grown, but the state of many of our fell runners on completion of the race has prompted us to do our sums again, and, surprise - surprise, we find a figure approaching five thousand feet, rather than four thousand four hundred feet! Apologies to those who have been misled in the past by this, but at least you have the satisfaction of knowing that you are fitter than you thought you were!

Once again, Grateful thanks to all those helpers and supporters without whom the race would be impossible and Cafod worse off by several hundred pounds; and particular thanks to telecommunications experts 'Raynet' whose expertise has by now become indispensable in a race like this, and to our hosts over in Glenridding. We shall be there again next year, make sure you don't miss it!

P McHale

1. J. Davies	Borr	1.48.26
2. D. Troman	Kesw	1.49.00
3. A. Davies	Borr	1.49.08
4. J. Hodgson	Bing	1.49.43
5. A. Schofield	Borr	1.50.22
6. M. Horrocks	CalderV	1.50.45
7. R. Hope	Horw	1.51.06
8. S. Shuttleworth	Amble	1.53.47
9. D. Loan V	Kesw	1.54.31
10. P. Thompson	Black	1.54.45

#### VETERANS O/40

1. D. Loan	Kesw	1.54.31
2. L. Ianson	Unatt	2.00.58
3. R. Unwin	CFR	2.01.15
4. M. Richardson	Amble	2.01.43
5. J. Rea	CFR	2.03.53

#### VETERANS O/45

1. J. Hope	ARCC	2.00.39
2. M. Walsh	Kend	2.04.02
3. D. Milligan	Solway	2.06.33
4. A. Kenny	ARCC	2.14.57
5. P. McArthur	Chesh FB	2.18.16

#### VETERANS O/50

1. T. Peacock	Clay	2.12.34
2. C. Wilson	Kesw	2.19.52
3. J. Smith	L&M	2.30.55
4. F. Faraday	ARCC	2.40.14
5. D. Meek	Kend	2.41.59

#### VETERANS O/55

1. R. Bell	Amble	2.02.06
2. J. Swift	Chor	2.25.05
3. E. Blamire	Tod	2.32.21

#### VETERANS O/60

1. B. Fielding	Fellan	2.24.06
2. L. Sullivan	Clay	2.45.23
3. L. Pollard	ARCC	2.51.10

#### LADIES

1. V. Peacock O/40	2.04.21	
2. N. Davies O/35	Borr	2.05.57
3. K. Arnold	CFR	2.25.55
4. J. Sullivan O/40	Clay	2.43.08
5. V. Bell O/40		
CalderV		3.21.21
6. N. T-Padgett O/40	AHJ	3.32.53

### SHELF MOOR FELL RACE Derbyshire AS/5.9m/500ft 3.9.95

No race this year due to closure of the access land, as a result of the dry weather.

S Priestley

### WOLSINGHAM SHOW FELL RACE 3.5M/450ft 3.9.95

1. G. McAdam	CleS	19.45
2. P. Jackson	Unatt	20.44
3. A. Brown	20.49	
4. K. Wilson	Mand	21.02

#### FIRST LADY

1. J. Thompson	28.16
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Nicola Davies, second at the Grisedale Horseshoe  
Photo: Peter Hartley

### HADES HILL RACE Lancashire BS/5m/1200ft 7.9.95

The moor was not on fire, at least not on the race route, so fortunately for you, nothing about hotfoot, burning off, etc. The entry was fifty percent under eighteens and veterans (including one percent of the former)!

The bar manager at Whitworth Workmen's Club said she could have made a bomb selling sandwiches, had she known the demand, and will hope to do so next year.

Best Wishes, D. Clutterbuck

1. S. Willis	Amble	29.20
2. G. Patten	Bath	29.21
3. A. Wrench	Tod	30.06
4. A. Maloney	Roch	30.14
5. G. Oldfield	Bfd	30.23
6. G. Wilkinson	Clay	30.35
7. M. Corbett	Ross	30.48
8. D. Wilkinson	Roch	31.09
9. A. Schofield	Borr	31.12
10. G. Schofield	Horw	31.28

#### VETERANS O/40

1. H. Waterhouse	Sadd	33.09
2. D. Beels	Roch	33.22
3. C. Davies	Sadd	33.47
4. R. Crossland	Bfd	33.53
5. S. Houghton	CalderV	33.55

#### VETERANS O/45

1. I. Holloway	Roch	33.45
2. M. Crook	Horw	34.19
3. J. Barker	Roch	34.51
4. B. Rowlinson	Ross	35.22
5. J. Eaton	Ross	36.05

#### VETERANS O/50

1. P. Jepsen	Ross	35.48
2. J. Talbot	Tod	36.01
3. D. Lucas	Roch	39.26
4. F. Wood	Horw	40.30
5. J. Eaton	Ross	36.05

#### VETERANS O/55

1. E. Blamire	Tod	40.05
2. P. Davies	Roy/Old	42.18
3. D. O'Leary	ManYMCA	43.07

#### VETERANS O/60

1. P. Duffy	Aber	39.45
2. B. Hargreaves	Tod	47.19
3. D. Nuttall	Unatt	60.57

#### LADIES

1. R. Dunnington O/40	Alt	35.49
2. G. Cook O/35	Roch	36.20
3. L. Davies	Sadd	39.58
4. L. Bostock O/35	Clay	41.43
5. S. Middleton O/35	Clay	45.07
6. H. Salter	Tod	46.22
7. M. Goth O/35	Tod	47.51
8. P. Collier O/40	Tod	49.19

#### JUNIORS U/18

1. J. Hart	Oldham	37.43
2. A. Astin	Roch	38.23

### HODDER VALLEY FELL RACE Lancashire BS/5m/1000ft 9.9.95

A superb sunny and warm late summer day saw one hundred and thirty three seniors and two juniors run around the showfield in Slaidburn. A new course, both longer and tougher took competitors by surprise but certainly did something for the sales in the beer tent.

Mark Croasdale enjoyed a comfortable win and indeed the first four were relatively well spaced. Clayton-le-Moors Harriers monopolised the ladies and veterans prizes, but then a quarter of the field were claytoners.

Competitors travelled from far and wide for this low key event, but no doubt they enjoyed the day with plenty to occupy families. The show was as well organised as ever and proved quite an attraction.

Next year's event is a classic fell race from Dunsop Bridge (a few miles down the road from Slaidburn). On this occasion the organisers have been completely open, giving both distance and climbing to the FRA for the 1996 calendar.

P Peal

1. M. Croasdale	Bing	43.34
2. B. Nock	H'owen	45.04
3. S. Willis	Amble	46.42
4. G. Schofield	Horw	47.05
5. M. Horrocks	CalderV	47.38
6. P. McWade O/40	Clay	47.47
7. L. Croasdale	LAMAC	48.22
8. S. Breckell O/40	Clay	48.43
9. I. Greenwood	Clay	49.18
10. A. Bickerstaffe	Gt.West	49.24

#### VETERANS O/40

1. P. McWade	Clay	47.47
2. S. Breckell	Clay	48.43
3. I. Robinson	Clay	50.28
4. M. Targett	Clay	51.55
5. I. Holloway	Roch	52.00

#### VETERANS O/50

1. J. Bevery	Clay	53.14
2. J. Talbot	Unatt	54.17
3. G. Fielding	Ross	55.58
4. A. Trowbridge	DkPk	56.44
5. T. Peacock	Clay	57.05

#### VETERANS O/60

1. B. Leathley	Clay	66.48
2. J. Newby	Tod	69.37

#### LADIES

1. V. Peacock O/35	Clay	54.05
2. C. Croft	DkPk	55.38
3. J. Hodgkinson	Prest	61.18
4. D. Jones	Osw	63.13
5. M. Leck	LAMAC	64.10
6. C. Dewhurst	Clay	65.20
7. B. McWade	Clay	66.38
8. C. Lyon	N'burgh	67.04
9. J. Howard O/35	Hors	71.03
10. L. March O/35	Horw	74.31

#### JUNIORS

1. G. Walker	C&N	36.32
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### REEBOK MOUNTAIN TRIAL Cumbria O/20m/7000ft(m) O/15m/5000ft(f) 10.9.95

Planning for this year's Mountain Trial was slow to progress, partly because we had to abandon our first choice venue in a neighbouring valley well in to the year. We decided to try our luck at the scene of the 1981 event, Hatrigg Farm in Kentmere, instead. The Dawsons entered in to the spirit of things, obviously enjoying having us there; the venue was pleasantly rural and unspoilt, and most people (competitors, helpers, and in particular checkpoint marshals, who appreciated the good weather) seemed to enjoy themselves on the day. From the planner viewpoint, we appreciated the Dawsons' part in keeping the venue a secret for so long.

Hartrigg, for all its advantages, did, however, create difficulties for planning; this included the restrictions in Riggindale, the long narrow cul-de-sac of the Kentmere valley, and trying to introduce originality to cater for those whose memories stretched back fourteen years.

The courses, particularly the womens, were perhaps a little on the long side, but we felt the faster terrain of the eastern lakeland fells warranted this: the dry weather, both before and on the day, meant time shouldn't have been lost on navigational errors or negotiating slippery ground.

Congratulations to the new winners, Jim Davies and Emma Moody: it's nice to have new names on the trophies. Commiserations to Phil Clark, second yet again, despite the event being in his 'back yard'. He did admit to mis-plotting of the final knoll, although, sportingly, he claimed not to have lost enough time to affect the result.

Congratulations are, of course, due to all finishers, who can be regarded as passing their 'MOT' for another year.

Thanks are also due to all the checkpoint marshals, who could have been excused for wishing to opt out after last year's unpleasant conditions.

1. J. Davies	Borr	4.20.03
2. P. Clark	Kend	4.29.32
3. J. Bland	Borr	4.31.25
4. D. Ratcliffe	Ross	4.35.05
5. J. Rye	TH&H	4.38.35
6. H. Symonds	Kend	4.42.49
7. R. Stuart	Kend	4.43.42
8. M. Hartell	Macc	4.50.05
9. S. Birkinshaw	Unatt	4.55.10
10. D. Parker	Macc	4.58.40

#### VETERANS O/40

1. P. Clark	Kend	4.29.32
2. J. Rye	TH&H	4.38.35
3. H. Symonds	Kend	4.42.49
4. D. Rosen	L&M	5.07.53
5. M. Garratt	Mand	5.11.32

#### VETERANS O/50

1. Y. Tridimas	N.Vets	5.39.20
2. D. Sleath	WtePk	5.56.05
3. J. Naylor	CFR	5.57.20
4. D. Amour	H'land	6.03.15
5. M. Pearson	Kesw	6.13.56

#### FIRST VETERAN O/60

1. D. Talbot	Rucksack	7.48.52
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#### LADIES RACE

1. E. Moody	WCOG	4.32.15
2. S. Lewsley O/35	Kesw	4.39.02
3. C. McNeill O/40	Amble	4.52.56
4. A. Crabb O/35	Amble	4.57.48
5. S. Hodgson	Amble	4.59.38
6. K. Arnold	CFR	5.03.38
7. I. Blunk O/35	Cam	5.05.22
8. J. Robson	S'ampton	5.08.05
9. C. Roberts	CalderV	5.18.17
10. W. Dodds	Clay	5.18.20

### YORKSHIREMAN OFF-ROAD MARATHON West Yorkshire CL/26m 10.9.95

Apologies to runners completing the course without their team mate, this result sheet has been misplaced and we are unable to record your times.

K Waddington

1. Oldfield/Oldfield	3.14.52
2. Finch/Gaskell	3.20.48
3. Chadwick/Barford	3.36.42
4. Walton/Birenenough	3.38.19
5. Chadwick/Hughes	3.38.21
6. Thompson/Armitage	3.40.27
7. Oliphant/Breare	3.40.50
8. Cuncliffe/Drake	3.42.05
9. Masser/Murphy	3.43.14
10. Cook/Barker	3.43.58

#### FIRST VETERANS

1. Walton/Birenenough	3.38.19
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#### FIRST MIXED TEAM

1. Cook/Barker	3.43.58
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#### FIRST FEMALES

1. Rutter/Storie	4.32.30
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### CORRIEYAIRACK PASS Fort William BL/16m/2250ft 10.9.95

In spite of two major events taking place on the same day in Scotland, thirty one hardy characters were bussed to the start of the race. They were rewarded with fine weather and good running conditions, though times were generally a little slower than in previous years.

All completed the course safely and three, including first lady, Susan Low, obviously not satisfied with a mere sixteen miles of magnificent country, turned round and ran back to the start.

John Fish

1. B. Howie	Ed Sth H	1.52.19
2. J. Durnin	Dundee	1.55.17
3. J. Alford	KOSB	2.01.16
4. P. Forte	Dundee	2.10.06
5. A. Kennedy	Loch	2.10.19
6. R. Williamson	KOSB	2.10.43
7. S. Low	Roasters	2.11.43
8. D. Brown	Loch	2.12.50
9. A. Barr	Mid Arg	2.13.56
10. R. Munro	Cam	2.15.11

#### VETERANS O/40

1. B. Howie	Ed Sth H	1.52.19
2. J. Quinn	Fife	2.18.46
3. M. Farmer	Cam	2.18.52
4. N. West	Cam	2.23.21
5. K. Bateman	Baden	2.23.58

#### VETERANS O/50

1. P. Hayward	Sleaf	2.25.43
2. D. Morgan	Dundee	2.28.32
3. J. Cunningham	Roasters	2.29.58
4. W. Robertson	Perth	2.58.25

#### LADIES

1. S. Low O/35	Roasters	2.11.58
2. A. West O/35	Cam	2.28.50
3. D. Greenaway O/35	Unatt	2.32.26
4. C. MacLennan	Roasters	2.51.42

### GREEBA FELL RACE Isle of Man AM/9m/2500ft 10.9.95

Ambleside's Mark Fleming made a welcome return to the Isle of Man just two weeks after his victory in August's Laxey Horseshoe and duly scored another win, although he was pushed all the way by Manx Champion Tony Rowley.

Fleming's winning margin was just short of one and a half minutes after ten tough miles on a course the Cumbrian rated very highly.

Colby's Brenda Walker, who has represented Great Britain on the roads, knocked a good chunk off Steph Maddrell's ladies course record finishing a fine ninth place overall.

1. M. Fleming	Amble	1.12.48
2. T. Rowley	MFR	1.14.14
3. R. Stevenson	MFR	1.20.02
4. R. Moughtin	WAC	1.20.52
5. J. Crellin	MH	1.21.28
6. I. Ronan	MFR	1.21.58

#### VETERANS O/40

1. R. Stevenson	MFR	1.20.02
2. R. Moughtin	WAC	1.20.52
3. J. Crellin	MH	1.21.28

#### VETERANS O/50

1. S. Moynihan	SAC	1.33.11
2. J. Comaish	IOM Vets	1.35.55
3. E. Brew	NAC	2.04.56

#### VETERANS O/60

1. I. Chrystal	Loch	1.38.00
2. B. Baxter	MH	2.09.43

#### LADIES

1. S. Walker	MH	1.29.26
2. B. Maddrell	WAC	1.34.46
3. R. Hooton	MH	1.43.21

#### FIRST JUNIOR

1. N. Brew	NAC	1.41.00
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A smartly dressed Colin Donnelly, winner at Cefn Du; pictured at Auld Lang Syne  
Photo: Dave Woodhead

## RAS CEFN DU Gwynedd 12.9.95

Due to the lack of paths to the summit, and the extremely thick growth of heather on this old grouse moor, the first ever running of this race was held over a shortened course. Although there was only a small turnout, the field of twenty two runners contained two ex-British Fell Running Champions. Colin Donnelly led from the start over a very fast, flat cross-country route, before a short, sharp climb brought the runners on to the grouse moor. Paul Grant, a former junior Welsh international, making a comeback to fell running at senior level, followed him all the way, until the thick heather and lack of proper footwear cost him second place on the descent; eventually finishing eighth overall.

The leading veterans packed in well, both the over forty (Phil "Llan" Jones) and over fifty (Don Williams) winners finishing in the top five. A loop through the heather covered rocky outcrops brought the runners back to the edge of the grouse moor and the descent to the village, but a few still managed to lose their way, (some runners obviously can't tell the difference between a kissing gate and a stile).

Generous sponsorship from Celtest Ltd, Bangor and the Seiont Manor Hotel, Llanrug, meant that fifteen of the twenty two runners won prizes. Next year it is intended to run the full length of the grouse moor all the way to the summit, but the date will probably be brought forward to late spring or early summer. All the marshals were doing the job for the very first time, and thoroughly enjoyed the experience. They, as well as the runners, are looking forward to next year's race!

### D Whiteside

1. C. Donnelly	Eryri	29.25
2. P. "Llan"-Jones	Eryri	29.50
3. S. Barnard	Eryri	29.54
4. A. Hughes	Eryri	30.02
5. D. Williams	Eryri	30.19

### VETERANS O/40

1. P. "Llan"-Jones	Eryri	29.50
2. A. Hughes	Eryri	30.02
3. G. Davies	Eryri	31.27

### VETERANS O/50

1. D. Williams	Eryri	30.19
2. A. Oliver	Eryri	33.43
3. J. Carson	Eryri	40.22

### FIRST LADY

1. J. Lloyd	Eryri	33.06
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## MERRICK HILL RACE AM/8m/2710ft 16.9.95

1. N. Martin	Lomond	75.10
2. C. Brash	Girvan	78.48
3. E. Mackay	Ochil	79.14
4. A. Davenport	Solway	79.41
5. T. Ireland	Annan	82.57
6. M. Diver	Clydes	83.39
7. D. Shiell	Cam	83.55
8. D. Milligan	Solway	84.10
9. J. Hope	AchRat	85.17
10. R. Turnbull	Nith	86.47

### VETERANS O/40

1. D. Milligan	Solway	84.10
2. J. Hope	AchRat	85.17
3. R. Turnbull	Nith	86.47
4. T. McCulloch	AyrSeaf	88.43
5. D. Mackin	Solway	91.50

### VETERANS O/50

1. G. Armstrong	HELP	88.59
2. W. Kinnear	Annan	99.07
3. W. Mitton	AchRat	106.27

### VETERAN O/60

1. L. Prater	Annan	151.05
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### LADIES

1. L. Longmore	Solway	102.20
2. K. Boocock	Gallows	114.59
3. F. Parker	Unatt	134.18

### JUNIOR RACE 2m/700ft

1. B. Menzies	Cumnock	23.31
2. K. Taylor	Girvan	23.33
3. R. Irvine	Nith	26.16
4. S. Queen	Nith	27.13
5. A. McCallum	Cumnock	30.50
6. L. Brown	Nith	36.13

## DAVE HURST MEMORIAL RELAY Lancashire 3x3m 17.9.95

An enforced date change resulted in a low turn out in the senior race, hopefully with a more settled date, numbers will increase.

Horwich 'A' team of Clementson, Gaskell and Hope always had the edge over Rochdale finishing comfortable winners in fifty seven minutes and forty three seconds.

The ladies race was much closer, only being settled in the final strides. Chorley (Leonard, Goulden and Chaplin) taking the honours over Horwich ladies.

Even with the low turn out prizes were as generous as possible, the balance sheet for this race always ends up negative! The raffle for the Dave Hurst Fund for Handicapped Children raised approximately forty five pounds.

C Matthews

### JUNIOR RESULTS

1. M. Clayton	Horw
2. I. Ramsdale	Horw
3. H. Ramsdale	Horw
4. M. Smith	Horw
5. C. Boardman	Horw

## SANDSTONE TRAIL RACES

### Cheshire CL/16.5m/1750ft 17.9.95

Conditions on the day for the nineteenth running of the race were as near perfect as they are ever going to be and this produced some stunning performances. Five records were broken, including two which had stood for over ten years. The successful conclusion of the race with everybody safely accounted for was a huge relief to me in my first year as organiser. Looking at the race with the perspective and responsibility of organiser I became convinced that someone was likely to be knocked down by a car despite having run the race several times myself, oblivious to such dangers. Other worries included runners being chased by cows/bulls, walkers being knocked to the ground and suing the race, my car breaking down on race day and the buses not turning up. I think that next year I shall try to run the race and forget about it for a couple of hours.

Next year is the 20th Anniversary of the race. The one thing which disappointed me this year was the reduced entry in both races and I want both to be full next year so... if you want to automatically get entry forms for 1996, especially if you are a club secretary, send me an SAE whilst it is still fresh in your mind. Also, if you have any comments or views on the format of the races, let me know. See you all in 1996!

Mark Harell, Cobblestones, Old Barnhill, Broxton,  
Nr Chester, CH3 9JJ.

### RESULTS - A RACE

1. N. Jones	Vale	102.19
2. R. Price	Vale	118.52
3. J. Hunt	Mersey	109.04
4. G. Cory-Wright	SILOW	109.13
5. M. Weedall	Vale	110.38
6. A. Duncan	Mersey	110.56
7. J. Kershaw	Macc	112.29
8. N. Stone	Cty Stk	112.55
9. M. Linas	SLOW	113.49
10. M. Pomfret	Spec	115.05

### VETERANS O/40

1. A. Duncan	Mersey	110.56
2. J. Kershaw	Macc	112.29
3. B. Gregory	S'port	116.02
4. E. Gelsion	Mersey	117.06
5. R. Calder	Macc	120.09

### VETERANS O/50

1. M. Ward	OswOly	125.23
2. P. Norman	O.D.R.	135.01
3. R. Sexton	Rainf	141.29
4. C. Hallows	D'side	143.56
5. M. Hopkinson	N.Vets	144.03

### LADIES

1. V. Musgrove O/35	Wrex	126.54
2. J. Needham O/35	Roch	137.06
3. S. Owen O/35	Tatten	142.29
4. P. Matthews	Tatten	147.30
5. L. Eccles	Spec	151.49
6. L. Seed O/35	Tatten	154.34
7. A. Ashley O/35	Wrex	157.56
8. B. Datlen O/35	OswOly	163.50

### RESULTS - B RACE

1. G. Rawlinson	L'pool	58.07
2. R. Wood	Hels	59.42
3. J. Parkinson	L'pool	62.03
4. R. Hulse	D'side	62.50
5. P. Speller	Hels	63.00
6. M. Walker	Hels	63.07
7. R. Stradling	Hels	63.18
8. M. Griffin	Tatten	63.34
9. I. Price	L'pool	63.41
10. M. Robbins	D'side	64.02

### VETERANS O/40

1. R. Wood	Hels	59.42
2. M. Griffin	Tatten	63.34
3. M. Dooling	L'pool	65.51
4. A. Turnbull	Wigan	69.16
5. B. Chambers	D'side	71.51

### VETERANS O/50

1. R. Tunstall	Hels	66.49
2. M. McGrath	Vale	68.19
3. J. Hammond	D'side	69.46
4. D. Walker	Matl	73.07
5. G. Gartrell	Wrex	74.41

<b>LADIES</b>		
1. A. Jones O/35	Alt	67.17
2. J. Bale	D'side	70.07
3. S. Llewellyn O/35	Unatt	74.19
4. G. Darby	Sefton	75.44
5. J. Heslop	M&D	75.56
6. L. Callaghan	Unatt	76.33
7. S. Ellis O/35	Tatten	80.48
<b>JUNIORS</b>		
1. A. Middleditch	D'side	74.05
2. T. Platt	Mersy	89.21

### DALEHEAD

#### Cumbria

**AS/4.5m/2210ft 17.9.95**

Excellent conditions resulted in a record turnout of runners and new record for both the men's and ladies races. Congratulations to all the new British champions! CBs on the course made it more interesting for those on the field. Many thanks to all the helpers, we couldn't manage without them. Hope you all enjoyed the day. See you next year!

Billy & Ann Bland (Full results in October issue)

### COLEDALE HORSESHOE

#### FELL RACE

#### Cumbria

**AM/8m/3000ft 23.9.95**

New course, new records, well done Andrew and Nichola. Many thanks to Scotgate Caravan site for use of facilities, superb! Timekeepers, officials, checkpoints, thanks a lot.

Barry Johnson

1. A. Davies	Borr	1.16.31
2. S. Booth	Borr	1.17.12
3. N. Spence	Kend	1.18.33
4. J. Davies	Borr	1.18.47
5. H. Jarrett	CFR	1.22.10
6. J. Archibold	CFR	1.22.44
7. D. Loan	Kesw	1.22.54
8. R. Haigh	Ilk	1.23.29
9. M. Penny	Amble	1.23.50
10. A. Meanwell	Borr	1.24.41

#### VETERANS O/40

1. H. Jarrett	CFR	1.22.10
2. D. Loan	Kesw	1.22.54
3. R. Haigh	Ilk	1.23.29
4. M. Litt	CFR	1.28.35
5. J. Hope	AchRat	1.29.02

#### VETERANS O/50

1. T. Baxter	CFR	1.33.58
2. C. Wilson	Kesw	1.38.39
3. M. Pitchford	CFR	1.39.28
4. W. Wade	Holm	1.41.10
5. H. Blenkinsop	Kesw	1.50.48

#### VETERAN O/60

1. B. Fielding	Fellan	1.47.03
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#### LADIES

1. N. Davies	Borr	1.35.05
2. K. Beatty O/35	CFR	1.42.41
3. L. Thompson O/35	Kesw	1.44.08
4. D. Patten O/35	CFR	1.53.21
5. L. Hibbert O/35	CFR	1.57.57

### TWO BREWERIES HILL RACE

**BI/18m/4200ft 23.9.95**

1. A. Davis	Carn	2.56.57
2. J. Coyle	Carn	3.00.00
3. D. Cummins	Shett	3.03.08
4. A. Ward	Carn	3.04.45
5. D. Hirst	D'side	3.05.23
6. M. Flynn	Carn	3.05.47
7. M. Gorman	W'lands	3.09.12
8. N. Melville	L&D	3.09.52
9. S. Taylor	Clay	3.11.06
10. B. Waldie	Carn	3.12.28

#### VETERANS O/40

1. D. Milligan	Solway	3.14.37
2. G. Woolnough	Kend	3.19.20
3. J. Blairfish	Carn	3.20.24
4. J. Holden	Fife	3.21.20
5. R. Greenaway	Ochil	3.30.02

#### VETERANS O/50

1. B. Waldie	Carn	3.12.28
2. G. Armstrong	Hadd	3.22.54
3. C. Love	Dundee	3.24.09
4. N. Dyson	Mand	3.45.45
5. J. Littlewood	Scot Vets	3.48.32

#### LADIES

1. E. Scott	W'lands	3.38.54
2. J. Cairns O/35	W'lands	3.46.13
3. L. Gorman O/35	Loch	3.58.59
4. D. Macdonald O/35	L'wade	3.59.10
5. S. Lewsley O/35	Unatt	4.01.17
6. R. Taylor	Kesw	4.06.08



Colin Urmston at Dalehead

Photo: Peter Hartley

### LANTERN PIKE FELL RACE

#### Derbyshire

**BS/5m/1050ft 23.9.95**

Andy Trigg led from the start, out of the field, across the road and up the first climb, with good efforts developing in the following pack, as this hill really positions you for the rest of the race. Graham Mason returned to running with a very good fourth place, first veteran. Tony Hulme, having completed his seventeenth Lantern Pike, has finished all of them in the top twenty.

Kath Drake having a foray south, was a clear winner of the ladies race.

My thanks to all the marshalls and helpers who make this race run so smoothly.

My apologies to all those who encountered the wasp nest, I know its not funny when you're on the receiving end of a swarm, I will check this area next year.

I am considering a change of route for the juniors, any comments would be appreciated.

Mel

1. A. Trigg	Gloss	31.41
2. D. Gartley	Gloss	33.04
3. M. Hayman	DkPk	33.13
4. G. Morson O/40	Bux	33.17
5. G. Cudahy	S'port	33.33
6. M. Williams	Penn	33.38
7. G. Davies O/40	Salf	33.46
8. N. Stone	Stoke	34.00
9. R. Taylor O/40		34.12
10. S. Bourne	DkPk	34.28

#### VETERANS O/50

1. P. Jepson	Ross	38.14
2. J. Armistead	DkPk	39.17
3. P. Heneghan	Bolt	39.20
4. R. Tunstall	Hels	39.59
5. D. Gibson		40.15

#### VETERAN O/60

1. B. Howitt	Matl	42.39
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#### LADIES

1. K. Drake O/35		38.29
2. G. Macken	SYO	42.30
3. S. Stafford O/35	Goyt	43.29
4. M. Chippendale O/35	Penn	43.36
5. M. Edgerton O/35		43.53
6. Y. Williams	Penn	44.03
7. A. Brentnall O/35	Penn	44.04
8. J. Bednall		45.04

#### JUNIOR BOYS

1. N. Winfield		22.41
2. D. Johns	Holm	23.19
3. K. Brentnall		26.23

#### JUNIOR GIRLS

1. S. Duniel	Holm	24.02
2. A. Rhodes		26.50
3. C. Rhodes		34.12

### SCAFELL PIKE FELL RACE

#### Cumbria

**AS/4.5m/3000ft 23.9.95**

The Scafell Pike fell race was blessed with good weather yet again, and clashes with other races did not stop the regulars plus a few new faces. Thirty six ran against twenty six last year, but no ladies!

With a brisk breeze on the summit and with the cloud veil periodically lifting and revealing Pikes Crag, the ascent was fought out with Alan Bowness leading at the summit, Brian Thompson second and Jonny Bland third at England's highest checkpoint. On the descent Jonny went in to 'free fall' mode bringing him to the front before the Lingmell drop off. For a while Ian Holmes' 1989 record looked in danger, but Jonny missed by only seven seconds. A formidable effort which will no doubt be polished up in readiness for next year!

Thanks to Steve and Jonny with Len and Denise on the summit, and to my fiancee Sandy, and daughters Helen, Lucy and Hannah for their help on registration and finish. I hope the Scafell Pike marmalade went down well - for next year we're experimenting with home brew!

Here's looking forward to seeing you all again next year, please let's have one lady runner with partner, so we can give away the Jack n Jill prize.

Richard Eastman

1. J. Bland	Borr	51.50
2. B. Thompson	CFR	52.24
3. A. Bowness	CFR	53.47
4. C. Moses	Bing	56.11
5. W. Bell O/40	CFR	56.42
6. B. Whalley	P&B	57.36
7. B. Walton O/40	Horw	57.44
8. B. Hardy	CFR	59.23
9. S. Shuttleworth	Amble	60.41
10. I. Block O/40	CFR	61.06

#### VETERANS O/45

1. P. Bettney	Amble	68.10
2. P. Jackson	Tod	68.55
3. M. Bell	CFR	74.34

#### VETERANS O/50

1. W. Kinnear	Annan	76.46
2. M. MacDonal	FRA	80.31
3. R. List	BendRow	82.41

#### VETERAN O/60

1. B. Leathley	Clay	75.21
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# Full Championship Results



Jon & Gavin Bland finished just 4 places apart in the British.  
Pictured on Blizes by Bill Smith



Rupert Leggett narrowly missed the first 10 in the English.  
Pictured on Winter Hill by Bill Smith

Main picture: Simon Booth and Mark Roberts  
were part of the winning Borrowdale Team.  
Pictured in the Ian Hodgson by Peter Hartley

# BRITISH CHAMPIONSHIP 1995

## MEN

1	M. Kinch	Warr AC	125
2	C. Donnelly	Eryri	116
3	M. Rigby	Amble	115
4	S. Booth	Borr	108
5	P. Sheard	P&B	105
6	M. Roberts	Borr	101
7	J. Davies	Borr	95
8	G. Bland	Amble AC	87
9	R.P. Jamieson	Amble AC	87
10	G. Wilkinson	CleM	81
11	G. Devine	P&B	80
12	J. Bland	Borr	79
13	J. Wilkinson	Shett Harr	70
14	J. Thin	Carnethy	59
15	D. McGonigle	Shett	56
16	M.W. Fleming	Amble AC	52
17	J.R. Hooson	Amble AC	51
18	N. Martin	Lomond	48
19	S. Jackson	Horw RMI	44
20	G.R. Williams	Eryri	44

## V40

1	S. Jackson	Horw RMI	85
2	T. Hesketh	Horw RMI	74
3	H. Jarrett	CFRA	73
4	S. Houghton	Calder Valley	66
5	B. Walton	Horw	60
6	C.J. Taylor	Mercia FRC	60
7	T.W. Bell	CFRA	46
8	J. Blair-Fish	Carnethy	45
9	D. Armitage	CosHillbashers	36
10	G. Houghton	Calder Valley	30
11	M. Walsh	Kendal AC	26
12=	J. Robertson	Cambuslang	22
12=	A. Hughes	Eryri	22
12=	B. Bland	Borr	22
15=	H. Nicholson	Clayton	21
15=	L. l'Anson	Borr	21
17	J. Nixon	Horw RMI	19
18=	G. Owen	Eryri	18
18=	J. Barker	Rochdale	18
18=	R. Leggett	Horw RMI	18

## V50

1	D. Spedding	Keswick	48
2	D. Williams	Eryri	41
3	R. Jackson	Horw RMI	26
4	R.E. Bell	Amble AC	26
5	K. Carr	Clayton	17
6	R. Wilby	Highland Hill	14
7=	Armstrong	HELP	13
7=	R. Stephenson	Keswick	13
9	B. Martin	MDC	12
10=	E. Davies	Eryri	11
10=	M. Pitchford	CFRA	11
12	B. Waldie	Carnethy	9
13	H. Stansfield	Eryri	8
14=	C. Love	Dundee Hawhill	6
14=	D. Finch	Chepstow	6

## TEAM

1	Borrowdale	48
2=	Ambleside	34
2=	Eyri	34
4	Shettlestone	33
5	Carnethy	26
6	Pudsey and Bramley	22
7	CFRA	15

8	Horwich	14
9	Clayton le Moors	13
10	Keswick	12

## VETS TEAM

1	Horwick RMI	48
2	Keswick	23
3	Eryri	22
4	CFRA	21
5	Carnethy	19

## LADIES

1	S. Rowell	P&B	88
2	A. Mudge	Carnethy	75
3	N. Davies	Unatt	73
4	G. Cook	Roch HAC	69
5	C. Menhennet	Westerlands	47
6	W. Dodds	Clayton	46
7	S. Buckley	P&B	45
8	L. Thompson	Keswick	39
9	J. Schreiber	P&B	35
10=	K. Harvey	Altrincham	33
10=	A. Nixon	MDC	33
12	C. Crofts	DkPk	30
13	S. Woods	MDC	29
14	K. Beaty	CFRA	27
15	E. Scott	Westerlands	25
16	M. Angharad	Eryri	22
17	A. Srivastava	P&B	21
18	S. Lloyd	Eryri	20
19	A. Brand-Barker	Eryri	19
20	H. Diamantides	Westerlands	18

1	N. Davies	Borr	45
2	G. Cook	Roch HAC	41
3	C. Menhennet	Westerlands	24
4	W. Dodds	Clayton	20
5=	K. Harvey	Altrincham	17
5=	A. Nixon	MDC	17
7	L. Thompson	Keswick	16
8	S. Woods	MDC	15
9	M. Angharad	Eryri	12
10	K. Beaty	CFRA	11

## LADIES VETERANS

1	N. Davies	Borr	45
2	G. Cook	Roch HAC	41
3	C. Menhennet	Westerlands	24
4	W. Dodds	Clayton	20
5=	K. Harvey	Altrincham	17
5=	A. Nixon	MDC	17
7	L. Thompson	Keswick	16
8	S. Woods	MDC	15
9	M. Angharad	Eryri	12
10	K. Beaty	CFRA	11

# ENGLISH CHAMPIONSHIP 1995

## MEN

1	M. Kinch	WarrAC	125
2	M. Roberts	Borr	118
3	G. Bland	Borr	109
4=	G. Devine	P&B	108
4=	P. Sheard	P&B	108
6	J. Bland	Borr	103
7	R.P. Jamieson	Amble AC	95
8=	B. Thompson	CFRA	91
8=	S. Booth	Borr	91
10	J.Davies	Borr	83
11	M.W. Fleming	Amble AC	74
12	M. Keys	Ross	66
13	S. Green	P&B	62
14	R. Jackson	Horw RMI	60
15=	M. Walls	Clayton	55
15=	I. Holmes	Bingley	55
17	A. Maloney	Rochdale	49
18	A. Schofield	Borr	47
19	R. Lawrence	Bingley	46
20	G. Wilkinson	CleM	44

## V40

1	S. Jackson	Horw RMI	80
2	T. Hesketh	Horw RMI	77
3	W. Bell	CFRA	72

4	M. Walsh	Kendal AC	68
5	H. Jarrett	CFRA	67
6	S. Houghton	Calder Valley	64
7	C.J. Taylor	Mercia FRC	52
8	M. Foschi	Pennine	44
9	J. Cant	DkPk	43
10	J. Coulson	Calder Valley	38
11=	B. Walton	Hor	30
11=	R. Leggett	Horw RMI	30
13=	B. Brindle	Horw RMI	25
13=	G. Houghton	Calder Valley	25
15=	K. Masser	Ross	22
15=	M. Richardson	Amble	22
15=	B. Bland	Borr	22

## SUPERVETS

1	D. Spedding	Keswick	48
2	K.F. Carr	Clayton	41
3	R.E. Bell	Amble AC	36
4	D. Kearns	Bolton	31
5	R. Jackson	Horw RMI	29
6	M. Pitchford	Horw RMI	20
7	J. Armistead	DPFR	16
8	D.A. Gibson	Saddle Rnrs	15
9	R. Stephenson	Keswick	13
10	Y.D. Tridimas	Nthn Vets AC	12

## VET 60

1	L. Sullivan	Clayton	36
2	B. Thackery	DkPk	20
3	C. Henson	DkPk	24
4	B. Levathley	Clayton	19
5	J. Dearden	Helsby	18
6	J. Newby	Todmorden	17
7	M. Waddell	Gravesend	16
8	D. Hodgson	Fellandale	12
9	R. Todhunter	CFR	11
10	J. Beswick	Helsby	9

## TEAM

1	Borrowdale	48
2	Pudsey and Bramley	35
3	Ambleside	33
4	Horwich RMI	30
5	CFRA	28
6	Keswick	15
7	CleM	14
8	Calder Valley	13
9	DPFR	12
10	Pennine	11

## VETS TEAM

1	Horwich RMI	48
2	CFRA	39
3	Calder Valley	32
4	DPFR	24
5	Kendal	23

## LADIES

1	S. Rowell	P&B	88
2	N. Davies	Borr	73
3	G. Cook	Roch HAC	70
4	K. Harvey	Altrincham	68
5	C. Bamlin	Sth Liv AC	52
6	W. Dodds	Clayton	46
7=	K. Beaty	CFRA	44
7=	C. Crofts	DkPk	44
9	L. Thompson	Keswick	39
10	J. Kenyon	Horw RMI	37
11	T. Hyde	Calder Valley	34
12	L. Lacon	Holmfirth	28
13	J. Shotter	Fellandale	27
14	A. Buckley	P&B	25
15	L. Atkin	Calder Valley	21

**LADIES VETERANS**

1	N. Davies	Borr	41
2	G. Cook	Roch HAC	40
3	K. Harvey	Altrincham	34
4	C. Banlin	Sth Liv AC	28
5	J. Kenyon	Horw RMI	21
6=	W. Dodds	Clayton	19
6=	K. Beaty	CFRA	19
8	L. Thompson	Kesw	15
9	T. Hyde	Calder Valley	13
10=	J. Rawlinson	Clayton	8
10=	J. Sullivan	Clayton	8
10=	R. Dunnington	E. Cheshire	8

**TEAM**

1	Pudsey & Bramley	33
2=	Calder Valley	21
2=	Keswick	21
4	Penistone FPR	9
5	Todmorden	8

**WELSH CHAMPIONSHIPS****MEN**

1	G.R. Williams	Eryri	84
2	D. Williams (SV)	Eryri	61
3	K. Prydderch	Eryri	56
4	E. Evans	Eryri	53
5	P. Jenkinson	Eryri	52
6=	J. McQueen	Eryri	44
6=	C. Donnelly	Eryri	44
8.	G. Owen (V)	Eryri	43
9	D. Richards	RRW/MDC	42
10	T. Davies (J)	Mercia	39
11=	J. Bass	MDC	32
11=	A. Woods	MDC	32
13	S. Barnard	Eryri	28
14	T. Gibbs	MDC	26
15	A. Nixon (V)	MDC	25

**MALE VETS**

1	D. Williams (SV)	Eryri	84
2	G. Owen	Eryri	64
3	A. Nixon	MDC	61
4=	B. Martin (SV)	MDC	57
4=	R. Roberts	Eryri	57
6	A. Orringe	MDC	56
7	J. Darby	MDC	54
8	M. Lucas	MDC	48
9	A. Oliver (SV)	Eryri	41
10	A. Hughes	Eryri	36

**MALE SVETS**

1	D. Williams	Eryri	88
2	B. Martin	MDC	79
3	C. Jones	MDC	65
4	M. Edwards	Wrexham	61
5	A. Oliver	Eryri	58
6	J. Carson	Eryri	45
7	H. Stansfield	Eryri	37
8	D. Gwilym	MDC	36
9	E. Davies	Eryri	35
10	D. Sinclair	Eryri	33

**WOMEN**

1	A. Brand-Barker	Eryri	86
2=	M. Angharad	Eryri	80
2=	S. Woods (V)	MDC	80
4	S. Lloyd (V)	Eryri	62
5	A. Nixon (V)	MDC	58

**TEAMS**

1=	MDC A	110
1=	Eryri A	110
3	Eryri B	96
4	Eryri C	86
5	MDC B	81

**LADIES TEAMS**

1	Eryri	88
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**MALE VETS TEAMS**

1	Eryri A	110
2	Eryri B	94
3	MDC A	82
4	MDC B	56
5	Eryri	36

**SCOTTISH CHAMPIONSHIPS****SENIOR MEN**

1	M Rigby	Westerlands	82
2	N Martin	Lomond	70
3	G Bartlett	Forres	66
4	D McGonigle	Shettleston	61
5	J Brooks	Lochaber	60
6	J Hepburn	Lochaber	58
7	A Davis	Fife	53
8	J Wilkinson	Shettleston	50
9	D Weir	Perth	51
10	C Donnelly	Eryri	40
11	B Marshall	HELP	36
12	M Patterson	Shettleston	35
13	J Thin	Carnethy	31
	D Armitage(V)	Cosmics	31
	J Coyle	Carnethy	31
16	S Bennet	Westerlands	29
17	A Ward	Carnethy	27
18	D Cummins	Shettleston	25
19	D Crowe	Shettleston	19
	D Rodgers	Lochaber	19

**WOMEN**

1	C Menhennet	Westerlands	35
2	A Mudge	Carnethy	33
3	E Scott	Westerlands	29
4	J Rae	Westerlands	28
5	J Cairns	Westerlands	22
	R Evans	Lochaber	22
7	H Diamantides	Westerlands	20
8	S Hay	Highland	14
9	H Searle	Lochaber	9
	L Hope	Lochaber	9
11	J Robertson	Westerlands	8
12	P Rother	Livingston	7
	J Schreiber	Pudsey	7
14	J Anderson	Lochaber	6
	C MacDonald	Lochaber	6
	A West	Carnegie	6
	A Miller	Irvine	6
	P Blake	Perth	6
19	G Barnes	Lochaber	5
	J Stevenson	Irvine	5

**VETERAN MEN**

1	D Armitage	Cosmics	42
2	J Blair-Fish	Carnethy	31
3	J Shields (SV)	Clydesdale	29
4	G Brooks	Lochaber	27
5	K Adams	Westerlands	18
	R Wilby (SV)	Highland	18
7	E Butler	Cosmics	17
8	R Boswell	Lochaber	15
9	C Love (SV)	Dundee	14
10	B Waldie (SV)	Carnethy	13
	B Lawrie	Cosmics	13
12	J Robertson	Cambuslang	11
13	P Kammer	Cosmic	9
14	D Milligan	Solway	8
	J Stephen	Ochil	8
	J Holden	Fife	8

17	A McGuire	Fife	7
18	R Greenaway	Ochil	6
	J Marsh	Teviot	6
	R Ramsdale	Carnethy	6
	B Edridge (SV)	Clydesdale	6

**SUPERVETERAN MEN**

1	R Wilby	Highland	38
2	C Love	Dundee	35
3	J Shields	Clydesdale	33
4	W Gauld (V60)	Carnethy	29
5	B Waldie	Carnethy	27
6	C Pritchard	Carnethy	23
7	G Armstrong	HELP	15
8	G Clark	Arbroath	13
9	I Chrystal	Lochaber	11
10=	B Edridge	Clydesdale	9
	W Bennet	Penicuik	9
	D Turnbull	EKAAC	9
13	J Fish	Lochaber	8
	D Woods	Forfar	8
15	W Kinnear	Annan	6
	J Littlewood	ScotVets	6

**OPEN TEAMS (OF 4)**

1	Shettleston	42
2	Lochaber	39
3	Carnethy	37
4	Westerlands	30
5	Cosmic	27
	Lomond	27
7	Ochil	22
8	Fife	16
9	HELP	8
10	Dundee	7

**WOMEN TEAMS (OF 3)**

1	Westerlands	44
2	Lochaber	20
3	Carnethy	9

**JUNIORS**

1	A Milligan	Carnegie	33
2	D Scott	Norham	29
3	V Macpherson	Fife	22
4	S Atkinson	Lochaber	14
5	G MacKinnan	Lochaber	9
	G Shiel	Carnethy	9
6	R McFarlane	Fife	7
7	S Chisholm	Victoria Park	6
	B Brooks	Lochaber	6



One to watch for the future?  
Mark Horrocks, 7th at The Stoop, 2nd at Ovenden  
Photo: Allan Greenwood

# 1996 CHAMPIONSHIP UPDATE

Due to changes in anticipated dates and subsequent clashes the following changes have been made:

The Wrekin will now be on Saturday, 13th April; Borrowdale replaces Wasdale as an English championship race.

## NOTE:

ENGLISH SELECTION RACE  
FOR EUROPEAN CHAMPIONSHIPS

JUNE 16th

VENUE - TO BE ADVISED

FURTHER DETAILS FROM

PETE BLAND

## ISLE OF MAN FELL RUNNING LEAGUE

Isle of Man  
23.10.95

Tony Rowley has won the Managrakem Fell Running League for the fourth consecutive year. Tony had another very good year winning ten races. The runner up was only decided in the last race of the season, which resulted in Richie Stevenson finishing one point ahead of Phil Crowe who had his best ever season on the fells.

A total of twenty runners qualified for the League Championship which well beats the previous best of fifteen in 1989. A special mention goes to the runners who completed the league for the first time, Rose Hooton, Ian Ronan, Steve Maynahan, Nick Brew and Steve Watt.

The veterans league was a very close competition which resulted in Richie Stevenson finishing three points ahead of Roger Moughtin, with Dave Corrin third. The veterans over fifty league was dominated by Dave Corrin who won all seven races he completed in and he broke the veterans over fifty course records in all seven races. The runner up was John Comaish making a welcome return to the fells, John finished third overall in 1980. Third place went to defending champion Eddie Brew.

The first lady was Rose Hooton who became only the second lady to qualify for the league, the only other lady qualifier was Steph Maddrell last year in 1993.

The first junior was Nick Brew, Nick is the first ever junior to qualify in this league.

Many thanks to to the sponsors Managrakem and time keepers Walter Kennaugh and A.Jones.

1. T. Rowley	7 pts
2. R. Stevenson	24 pts
3. P. Crowe	25 pts
4. R. Moughtin	29 pts
5. I. Ronan	36 pts
6. D. Young	40 pts
7. D. Corrin	43 pts
8. I. Watson	44 pts
9. D. Bawden	59 pts
10. J. Gell	61 pts

### VETERANS O/40

1. R. Stevenson	9 pts
2. R. Moughtin	12 pts
3. D. Young	20 pts
4. S. Moynahan	35 pts
5. G. Hull	40 pts

### VETERANS O/50

1. D. Corrin	7 pts
2. J. Comaish	12 pts
3. E. Brew	17 pts
4. B. Baxter	



Andy Leal, consistent on the Isle of Wight  
Photo: Peter Boam

## ISLE OF WIGHT RUNNING CHAMPIONSHIP SERIES

Isle of Wight  
21/22.10.95

With a climate bordering on the Mediteranean type, the first ever Fell Running fixture in the South of England, was staged at the picturesque town of Ventnor on the extreme southern tip of the Isle of Wight. Designated as 'The Isle of Wight Fell Running Championship Series' three races, an AS, a BM, and a CL, were held over the weekend, two on Saturday, and one on Sunday, and the organisers were very happy to have one hundred and eighty entries spread over the three races, with a particular welcome to a contingent from Pennine Fell Runners.

Travelling to the Isle of Wight is a lot easier than people imagine, especially those who haven't been here. There are good ferry services for cars and passengers, and whilst ideally it is nice to bring the car over, transport will be arranged for future competitors, from the boat to Ventnor and back, for those who travel 'on foot'.

The highest 'peak' on the Island is St.Boniface Down (786ft), and several others in the vicinity are hovering around that height, so upon being approached by a local organisation on the matter, it became clear to Ryde Harriers, that although not strictly fells as, say 'The Coledale', or 'The Three Shires', it was possible to just scrape in the FRA categories for the three events. We made it three events so that the trip would be worthwhile and at the same time creating quite a challenge for anyone attempting all three.

Dominating the whole scene was Scotsman Kenny Leitch of Worthing AC (although I suspect he has not always lived in Worthing, and rather fancy he has skidded over a few Munros in his time!). Kenny won all three races in great style. It was the same story for the second and third positions in all three races.

With frequent trips to the Lakes, Scotland and Wales, it was a treat for Ryde Harriers' fell running team to have these events on the doorstep. Enthusiastically, the organisers are already looking forward to next years event on October 19/20. See FRA Calendar, and contact Dave Jones of Pennine for recommendations as to bacon baguettes!.

Eddie Leal

### RESULTS - ST.BONIFACE AS/3m/775ft

1. K. Leitch	Worth	20.39
2. S. Keywood	Tonb	20.52
3. M. Williams	Penn	21.27
4. J. Lowden	Worth	21.39
5. A. Cass	Ryde	21.41
6. A. Leal	Ryde	21.44
7. S. Cooper	Ryde	21.45

8. I. Warhurst	Penn	21.50
9. K. Payne	Stubb	21.53
10. A. Drummond	Unatt	22.03

### VETERANS O/40

1. A. Cass	Ryde	21.41
2. K. Payne	Stubb	21.53
3. A. Brentnall	Penn	22.33
4. M. Ellesmore	Camb	22.48
5. R. Scottney	Penn	23.16

### VETERANS O/50

1. N. Geeson	Ryde	23.52
2. B. Lambert	SWRR	23.54
3. B. Read	Orion	24.39
4. D. Jones	Penn	24.57
5. G. Sayer	Orion	26.05

### VETERANS O/60

1. M. Waddell	Graves	31.20
2. D. Gammage	IWAC	37.57

### LADIES

1. M. Mills	H'pont	26.44
2. Y. Williams	Penn	27.14
3. A. Brentnall	Penn	27.35

### RESULTS - VENTNOR HORSESHOE

<b>BM/7m/1500ft</b>		
1. K. Leitch	Worth	20.39
2. S. Keywood	Tonb	20.52
3. M. Williams	Penn	21.27
4. J. Lowden	Worth	21.39
5. A. Cass	Ryde	21.41
6. A. Leal	Ryde	21.44
7. S. Cooper	Ryde	21.45
8. I. Warhurst	Penn	21.50
9. K. Payne	Stubb	21.53
10. A. Drummond	Unatt	22.03

### VETERANS O/40

1. A. Cass	Ryde	21.41
2. K. Griffiths	Stubb	60.42
3. K. Payne	Stubb	60.53
4. A. Brentnall	Penn	61.48
5. A. Gaches	IWHash	63.30

### VETERANS O/50

1. N. Geeson	Ryde	64.01
2. B. Lambert	SWRR	66.15
3. B. Read	Orion	66.56
4. G. Burrow	Worth	68.00
5. D. Jones	Penn	70.34

### VETERAN O/60

1. M. Waddell	Graves	82.10
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### LADIES

1. B. Mills	H'pont	72.28
2. Y. Williams	Penn	73.36
3. A. Brentnall O/45	Penn	76.06
4. C. Jackson	Ryde	85.31
5. M. Stephens O/45	Worth	88.39
6. D. Badman O/35	Worth	93.46

### RESULTS - WROXALL ROUND

<b>CL/13m/1500ft</b>		
1. K. Leitch	Worth	1.36.55
2. S. Keywood	Tonb	1.42.00
3. M. Williams	Penn	1.44.50
4. N. Geeson	Ryde	1.45.59
5. D. Spragg	Wight	1.46.42
6. J. Lowden	Worth	1.50.10
7. A. Brentnall	Penn	1.50.22
8. D. Eldridge	IWAC	1.51.20
9. I. Warhurst	Penn	1.51.31
10. M. Ellsmore	Camb	1.51.45

### VETERANS O/40

1. A. Brentnall	Penn	1.50.22
2. M. Ellsmore	Camb	1.51.45
3. P. Stack	Ryde	1.53.23
4. A. Cass	Ryde	1.54.13
5. K. Payne	Stubb	1.55.31

### VETERANS O/50

1. N. Geeson	Ryde	1.45.59
2. S. Lee	Ryde	1.56.54
3. B. Read	Orion	1.58.55
4. R. Burchett	Shaftes	2.01.23
5. R. Harvey	NewAyc	2.01.32

### VETERAN O/60

1. M. Waddell	Graves	2.22.39
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### LADIES

1. S. Ashton O/35	Chep	2.04.01
2. Y. Williams	Penn	2.05.10
3. M. Mills	H'pont	2.05.33
4. A. Brentnall	Penn	2.17.40
5. D. Badman O/35	Worth	2.37.34



**DENIS STITT MEMORIAL**  
**West Yorkshire**  
**BS/5m/850ft 24.8.95**

1. S. Willis	Amble	27.34
2. P. Sheard	P&B	28.14
3. G. Oldfield	Bfd/Aire	28.43
4. D. Watson	Holm	29.17
5. K. Smith	CalderV	29.48
6. J. Brook	Bing	30.10
7. A. Haser	Fellan	31.12
8. B. Waterhouse	Sadd	32.01
9. S. Winspear	Holm	32.22
10. C. Davies	Sadd	32.42

**VETERANS O/40**

1. B. Waterhouse	Sadd	32.01
2. C. Davies	Sadd	32.42
3. S. Houghton	CalderV	32.56
4. R. Kneeshaw	Holm	33.58
5. R. Innes	S'bridge	34.37

**VETERANS O/45**

1. R. Futrell	Holm	34.09
2. D. Booth	DkPk	34.13
3. M. Horsfall	Denby	36.40
4. R. Venes	Unatt	37.20
5. P. Yates	Fellan	37.22

**VETERANS O/50**

1. F. Gibbs	Bing	34.43
2. T. Cock	Holm	37.07
3. D. Gledhill	Holm	37.49
4. P. Duffey	Aber	38.09
5. A. Todd	Hels	39.07

**LADIES**

1. R. Dunnington O/35	E.Chesh	33.20
2. K. Drake O/35	Spn	34.42
3. A. Jorgensen O/35	P'stone	39.18
4. S. Billam O/35	H'fax	39.29
5. J. Town O/35	Denby	40.07



Harry Walker (Clayton), four times winner of the Thieveley Pike Race in the early 1970's, pictured here at the top of the climb to Thieveley Scout in the 1995 race  
 Photo: Bill Smith

**LYON EQUIPMENT WHERNSIDE**  
**FELL RACE**  
**North Yorkshire**  
**AM/11.6m/3000ft 24.9.95**

For the fourth running of the Wherside Fell Race, overnight rain had made the course 'interesting' with a muddy top but firm underneath.

There were one hundred and sixty eight entries, an increase of thirty seven on last year and an encouraging improvement since the first race in 1992 when there forty competitors.

David Neill was first home in creating a new record. Andrew Wrench also broke the old record in coming second. Last years winner, Robin Jamieson was third.

C Gardner

1. D. Neill	Merc	1.28.22
2. A. Wrench	Tod	1.28.35
3. R. Jamieson	Amble	1.29.08
4. G. Oldfield	Bfd/Aire	1.29.49
5. M. Whitfield	Bing	1.30.17
6. S. Oldfield	Bfd/Aire	1.30.39
7. M. Fleming	Amble	1.31.17
8. J. Blackett	Mand	1.31.20
9. P. White	LdsCty	1.31.33
10. K. Smith	CalderV	1.32.39

**VETERANS O/40**

1. P. Bowler	Merc	1.32.40
2. H. Symonds	Kend	1.36.02
3. N. Pearce	Ilkley	1.36.56
4. R. Crossland	Bfd/Aire	1.40.35
5. N. Hambrey	Kendl	1.41.28

**VETERANS O/45**

1. B. Whitfield	Bing	1.33.04
2. B. Schofield	Tod	1.36.36
3. B. Hilton	Lds/City	1.36.48
4. S. Kirkbride	Kendal	1.40.42
5. J. Nixon	Horw	1.40.56

**VETERANS O/50**

1. G. Howard	Ilkley	1.45.05
2. R. Bell	Amble	1.45.40
3. J. Talbot	Tod	1.46.09
4. D. Quinlan	Bing	1.51.55
5. P. Reynard	Lds/Post	1.52.01

**LADIES**

1. J. Shotter	Fellan	1.53.10
2. J. Jones	Kesw	1.54.12
3. L. Ball O/40	V.Stdrs	1.56.45
4. P. Oldfield O/35	Bfd/Aire	2.00.02
5. H. Krynen	L&M	2.03.40
6. C. Kenny O/35	Kend	2.05.45
7. J. Sanderson O/40	Bfd/Aire	2.06.08
8. J. Ackroyd O/35	Imp	2.09.14

**THIEVELEY PIKE FELL RACE**  
**Lancashire**  
**AS/3.5m/900ft 30.9.95**

A new name was added to the list of winners in this the thirty sixth running of the Thieveley Pike Fell Race, as Gary Oldfield led the field home despite going slightly off course on the descent. No veterans in the first ten finishers, but sixty nine in the remaining one hundred and twenty, perhaps suggesting we are not attracting the under thirties, but are all growing old together. Kath Drake retained her ladies title but yet again the course records did not come under threat, and look better year by year.

Perhaps if we get the championship fixture next year, this might change. My thanks go to all who helped out on the day and made it a successful event, my tenth as organiser.

P Browning

1. G. Oldfield	Bfd	25.58
2. M. Corbett	Ross	26.06
3. A. Maloney	Roch	26.18
4. M. Wallis	Clay	26.20
5. M. Horrocks	CalderV	26.33
6. S. Thompson	Clay	27.00
7. J. Wright	Tod	27.07
8. G. Read	Roch	27.11
9. S. Green	Pudsey	27.35
10. A. Life	Clay	27.50

**VETERANS O/40**

1. J. Holt	Clay	28.03
2. S. Breckell	Clay	28.07
3. D. Beels	Roch	28.37
4. R. Crossland	Bfd	28.49
5. P. Lyons	Ross	29.13

**VETERANS O/50**

1. K. Carr	Clay	29.32
2. P. Jepson	Ross	30.32
3. I. Beverley	Clay	31.07
4. D. Ashton	B/Burn	31.15
5. J. Talbot	Tod	31.48

**VETERANS O/60**

1. B. Leathley	Clay	38.39
2. J. Riley	Clay	57.52
3. B. Crook	Tod	61.20

**LADIES**

1. K. Drake O/35	Spn	31.14
2. V. Wilkinson U/18	Bing	31.33
3. C. McCarthy O/35	Hels	32.27
4. L. Lacon	Holm	32.27
5. B. McWade U/18	Clay	36.58
6. C. Dewhurst	Clay	37.39
7. J. Smith O/35	Bing	38.05
8. C. Jones	Los	48.05

**JUNIORS**

1. M. Huxley	Ross	23.33
2. C. Swire	Clay	23.52
3. T. Kidger	Kend	26.57

**COMMEDAGH-DONARD**  
**HORSESHOE**  
**Co.Down**  
**AM/7m/3100ft 30.9.95**

Boy, I felt lucky to be injured as I collected the entry fees from the twenty two brave souls who turned up to face a bleak days running over Northern Ireland's two highest summits. All the runners heeded the advice about body cover, navigation and "follow Neil Cartys stud marks", as they set off into the mist I retired to the shelter of my van to chat on the walkie talkie to the teeth chattering summit based marshalls; enjoyed a lovely cup of coffee and a mars bar, only disturbed by the odd gale force blast and a group of young girls with Duke of Edinburgh sized rucksacks seeking directions. I offered them some sweets and tried to get them into the van to sign up for BARF, but they looked startled, screamed and fled.

One hour and eighteen minutes of walkie talkie fiddling later, so the return of Neil Carty, well outside the record but happy with his second win in a row and guaranteed second place in the Andersons Fell Running Championship behind Brian Ervine who already had things wrapped up. Paul Mawhirt, who had been collecting entry fees for most of the season made a welcome return to second place and promising newcomer Joe Mitchell, knobbled by a damaged ankle early in the season claimed a well deserved third place. Peter Howie was fourth and as he finished the overall highest placed runner in the combined Com-Donard and Flagstaff races, he was awarded the famous old shield for this achievement. No doubt he will display it in the trophy cabinet beside his "lost in the hills" tankard, awarded for an outstanding performance during this years Hills and Dales series.

Anne Sandford and Roma McConville combined forces to beat the mist and finished together.

Moral of the day "Injuries prevent pain"!?

Jim Brown

1. N. Carty	N.Belf	78.06
2. P. Mawhirt	N'castle	81.24
3. J. Mitchell	U/A	83.38
4. P. Howie	Larne	86.44
5. D. Watson	N'castle	89.24
6. B. Magee	Larne	92.25
7. F. Hamond	DUB	92.52
8. I. Gourley	BARF	96.53
9. H. Rodgers	N'castle	100.59
10. D. Rankin	BARF	101.18

**VETERANS O/40**

1. F. Hamond	DUB	92.52
2. J. McBride	BARF	103.19

**VETERANS O/45**

1. R. Cowen	U/A	102.18
2. J. Taylor	Alber	110.34
3. J. Gibson	B'drain	112.58

**VETERANS O/50**

1. B. Magee	Larne	92.25
2. D. Rankin	BARF	101.18
3. R. Donaldson	CI	105.59

**LADIES**

1. R. McConville	N'down	100.38
1. A. Sandford	B'drain	110.38
3. M. Copland	BARF	140.49

## ELIDIR FAWR

Gwynedd

AS/5m/2800ft 30.9.95

The race this year was extended by about half a mile to nearly five and a half miles round the col to avoid the expected large field having to pass on the rocky descent on the normal up and down route. First to the summit was Graham Bartlett closely pursued by Colin Donnelly, Paul Sheard and Mark Rigby. The lead changed places several times on the long descent before Colin Donnelly took the lead with the finish in sight and held off Paul with Mark and Graham close behind. Harry Jarrett (18th) was a convincing O/40 winner ahead of Horwich's Steve Jackson and Brian Walton (27th and 28th), with Don Williams one place and four seconds behind. Veteran lady, Menna Angharad, continued her winning ways by coming in a clear winner in 33rd place ahead of fellow veteran Nicola Davies and Angela Mudge. Highlight of the day was the attendance of the Carnethy team in full braveheart attire and make up, led by Jamie Thin who still finished in 22nd despite kilt, wig and sporran.

1. C. Donnelly	Eryri	51.09
2. P. Sheard	P&B	51.12
3. M. Rigby	Amble	51.14
4. G. Bartlett	Carn	51.15
5. J. Wilkinson	Shett	52.09
6. J. Bland	Borrow	52.13
7. J. Davies	Borrow	52.17
8. A. Trigg	Gloss	52.31
9. M. Roberts	Borrow	52.40
10. P. Davies		52.55

### VETERANS O/40

1. H. Jarrett	CFR	56.27
2. S. Jackson	Horw	58.51
3. B. Walton	Horw	58.53
4. S. Houghton	CaldV	59.19
5. R. Leggatt	Horw	60.50

### VETERANS O/50

1. D. Williams	Eryri	58.57
2. R. Bell	Amble	64.52
3. H. Stansfield	Eryri	65.21
4. R. Jackson	Horw	65.23
5. A. Oliver	Eryri	65.40

### VETERANS O/60

1. J. Carson	Eryri	85.17
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### LADIES

1. M. Angharad O/35	Eryri	59.28
2. N. Davies O/35	Borrow	61.17
	Carn	66.45
4. T. Dewsnap	Eryri	69.56
5. A. Nixon O/35	MDC	70.00
6. S. Woods O/35	MDC	70.29
7. S. Farrar O/35	Eryri	71.16
8. W. Dodds O/35	C/Moors	75.00

### JUNIORS

1. T. Davies	Mercia	57.44
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Horsforth Fellandale starting Leg 2 of the Ian Hodgson; Place Fell and Brotherswater beyond  
Photo: Peter Hartley

## IAN HODGSON MOUNTAIN RELAY

Cumbria

AL/25m/8500ft 1.10.95

In the tenth year of the Ian Hodgson Mountain Relay, some things stayed as they have always been (the weather, particularly in the morning, was foul), some things were totally different (we ran the course the reverse way round!). This last change in tradition seems to have been welcomed as a refreshing change, but it is likely that we shall revert back to the clockwise direction next year.



John Wilkinson ahead of Jonathan Bland; Elidir  
Photo: Peter Hartley

It is unlikely that whichever way round this year's race was run, the winners would have been anyone else other than Borrowdale, who won by a convincing time of over seven minutes, from those hardy perennials Bingley, with Livingston returning an impressive third place. Borrowdale came close to complete domination of the 'open' race, with three of their four pairs taking 'fastest leg' awards, and after the opening duo of brothers Davies had gained a three and a half minute lead, victory was never really in doubt.

It was unfortunate that the Tenth Anniversary also necessitated a Mountain Rescue call out, with a runner from Horwich tearing ankle ligaments on the first leg. The prompt action of the marshalls on the summit of Red Screes, who traced the route back to the incident, ensured this situation did not worsen in the bad weather conditions, and we are greatly indebted to Mark and Andrea Priestley, together with the M.R.T. for their assistance.

Fellow race organisers will appreciate the organisational difficulties in staging any race, let alone a relay over a twenty five mile course, and we must thank over sixty helpers, who enable this event to take place every year, as a tribute and memorial to Ian. A particularly poignant site for all of us this year was the takeover at Kirkstone Pass, where a thrilling descent of Red Screes, together with the camaraderie and tension of the event, encapsulated all we set out to achieve when we devised this race over ten years ago. We hope everyone enjoyed it as much as we did.

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

1. Borrowdale	3.37.56
2. Bingley	3.44.57
3. Livingston	3.51.26
4. Kendal	3.55.39
5. CalderValley	3.57.04
6. Borrowdale	4.00.05

7. Horwich	4.02.30
8. Pudsey&Bramley	4.03.54
9. DarkPeak	4.03.55
10. Carnethy	4.09.47

### FIRST MIXED TEAM

1. Ambleside	4.35.01
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### FIRST LADIES TEAM

1. Pudsey&Bramley	4.57.52
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## ECCLES PIKE FELL RACE

Derbyshire

BS/3.5m/650ft 1.10.95

The number of entries this year was disappointing but the quality was high and the number of clubs was an impressive eighteen.

1. A. Wilton	Mercia	19.47
2. R. Jackson	Horw	20.46
3. G. Cudahy	Stock	21.27
4. G. Morson V/40	Bux	21.40
5. R. Eagle V/40	Macc	22.26
6. D. Gartley	Gloss	22.51
7. T. McGaff V/40	KL	23.37
8. A. Wilkins	Gloss	23.45

### Veterans O/45

1. R. Marlow	DkPk	26.32
2. W. Helliwell	Unatt	27.10

### Veterans O/50

1. G. Fielding	Ross	24.55
2. M. Morrison	Gloss	28.07
3. R. Wignall	Altrinc	29.37

### Veterans O/55

1. G. Wragg	Hallam	33.38
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### Ladies

1. K. Harvey V/35	Altrinc	26.26
2. S. Duniec	Holm	27.44
3. G. Darby	Seft	29.55
4. D. Madden V/50	Unatt	32.20

# BLACK MOUNTAINS

## Gwent

### AL/17M/5200ft 7.10.95

A Welsh championship race?. There were more English runners than Welsh this year. After another hectic registration, seventy three runners were started off by Jessica Taylor which included myself for a change. Some rain was forecast and the fog was down on the summits, but it was not cold. Trail blazer Daman Rodwell and former winner Julian Bass were first and second all the way round and finished in those respective positions. Tim Haywood should have finished third but was confused by missing arrows in the forestry section. First lady Menna Angharad from North Wales tagged onto myself and Chris Taylor to run the optimum route and finish fourth overall, knocking some fourteen minutes off the ladies record. What an athlete!. George Swindon, 20th overall, was first super veteran. Regular stalwart sixty four year old Ian Teesdale completed this hard long race as usual, hope I can keep running till then. Tea and biscuits served in the village hall for afters by smiling doctors wife Kate Buffet and Red Lion pub landlord Ian Sloane seeing to the alcoholic refreshments rounded off Black Mountains 1995. Much thanks to all helpers, some of them were out on the damp mountains a bit longer than usual this year.

1. D. Rodwell	Hardley	2.32.39
2. J. Bass	MDC	2.33.04
3. C. Taylor	Mercia	2.43.11
4. J. Darby	MDC	2.45.51
5. T. Haywood	Mercia	2.55.00
6. A. Nixon	MDC	3.01.43
7. M. Lucas	MDC	3.03.26
8. F. Shepperson	Holme	3.03.48
9. R. Ansell	D/Peak	3.07.17
10. C. Banks	N/Brook	3.07.34

#### VETERANS O/40

1. C. Taylor	Mercia	2.43.11
2. J. Darby	MDC	2.45.51
3. A. Nixon	MDC	3.01.43
4. M. Lucas	MDC	3.03.26
5. R. Kohler	Dmoor	3.15.05

#### VETERANS O/50

1. G. Swindon	N/Glos	3.16.12
2. B. Marton	MDC	3.30.51
3. D. Gwilym	MDC	3.36.14
4. C. Jones	MDC	3.48.25
5. R. Mason	Totley	3.49.36

#### LADIES

1. M. Angharad O/35	Eryri	2.43.20
2. S. Woods O/35	MDC	3.10.54
3. J. Robson	Hardley	3.35.50
4. D. Thompson		3.47.45
5. A. Carrington	Shelt	4.56.34
6. R. Wych	TAC	4.59.00
7. C. Parson	Holme	5.41.20
8. L. Noke	Hardley	

## LLOYNEY LIMP HILL RACE

### Shropshire

#### AL/12.4m/3176ft 7.10.95

A thick morning fog did not bode well for this years Lloyney Limp, but, the weather cleared and thirty eight runners made the starting line. The heavy rain of previous days necessitated a small change to the usual course, but ground conditions generally were not too bad, just wet!

The early leader was no surprise, Mick Ligema of Croft Ambrey, three times race winner and course record holder at one hour, forty five minutes and fifty nine seconds, set the pace, but 1995 was not Mick's year. Suffering from 'sickness' Mick gave up at checkpoint six, leaving Colin Lancaster, Ray Foley and Philip Marsh to battle it out. In the first close finish the race has seen Colin crossed the line in front of Ray, we couldn't separate the times!

Philip Marsh, in third place took first veteran over forty (a course record for the category) making it quite a day for the Marsh family. Walter Marsh took first veteran over forty five, and John first over fifty - nice going!

The ladies race was won by Jackie Sayer with a good run in difficult conditions. Last home, but certainly not least, was Alan Watts, in a time of three hours, twenty four minutes and nineteen seconds - age 67! Impressed? well, I certainly was!

P Holmes-Brown

1. C. Lancaster	Telf	1.49.42
2. R. Foley	Dulwich	1.49.42
3. P. Marsh O/40	TarHen	1.49.57
4. J. Marsh O/50	TarHen	1.53.19
5. P. Morris O/40	WyeV	1.53.35
6. S. Daws O/40	Telf	1.54.00
7. W. Marsh O/45	TarHen	1.58.53
8. B. Davies O/50	Cfu/Amb	1.59.16
9. N. Hindle O/40	Alt	2.02.00
10. T. Davies O/45	Cfu/Amb	2.02.44

#### LADIES

1. J. Sayer O/35	Telf	2.33.28
2. L. Denley O/50	N'brook	2.35.42
3. L. Tempest O/40	SDRRAC	3.05.33



Wayne Brown, Full Tour of Pendle Photo: Keith Lodge

## TOUR OF PENDLE

### Lancashire

#### AL/17m/4200ft 7.11.95

Usual race day, low cloud and mist covered Pendle for this years race. We had a record field, not the most entries but definitely the most runners and surprisingly, taking the heavy mist into consideration only nine retirements, thankfully, no one hurt.

1. A. Wrench	Tod	2.22.40
2. M. Horrocks	CaldV	2.25.56
3. J. Blackett	Mand	2.27.05
4. G. Bland	Borr	2.27.05
5. A. Schofield	Borr	2.27.24
6. A. Haynes	Eryri	2.27.56
7. M. Corbett	Ross	2.28.04
8. M. Wallis	Clay	2.28.17
9. P. McWade V/45	Clay	2.29.29
10. G. Wilkinson	Clay	2.30.08

#### Veterans O/40

1. R. Leggett	Horw	2.35.07
2. H. Sawyer	Sky	2.42.13
3. G. Appleyard	Horsf	2.44.27

#### Veterans O/45

1. P. McWade	Clay	2.29.29
2. T. Hesketh	Horw	2.30.58
3. J. Holt	Clay	2.31.29
4. J. Nixon	Horw	2.36.42
5. M. Crook	Horw	2.39.32

#### Veterans O/50

1. K. Carr	Clay	2.39.18
2. J. Nuttall	Clay	2.41.05
3. I. Beverley	Clay	2.49.44
4. G. Howard	Ilk	2.50.25
5. D. Lucas	Roch	3.05.28

#### Veterans O/55

1. R. Jaques	Clay	2.50.38
2. D. Ashton	Black	2.51.11
3. E. Blamire	Tod	3.35.00

#### Veterans O/60

1. B. Leathley	Clay	3.35.00
2. D. Talbot	Clay	3.49.49
3. J. Newby	Tod	4.20.31

#### Ladies

1. J. Rawlinson V/40	Clay	3.03.09
2. N. Wilkinson	Black	3.03.45
3. J. Jones	Kesw	3.20.22
4. H. Krynen	Lancast	3.20.22
5. S. Watson V/40	ValSt	3.25.24
6. J. Sullivan V/40	Clay	3.40.19

## NEW GLOSSOP FELL RACE

### Derbyshire

#### BL/21m/4500ft 8.10.95

This years 1995 event cancelled.

## MANOR WATER HILL RACE

### Peebles

#### BM/10m/2300ft 14.10.95

The fourth Manor Water Hill Race, in conjunction with the Manor Water Sheepdog Trials and under the auspices of Tweeddale Athletic Club, took place in fine weather with

good underfoot conditions. The ten mile course goes from Haswellsykes farm at 600ft elevation to the summit of 'The Scrape' at 2348 ft and back, and with intervening dips entails 2300ft of climb. The course for Juniors is 6.5 miles with 1300ft of climb.

This year there were thirty two competitors. The previous men's record time remains unbeaten, but a new women's record time was set.

1. C. Borthwick	Annan	86.21
2. T. Ireland	Annan	86.40
3. B. Waldie O/50	Carn	86.50
4. R. Irving	Annan	87.40
5. D. Shiell	Carn	87.51
6. C. Love O/50	Dundee	88.40
7. V. Harvey	Unatt	89.38
8. S. Ridley	Edin	89.58
9. J. Osborne	Dundee	91.43
10. E. Gillespie O/40	Carn	92.05

#### LADIES

1. S. Ridley	Edin	89.58
2. B. Kettles	L'wade	103.00

## WITHINS SKYLINE

### West Yorks

#### BM/7m/1000ft 21.10.95

Pudsey and Bramley's latest recruit, Graham Patten turned the tables on course record holder Ian Holmes to carve over three minutes off the three year old mark.

In the early stages of a pulsating race, Graham, Ian and Sean Livesey pulled away to a huge lead on the chasing group. The "Stoop" normally treacherously muddy underfoot was, this year merely sticky, and saw the trio running neck and neck at a cracking pace, before Ian was dropped slightly on the skyline.

Over "Bronte Bridge" and up the climb by "Bronte Waterfalls" all three were back together and looking strong. On the heathery tops, first Sean was dropped shortly followed by Ian as Graham finished the last mile and a half impressively to win by thirteen seconds.

Sarah Rowell took advantage of the good conditions to finish nineteenth out of a field of 156.

1. G. Patten	P&B	39.39R
2. I. Holmes	Bing	39.52
3. S. Livesey	Clay	40.38
4. G. Oldfield	BrfdAir	42.21
5. K. Smith	CaldV	43.00
6. R. Lawrence	Bing	43.04
7. M. Horrocks	CaldV	43.11
8. A. Whalley	P&B	43.26
9. J. Brook	Bing	43.30
10. T. Boyce	OWLS	43.40

#### Veterans O/40

1. P. McWade	Clay	43.57R
2. N. Pearce	Ilk	46.00
3. D. Beels	Roch	46.46
	Imp	49.17
	Unatt	49.56
	BrfdAir	50.11

#### Veterans O/50

1. G. Howard	Ilk	49.00R
2. R. Jaques	Clay	50.14
3. T. McDonald	Bing	51.33
4. G. Websters	ValSt	51.42

5. R. Blakey	Unatt	52.20
6. M. McDonald	Unatt	53.40
<b>Veterans O/60</b>		
1. P. Duffy	Aberdeen	55.40R
2. B. Thackeray	DkPk	63.00
3. B. Sweet	Ilk	64.26
<b>Ladies</b>		
1. S. Rowell	P&B	46.09R
2. A. Buckley	P&B	49.52
3. K. Drake V/35	Spn	51.01R
4. S. Dolan	Imp	52.32
5. J. Rawlinson V/40	Clay	54.14
6. L. Lacon	Holm	56.09
7. S. Watson V/40	VallS	56.20
8. J. Ackroyd V/35	Imp	56.33
<b>Intermediate U/18</b>		
1. G. Garner	Thurr	47.43R
2. T. Dolan	OWLS	49.31
3. T. McDowell	OWLS	49.38
<b>Juniors U/16</b>		
1. J. Siddon	OWLS	9.42
2. A. Geall	CaldV	10.13
3. J. Hammond	CaldV	10.32
9. A. Green G	Spn	12.22
10. K. Preece G	Staff	12.57

### THREE TOWERS RACE Lancashire BL/20m/2600ft 22.10.95

Numbers up on last year, and conditions proved ideal all five runners inside course record. The ladies record also beaten by first five ladies. Thanks to Bolton Mountain Rescue for their brilliant cover, also all helpers, much appreciated, also well done to the Rossendale 'early birds' team, they know who they are.

Barry Tyson

1. K. Gaskell	Horw	2.01.23
2. P. Pollitt	Bolt	2.01.43
3. P. Thompson	Black	2.03.12
4. G. Schofield	Horw	2.03.23
5. B. Cole	R.N.	2.03.33
6. J. Birchenough O/40	Bolt	2.07.07
7. B. Walton O/40	Horw	2.08.03
8. T. Hesketh O/45	2.09.04	
9. J. Bentley	Bolt	2.10.43
10. P. Boyde	Horw	2.10.49
<b>VETERANS O/40</b>		
1. J. Birchenough	Bolt	2.07.07
2. B. Walton	Horw	2.08.03
3. B. Brindle	Horw	2.11.36
4. S. Ellis	Bolt	2.15.30
5. J. Singleton	Clay	2/16/37
<b>VETERANS O/45</b>		
1. T. Hesketh	Horw	2.09.2.09.04
2. M. Crook	Horw	2.14.17
3. D. Ashton	Salf	2.22.58
4. T. Crook	Bolt	2.24.04
5. D. Banks	M'ton	2.24.05
<b>VETERANS O/50</b>		
1. M. Cunningham	Manch	2.17.07
2. B. Jackson	Horw	2.19.25
3. P. Watson	Horw	2.27.34
4. D. Lucas	Roch	2.39.39
5. P. Henegan	Bolt	2.39.50
<b>VETERANS O/60</b>		
1. J. Cope	Horw	2.59.47
2. B. Lcathley	Clay	3.01.34
3. J. Newby	Tod	4.12.15

<b>LADIES</b>		
1. G. Cook O/35	Roch	2.28.42
2. N. Wilkinson	Black	2.37.29
3. S. Catterall O/35	Bolt	2.40.29
4. L. Davies	Sadd	2.42.39
5. K. Thompson O/40	Clay	2.43.25
6. D. Fleming O/40	Ross	2.58.28
7. H. Bell	Gloss	2.59.58
8. J. Wood	Ross	3.02.33

### BREIDDEN HILLS FELL RACE Shropshire AM/7m/2300ft 15.10.95

Black clouds threatened but the weather was kind to us, the sun came out after the race. Many thanks for your support and for all the assistance we receive in staging the event. The proceeds, as always, go to the Emma Allen Fund, this time it goes towards a much needed motorised wheelchair for Emma. Well done to Andrew Davies who came in first and a junior at that! "They get younger every year," it was heard to be said.... "Don't you think its just us getting older?" was the reply!

Look forward to seeing you again when we're all yet another year older on Sunday 20th October 1996, when the new landlord of the Admiral Rodney promises more bar staff on duty!

1. A. Davies	Merc	52.18
2. H. Matthews	Shrews	53.54
3. C. Lancaster	Telf	54.24
4. S. Daws	Telf	55.24
5. P. Hillier	Harb	56.40
6. T. Longman	Hunc	56.55
7. M. Fornby	RAF	57.12
8. C. Banes	N'brook	57.13
9. R. Barry	Cov'try	57.55
10. P. Ratcliffe	Rugeley	58.02
<b>VETERANS O/40</b>		
1. S. Daws	Telf	55.34
2. T. Longman	Hunc	56.55
3. C. Copus	N'town	59.45
4. J. Richards	Shrews	60.02
5. S. Orrells	Merc	60.28
<b>LADIES</b>		
1. C. McCarthy O/35	61.57	
2. E. Clayton	Chead	60.09
3. G. Taylor O/35	MHAC	72.32
4. J. Jarvis O/35	OswOly	73.32
5. S. Mackay O/35	Unatt	74.08
6. W. Walton O/35	Unatt	74.14
7. C. Hawkins O/35	Hunc	75.13
8. S. Butcher O/35	Shrop	75.56

### FFORDD Y BRYNIAU Glamorgan BM/9m/2000ft 5.11.95

A very pleasing turnout for a race over four hills in lovely countryside only a few miles north of the capital city of Wales. Two well known international runners battled it out at the front, both having previously run under fifty two minutes and held the course record. Although John Hooper led after the first two checkpoints Paul Wheeler gained an advantage on Craig-yr-Allt which became a bigger gap after a mistake by John on the unmarshalled course at the critical descent into Taffs Well. Sandy Johnston, enjoying a rare outing on the hills, broke the veterans record, also celebrating selection for the Welsh cross country team. Cardiff Triathletes out in force again to claim the team prize for the second year running.

Algy Morgan

1. P. Wheeler	MDC	52.08
2. J. Hooper	Bridge	54.06
3. S. Johnston	LesCroup	55.12
4. I. Jones	CardTri	55.54
5. P. Holder	CardHarl	57.27
6. C. Bradley	Llissw	57.41
7. J. Prosser	CardTri	58.18
8. A. Porter	CardTri	58.34
9. M. Lucas	MDC	59.00
10. M. Benbow	CardHarr	59.31

<b>Veterans O/40</b>		
1. S. Johnston	LesCroup	55.12
2. M. Lucas	MDC	59.00
3. G. Lloyd	Ponty	60.42
4. L. Taylor	Bath	61.41

<b>Veterans O/50</b>		
1. D. Finch	Chepst	68.06
2. A. Morgan	CardHarl	69.41
3. C. Jones	MDC	74.40
4. T. Smith	MDC	75.57

<b>Veterans O/60</b>		
1. J. Battersby	MDC	81.59

<b>Ladies</b>		
1. W. Huybs	Blaen	68.35
2. C. Plumb V/50	Unatt	cut off

### BLACK LANE ENDS Lancashire CS/5m/1000ft 5.11.95

The race day was dry, cool and sunny which attracted 125 runners. Sean Willis soon broke away on the first lap to a comfortable win over Andy Maloney.

1. S. Willis	Amble	30.06
2. A. Maloney	Roch	31.44
3. M. Woods	Unatt	32.17
4. M. Pickering V/40	Ilk	32.24
5. P. Davies	P&B	32.35
6. M. Newsby	Ross	32.40
7. J. Emmott	KHR	32.57
8. M. Brown	Clay	33.00
9. M. Aspinnall	Clay	33.12
10. B. Goodison V/40	Abbr	33.20

<b>Veterans O/40</b>		
1. M. Pickering	Ilk	32.24
2. B. Goodison	Abbr	33.20
3. G. Appleyard	Fellnd	34.56
4. D. Beels	Roch	35.36

<b>Veterans O/45</b>		
1. R. Haigh	Ilk	33.58
2. R. Hargreaves	Clay	34.18
3. P. Aldersley	ManYMCA	36.00
4. T. Thornley	Ilk	36.46

<b>Veterans O/50</b>		
1. B. Mitchell	Clay	33.46
2. D. Scott	Clay	37.01
3. J. Talbot	Tod	38.26
4. R. Blakely	Unatt	39.07

<b>Veterans O/55</b>		
1. R. Jaques	Clay	37.36
2. P. Watson	P&B	43.17
3. P. Newsom	KHR	44.34
4. R. Bray	B&F	45.31

<b>Veterans O/60</b>		
1. J. Eseritt	Unatt	

<b>Ladies</b>		
1. J. Rawlinson V/40	Clay	40.00
	P&B	40.01
3. M. Jagan V/45	EPOC	43.18
4. C. Dewhurst	Clay	44.58
5. J. Greenwood	Baild	45.06
6. R. Sharples	Bing	47.57

<b>Juniors U/16</b>		
1. D. Hermann	Unatt	11.35
4. A. Green F	Spn	14.12

<b>Juniors</b>		
1. C. Swire U/14	Clay	6.10
2. L. Cook GU/14	P&B	6.50
5. M. Thwaites U/9	KHR	7.12

### SHEPHERDS SKYLINE FELL RACE Lancashire BM/6m/1150ft 11.11.95

1. S. Livesey	Clay	40.57
2. P. Sheard	P&B	41.37
3. A. Wrench	Tod	41.50
4. G. Devine	P&B	42.42
5. K. Smith	CaldV	42.44
6. S. Green	P&B	43.20
7. M. Corbett	Ross	43.45
	P&B	43.50
9. J. Wright	Tod	44.04
10. A. Whalley	P&B	44.14

<b>Veterans O/40</b>		
1. M. Pickering	Ilk	45.12
2. D. Beels	Roch	46.45
3. S. Ellis	Bolt	47.30



Paul Ratcliffe and Harry Matthews lead the field at Breidden Hills  
Photo: John Cartwright

Veterans O/45		
1. B. Schofield	Tod	44.38
2. B. Rawlinson	Ross	49.00
3. P. Lyons	Ross	49.05
4. J. Dore	Roch	51.00

Veterans O/50		
1. B. Mitchell	Clay	46.31
2. K. Carr	Clay	48.56
3. P. Jepson	Unatt	49.46
4. R. Blackley	Unatt	53.49
5. J. Talbot	Tod	54.23

Veterans O/55		
1. D. Ashton	Black	51.19
2. R. Jaques	Clay	54.42
3. T. Targett	Clay	57.04

Ladies		
1. J. Kenyon V	Horw	50.31
2. K. Drake V	Spn	53.11
3. N. Wilkinson	Black	54.15
4. A. Martin	Clay	55.02
5. L. Lacon	Holm	55.24
6. J. Shotter	P&B	56.53

Junior Boys U/16		
1. A. McEwen	Unatt	14.14
2. N. Samuels	Burn	15.04

Junior Girls U/16		
1. K. Rogan	KHR	20.00
2. K. Willis	Tod	24.24

Junior Boys U/13		
1. J. Wright		7.09

Junior Girls U/13		
1. R. Cowie	Prestwich	8.06

### ROACHES FELL RACE Derbyshire BL/15m/3700ft 12.11.95

Drier conditions than last year saw times on average a couple of minutes quicker, and the river crossing less daunting. Dave Neill ran away from the field after a steady start, looking very strong. Behind him Mark Harfell moved through in the second half of the race. Kath Harvey was fortyeighth in a field of more than 150, more than eight minutes ahead of the second lady.

1. D. Neill	Mercia	1.57.56
2. M. Hartell	Macc	2.03.38
3. S. Oglethorpe	DkPk	2.05.59
4. P. Bowler V/40	Mercia	2.06.25
5. R. Seager V/40	Charn	2.07.58
6. S. Burthem	Warr	2.08.10
7. M. Nolan	DkPk	2.09.16
8. T. Huncote V/40	Hunc	2.09.18
9. R. Leggett V/40	Horw	2.09.27
10. S. Houghton V/40	CaldV	2.09.45

Veterans O/50		
1. Y. Tridimas	NVets	2.24.31
2. c. Ardron	Macc	2.42.18
3. R. Bleakman	Derw	2.49.36
4. R. Mason	Totley	2.50.27

Ladies		
1. K. Harvey V/35	Altrine	2.27.27
2. S. Hales	Macc	2.36.07
3. A. Carrington	Shelt	2.42.27
4. P. Leach	Sut/Ash	2.46.40
5. R. Taylor V/35	Kesw	2.49.53
6. K. Farquar	Charn	2.51.36

### COPELAND CHASE Cumbria O/10m/3000ft 12.11.95

After last years deluge the course was deliberately made less challenging. Fine weather and good visibility led to fast times and a fair amount of following. Had the clag been down as it was on the Monday, things would have been a lot more difficult. Both mens and womens categories were repeat wins by last years winners, Phil Clark has now won the event five times in succession.

RESULTS Long		
1. P. Clark V/40	Kend	1.48.13
2. W. Bland V/40	Borr	1.51.51
3. R. Stewart	Kend	1.54.35
4. J. Arnold	CFR	1.56.19
5. A. Schofield	Borr	1.59.45
6. J. Nixon V/40	Horwich	1.59.45

Veterans O/50		
1. R. Bell	Amble	2.11.23
2. P. Murray	Horw	2.18.44

Ladies		
1. K. Arnold	CFR	2.32.55
2. C. Roberts V	CaldV	2.37.50
3. I. Blunk V	Camethy	2.38.43
4. S. Hodgson	Amble	2.45.09
5. P. Line V	Settle	2.45.28

RESULTS Short		
1. P. Stones	CFR	1.22.40
2. P. Dowker V/50	Kend	1.32.24
3. D. Lees V/40	CFR	1.34.49
	WCOC	1.35.36
5. J. Surtcliffe LVO/50	WCOC	1.51.44

### WINTER HILL FELL RACE Lancashire BM/15m/2000ft 19.11.95

1. A. Wrench	Tod	1.42.00
2. S. Thompson	Clay	1.42.09
3. W. Brindle	Horw	1.42.37
4. G. Schofield	Horw	1.42.48
5. V. Skelly	Horw	1.43.12
6. D. Flatley	Bolt	1.43.28
7. K. Smith	CaldV	1.43.46
8. P. Thompson	Black	1.44.12
9. T. Hesketh V/45	Horw	1.45.51
10. S. Jackson V/40	Horw	1.47.38

Veterans O/40		
1. S. Jackson	Horw	1.47.38
2. A. Duncan	Mersey	1.49.24
3. R. Leggett	Horw	1.49.33

Veterans O/45		
1. T. Hesketh	Horw	1.45.51
2. B. Schofield	Tod	1.48.04
3. J. Nixon	Horw	1.51.11

Veterans O/50		
1. K. Carr	Clay	1.54.25
2. P. Murray	Horw	2.02.49
3. R. Jaques	Clay	2.03.43

Veterans O/55		
1. D. Ashton	Black	1.58.42
2. J. Swift	Chorley	2.10.44
3. R. Orr	Clay	2.20.16

Veteran O/60		
1. P. Duffy	Aberdeen	2.20.16



The race leader at Lord's Stones

Ladies		
1. V. Peacock V/40	Clay	2.03.01
2. G. Cook V/35	Roch	2.04.08
3. K. Thompson V/40	Clay	2.14.59
4. D. Fleming V/40	Ross	2.15.26
5. C. Roberts V/35	CaldV	2.16.39
6. J. Searle	DkPk	2.19.37
7. M. White V/45	Horw	2.21.21
8. K. Jackson	Kesw	2.23.05
9. M. Chippendale V/50	Penn	2.26.38
10. T. Hyde V/35	CaldV	2.32.19

### LORD'S STONES FELL RACE Cleveland AM/10m/2800ft 19.11.95

It was another cold November day having escaped by a whisker the heavy snow of the previous two days. It was in fact amazing that after seeing the paths between six inches and a foot deep the day before there was now only a thin crust. Eightythree starters set off on what must be one of the most difficult routes the North Yorkshire Moors have to offer. At Check Two-Brians Pond, there was a stream of ten runners in the leading pack. Dave Gamble just having the lead and climbing out of Scugdale and crossing to Stone Intake a group of four were together.

On the climb upto Threc Howes Marco opened up a distinct advantage. He then made a poor route choice and at "East" Wainstones Joe Blackett led from Gary Webb and Dave Gamble. However, Marco cruised past these three on the next descent and climb to Cold Moor. Joe holding the gap to twenty metres at Drake's Howe. Marco continued to increase his lead to the finish.

In the ladies race, similar things were happening. Ruth Fletcher and Sylvia Watson had run almost together in that order for most of the race. At Wainstalls however the positions had reversed but in the later stages Ruth managed to take the lead by a slim margin.

Dave Parry

1. M. Cara	Mand	87.45
2. J. Blackett	Mand	88.46
3. G. Webb	CaldV	89.16
4. D. Gamble	Mand	89.29
5. M. Fleming	Ambl	90.37
6. S. Shuttleworth	Ambl	92.52
7. P. Lowe	Mand	93.15
8. M. Garrett V/40	Mand	94.52
9. B. Roberts	Mand	95.13
10. J. Woodall	CMC	97.00

Veterans V/40		
1. M. Garrett	Mand	94.52
2. K. Wilson	Mand	97.29
3. W. Firth	Mand	97.51

Veterans V/50		
1. R. Bell	Ambl	98.56
2. G. Howard	Ilk	105.13
3. C. Woodall	CMC	105.23
4. G. Webster	Unatt	110.43

Veterans V/60		
1. T. Maughan	Unatt	121.08
2. A. Menary	Carnethy	121.08
3. P. Braney	Billin	133.06

Ladies		
1. R. Fletcher V/35	Tyne	115.23
2. S. Watson V/45	Valls	115.55
3. A. Hood	Fellndale	120.38
4. S. Gooda	CLOK	127.08
5. J. Howard V/35	Ilk	127.53
6. R. Gooch V/35	Ilk	130.50
7. C. Porritt V/45	Ilk	150.05



The climb to the Two Lads checkpoint on Wilders Moor in the Winter Hill Race

Photo: Bill Smith

## BOLTON BY BOWLAND FELL RACE Lancashire CM/8m/800ft 3.12.95

After a warm dry autumn the course was in good condition, softened by the rain during the race. The course was altered in the early stages to avoid a newly re-seeded field. Hopefully, next year, we will back to normal thereby avoiding the queuing at the footbridge.

A good race up front with the Sheard brothers battling with John Atkinson, Paul coming out on top at the finish. The outstanding run of the day must be the first Super Veteran, Barry Mitchell, in fourteenth position, beating all the other Veteran categories.

### Roger Dewhurst

1. P. Sheard	P&B	44.57
2. J. Atkinson	Ambler	45.04
3. P. Sheard	P&B	45.29
4. R. Hope	Horw	46.11
5. M. Aspinall	Clay	46.18
6. G. Schofield	Horw	46.47
7. C. Hirst	Settle	47.36
8. G. Cunnliffe	Clay	47.49
9. G. Kenny	Mersey	47.50
10. D. Nuttall	Clay	48.01

### Veterans O/40

1. B. Walton	Horw	48.54
2. H. Symonds	Kend	49.00
3. K. Lewis	Clay	50.21

### Veterans O/45

1. K. Taylor	Ross	50.41
2. J. Hope	ARatt	51.09
3. J. Hoffman	Craig	51.38

### Veterans O/50

1. B. Mitchell	Clay	48.29
2. J. Nuttall	Clay	52.38
3. D. Scott	Clay	52.50

### Veterans O/60

1. D. Barton	Clay	60.00
2. H. Catlow	FRA	61.32
3. B. Leathley	Clay	66.31

### Ladies

1. V. Peacock V/35	Clay	55.04
2. S. Brown	FRA	56.26
3. P. Line V/35	Settle	58.47
4. E. Toms V/35	Keigh	60.56
5. J. Whalley	CaldV	61.24
6. L. Lord V/35	Clay	61.31
7. C. Walkington V/35	Horw	63.01
8. J. Hindle V/35	Horw	63.02

## DAVID STAFF MEMORIAL FELL RACE Lancashire 5m/500ft 10.12.95

Darwen Dashers Running Club put on their first fell running promotion which, it is hoped, will become an annual event in memory of David Staff. David was a seventeen year old member of the club and died tragically during a 10k race last Christmas. He died of a heart defect.

On a cold but fine winter's day, Sunnyside Woods, Darwen, was the starting place, before the runners climbed onto Darwen Moors which included three different climbs to the tower. Previous snow showers and a slight frost caused minor problems for some of the runners on the higher parts of the course. Sean Willis and Robert Hope fought out the lead in the early stages with Sean getting clear to win. The ladies' race was more clear cut with Cheryl Cook having a seven minute lead at the finish.

1. S. Willis	Ambler	32.58
2. R. Hope	Horw	33.19
3. N. Gaskell	Hynd	33.58
4. N. Tattersall U/20	Hynd	34.40
5. N. Holding	Darw	35.42
6. P. Irwin	Ross	35.51
7. A. Carruthers	Craw	36.23
8. S. Ellis V/40	Bolt	36.25
9. S. Sweeney	Unatt	37.13
10. M. Tickle U/20	Horw	37.18

### Veterans O/40

1. S. Ellis	Bolt	36.25
2. S. Beardsworth	Unatt	37.25
3. J. Winder	AccRR	38.05

### Veterans O/45

1. B. Crewsden	Black	39.02
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### Veterans O/50

1. P. Henaghan	Bolt	41.35
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### Veterans O/55

1. D. Ashton	NVets	38.33
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### Veterans O/60

1. J. Shepherd	Unatt	44.02
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### Ladies

C. Cook V/35	RossTri	42.16
B. Young	AccRR	49.17
L. Richardson	Black	49.35
S. Parsons V/35	Darw	50.23
S. Snape	Black	52.25
C. Deighan V/45	Darw	52.52
B. Greenhalgh V/40	Darw	56.10
P. Ashton V/50	NVets	57.55

## HEXHAMSHIRE HOBBLE Northumberland CM/10.5m/1220ft 10.12.95

It was third time lucky with untypical fine weather, records shattered and a field of 58 all finishing. Deep snow had covered the route a few days earlier but this had melted rapidly resulting in boggy conditions underfoot.

The circular route from Allendale Town nestling in the far north Pennines, to the South West corner of the county, traverses the extensive tract of heather covered moorland between the East Allen Valley and Hexhamshire to the east, with a comprehensive network of bridleways is becoming a popular area for mountain biking.

Host club Tynedale had a strong field with Tim Wylie having a storming run to win comfortably for the second year running bettering his previous record by seven minutes. The ladies race which starts fifteen minutes earlier over the same route was won by Erica Newman, thirteen minutes inside the old record.

### Stewart Beaty

1. T. Wylie	Tyne	1.07.28
2. J. Dickinson	Unatt	1.11.02
3. N. Cassidy V/40	Tyne	1.11.31
4. D. Armstrong	Tyne	1.12.50
5. J. Rea V/40	CFR	1.13.47
6. D. Charlton V/45	Tyne	1.13.51
7. J. Humble V/40	Tyne	1.14.05
8. S. Lumb	Quakers	1.14.16

### Veterans O/45

1. D. Charlton	Tyne	1.13.51
2. A. Tait	Tyne	1.14.58
3. R. Dawson	Tyne	1.18.10

### Veterans O/50

1. D. Hunter	Tyne	1.16.40
2. A. Mitcham	Tyne	1.32.53
3. J. Wilkinson	Tyne	1.35.22

### Veteran O/55

1. R. Hayes	Morp	1.30.38
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### Veteran O/60

1. D. Wright	Tyne	1.43.55
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### Ladies

1. E. Newman	Tyne	1.33.10
2. F. Hutchinson V/40	Tyne	1.43.50
3. J. Saul	C'Lmnt	1.49.24
4. J. Buchanan V/35	Tyne	1.52.55
K. Dallinson V/50	C'Lmnt	1.53.57
6. J. Woods	Unatt	1.58.04
7. T. O'Sullivan	Unatt	2.01.05

## MORTIMER FOREST HILL RACE Shropshire BM/10m/1600ft 17.12.95

1. T. Davies	Mercia	72.46
2. K. Smith	Shrew	74.02
3. A. Pickles	Ludlow	75.30

### Veterans O/40

1. S. Malone	GCH	75.58
2. D. Rowley	Wolves	77.31
3. S. Daws	Telf	79.29

### Veterans O/45

1. G. Brown	Presteigne	77.50
2. R. Jones	SShuff	80.09
3. W. Marsh	THendre	82.00

### Veterans O/50

1. G. Patten	MASSEYF	77.41
2. J. Marsh	THendre	81.07
	Hales	81.27

### Veterans O/55

1. E. Knight	Hales	83.22
2. C. Brown	Mercia	92.57
3. R. Bunn	Hales	93.06

### Veterans O/60

1. P. Duffy	Aberdeen	99.03
2. E. Jones	Tipt	100.27
3. R. Evans	Wolves	103.54

### Ladies

1. D. Payton V/40	Tipt	85.14
2. N. Lee	Hunc	88.19
3. J. Clarke V/40	Stour	95.11
4. R. Haines V/45	Werr	96.26
5. H. Tedcastle	Brignoth	98.03

## THE STOOP

### West Yorks BS/5m/800ft 17.12.95

On a day which was to see Ian Holmes and Lucy Wright produce outstanding runs to set course records in this popular race, Holmes, who was able to clinch his fifth successive victory in this event, sliced 14sec off his own three-year-old course record - which was set on a frozen, much faster course than on this occasion, which was soggy with knee-deep mud in places.

Just after the half-mile point, and with the benefit of a strong tail wind, Holmes moved away from Calder Valley's Karl Smith and by the summit had opened a lead of roughly 400m over Bolton's rapidly improving Darren Flatley.

The double Ben Nevis winner admitted to finding the going tough on the lonely homeward descent as he had to battle hard against the strong winds in order to clinch the record he was clearly chasing. So fast now is the record it looks more like a 4 mile race, than 5 miles, anyone wish to measure it for the organisers.

Lucy Wright was also able to get in on the record-breaking act as she followed up her course record at Rivock Edge three weeks earlier with an even better run to smash Carol Greenwood's three-year-old mark of 32:50 by 83secs. An astonishing improvement!!

The delighted Leeds runner said: "It wasn't my intention before the race to go for the record. Even so, I knew I was fit enough to challenge it and so it's obviously a great feeling to beat Carol's time as her records are always something special."

As well as the record turnout with 182 finishers, sixth placed Butler took 64 sec off Pete Lyons' 1992 M40 record, Don Ashton broke the M50 record, and John Newby the M60 mark.

The quality of the field was such that in 1992, when old records were set, just seven runners dipped inside the 30 minute mark. Where as today, on a course which was less conducive to fast running, 11 bettered this time - a further indication of the Bingley man's sparkling performance.

A feature of the event is that all seniors and juniors received a Cadbury's chocolate 'pudding' and all 50 odd prizes are Christmas related. Selection boxes, Christmas ale, biscuits, Christmas cakes, chocolate, jars of sweets, cuddly toys, bottles of rum and Grifflindl Glühwein wine made up a part of the prize-table, as balloons and party poppers exploded.

1. I. Holmes	Bingley	26.36
2. D. Flatley	Bolton	28.33
3. M. Hill	Bolton	28.43
4. K. Smith	Calder	28.48
5. I. Ferguson	Bingley	28.54
6. J. Butler	KlyR.R.	28.56
7. M. Horrocks	Calder	29.02
8. G. Schofield	Horwich	29.06
9. M. Pickering	Ilkley	29.26
10. P. McWade	Clem	29.47

### Veterans O/40

1. J. Butler	Kly R.R.	28.56
2. M. Pickering	Ilkley	29.26
3. P. McWade	Clem	29.47
4. D. Beels	Rochdale	31.06
5. N. Pearce	Ilkley	31.22

### Veterans O/50

1. D. Ashton	N.Vets	33.05
2. R. Jaques	Clem	34.14
3. G. Howard	Ilkley	35.23

### Ladies

1. L. Wright	Leeds C.	31.27
2. W. Barnes	Barnsley	35.54
3. J. Shotton	P&B	37.19

### Lady Veterans

1. K. Thompson	Clem	38.27
2. C. Roberts	Calder	38.56
3. M. Jagan	Epoc	39.05

### Under 18 Boys

1. A. Burnett	Leeds C.	31.41
2. S. Haigh	Ilkley	32.45
3. M. Rogers	Hulme G.S.	34.26

### Under 18 Girls

1. B. McWade	Clem	39.07
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## DEVILS CHAIR DASH Shropshire AS/3.5/850ft 26.12.95

Entry fees raised four hundred pounds for Shropshire Hospice. Good value race with optional drop of scotch at the summit and free post race soup, sandwiches and tea at the pub.

Ice at the start and finish saw one early bath in the stream and spoiled the sprint finishes, but a carpet of snow made going easier across the rocky Stiperstones Ridge and the views to the Welsh mountains and the Long Mynd were tremendous in the cold, sunny conditions.

Andrew Davies was first to the Devil's Chair but a fall did not help him on the descent and brother, Tim, went on past to win and retain his trophy. This made a hat-trick of Shropshire fell race victories in December for Tim following the Cracker and Mortimer Forest. Dad, Edward, for first veteran and sister, Jacqui, fourth lady. Youngsters once again dominated the men's race, Harry Matthews third and Nick Smith fifth were, like Andrew, in the under 17s and no one in the first six were out of their teens. Second best family was the Norths with Ewan, Steffan and mum, June, second lady super veteran. The Powell and Laventon families each got three in the top result as well.

Lady course record holder, Caroline James, had a terrible fall in last year's race spending three days in hospital and six months away from running so it was good to see her braving the treacherous conditions and winning again.

1. T. Davies	Mercia	23.53
2. A. Davies U/17	Mercia	24.25
3. H. Matthews V/17	Shrews	24.31
4. E. North	WrekinO	24.43
5. N. Smith U/17	Shrews	25.06
6. S. North	WrekinO	25.24

### Veterans O/40

1. E. Davies	Mercia	27.45
2. M. Boulton	ShShuff	28.50
3. P. Blatch		30.19

### Veterans O/50

1. B. Morris	WrekinO	28.05
2. P. Jones	WrekinO	31.27
3. A. Morris	WrekinO	33.01

Ladies		
1. C. James	Lough	31.06
2. A. Scriven	Tatt	32.15
3. J. Lavender U/17	Telf	34.09
4. J. Davies	Mercia	35.13
5. S. Powell	WrekinO	35.25
6. J. Leventon U/17	WrekinO	36.39
Ladies O/35		
1. J. Leventon	WrekinO	41.19
2. M. Lavender		43.36

### "FELLDANCER" WHINBERRY NAZE DASH Lancashire BS/4.5m/750ft 26.12.95

Once again the fancy dress entrants surpassed all expectations, some runners in really superb outfits giving the organisers once again their most difficult task of the day, trying to select fifteen of the best for prizes. Dave Woodhead, each year, finds himself amongst the fancy dress prizewinners. This year being no exception, lots of effort being put into his outfit each Boxing Day. Many thanks from the organisers to everyone in fancy dress.

The race proper turned out to be an easy win for Sean Livesey in the absence of course record holder, Ian Holmes, who has dominated this race in recent years. The field of 232 set off on a cold, sunny morning to the summit of Cowpe Lowe and back. A sprinkling of snow covered the ground although hard and rutted with patches of ice in several places. The route was altered slightly this year creating a full loop rather than an 'out and back' course. In the words of Andy Maloney "Sean just left us for dead on the steep climb to the summit and was never seen again". Santa, as usual, was there to greet the runners at the trig point along with his usual helpers dishing out the Smarties.

The ladies' race proved to be a close run thing only two seconds separating the first two at the finish. All the category winners received a pair of Felldancer shoes for their efforts, all prizes being supplied by the race sponsor.

Graham Wright

1. S. Livesey	Clay	24.10
2. G. Hull	Leeds	25.03
3. G. Schofield	Horw	25.04
4. M. Newby	Ross	25.05
5. M. Hill	Bolt	25.07
6. A. Maloney	Roch	25.32
7. M. Keys	Ross	25.34
8. M. Aspinall	Clay	25.51
9. B. Cole	Horw	25.56
10. D. Nuttall	Clay	26.01

#### Veterans O/40

1. S. Jackson	Horw	26.23
2. D. Beels	Roch	27.00
3. A. Northgate	L'wood	27.12
4. A. Lewsley	Kesw	28.28

#### Veterans O/45

1. J. Hope	ARatti	27.01
2. K. Taylot	Ross	27.04
3. T. Hulme	Penn	28.59
4. J. Eaton	Ross	29.03

#### Veterans O/50

1. P. Lyons	Ross	27.08
2. G. Fielding	Ross	29.35
3. D. Ashton	NVets	29.37
4. G. Webster	VallS	31.42

#### Ladies

1. B. Carter	SR	30.46
2. T. Sloan	Salf	30.48
3. S. Watson V/35	VallS	32.33
4. L. Davies	Sadd	32.51
5. S. Lewsley V/35	Kesw	33.38
6. J. Rawlinson V/35	Clay	34.35
7. L. Bostock V/35	Clay	36.13
8. S. Catterall V/35	Bolt	37.12



Whinberry Naze; the usual collection of fancy dress for this festive event. Ken Talbot and Vanessa Hamlet  
Photo: Steve Bateson

### BARF TURKEY TROT County Antrim AS/5.5m/1500ft 26.12.95

Last year's joker in the pack, Dermot McGonigle, returned to the scene of his extended run to win the Martin McMahon Trophy on this year's shortened course. Shortened because the Trassy Track was a lethal sheet of ice and it was decided that although it was O.K. to send runners scrambling up it, at the start we could not sanction suicidal speed skating down it on their return. The finish was re-located to the point where the Ulster Way rejoined the Trassy Track, cutting out such dangers and about half a mile off the course length.

Conditions were fantastic, thin cloud on the lower slopes which the runners soon climbed above to a winter wonderland of virgin snow, bathed in weak wintry sunlight. The Happy Valley section, in particular, presented an exhilarating spindrift flying downhill charge.

Neil Carty pushed Dermot all the way losing by seconds. Top triathlete, Desi McHenry, was first veteran in sixth place overall. Lynn Bland won the ladies' race beating another mainland visitor, Tracy Brindley. The Cosmics Team may think they have a brilliant name, but in third place was Sheena Carson of the Universe Top Team - BARF. If you can throw up something better, I would like to see it, on second thoughts just get your turkey stuffed guts along to next year's race and you may even win a prize from our sponsors, Surf Mountain and Jackson's Sports.

Jim Brown

1. D. McGonigle	N'castle	43.02
2. N. Carty	NBelf	43.10
3. D. Brannagan	N'castle	48.23
4. R. Rodgers	N'castle	49.54
5. F. O'Hagan	Newry	50.23
6. D. McHenry V/45	Willow	50.40

#### Veterans O/40

1. M. Barton	ACKC	55.28
2. W. Simpson	BARF	59.54
3. E. Smith	Unatt	67.56

#### Veterans O/45

1. D. McHenry	Willow	50.40
2. W. Kytell	ACKC	52.53
3. R. Cowen	Unatt	58.45

#### Veterans O/50

1. B. Bibby	Pen	60.20
2. T. Donnelly	ACKC	67.51

#### Ladies

1. L. Bland	DkPk	58.33
2. T. Brindley	Cosmic	62.52
3. S. Carson	BARF	68.34
4. M. Copland V/45	BARF	68.50

#### Veterans O/40

1. B. Mitchell	Mand	44.10
2. C. Todd	Harr	44.32
3. S. Davis	Mand	44.55

#### Veterans O/50

1. J. Williams	Mand	44.04
2. L. Small	Mand	50.29
3. N. Dyson	Mand	51.42

#### Ladies

1. C. Garland	Mand	54.24
2. S. Gaylor	Mand	54.30

### WANSFELL Cumbria AS/3m/1500ft 27.12.95

Competitors were rewarded with a very clear, cold winters day. Snow and ice on the course is becoming typical conditions, there must have been some interesting descents!

Brian Clough

1. J. Atkinson	Amble	20.52
2. R. Hope	Horw	20.58
3. G. Bland	Borr	21.01
4. J. Bland	Borr	21.05
5. N. Spence	Kend	21.07
6. J. Hales	Bolt	21.17
7. M. Hill	Bolt	21.36
8. P. Holdsworth	Lyon	21.51
9. M. Rothery	York	21.54
10. G. Schofield	Horw	21.57

#### Veterans O/40

1. D. Richardson	Kend	23.59
2. S. Varney	Kend	24.01
3. M. Richardson	Amble	24.40

#### Veterans O/50

1. R. Stephenson	Kesw	27.04
2. P. Gibson	Sadd	28.17
3. G. James	Blackpool	28.35

#### Ladies

1. J. Bateman	Wilmslow	30.34
2. R. Taylor	Kesw	32.51

#### Juniors

1. S. Reid	Kend	23.39
2. L. Proctor	Kend	25.52
3. P. Savage	Amble	26.32



Louise Jackson at The Stoop Race  
Photo: Allan Greenwood

### GUISBOROUGH WOODS HILL RACE Cleveland BS/5.75m/1000ft 27.12.95

With Whitby cut off by snow and many other local places hazardous to pass it was credit to those who braved the snow and cold to run The Arctic Guisborough Woods this year. Paul Woods turned in a cracker of a run having trailed Fred Wood for the first lap. Fred had nearly missed the start which was held up for eight minutes for him to register. By the second lap Paul had edged ahead to win in the third phase by a comfortable margin to retain his title.

In the women's race Paul's partner Clare Gartland was not to be outdone as in the mens race, her rival Sharon Gaylor was also late for the start having had to run ten miles from Eston. Jonathon Jimenez ran an excellent race under the conditions to win the Junior event.

David Parry

1. P. Lowe	Mand	39.54
2. F. Smith	Salt	40.20
3. J. Larkin	GatesH	41.44
4. C. Wright	Mand	42.06
5. P. Weall	43.05	
6. K. Bowles	Invicta	43.11



Wansfell winner J. Atkinson  
Photo: Steve Bateson

**"TOR OUTDOOR" OVENDEN  
FELL RACE  
West Yorkshire  
BM/9m/1000ft 6.1.96**

What I like most about putting these races on is the way that many of the runners "muck in" on the day. Mark Horrocks turned up early and offered to put up the Car Park signs, Sarah Rowell offered me a hand to carry the boxes of prizes into the pub and one or two runners enquired whether I would like any more marshals before joining the queue for their numbers. To me, this is the true spirit of our sport.

No one believes me when I tell them what a picturesque setting we have at Ogen Water! The reservoir and surrounding woodland with the backdrop of high moorland are only ever completely enveloped in thick clag on race day! At least, the rain held off and by the comments made to me afterwards, the runners enjoyed the event.

Up front, Robin Lawrence broke the course record. Mark Horrocks gave him a hard time early on but eventually settled for second, also dipping inside the old mark. Sarah Rowell broke her own record by nearly four minutes and was sandwiched between the first veteran and super veteran.

Thanks to our sponsors, Tor Outdoor, who generously donated fleece jackets and overtrousers. Thanks also to Calderdale Leisure who maintain all the woodland and rights of way and Yorkshire Water who own all the land over which the race route passes.

*Allan and Carol Greenwood*

1. R. Lawrence	Bing	59.25R
2. M. Horrocks	CaldV	61.01
3. P. Brisce	P&B	62.24
4. C. Moses	Bing	62.42
5. C. Valentine	Kesw	63.04
6. D. Woodhead	Horw	63.17
7. J. Verity	St.B	63.39
8. P. Hughes V/40	Q'Bury	63.59
9. S. Rowell L	P&B	64.55
10. K. Carr V/50	Clay	66.00

**Veterans O/40**

1. P. Hughes	Q'bury	63.59
2. R. Futtrell	Holm	67.41
3. J. Dore	Roch	68.34
4. W. Mitchell	Unatt	68.46

**Veterans O/50**

1. K. Carr	Clay	66.00
2. R. Jaques	Clay	69.09
3. M. Coles	Skyrac	74.44
4. G. Breeze	Skyrac	78.30

**Ladies**

1. S. Rowell	P&B	64.55R
2. P. Oldfield V/35	BfdAir	78.20
3. L. Bostock V/35	Clay	82.09
4. K. Barraclough	BfdAir	82.10
5. J. Town V/35	DenbyD	85.03
6. M. Dunn V/40	Bing	93.33



*Ovenden - Richard Baker finished 29th  
Photo: Steve Bateson*

**AULD LANG SYNE  
W. Yorkshire  
BM/6m/1000ft 31.12.95**

Ian Holmes once again lived up to his tag as pre-race favourite by successfully defending his title, clinching victory by 13 secs from Pudsey and Bramley's Paul Sheard.

Although much of the route was covered in ice with six inches of snow on the tops (drifting to a foot in places). Holmes was able to impose his authority on proceedings from the Quarry Start, on the 6 mile circuit of Oxenhope, Stoop Hill, Top of Stairs, Stairs Lane, Water Conduit before retracing outward first 1 1/2 mile.

Sheard was the only runner able to go with the pace as the pair left British Championship silver medallist Colin Donnelly in their wake, along with the other 132 keen New Year's Eve athletes.

Holmes attempted twice to shake off his rival. "I raised the tempo nearing the summit of Oxenhope Stoop, but found it impossible to stride out because of the icy conditions, having fallen twice, I knew Sheard was due one."

Chevin Chase winner, Sheard was to oblige on the rough ground nearing the end of the water channel just beyond Stairs Hill, and this was just the spur Holmes needed to force home his advantage.

The Bingley Harrier found himself halfway towards his stated goal of clinching his 'New Year Party Piece' with victory in the following day's 'Bob Smith 5' the next objective. Did he succeed? Of course, even with a hangover he out-sprinted Lee Warburton, two races in 2 different years in 24 hrs not bad!!!

Johnnie Butler of Keighley Road Runners retained the vets' title with ease finishing an outstanding fifth overall behind Donnelly, in third, and Pudsey's Alan Whalley.

Because last year's route (in the inaugural staging of the race) had to be shortened owing to three foot snowdrifts, Holmes' time is therefore recognised as a new course record. As is English and British Champion Sarah Rowell's who once again underlined her pedigree on the fells by placing an astonishing 21st overall.

The battle for second place was won by Holmfirth's Lisa Lacon (in 62nd place) from Jean Shoter of Pudsey and Bramley as Rowell was out on her own once again engaged in her usual battle against the leading men!

Once again all runners went home clutching a bottle of chilled beer with twist off top, for easy guzzling, with the fifty odd prize winners carting away enough alcoholic beverage to host several New Year parties!

*Gareth Webb/Seymour Hills*

1. I. Holmes	Bingley	34.32
2. P. Sheard	P&B	34.45
3. C. Donnelly	Eryri	37.02

4. A. Whalley	P&B	37.07
5. J. Butler	Kly RR	37.14
6. M. Woods	UA	37.44
7. I. Ferguson	Bingley	37.51
8. J. Brook	Bingley	37.53
9. J. Brook	Bingley	37.53
10. C. Moses	Clem	38.37

**VETERANS O/40**

1. J. Butler	Kly RR	37.14
2. D. Beels	Rochdale	39.32
3. N. Pearce	Ilkley	39.58
4. K. Taylor	Rossendale	40.07
5. W. Mitchell	UA	43.24

**Veterans O/50**

1. K. Carr	Clem	40.11
2. P. Carr	Kly RR	40.26
3. J. Fielding	Rossendale	43.33

**Under 18 Boys**

1. A. Burnett	Leeds City	42.42
2. B. Green	Brad. Aire	45.38

**Ladies**

1. S. Rowell	P&B	40.05
2. L. Lacon	Holmfirth	45.34
3. J. Shoter	P&B	45.53

**Lady Veterans**

1. S. Watson	V. Striders	46.33
2. L. Ball	V. Striders	49.35
3. L. Bostock	Clem	50.01

**Under 18 Girl**

1. A. Green	Spen	54.18
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**Teams**

1. Bingley	16
2. P&B	20

**CAPTAIN COOK RACE  
North Yorks  
BS/5.5m/750ft 1.1.96**

This was the thirteenth running of the event and the course was very icy and hard underfoot. Marco Cara leading into the last mile was unlucky to fall and be overtaken by P Lowe. C. Potts won the ladies for the fourth year in succession.

1. P. Lowe	31.19
2. M. Cara	31.23
3. M. Brunskill	33.29
4. P. Wraggs	33.43
5. B. Roberts	33.56
6. P. Wilkin	34.15

**Veterans**

14. B. Mitchell V/40	35.18
38. D. Middleton V/50	37.53
43. C. Potts LV/50	42.39



*Auld Lang Syne. John Brook, counter in Bingley's winning team  
Photo: David Brett*



# ANDERSONS MOURNE MOUNTAIN MARATHON

SEPTEMBER 16/17th

The Mourne Mountain Marathon was back at its most attractive venue this year in the grounds below the Silent Valley Reservoir. The famous panorama of peaks framing the reservoir waters was the view the competitors had at the route issue point, from which the large 'C' class entry set off East, starting with a spectacular control positioned on the crags of Wee Binnian, and the 'A' and 'B' classes crossed the dam and climbed westwards over Slievenalagh.

Everyone got to see the Mournes at their best in the fine weather which was as good as anyone could remember for the race. The summits in the area feature high tors and steep cliffs and this year the 'C' class also enjoyed the views out along the coast from Slieve Donard, the highest point in the Mournes and a long haul up at the end of day 1.

Just for a change the problem at the over-night camp, on the edge of the Tollymore Forest Park, was a lack of water as there was barely enough in the stream. The camp was well spread over an area of tussocky grass and gorse but was dry and comfortable nevertheless.

This year the Anderson ('A') Class was made easier as not enough elite pairs were entering, but the result was still inevitable with Brian Ervine recording his 6th win with as many partners. This time it was Deon McNeilly keeping pace with him, a runner



*On Slieve Bearnagh; Day 2  
Report and photo: Rob Howard*

who has twice finished second in the UK cross-country championships. He also competed in the first ever MMM in 1979 and the pair had a 50 minute winning margin each day over Brendan Bolland and Gerry Brady. Despite his amazing record in the race Ervine still sees it as the end of a long season and has no plans for an attempt on the KIMM.

## RESULTS

### 'A' (51km/30 finishers)

- |   |          |
|---|----------|
| 1. Brian Ervine & Deon McNeilly               | 8.21.26  |
| 5. Bill Buckley & Rob Poole (Vets)            | 10.51.15 |
| 15. Patrick Cornwell & Patricia Sloan (Mixed) | 13.33.45 |
| 18. Jean Cairns & Jane Robertson (Ladies)     | 14.15.41 |

### 'B' (46km/56 finishers)

- |   |          |
|---|----------|
| 1. Kevin Grogan & John Casey                      | 9.16.46  |
| 5. Stella Lewsley & C. Somers Cocks (Ladies/Vets) | 10.11.07 |
| 36. Ian White & Clare Pengelly (Mixed)            | 14.53.12 |

### 'C' (30km/159 finishers)

- |   |         |
|---|---------|
| 1. Derek Campbell & Gary Parrott              | 5.56.51 |
| 6. Brian Cook & Tom Greig (Vets)              | 7.10.17 |
| 9. Gregg Houston & Angela Conroy (Mixed)      | 7.42.16 |
| 15. Melissa Johnson & Beth McCluskey (Ladies) | 7.59.03 |

## KIMM 95

## A Pyrrhic Victory

Another Mountain Marathon complete and I am wracked with pain, as always. At night I try to find a comfortable position but everywhere hurts. Not legs or feet this time. It's the old problem of rucksack abrasion on the back. Am I alone in suffering this periodic ailment?

The designers of lightweight running sacks haven't yet solved the problem of stability. Whereas heavyweight rucksacks have generous shoulder straps, wide waist and chest belts and fit snugly, the lightweight type have narrow straps with minimum padding. The comfort level seems to have been sacrificed in the search for lightness, but with punitive results.

On one memorable KIMM I ran with a 'well known manufacturer of climbing gear' who claimed to be field-trialling a prototype Wild Country design sac. It comprised a couple of straps with a sheet of tent fabric laced up with bootlace. It had the dignity of a badly stuffed pillow and caused a fellow competitor from an

even more 'well known rucksack manufacturing company' to collapse with laughter. We beat him! I can't recall whether it gave any abrasion problems, and certainly none that its creator would ever admit to. Strangely it hasn't appeared in the shops yet.....

There are two sacks in common usage, the Rock & Run Ridgerunner and Karrimors KIMM sack. Over the years I've tried and tested both to exhaustion and currently favour the KIMM sac for damage limitation. But the damage is still massive, resulting in raw flesh on the flat of the shoulder blades and at the base of the back. It hurts like hell and while the pain's real I'll try to arrange my thoughts.

Firstly the chest and waist restraint. I set these as tightly as I dare to try to stabilise the sac against vertical and lateral movement. Even so it moves considerably especially on downhill runs. If I set the straps any tighter I can't breathe!

Shoulder strap abrasion isn't a problem with the KIMM sac, but possibly even wider pads would spread the load better. I crank the tightening straps up to get the load high on my back and away from the pelvis where most movement occurs.

Physical protection is limited to two techniques, neither of which work for me. Vaseline may be a possibility but I have never managed to apply enough in all the right places. It seems to be a non-starter due to requiring total back cover. Is there any other form of lubrication easier to apply?

Taping up with wide zinc oxide tape is an extreme but effective technique but out of the question for those with hairy backs!

Do other mountain marathon participants suffer the same grief? I think we should be told, and when we have finished telling each other we should talk to the manufacturers!

*Mike F Browell  
November 1995*

# CALDER VALLEY FELL RUNNERS - The first ten years

## Allan Greenwood Profiles a Friendly Social Club

During the mid-1980's, a group of men, all members of Halifax Harriers, each held a common interest and a common grievance. Sharing a love of the fells and in particular the long Lakeland races, their needs for suitable training grounds lay away from the town-centre headquarters of the Club, so they began to meet weekly at the Community Centre at Mytholmroyd, 5 miles west of Halifax. This village proved to be an ideal base for fell training with easy access to the hills and moors of the South Pennines via either side of the Calder Valley. As with most fellrunners, they looked forward to enjoyable weekly sessions out on the hills, followed by a social pint afterwards, throughout the Summer, and many of the lads soon saw a marked improvement in fitness and fell race performances.

This, however was not appreciated by everyone in the Club. Some of the lads began to feel pressured by the Club committee to forsake the fells for cross country or Track & Field meetings now and again, and naturally disagreements arose. Some of the fell running section felt that they weren't being given enough recognition in their own right, as they struggled to find support from the club for help and sponsorship for proposed fell races of their own.

### A NEW CLUB IS BORN

Soon matters came to a head and after a series of meetings, a decision was made in November 1986 to form a new club, "To aid, improve and develop fell running in the Calder Valley". This would be a club run by fellrunners, for fellrunners, indeed it is still written into the constitution that serving committee members must be active runners with at least a season's experience on the fells in the year of their election. The new name came fairly easily. Calder Valley Fell Runners was to be a social running club with social events each month such as disco's, parties and quiz nights to include wives and families, and enjoyable, value for money races would be organised to help finance and promote the club.

### THE RED AND WHITE HOOPS

Jeff Winder, the first Club Captain, had been a member of Bingley Harriers for a few years prior to joining Halifax Harriers and he pointed out how distinguishable their blue and white hooped vests are to both spectators and competitors alike. A contrasting colour of red and white hoops was chosen along with the sheep's head logo on the chest to signify the heavy woollen district they were based in. Gary



Gary Webb  
Photo: Dave Woodhead

Webb, the Club's most prominent runner in those early years remembers, "It was very exciting. We were doing something quite radical and daring, starting up our own club and doing things our way. Keeping it low key with a social atmosphere, just the way fell running should be. "Our first race together as a club was the Chew Valley Skyline at Saddleworth the following March and we wanted to put on a good show in our new colours!" During the worst conditions of the Chew Valley race's history, (the marshalls failed to locate the check-point at Featherbed Moss!), Gary Webb placed a creditable 8th place, sandwiched between prominent fell stars of the day Ray Rawlinson (Rossendale) and Andy Styan of Holmfirth.

### HOME GROWN RACES

Jeff Winder was the driving force behind the club's finest promotion, The Calder Valley fell race, on 22nd March, 1987, starting from West Yorkshire's highest Inn "The Withens Inn" near Wainstalls. On a lovely Spring morning, with a light covering of snow on the higher ground, the runners crossed the moors to Castle Carr then climbing over Midgley Moor before dropping steeply down to Mytholmroyd. Then began the tortuous ascent of Daisy Bank en route to the crossing of Errinden Moor. At the furthest point, Stoodley Pike, the runners did a short loop before returning by the same route to finish back at The Withens. The race was well received in Neil Shuttleworth's "Running Review" magazine and in 'The *Fellrunner*' Summer 1987.

In a letter to the Editor from a Kevin Hillely in that edition of *The Fellrunner*, the race organisation was commended, "... I thought the organisers had gone to a lot of trouble in marking and marshalling the course ... I

hope other organisations take heed at £1.50 per individual which I reckon gave excellent value for money with refreshments included ... not to mention the (bar) extension 'til 1500 hours! ..." This letter, along with other favourable comments must have given the club members a great confidence boost as they planned their Summer series of races. In more recent times the venue for the race has been at the Community centre in the shelter of the valley at Mytholmroyd, from here traversing the moors on both sides of the valley, and has been extended to around 20 miles with 3500 feet of climb/descent. Incidentally, the inaugural race was won in a shade under 2 hours by Shaun Livesey (Rossendale) from Derek Ratcliffe and Dave Woodhead. Jeff Winder finished 4th and the winner of the Ladies award went to Carol Haigh (now Carol Greenwood) running under the colours of Holmfirth Harriers.

### THE WIDDOP

Soon to follow was the Widdop race starting at the Pack Horse Inn, at The Ridge, North of Todmorden, reviewed in *The Fellrunner*, Winter 1987 as "one of the hardest, wettest and most demanding routes on the Pennine moors ..." 108 runners took up the challenge of peat and rough moorland, taking in the crossing of Graining Water, the stream from the Widdop Reservoir overflow, which had swollen to almost waist depth! *The Fellrunner* report went on, "... Good organisation, excellent beer at the Pack Horse and an interesting course ... everything we runners like..." which was praise indeed. The inaugural race was dominated by Clayton le Moors runners in the men's race, as Mike Wallis scored a victory over Trevor Rutherford and Jack Holt, while the ladies honour went to Carol Haigh. It should be mentioned that as with the Calder Valley fell race, the Widdop route has since been modified, but is still a demanding "true fellrunning" route. The second Widdop race witnessed an exciting sprint finish between Mike Prady (Glossopdale) and Steve Hawkins of Bingley. Though both were credited with the same time, Prady was given the verdict. Vanessa Brindle (Peacock) of Clayton le Moors was first lady, and the organisers were pleased to announce a 100 per cent increase in entries on the previous year.

### THE SHEEPSTONES RELAY

Jeff Winder, as club captain, was dedicated to team spirit and team competition. It wasn't long before the idea for an inter-club team event was in the forefront of his mind. A tough steep route was called for, for a fell relay for teams of three runners. The relay would be a fun event but at the same time provide a stern test for fellrunners over a short course. For the route, the first part of the return journey in the Calder Valley race, from Mytholmroyd to the Trig point at Sheepstones Edge via Wadsworth Bank, returning by the same route. Gary Devine gave Pudsey and Bramley a good

category in 41:17. The But-Law trophy is presented annually to the winner (named after Messrs. Butterworth and Tetlaw who donated it to the Gala committee).

### BOULSWORTH HILL RACE

In 1988, the then only Lancashire representatives of the club, Duncan Thompson and Keith Munton of Nelson, came up with an idea for a race which was soon to gain a reputation for having what is probably the toughest last half mile in fell racing. The Boulsworth Hill race, held on the second Saturday in January, starts at the Herders Arms Lancshawbridge, on the Haworth-Colne road and is possibly quite unique in having a fast downhill start, before the climb out to the summit Trig point at Lad-Law on Boulsworth Hill, and an uphill finish. This last grind to finish in front of the moortop pub has been described in many colourful ways by competitors in the past, ranging from 'A house-side' to 'Sheer torture'! Afterwards there is a social gathering at the Herder's, with hot food laid on, good beers and a traditional Pennine atmosphere.

### THE WADSWORTH TROG

Kay and Bernard Pierce reside in the small village of Old Town, on the moor high above Hebden Bridge, and are, by rights, first claim members of Clayton le Moors. When Calder Valley fellrunners were formed, based close to their training ground however, they saw the opportunity to become involved with their 'local' club and so took out associate membership with Calder. Soon this enterprising couple were busy planning, along with other members, what has become the premier long winter challenge in the South Pennines. Bernard recognised that with the demise of the Chew Valley Skyline race, known affectionately among the fell fraternity as 'The Beast' because of its relentless energy sapping moorland sections, and frequent harsh weather conditions, there was a gap in the fell calendar for such an event. The rough moors bounded by Haworth in the North, Hebden Bridge to the South, between the

valleys of Crimsworth Dean and Luddenden Dean had been the Pierces' playground for many years. They knew how harsh and exposed these bleak moors can be in Winter through their many excursions while training for fell races. Together with Rod Sutcliffe, they mapped out a route, intended to mimic the profile of the 'Beast'. New ideas were soon swapped and changed as they excitedly began to create a scenic tough route, with the intention of utilising existing natural features as checkpoint, with direct lines over rough terrain between. At one stage, the race planning got a little out of hand, Bernard suggesting crossing the Luddenden Valley and traversing Warley Moor and Ovenden Moor to Ogden Water, with a loop extension, which would have added about another 15 miles to the 20 miles distance already mapped out!!

Eventually a route from Old Town, over two strenuous circuits of moorland forming a figure 'O' was decided upon, with checkpoints at Upper Dean Head reservoir, Cock Hill Radio mast, across A6033 Hebden Bridge to Haworth Road, and by Top o' Stairs and Oxenhope Stoop to Top Withens. The return would be along the Pennine Way to Walshaw Dean Reservoir then via Walshaw and Grain Water Bridge, all beautiful scenic countryside, back to Cock Hill. The last section has proved, for many competitors, to be the crux of the event. A navigational section, across the bleak moorland surrounding White Hill to the Trig Point on High Brown Knoll then on to Sheepstones Edge, in poor visibility, and worsening weather conditions has caused many runners severe problems in the past. Many letters of praise were received by the organisers after the inaugural event in 1991, some of which were published in Up and Down magazine. In one such letter, Don Ashton of Blackburn Harriers (now with Northern Veterans A.C.) told of how in all his many years of fell racing, he had never been so desperately cold and asked his thanks to be passed on to marshals of the later checkpoints. As one might expect, this event attracts some of the hard men and women of the fellrunning world, the Men's winners including the likes of Ian Ferguson, Andy 'Scoffer' Schofield and Colin Donnelly, and women including Wendy Dodds, Carol Greenwood and Glynda Cook. From 1996, Bernard and Kay will be handing the event over to the club as they take a well earned break from their race organising duties for a while. The new race coordinator being Ted Long of Sowerby Bridge, and The Trog being the first counter in Calder Valley's 10th anniversary 'Grand Prix' series.

*NEXT ISSUE - Part 2. Prominent Club Members and Club Achievements.*



*Jeff Winder on the climb to Stoodley Pike, which he organises  
Photo: Allan Greenwood*

lead on the first leg, which his team mates Richard Pallister and Jack Maitland were able to consolidate. Horwich were placed 2nd with Rochdale third.

### MOUNT SKIP FELL RACE

Rod Sutcliffe decided to re-establish the fell race from the annual Mytholmroyd village gala, following a lapse of a few years. A new route was devised for the inaugural race in August 1987, to give the feel of a classic gala race, straight up the steep fell to the Mount Skip public house on the moors road high above the valley then up through the heather to the Trig point on the Midgley Moor, returning by the same route. A dead heat occurred in the first event, as Junior R. Jackson and M. Rice of Todmorden Harriers sprinted into the arena in 3 seconds under thirty minutes. Veteran runner R. Jackson of Sale placed 3rd in 34:07, while Sylvia Watson (Valley Striders) was a clear winner in the ladies



*Kay and Bernard Pierce Photo: Dave Woodhead*



*The party after the race*

## **PENNINE GO TO THE SEASIDE;**

### **A NOT UNBIASED REPORT ON THE ISLE OF WIGHT FELLRUNNING CHAMPIONSHIP 1995**

There we all were on Friday 20th. October; nine Pennine Fellrunners, one Pennine Junior, one dog, two VW Caravanettes and the odd car or two. Buckets and spades at the ready, Road Atlases open at the right pages, all wide-eyed and excited at the prospect of an adventure into the unknown - a trip DOWN SOUTH to the tropical delights of the Isle of Wight for the inaugural Fellrunning Championship Series. Our noble Secretary was of course disgusted with us; all this enthusiasm from a Club most of whose members refuse point-blank to move anywhere south of Hayfield, citing all sorts of reasons from lack of hills through gross immorality and political unacceptability to the ultimate condemnation of lousy beer to justify their prejudice. It did, however, sound like it might be a fun weekend with some serious racing thrown in for good measure - and so it proved to be.

The event was the brainchild of Eddie Leal, one of the original FRA Members and (poor soul) an exile in the Far Southern Reaches for decades. Realising that, contrary to popular belief, the south-east side of the Isle of Wight is anything but flat, he worked on the possibility of a race series until it finally bore fruit as a full three-race Championship; one short, one medium, one long; one "A", one "B" and one "C" to be held over the weekend of October 21st. and 22nd. with all three races starting and finishing on the Ventnor Esplanade. Fell racing by the seaside! Most of us hadn't been to the seaside since they took the bathing machines off Southport Beach, so from a post-training chat in the Boar's Head grew the idea of our foray to the

Edge of the Known Universe to have a crack at it.

Not that the journey was without its interest. The rush-hour M6 at Birmingham somewhat revised the time schedule; the failed starter motor added an unwelcome frisson and so the grand concept of all the party sailing off into the sunset from Portsmouth on the same ferry went by the board and some slept in their van at the Rugby Club, some slept in their van in an Isle of Wight layby and some indulgent, extravagant aesthetes slept in their penthouse B. and B. a mere ten yards stroll from the start. However, we did all get there and the next morning saw our little group of red, yellow and black vests emerging from our various nests and congregating with everyone else down on the seafront at Ventnor.

Ventnor was very pleasant, whether it would be as pleasant in the seething midsummer holiday period I don't know, but at the end of October it was delightful; all fluffy, white clouds, blue sky, lightly rippled sea rolling up onto the beach and above the very steep streets the equally steep, wooded hillside promising a lot of hard work to come. Registration in the Winter Gardens, slick and efficient, down onto the Esplanade itself and OFF on the first race, "A" short, 3 miles/775'. Fifty-six runners, not bad considering the lack of publicity opportunities since the event's conception, along the Esplanade, turn left and then up THE STEPS. Mention has to be made of these steps; the idea was that they would provide a better run-in (up !!) to the country than the road: there are thousands of them, steep, twisting, desperately difficult to run up and even more difficult to run down with quivering knees and the hot breath of the runner behind on your neck. With larger fields and a wet weekend I would think the mortality rate would equal that of the Battle of the Somme; they were definitely a unique and memorable feature of the weekend and Eddie has promised on his Budgie's Grave to use an alternative in future !! Once past the steps the hillside path continued equally as steep and lungbursting up to a gentler final climb to the radio mast turning point and then the route shot back down the way it had come to the evil little finish UP the tarmac to the Winter Gardens to join all those who had already finished and who were gathered on the terraces offering encouragement up the final horrible 200 yards. A fun start to the weekend and although the flying Kenny Leitch (who was to win all three races outright) had come in first in 20.39, Pennine notched up third place, second lady, first lady vet and second team. Not a bad start and with the help of the bacon and mushroom baguettes - the Isle of Wight is apparently the bacon baguette centre of the World (try them if you doubt this opinion) - the team girded up its collective loins for the afternoon's fray. The Ventnor Horseshoe, BM, 7 miles/1500' and every bit of it, bar the little, vertical forest two-thirds of the way round, most definitely runnable. THE STEPS were taken



*Eddie Leal on the steep climb*

a touch more circumspectly this time by the sixty-three runners and the field stretched itself out over the undulating moorland after the initial climb. The same leg-wrenching descent from the radio mast and final stagger up to the finish led to a cumulative sigh of relief at the prospect of an overnight rest before the resumption of hostilities on Sunday. Not a bad result again: same three individual positions but a slip to third team. Competitiveness was in the air but before that was the serious business of the evening's venue.

The pre-event publicity had waxed lyrical about the virtues of the island's pubs; being staunchly Mancunian (and Manchester is, as all aficionados know, the beer-drinker's Mecca) we were a little sceptical about this but, nevertheless, set out for the Spyglass Inn on the seafront. "The Spyglass"; images of "Treasure Island"; swarthy pirates back from the West Indies laden with doubloons and rum; half the clientele with eyepatches, the other half with wooden legs, the next half with parrots cluttering their shoulders and the last half brandishing bloodstained cutlasses and waving well-spliced cabin-boys in the faces of petrified Revenue Men. Couldn't happen, we thought, and it didn't but it was even better. All very snug and wood furnished and with not only a landlord who served magnificent beer with a superb head and total scorn for the publicans of the whole of the rest of Southern England BUT with a Beer Festival to go with it. The food was pretty good too and as no-one had to drive we decided that Ventnor deserved to be

classed as Honorary North and had an excellent evening. Only one thing marred our enjoyment - as part of the package a disco had been organised at the Winter Gardens and we felt we really ought to attend, but two races on the trot, a day of starvation culminating in a beer festival and a gross-out on Spyglass food meant that by Rave Time 99% of Pennine were sliding gracefully into pre-sleep mode; thumbs were being sucked, teddies clutched in drowsy hands and it was impossible to contemplate another three or four hours stomping round the dance floor, so, feeling a little ungrateful, we pottered along the Esplanade and tucked ourselves discreetly into our respective beds.

Next morning came the crunch. Thirteen miles and 1500' of the Wroxall Round, thankfully and very cleverly with a gentle start along the coast before it wound its way back and into the interior moorland. Your correspondent's participation in the Series finished after two miles of this, but then three races in two days after a complete year's lay-off was always going to be a touch optimistic. It did mean that the finish of the final race could be watched though, so, back to get changed, down with a bacon baguette and a pint and, camera at the ready, prepare to witness the climax of the weekend. It was here that the otherwise superb organisation suffered its only real hiccup in the shape of a Marshal to whom the concept of Marshalling was less than realistic; unfortunately he/she was (or, more correctly, was for part of the time) positioned at the last, crucial junction before the final mile or so run-in. A cer-

tain amount of confusion ensued and runners appeared heading for the finish from all points of the compass; through the town, along the Esplanade and maybe even from the sea !! However, such was the spirit of the weekend that runners went back for other runners, any discrepancies were amicably sorted out and, although the organising/recording staff got (understandably) a little hot under the collar, none of the results were significantly affected and no-one really minded. Least of all the "not really minding" was the Pennine contingent; third place, first vet.40, third lady, first lady vet.45 and first team.

The Prizegiving was lovely. Bacon baguettes, beer, local dignitaries, Chains of Office, a sense of enjoyment all round, cash raised for the Sports Centre it was all in aid of and a lot of runners who had got to know each other over the weekend and appreciated the competition. A few lessons for next year, when, if there's any justice in the world, there ought to be at least twice the number of entries.

It's not the Lakes, it's not the Peak District, some of the running is more cross-country than fellrunning but it's not easy, it's very competitive, it's well organised and, above all, it's really good fun.

Oh, as well as the other fourteen (I think) prizes, we got the overall Team prize, so our trip to the seaside was successful as well as enjoyable. Thanks, Eddie and team, and best of luck for next year !!

*Pennine Fellrunners.*

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# LIFE BEGINS AT FORTY

## A Profile of Jean, Barry and Ray Rawlinson

by Bill Smith

Married couples have been competing in fell races for around twenty years now, since just before the introduction of women's events under AAA laws in 1977. Pioneering couples included Pete and Anne Bland (Kendal), Pete and Jean Dawes (Kendal) and Denis and Joan Glass (Eryri), while among familiar names nowadays are Jim and Kate Arnold (Cumberland Fell Runners), Allan and Carol Greenwood (Calder Valley/Bingley), Chris and Carole Lyon (Horwich/Newburgh) and Tony and Vanessa Peacock (Clayton-le-Moors). Undoubtedly the most successful couple of all was Kenny and Pauline Stuart (nee Haworth) of Keswick AC who were British champions on three occasions each during the early 1980s, with Kenny also being professional champion in both 1980 and '81.

Another highly successful pairing, in terms of prizes won in their respective age categories, is that of Barry and Jean Rawlinson, with Jean also winning several races outright. They live at Barnoldswick, a small semi-industrialised town set amidst the rolling Pennine foothills of southwest Craven and overlooked to the southwest by the local highspot, Weets Hill, at 1,250 feet.

Jean was actually born in Glasgow on 25.6.51 but moved to Barlick, as it's locally-known, at the age of eleven with her parents. She met her future husband Barry when she was 15 and they got married three years later and now have a daughter, Sara, aged 24, and a son, Barry junior, aged 19, who are also both fell runners. Young Barry competes for the same club as his father, Rossendale Harriers, though Sarah is presently unattached.

### From Aerobics To Fell Running

"I work for Skipton Building Society as Customer Adviser," says Jean, "and also help husband Barry, who has his own upholstery business, by doing all the sewing for him. I didn't start competitive running until a month before my 40th birthday. Prior to that, I'd only been jogging, though I had been extremely good at sprints and hurdles at school, but had done nothing since the day I left.

"However, when my son was about three years old, there was a lot more emphasis being put on people keeping fit and the word 'aerobics' came to light. So I decided to try this new craze, stretching and exercising, and only then realised how unfit I really was. I started jogging to and from my aerobics sessions, only about one mile



Jean heads up Dovedale in foul weather - Ian Hodgson Mountain Relay 1995  
Photo: Peter Hartley

in all, till I met my friend Teresa who was also keen on aerobics plus a touch of running. Together, we stepped up our mileage to runs of about four miles and also built up our speed - though we did tend to talk a lot!

The Teresa referred to is Teresa Stanforth, wife of the well-known professional runner, Paul Stanforth of Barnoldswick.

"Then one day I was introduced to Linda Bostock, a member of Clayton-le-Moors Harriers, who had been running competitively for about five years. My first outing with Linda made me realise that I needed to do a lot of training on the fells, and it was she who first suggested racing to me. 'What?' I said. 'At my age? No way!' However, a few months later, I entered my first event, the Old Swan 6, a road race at Gargrave. I had to borrow my son's trainers as I had no decent road shoes of my own, and I was surprised when I didn't finish last. Shortly afterwards, I ran my first fell race, Pinhaw Moor, where I actually won a veteran's prize, and have ever since been smitten by the bug.

"Sometime after I had competed in a few races, my husband Barry decided to start training with me as he liked to keep fit for his rock climbing. So together we've raced, trained and also followed our own hobbies, and have found that racing every week has given us a new lease of life and

also enabled us to meet so many really nice people."

In May, 1991, Jean entered the Darwen Moors Hill Race and finished a highly-creditable third behind her Clayton-le-Moors clubmates Cheryl Cook and Linda Bostock, with Katy Thompson just behind her in fourth place. At the end of the month, she ran in the Great Hameldon fell race, where she found a much larger field of competitors and came in sixth, also a respectable position for a novice. During the Autumn of that year, her sixth position in the Gale Fell Race brought her the first veteran's prize, which she followed up with fifth at Black Lane Ends (second veteran) and fourth at the Stoop (third veteran).

Jean didn't become an overnight success but she did continue to achieve some good results in 1992, with a third place and first veteran's prize at Paddy's Pole and the same positions attained in the arduous Five Cloughs Race on Pendle. Her first outright victory came in the Five Cloughs the following year, during which other outstanding performances included second overall at Rivock Edge and third at both Downham and Bolton-by-Bowland, with a praiseworthy fourth in the tough Tour of Pendle.

### Three Peaks Winner

Jean made a highly satisfactory Three Peaks Race debut in 1994, coming home 5th lady in the good time of 3.55.16, then

repeated her Five Cloughs triumph and achieved a commendable string of victories on the Rossendale tops, namely Edenfield, Holcombe Tower, Waugh's Well, Whittle Pike and the Rossendale Fell Race, with an additional success at Blackstone Edge. However, the highlights of Jean's year must surely have been her second placings in two events in September, the Ben Nevis Race and the Three Shires, making her debut in both.

Being a Scots lassie, she had set her sights firmly on victory at the Ben and was disappointed to finish runner-up to another Ben race debutant, Gill Barnes of Lochaber AC, only 10 seconds adrift in a time of 2.13.32 on a cold, windy day, with the mountain's upper reaches shrouded in mist: "I was first to the summit but Gill caught me up on the descent, and there was then a close race to the finish." In the Lakeland event, however, Glynda Cook's victory was much more decisive.

Jean achieved 6th position overall in the 1994 British championship and was runner-up in the veterans' category, while in the English she moved up to 5th in the open championship but was relegated to joint 4th in the veterans', a commendable achievement for all that. She might have been expected to improve on this in 1995, but both she and Barry decided to have "a quiet year" instead. This turned out to include wins at Fiendsdale, Whirlaw, Edenfield, Airedale Pikes and Tour of Pendle, while also completing a Five Cloughs hat-trick, with 2nd placings at Wray Caton Moor, Ogden Moors, Ovenden, Gaddings, Waugh's Well, Whittle Pike and Widdop.

However, her greatest achievement of the year was undoubtedly her victory in the Three Peaks Race, gained in a time of 3.48.00 which earned her 110th position overall. "Kath Drake overtook me on the way out to Penyghent," recalls Jean, "but when I hit the road section before Ribblehead, I could see Kath ahead and went through the checkpoint right behind her. We climbed Wherside together, but about 10 yards from the top, I put in a surge to get there first. It paid off and I felt good and knew I now had to keep in front. By the time I reached Ingleborough summit, I had built up a lead of 8 minutes over Kath and received a lot of encouragement from the crowds on the plateau. On the final descent to the railway arch, I could see and hear the people in the finishing field and a lump the size of a golf ball appeared in my throat and I found myself crying. I tried to stop crying as I crossed the road, but running towards the finish tunnel, could see Barry waiting for me with open arms. It was a very emotional moment for me." Clayton won the ladies' team prize, with Wendy Dodds and Linda Lord supporting Jean.

### Hobbling To Haworth

Jean and Barry have done the Haworth Hobble together a few times and estab-



Barry at Noon Stone 1995  
Photo: Steve Bateson

lished a personal best performance in the 1995 event, finishing in 10th place overall, only 10 minutes behind the formidable pairing of Steve Whitaker (Clayton) and Colin Valentine (Keswick) in 9th and winning the award for the first veteran team, while taking second place in the mixed team category. Conditions were good, apart from running into a hailstorm at Top of Stairs, towards the end of the 33-mile course.

"I developed a really bad pain in my hip after seven miles," says Jean, "and Barry knew I was suffering and asked me if I wanted to quit. I didn't want to let him down and told myself, 'Don't be such a soft sod and get on with it,' though I remember coming off Stoodley Pike with tears in my eyes as the terrain was making the pain worse. However, I'm glad I carried on, though I really lost my temper at Penistone car park near the end as we got lost and finished up about a mile out of Haworth. We had to sprint on the road to try to get inside the Elite time limit but missed it by six minutes with a time of 5.06.00. It took about a week before I finally got rid of the pain in my hip."

Both Jean and Barry prefer the longer, rougher courses, such as the Peris Horseshoe, Borrowdale and Langdale, and among the shorter events, Ben Nevis and Fairfield. Says Jean: "My training schedule consists of three runs per week lasting no more than one hour each. We mainly train on our local hill, the Weets: it's not very high and it's handy. I swim every Monday night, do aerobics on Tuesdays and

Fridays, and still find time to go to night school for Spanish and word-processing. Perhaps if I had started running 10 years ago, I might have had a lot more speed, but I can't seem to improve on that now, whereas my stamina is still building.

"Looking back on my short time in the sport, I think 1995 has been an excellent year for me as I've won numerous races and prizes, and also won Clayton's 'Fell Runner of the Year', 'Most Improved Runner' and other club awards, so I certainly can't complain.

"I must say how much I admire people like Monica Shone, Stan Bradshaw and Jack Riley, and others too numerous to mention, as they haven't let age get in their way. It's hard to say whether I'll be running in another 10 years. I certainly hope I am. But when I can't run the fells, I'll take time to walk them.

"My ambition for the future is to try to improve on all my previous times for races, and I hope I don't sustain any serious injuries, so I can carry on keeping as fit as a fiddle. It beats being a couch potato anyway."

### Barry Rawlinson

Barry Rawlinson was born in Stacksteads, Rossendale on 16.4.48 and comes from a large family of nine children. His younger brother, Ray, has been a fell runner for over 25 years, initially with Clayton-le-Moors Harriers but chiefly as a member of his local club, Rossendale Harriers, for whom Barry also competes. As previously mentioned, Barry didn't start running till after his wife began competing in races: "He decided that, rather than stand about watching, he might as well join me," says Jean. "He has always been fit, though, having been a keen rock climber since the age of 15."

Barry's training is virtually the same as Jean's, though he will occasionally go off for a run on his own. Of his sessions with Jean, he says: "I tow her along just off my pace to make her work without struggling too much. I sometimes take young Barry out for a run and when he's fit, he can have me hanging on to him in the same way." One of the Rawlinsons' training runs involves climbing Weets Hill by three different routes, while any roadwork they do, such as on dark winter nights, consists of 8 miles in between 50 and 60 minutes. In addition to his athletic training, Barry also keeps fit for the crags by utilising the climbing walls at Blackburn and Clitheroe, and sometimes at Ingleton.

In his first full season of competition, 1992, Barry was already making his mark with such results as 2nd veteran in the Wardle skyline (8th overall), 3rd vet in both the Five Cloughs and Langdale Horseshoe, and 4th in the Peris Horseshoe, a British championship event that year. Since turning 45 in 1993, he has won several awards for the fastest performance in that age category, occasionally finishing in the first 10 over-



Ray crossing Crooked Edge Hill in the 1988 Winter Hill Race  
Photo: Bill Smith

all, as in last year's Flower Scar and Oven-den races. His time of 1.54.15 in the 1994 Ben Nevis Race earned him 59th position, a good performance for an Over 45 debutant. That same year saw him placed joint 14th in both the British and English Over 40 championships.

Returning from holiday last July, Barry ran Turnslack and had one of his worst-ever runs, finishing 10th Over 45 in 64th position out of 179 runners, but a fortnight later he recorded his fastest time in the Borrowdale Fell Race in gruelling heatwave conditions, coming in 30th out of 240 finishers in 3.26.28 and 7th Over 40 as there is no Over 45 awards in this event.

Just over a year previously, Barry had become a member of the Bob Graham Club without doing any special preparation for the Round. He was invited to join an attempt by Eric Blamire of Todmorden Harriers, with sterling support provided by other members of that club. Unfortunately, Eric was having a bad time on the fells above Langdale and his condition particularly deteriorated between Sergeant Man and High Raise, causing his companions sufficient concern that they persuaded him to retire. Barry, however, was able to continue and completed the course in 22.05.00.

#### Ray Rawlinson

Ray Rawlinson, a toolmaker by trade, was also born at Stacksteads on 1.8.51 and joined Clayton Harriers in 1969 but transferred to Rossendale three years later. He had a spell with Bolton United Harriers during the mid-70s but then returned to Rossendale, for whom he continues to run. He has always specialised in short races, excelling particularly on steep descents.

During the 1970s, Ray achieved victories in such events as the old Barbon Fell Race in 1974, slicing one minute off Brian Gemson's year-old record of 18.18; the inaugural Blisco Dash in 1975, run in very slippery conditions, with icy patches here

and there, and leading home a formidable array of talent comprising the 1973 FRA champion, Harry Walker (Blackburn), a future (1977) champion, Alan McGee (Keswick) and Gavin Bland's father, David (also Keswick) with a time of 40.23; the 1974 Saddleworth Fell Race, in which he dropped a future double FRA champion, Mike Short (Horwich) on the steep descent from the obelisk ("Pots and Pans") and sped home to a winning margin of 30 seconds in 20.20; and the 1979 Hades Hill Race, where he once more bested Harry Walker by 11 seconds with a new record of 31.23. Ray was also a little unlucky not to win the 1975 Burnsall Fell Race as he took a tumble when leading Mike Short down the last long field toward the concluding road section, allowing Mike to forge ahead to a 4-second victory in 13.16. His highest placing in the FRA championships during the '70's was 7th in 1974.

Ray's training during that decade consisted mainly of fell running on his local moors

during the summer months, including sessions with his clubmates, but during the '80s he trained alone and included more quality work on the road to develop his speed. This resulted in him being selected to represent England in the 1986 World Cup in Italy, where he finished 21st in the short race. That same year saw him placed equal 4th with Billy Bland in the English championship, while his other outstanding result of that decade was 12th in 1984. Among his best racing performances around this time were his victories in the 1984 Ravenstone Brow, 1986 Buckden Pike and 1987 Sale Beck Horseshoe, along with his 2nd placings in the 1984 Moel Hebog and Buckden Pike, 1986 Hut-ton Roof Crags and Stoodley Pike, 1987 Coniston (only two seconds behind Billy Bland), Rossendale and Blackstone Edge, and the 1985 Five Cloughs and Edenfield.

Nowadays, Ray's chief priority is in raising a family and fell racing therefore takes second place. However, he still performs with distinction in the races he does enter, mainly around Rossendale and the South Pennines, almost always coming home first veteran. In 1992 he actually won outright the Edenfield Fell Race, while last season his overall positions included 2nd at Edenfield, 3rd at Whittle Pike and 4th at both Cowpe Fair and Saddleworth. Gradely performances by anyone's standards.

#### Conclusion

As always, the lady must have the last word, and I'll let Jean Rawlinson bring this article to a suitable conclusion: "I would just like to point out that Barry has given me the best support a husband could give, as for instance, he tries to inspire confidence in me when I'm lacking it. When we train together, he does slow down a lot, which some men would not do for their wives. We feel we are a very lucky team in both marriage and sport as we are compatible in more ways than one."

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My God, my deity, roams the fells,  
is guardian of soaring crag,  
gently laughs with the tumbling beck,  
roars through the driving storm,  
tests every sinew of our bodies.  
My deity brings peace of mind  
to a brain bedevilled by mundane dross.  
My deity is also cruel - this I accept,  
for those who would their strength  
measure against such an unknown power  
must learn that we are but guests  
in a splendid kingdom which  
we view with awe, with quiet respect.  
Take up the challenge of raking fell,  
deny the power of dark storm  
and learn that this deity is not mocked.  
Two score years have I sung the praises  
of such a capricious one -  
and still I worship in this place.

*Peter Travis*

## 1996 European Trophy for Mountain Racing

The prestigious international event this year comes to the heart of mountain country in Wales and is based in and around Llanberis and Snowdon. The race involves some 3,560 feet of climb to the summit of Yr Wyddfa from Llanberis and, considering the rocky tracks and difficult terrain, should prove a real tester for the international teams.

The weekend of the 12th, 13th and 14th of July has been set aside for the race with the course inspection, parade of competing athletes and pasta party on the Friday night followed by four races, the open race, the juniors race, the ladies' race and the international mens event. Events are timed so that finishers in the open race should be able to watch some or all of the international competition. An evening buffet and presentations completes the days events, with departures then set for the Sunday morning. The record for the event is held by Kenny Stuart, who set it way back in 1985 at 1.02.29 with the ladies record held by Carol Greenwood, a more recent posting (1993) of 1.12.48.

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*- Ken Jones*

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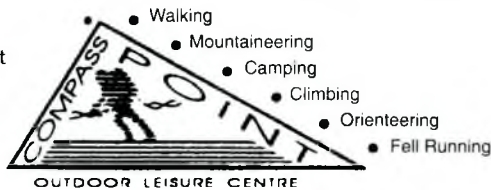
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## HELSEBY - A YEAR ON THE FELS HELSEBY ? WHERE'S THAT?

Most road runners know the club through our annual very popular Four Villages Half -Marathon, which we hold each January. Helsby itself is between Runcorn and Chester. Frodsham and Helsby hills, at almost 500 feet each provide limited hill training opportunities. The Moel Famau area is just half an hours drive away. Moreover races in Shropshire, Derbyshire, Lancashire, North Wales and the Lake District are all within an hour or two by car, so there is competition available for us most weekends.

Helsby has it's own Hill and Fell Championship - a twelve race series, best eight to count. Mario Foschi being a previous winner before joining the more elite veterans of Pennine. Our best turnout in 1995 was twelve runners at both the Two Lads and Loggerheads. We try to include most of the English Championship counters and some of the British. Without realising we were scoring points, we were delighted to learn of our tenth position in the English vets championship. Not quite Horwich, Borrowdale or Pudsey and Bramley but it gave some of us great satisfaction.

Club night is Wednesday, starting our run at 6.30 pm fom Helsby Sports and Social Club, our HQ. We have changing rooms, showers and a bar with draught beer at very reasonable prices. In the Winter months it is the inevitable road run, but from March to September we do a hilly country circuit of about 9 miles. Most of the club are cross country and road runners, but we do have our fells regulars:-

### MATTHEW WIGMORE

Twelve of us attended the F.R.A. do to give Matthew a cheer for his victory in the English Intermediate Championship. Four outright wins gave him the maximum 40 points. Matthew is still eligible in 1996 and we will keep waking him up and dragging him off to the necessary races. This championship win was already his, prior to Thievely Pike. Nevertheless, despite some late nights, washing up in the Forest Hills Hotel, and a few student parties, we drove him up to the race and he collected First Intermediate prize, coming eleventh overall in 27 mins 59 s.

At the trial race in Keswick for England selection Matthew found the pace very fast and just failed to make the team. However he will try again a year older and stronger in 1996.

Matthew won our own Club Fell Championship - also with a maximum possible 160 points.



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Helsby before Moel End - Steve Daintith, Carol McCarthy, John Dearden



*Matthew Wigmore after Dalehead, where he clinched the intermediate title*

Incidentally to all you asthma sufferers, Matthew is one of you and carries his inhaler round every race!

#### **CAROL MCCARTHY**

Carol is a five foot, smiling Liverpool blonde, usually seen adjacent to Steve her rather taller boy friend. In 1994 Carol was second lady at Snowdon, winning the open race, and going on to represent England in the World Cup. In 1995 she was selected for England at Snowdon and was having her usual excellent descent, battling for second place, when she fell, landing head first. Eight stitches were required and this rather upset her season. A few weeks later Carol fell downstairs sustaining a cut on the opposite side of her head! Soon afterwards in winning the Breidden Hills race she gashed her knee on barbed wire on the final descent. Three falls, but no submission, Carol will be back in 1996.

Carol holds a number of records on the fells including tough mountain events such as Fairfield in the Lakes and Moel Siabod in Snowdonia. In 1995 she won the Lyme Park Championship three race series outright and was first lady in many of the races she entered and generally featured in the first three.

Carol runs on level terms with the men in our club championship and was runner-up to Matthew Wigmore in 1995.

#### **CHRIS HATTON**

Chris was first vet in our 1995 club championship. He has run both the Peris Horseshoe and the Bens of Jura in recent years, so is a glutton for punishment. His wife Sandra and two children Catherine & James can usually be seen shouting encouragement a mile or so into the race. Both children have already competed in junior races.

#### **WAYNE PERCIVAL**

Wayne joined the club in 1995 to take part in our championship. Despite leading early on he came fourth just 3pts behind Chris Hatton. Wayne's best run was to pick up 20pts at Duddon Valley. I understand conditions were atrocious. Wayne navigated well and beat Robbie Webster & Dave Ellams the only other two from Helsby brave enough to enter.

#### **ROBBIE WEBSTER**

Robbie runs his own Mini-Bus business, so he often kindly takes a van load of runners to various events including some famous fell running weekends - many thanks from all of us, Robbie. As a fast road runner, who prefers the fells, Robbie has been the guiding force behind Matthew Wigmore's success. One of the highlights of his season was to win first over 55 at Rhewl. He also completed three 'A long' events Edale, Duddon Valley and the Black Mountains.

#### **ANDY WATKINS**

Andy took to fell running following the enjoyment of fell walks and then taking part in the Allied Lyons charity 24 hour 3 peaks event (Ben Nevis, Sca-fell and Snowdon). Andy's best time of just over 5 hours for the three ascents/descents, well within a total of 24 hours, is a very good one. He seems to race the fells every weekend, supported by wife Celia and son Sam age 3, sometimes twice, with over 50 races completed in 1995 but not enough club counters to retain the trophy he shared with Carol in 1994.

#### **ALEC ROBERTSON**

Alec has just got himself involved in the fell section. Next year he will surely challenge for the club vets trophy. His best events are the long ones. He is a regular at the Snowdon marathon with a best time of 3hrs 10mins. This year at Fairfield, Alec & his son David made up a double father and son entry - Robbie Webster and son Jonathon - a triathlete - being the other pair.



*Alex and David Robertson at Fairfield*

#### **DAVE ELLAMS**

Dave thought he was the only fell runner who enjoyed an occasional smoke, until he found a number of the Borrowdale crew at the Carleton puffing away in the alcove bar at the FRA do.

Dave's best achievement in 1995 was to run most of the Fiendsdale race using the upper of his fell shoe as the sole, tied round his foot by the laces. He is a previous Helsby club fell champion.

#### **STEVE DAINTITH**

Steve, already mentioned as Carol McCarthy's boyfriend, is an easily recognisable 6'7" viking. He has actually beaten Carol in a fell race - the Golf Ball ( a fast 5 mile 800 foot event ) in 1994. As an employee of Tetley's Brewery in Warrington Steve also won the guessing at the real ales at the Screes Hotel Beer Festival after the fell race. He is also a keen cyclist and a strong swimmer , so has just started competing in Triathlons.

#### **JOHN DEARDON**

John was 60 years old half way through the 1995 season and intends to compete in the English Championship series in 1996. With second Over 60 places at Kinniside and Dalehead in 1995, we are sure John will feature in future Over Sixties championships, along with another Helsby older member Joe Beswick.

#### **ANDY TODD**

As the author of this article what can I say - thanks to all who take part in the club counters and who achieve some wider recognition. My personal best was to break 1 1/2 hours on Snowdon four years ago and then the fluke at being the main runner featured on the posters & programme. It really did look as if I was in the lead up the mountain!

#### **1995 POST RACE HIGHLIGHTS**

The numerous opportunities of 'cool downs' in the warm Summer. Swimming & diving in the river Llugwy after Siabod, showering under Pistyll Rhaedr at the foot of the Berwyns, and sluicing down in the river Ehen after Kinniside. Favourite post race beers such as Yates, Thwaites, Jennings and Felinfoel Double Dragon. Andy Smith's failed attempt to demonstrate one armed press-ups on the solid stone pub floor after Caw Summit. Just reaching the finish after Edale, Duddon & the Welsh Black Mountains races. All the country shows and fairs, from the village queens and car boot sales at Wadsworth and the Cumberland wrestling at Rydal to the incongruous display by Roman legionaires at Siabod. All this and no need to visit shops to renew equipment - Pete Bland and Tony Hulme with their ever present vans. Who needs roads & cross-country events?

*Andy Todd*

# A giant day out



*Dalehead - an early test this way round. Mike Walsh of Kendal at the Dalehead race  
Photo: Peter Hartley*

*The Bob Graham Round - a familiar enough challenge to the fell fraternity - but for a Wessex Road Runner (me) almost unheard of! The only successful round I was familiar with was that of my Karrimor partner - a much fitter runner than me. Quite by chance I fell in with one of fell running's top clubs, Bingley Harriers, meeting Philip during the 13 hour Fellsman Hike. 'Someone's dropped out', he told me..... so here I am, at a campsite near Keswick, June 10th, 1995.*

My stomach tightens as I lie awake in my tent, contemplating the possible pain and pleasure of tomorrow. I want to be fast asleep, but a tide of troubles floods my mind. Can I do it? Will it hurt? Will my shoes give me blisters? What will I tell my friends? Will the climbing be too much for me? Will my thighs rub raw and bleed? Will the sun shine? What will it be like coming off Skiddaw? Will I let my supporters down?

Again my stomach tightens, and again I have to get up, traipsing back and forward across the campsite, under a full moon, on a beautiful, clear night.

Surely not! It can't be! It is. Time to get up. No excuses now - put up or shut up. I eat some porridge, drink some tea, tape my ankles and grease my groin. There really is no way out now, is there? I want to start; I want not to start. I want to run; I want sleep. I know that I will be all right for eight hours. What will happen after that?

At the moot hall, I expect the clock to chime. It doesn't. We start, at 7 am by someone else's watch, at 6-59-13 by mine. I keep quiet. Maybe those extra 47 seconds will be useful.

Now, I realise that I don't know my way around town. Am I afraid? Yes, I'm afraid of

going too fast, afraid of going too slow, afraid of humiliation. We trot along the road. I am sweating and puffing a bit. Please, guys, treat me gently. I won't be going like this in 23 hours time.

The sun is shining and the air smells fresh. The Newlands valley looks beautiful. Surely there can't be anything better than this. The top of Robinson looks a long way off though. We stop to change our shoes. I tie my laces and stand up.

"Let's go", says Stuart, my support man. Now I'm torn. I am only with this group as a guest. I can't leave Philip and the others behind.

"Today, you have to be completely selfish", says Stuart. "You don't wait for anything". Reluctantly, I move on, and run 80 yards ahead. This must be a sign of me going too fast. I'll regret it later, when they overtake me. Then, I'll wish that I'd stayed with them during their bad patches.

"Totally selfish", says Stuart. I resign, pick my own line, and leave him behind too.

Approaching the first summit, Robinson, I am anxious, and would dearly love to be ahead of schedule; I feel that I need that boost. I lack the confidence to know my pace. What will I do if I'm ten minutes behind? How could I ever catch up? I'm already being as selfish as I can.

8:30. Exactly on time, to the minute. I'm thrilled. If it goes wrong now, then at least I tried to maintain the schedule. When I expire, I will do so having had a go.

It's down hill now; I try to relax, to float, to glide. These steps are free, I think, don't waste a drop. It's lovely up here; the view north is superb. There simply cannot be anything better than this. But as I glance over to Gable, and the mist blowing around, I know that it's going to get worse. I remember wanting to retire from the first Rock and Run over there. I don't want to feel like that again, thank you. It wasn't good.

Now we're coming down to Honister. I am astonished. I am told to sit down, a blanket appears, and someone feeds me with rice pudding. Am I dreaming?

I swap Stuart for Will, and I'm off again. Will is short, stocky, and cheerful. He feeds me jelly babies as he sweats his way up hill. He's still wearing his tracksters and two Hellys. I'm in shorts and t-shirt. We gossip, old friends before the first summit. We swap stories of great navigational triumphs, before disappearing into the mist on Great Gable. Will puts his compass where his mouth is, and finds the steep scree gully leading down to the pass. I find it very steep and awkward, and flounder. All I can see of Will is a shower of sparks and the glint of his bald patch.

The mist is right down on Kirk Fell. Neither of us wants to take a risk, so we follow the fence both up and down. It's cold now, but my clothes seem to have been mislaid at the handover. He lends me his five year old daughter's hat. Why is he carrying that?

I like Pillar. I'm feeling so strong that I press on a bit. Now, I'm nearly half an hour up. My plan is to get to Dunmail Raise, just over half way, without using up any willpower. I'm aware that I'm using up energy, but I want to do it. It's not taking willpower to run at the moment. The wind whips up from the north, driving cold raindrops hard at us; a cagoule is enough protection, and soon we find the summit.

I've never been to Steeple before; it seems an attractive little peak. I'll come back one day when I can see. We eat malt loaf and apple segments as we climb up, cross a wall, and descend southwards through the mist. Now we meet the first of half a dozen parties who are going round the other way. Some are in fine fettle, surrounded by a gaggle of supporters. Others look drawn, struggling. Is that how I'll end up?

Climbing Yewbarrow gives total pleasure. We scramble up the steep ridge, relishing the change. The rock gives way to a thin, barely trodden path leading to the summit, which looks very like a concrete pill box, but turns out not to be. I hop up, then start the long, awkward descent. My friend warned me about this, urged me to take it easy. Will shoots off, out of sight. I know that he's only going to warn the others, that his heart's in the right place, but I wish that he'd wait. It's double steep here, but I ease myself down. "These steps are free."

Wasdale looks a picture. It is still, sunny and beautiful. The screes shine both above and in the water. I'm happy.

Back in the chair, I'm fed with warm pasta, whilst others wash my feet and change my socks. Weird, but I'm happy to succumb. Suddenly, my time is up, and they shoo me off like an unwanted cat from their garden. I start the long haul up to Scafell. Stuart is with me again, supportive, encouraging, building my confidence. I'm not so fresh now, but try to establish a rhythm. The summit comes, eventually, and suddenly we're searching for the poorly marked route down to Broad Stand. It's threatening to rain now, and I scuttle down with all haste. Ken is waiting at the steep bit, with a rope. A quick swing, and I'm safely down, no problems. I crouch, cold, on Mickledore, sipping tea and waiting for Stuart. It has started drizzling, and the slabs have become treacherously slippery.

We're off again, entering a patch where I know that it's going to be very difficult to run. I try to stay loose, and glide over the rotten boulders with minimum effort. Scafell Pike is heaving with mid-summer visitors, picnicking in the mist. Keen to get away from this noisy, crowded place I set off in totally the wrong direction. Fortunately, Stuart finds his compass, and puts us right. More rock hopping follows, and still the mist swirls. I'm on familiar ground on this section, and it's nice to know exactly where I'm going, but I can't seem to make up any more time. Am I slowing, or is the mist slowing me? I sense that I haven't run for ages, and am itching for the chance. Stuart shows me an improbable and extraordinarily steep path from Bowfell down to

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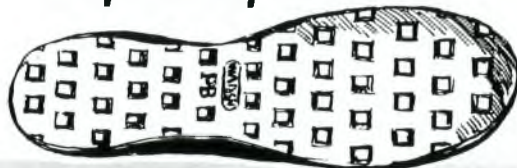
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Angle Tarn. Wow! I wouldn't have dreamt of coming that way.

I know what's coming next, and I dig in for the tramp around to Stake Pass. Here's my chance to run again, but I don't seem to be enjoying it much. It's awfully hard work. I have to dip into the willpower bank, but console myself that every step that I run now is two fewer to walk later. I push on, relishing the thought of the time that I must be saving. When I arrive at Harrison Stickle, Stuart tells me that I've only gained a minute since Rosset Pike. Horrendous! All that effort for only one minute. All that willpower gone. I withdraw into myself. Is this the beginning of the end?

We join the dots over the next section, until the long flowing descent from High Raise restores my spirits. This area is lovely, and no-one's in sight. We skirt around to Steel Fell, loving it again, all those sweet little ins and outs, ups and downs, until we come to the unlikely looking gully leading down to Dunmail Raise. Man, this is steep. From far below, as clear as a bell, a high, chanting voice rings out. "...come on Martin, come on Martin, come on Martin..." It's Will's daughter. This is amazing. My whole body smiles. I'm half way now, and this five year old has just obliterated all my worries. I can't fail now. I'd be letting down more than just myself.

Dave takes over the baton. Every time I open my mouth, he shoves an apricot in it! I've heard the stories about him - he needed a full body massage at Dunmail to get him

round. He didn't have Will's daughter on his side. I'm frightened of the climb up Seat Sandal, but the top comes easily. So does Fairfield, and Dollywaggon. I can't believe it. I've crossed the rubicon. I thought that this bit would be so hard, but now I'm here, cheeks full of apricots and legs full of running. Fourteen hours gone, I'm into unknown territory now, but I feel great. Fifteen hours, sixteen hours, still I can't believe it. I didn't know I had this in me. Summits come and go in rapid succession, as Dave guides me smoothly through the mist. This is sublime.

Darkness finally overtakes us, and we turn the torches on to climb Clough Head. I'm nearly two and a half hours up now. It begins to rain as we descend, and gets miserable. Suddenly, unexpectedly, we're lost, stuck in the quarries above Threlkeld. It's dark, it's raining, and we just can't get out. Damn. The minutes that I worked so hard to gain are pouring away. At last, we get out, and follow the old railway back to the road. Forty five minutes have gone. I'm disappointed, and find it hard to take just at the moment. I'm not in the best state to handle it right now, but I've still gone so well over Helvellyn that I've caught the support by surprise. No-one is ready to go with me.

There's no stopping me now. I demand a map and compass, determined to go on, alone if need be. Will rescues me from my folly. Despite his efforts earlier, and two

pints more recently, he strips off and sets out into the miserable night. Rob comes too.

The wind is howling from the north over the top of Blencathra. I trail behind. It's steep, I'm tired, and I'm going slowly, but I'm not worried. I'm going, and I shan't be stopping. It feels dull now, I'm not fully alert to everything, and the mist and darkness deaden all sights and sounds. We wade endlessly through deep heather, in slow motion, until dawn begins to break as we climb Skiddaw.

The night is over, but the slow motion continues. There's no doubt any more, no uncertainty, just the waiting and trudging. The summit comes. I would love to rush down this mountain, but my shock absorbers have given out. Every step jolts. Will is right beside me, still cheerful and encouraging. A mile to go, and it still seems a very long way. With three quarters of a mile left, my springs return. Now I can stretch, push, and relish. I'm a giant, with seven league boots taking me closer at a ridiculous rate. I'm a deer, bounding and jumping. I'm a bird, soaring freely.

Across the car park, through the tunnel and I'm there. I'm tall. I'm standing on stilts. I'm floating on air. It has taken twenty-two and a half hours, and the help of some marvellous supporters, but I've run the Bob Graham round.

*Martin White, Wessex Road Runners(!)*

## The Border Hike

The 18th annual Border Hike organised by members, old boys and friends of the Boys' Brigade will be held on the **4th and 5th May 1996** and the committee would like to extend a welcome to members of the Fell Running fraternity, especially those who may have members under the age of 20 years in their running clubs. The Hike is an orienteering type competition where a team of three, compete over a 30 mile course spread over 2 days. The emphasis of the competition is on team work, fun and building new friendships with other competitors.

The Hike takes place on the high moorland of the Durham, Cumbrian and Northumberland borders and attracts teams from all over the UK and is considered an excellent introduction for mountain marathons, as well as qualifying for the Duke of Edinburgh Award expedition section.

Set out below is a brief insight into the format of the hike and how the competition is organised. Further information and entry forms (cost per team £10.00, incl. 4 meal tickets) can be obtained from **Mr Gary Stearman, 15 Onslow Gardens, Low Fell, Gateshead, Tyne & Wear. Tel 0191 4824079.**

### About the Hike

The Hike is similar to orienteering. To be able to navigate using map and compass across open fell and through woodland etc. The Border is a team event and assistance can only come from those members of your team. Teams consist of 3 persons of the same sex. Their ages must be between 14 to 19 years. The Hike is won by the team that accumulates the most points over the 2 days. Points are awarded in two ways.

#### Time points:

Teams are given a time to reach a check point. If a team arrives within the given time then full points are awarded. One point is lost for every minute a team is late.

example: Time allowed 30 minutes:  
Points available 30.

Time taken 25 minutes:  
Points awarded 25.

Fred Smith and Keith Wood who competed in the various hikes as youths and continue to compete successfully in Fell Races and Mountain Marathons plan the course and set the check point times. This is done; first by walking the route and then by running around the whole course. They then add whatever minutes to their time that they feel is appropriate, (this will be between 5 and 20 minutes) taken into consideration the terrain and mileage covered on a particular check point. The

emphasis will always be to set a time that teams will have to work hard to attain maximum points. A possibility which fit teams who have trained for the Hike should be able to achieve.

#### Incident points:

At each check point teams have to complete tests of a mental and physical nature. Maximum incident points available; 15 points.

The hiking times and incidents are designed so that teams will always gain points for their efforts.

**However, it must be said that the Hike is a team competition; and it's those teams that work together, helping each other that gain the most from their efforts.**

The Hike commences on the Saturday morning. At the Start all teams go through a thorough kit check. The idea of the hike is to cover the ground as quickly as possible. Therefore, teams should only carry those essential items that are listed by the Hike committee. The Kit Checker on the day will give appropriate advice to teams that are carrying unnecessary equipment.

At the check out; teams are given the Grid Reference to the first check point and the time allowed to gain maximum points. This procedure is repeated at the next check point. Each check point is manned by experience staff who are supported by members of the St John's Ambulance Brigade and Raynet, who provide full radio cover enabling the hike control centre to monitor the progress of all teams. In the event of any team experiencing difficulties, Hike officials will take appropriate action to ensure the safety of all competitors. Hike officials will ensure all teams arrive at the overnight campsite by 6.30 p.m.

There are 7 check points on the first day and teams cover approximately 18 miles. Day 2 has 5 check points covering approximately 12 miles.

At the overnight campsite teams are required to use the camp craft skills they have acquired to pitch their tent for a night under canvas. A hike official will check that all teams cook a hot meal and prepare themselves for a good nights sleep for a second day of tough competition.

All teams would expect to arrive at the finish by 1.30 p.m., where a hot meal will be provided for all competitors. The presentation of prizes takes place at 3.00 p.m. where all competitors who have completed the Hike receive a medal and certificate. Trophies are presented to 1st, 2nd, 3rd. Highest placed ladies team. Highest place team where all members are under 16 years. The unit that has the three highest placed teams.

- Keith Wood

## NEW BALANCE FELL SHOES

A couple of months ago I was asked to 'test drive' a pair of New Balance fell shoes and asked to report back for the Fell Runner. Well here is my report!

My initial impressions were that the shoes were a reasonable colour for the intended running terrain, grey and darker grey, and that they were comfortable immediately. They felt very smooth and yet strong and supportive. I am a female runner with narrow feet and the shoes were not specifically 'ladies' shoes but although ideally a narrower fit would be preferable for me personally, they did not slop about or rub. I also have arched toes and many new shoes tend to skin the joints of my toes before becoming 'worn in', the New Balance did not do this. They are very flat with very little heel raise so runners with Achilles Tendon problems may find them awkward. Two small irritations however: the tongue is far too long, flapping about above ankle level and also the laces are long enough to tie even the widest foot firmly in place with enough left dangling to trip up the unwary.

Giving the shoes a proper testing 'in the field' has proved very difficult, this year being one of the driest on record, mud and filth have been hard to find. Also my running on rough ground was curtailed for a few weeks because of my being involved in a car accident. I can report that whenever and wherever I have worn the shoes I have found that the grip compares favourably with the other top selling fell shoes I own and the comfort is probably the best of all the shoes I've tried. I did go out over Margery Hill last weekend and managed to find some mud, peat and plenty of water. The shoes did not rub when wet, the laces stayed tight, I did not lose them in deep peat, they made a satisfying squelch when wet, the crud rinsed off easily and as a bonus they did not smell as if the cat had peed in them (although he probably has by now). I have not had the shoes long enough or abused them enough yet to comment on their durability.

Finding the right shoe is a very personal thing, I like the New Balance why not give them a try yourself?

Sandra Kay

### FANCY THAT!!!

Gary Webb finished third in the nine mile event over territory ascending to 2,600 feet with a time of 1 minute 17.45 seconds while Steve Houghton was fourth in 1.18.05.

- Evening Courier 7-12-95  
Monitor: Allan Greenwood

# Marathon des Sables

## The toughest footrace on earth?

I was attracted by a single paragraph in a running magazine which mentioned a race in the Sahara desert and described it as 'the toughest footrace on earth'. The exact description turned out to be 145 miles over sandy and rocky desert, crossing dunes of over 200' over a period of 7 days with total self sufficiency (excluding water) in temperatures of 115 to 120F. I needed to raise sponsorship for the total cost of around £2,300 and approached a number of companies, including my employers, in order to raise the sponsorship money. The Rolex Watch Company were my main sponsors, as I could put the Rolex Oyster Watch to the test in the extreme conditions, Lepps, the jewellers I work for were also major sponsors and I received help or kit from firms such as Cotswold, Saucony, Brooks and Rock and Run.

Up until 1994 there had only been one Briton to enter the event, but 6 turned out in 1994, including Dr Mike Stroud who had accompanied Sir Ranulph Fiennes on his last Antarctic Expedition. Dr Stroud is a civilian doctor who works for the army, specialising in human endurance and climatic extremes and carried out several experiments during the '94 event. Another entry for 1995 came from the amazing Helen Klein, 71 years old and the holder of 75 World and American records in 50k, 100k, 100 miles, 24 hour, 48 hour and 5 and 6 day runs. A competitor in 90 ultramarathons and 48 marathons, she was looking to add the Sahara to her impressive CV.

My own preparations were interrupted by a nagging muscle injury but I managed to build up mileage even though it rarely passed the 50 mile a week mark - a point where I expected overuse injuries to occur.

The last day of March saw embarkation; three flights to finally bring me to Ourzazate in Northern Morocco to be joined the following day by the Paris flight, to bring the total up to 214 competitors. The Saturday night (April 1st) was our first experience of sleeping in open Berber tents. In my case this was a most uncomfortable night as the terrain was very rocky and sleeping on hard ground with a thin carpet for a bed was a shock to the system. It was necessary to settle down to sleep at dusk and rise at dawn but it was surprising how quickly the body became accustomed to this regime and adapted to the Spartan conditions. We also learned to lift the carpet and remove most of the large rocks!!

Sunday and kit inspections. These were very thorough and time penalties were given to any competitor who failed to produce a compulsory item when requested; all other equipment was also listed so that spot checks could take place to prevent unauthorised dumping of unwanted items. Doctors were on hand to check our medical reports and ECGs.

Stage 1 of the race covered some 25k. This stage was the worst for me and at the end I was seriously worried about continuing. My mistake was running too fast from the start without realising the impact of the heat and the weight on my back. I needed to slow down. Having eaten and thoroughly rehydrated myself by the start of the next day, I felt much better. The exhaustion had at least provided me with a good nights sleep.

I started a much more sensible pace than the day before for this 28k stage over terrain much the same until, at 16k, we entered the sand dunes. This was the most difficult terrain to run through with intense heat reflecting from the sand. In the far distance I could see the white marquees of our third bivouac but they never seemed to get nearer - a common illusion in the desert! I felt better following this stage and encouraged when fellow competitors related their stories and I realised that, whilst I was still injury free, many athletes were already suffering severe skin problems to backs and badly blistered feet. Stage three was a fairly straight forward 36k, but I began to suffer from diarrhoea, solved with an immodium tablet each morning. The evening was taken up with much talk and speculation on the following days mammoth challenge, an 80k (50 mile) section.

This was the hardest trial and would test every athlete's stamina and endurance to the limit. I knew from experience of 100 mile events, mountain races and 24 hour events that the body is often ready to collapse with sheer exhaustion, only to recover again, and the emotions ranging from sheer desperation an surrender to the marvellous relief and joy when the finish line is crossed. I set off again in the third group, the rucksack now noticeably lighter with the reduction in food. The pace was very slow, no more than a comfortable jog and I reached control point 6 at dusk, so only had 11k to travel in the dark. I



*Geoffrey Fielding*

covered the last few miles with the 1994, and subsequently 1995 veteran (50+) winner.

Friday 7th April was a designated rest day and, having slept like a baby, I spent it chatting, soaking up the atmosphere, and watching competitors still come in from the 50 mile stage, amazed at their endurance.

I had now improved my position to 56th and determined to either hold this or improve on it in the last two stages. I probably started this stage too fast but felt strong so kept on going, reaching checkpoint 2 at the foot of two mountain climbs. I was beginning to tire but the change of terrain, coupled with a familiarity with mountain running, gave me renewed energy. The final 5k along the track to the bivouac were the toughest of the entire event for me. I knew that I was in a good position and, although close to complete exhaustion, determined to continue running to the finish. Roraigh Ainslie (from the Royal Engineers team) himself struggling over this last few kilometres, was a great help, and we crossed the line together, holding the Union flag, which Roraigh carried throughout the race, aloft. I had not only held on to my 56th place but improved it to 54th! This was our final night in a Berber tent. Knowing we had only one more stage to complete the remainder of our food was consumed and power bars were being given away as though it was Christmas.

The final stage: we were told that we could choose either of two routes - follow the track (the longer route) or directly to the Gorge of Forum Takat over rough, stony ground. The majority chose the track but I figured that a fellrunner should take the shorter, harder route. The gamble, despite appalling terrain, paid off as I reached checkpoint 1 ahead of the race leader who had chosen the track route. Knowing that I was in a good position I again worked hard to the finish. It is difficult to describe running over the finish line after seven days and 143 miles but the cheers, congratulations and medal round my neck instantly obliterated the bad times. I had improved further on the last stage and finished in 52nd position in a time of 27 hours, 43 minutes 53 seconds. The race was won by Andre Derksen (Russia) in 18.21.32.

*Geoffrey Ian Fielding*

*Race details for 1996 from Chris Lawrence, Best of Morocco, Seend Park, Seend, Wiltshire SN12 6NZ*

# The Shepherds Skyline Fell Race

11-11-95

After running the Gale Fell race under a cloudless blue sky I was really looking forward to a canter on the Shepherds Skyline Fell. I set off from home at 0900 and after a mere three train journeys, arrived at Todmorden three hours and twenty minutes later. After a short 20 minute walk up and over a country lane while struggling with a horizontal umbrella I arrived at the Shepherds Rest Inn where I changed and hung around for a while. Start time was fast approaching as I braved the foul Northern weather for a spot of stretching and warming up.

At last! 1347 hours and we were off: a mass of bodies in front of me and a few behind, all jockeying for position up the narrow trackway and shielding each other from the weather. Once on top, we began to spread out so the weather was really noticeable. The wind was turning the rain into stair rods; my go-faster baseball hat kept my head warm, but didn't stop the rain lashing into my face, nor did it assist my running! Many of the runners in front of me seemed to be disappearing. "Hmmm, mist" I thought. Sadly reality revealed that they were real fell runners, running somewhat faster than myself.

This was the first time that I had raced in my (fairly new) ETAs so I tried to avoid all of the puddles - a dead give-away that I wasn't a real Northerner!

Then came the descent at Hollins Cross ... Ouch! A twisted ankle. Bravely gritting my teeth and carrying on, I descended like a tortoise, with many a hare passing me.

Along the muddy path at the bottom my nice, nearly new ETA's were now soaked. Ah well ... Very disappointingly I walked up the tough climb. I was in great pain by now but, at the top, I knew that it was virtually downhill to the end so I put the agony to the back of my mind and just ran my best. Let the puddles do their worst! I wasn't bothered now because I felt I had become a true fell runner, mud an' all. I finished on a real high (due, no doubt, to the location of the finish!!!)

After a spot of warming down I changed in the pub and then partook of some refreshment. Strangely enough my pain disappeared! After a lift back to Todmorden (from two very kind Holmfirth Harriers), the fun continued! Due to a set of unco-operative traffic lights, and a jack-knifed lowloader I once again had to grit my teeth and run the last mile to the railway station to catch my train. I made it and some three hours later I was home, back in the snug Midlands. Despite coming away with a badly sprained ankle and a stomach bug I really had a thoroughly enjoyable day.

Thanks to all, especially the organisers for starting the race at such a convenient time, and to those two very kind Holmfirth Harriers for giving me a lift.

- C.W. Greatorex

# Bruce's Crown

Sleep would not come. My legs were tired and aching and no matter where I put them, I could not get comfortable. I dare not turn over for fear of rolling into the unseen ditches which lay either side of me. As I lay in the dark, listening to the rain pattering onto the bivvy bag, I pondered on how on earth I had got myself into such a predicament.

Two years ago I had entered the Bruce's Crown race. This was a tough race of 50 miles over most of the Galloway hills - the Minnigaff Hills, the Rhinns of Kells and the fearsomely named Range of the Awful Hand. The weather had been bad and out of the 16 starters, only 6 survived to the finish. I needed a hard run, to train for adventures yet to come, and I wanted to see more of the strange country that I had previously missed in the mist. So it was that I entered the race for a second time. At the same time as Bruce's Crown there was also a shorter race, the Heart of Granite, which was run over part of the same terrain. It could be completed in one day.

Most of the competitors arrived at the Glen Trool camp site the evening before the race. I saw two of them preparing their evening meal; sitting unsuspecting in chairs in front of a roaring stove. As I hurried by ten minutes later I saw that they were sitting in their car. The windows were tight shut as they stared disconsolately at the bubbling pots through a haze of midges. During the evening the organisers of the event, Glyn Jones and Ron Turnbull, did the registration and kit checking. Ron promised to be "the nasty one" for kit checking; he did not exaggerate. Every item was meticulously checked and some tried & tested items of gear were called into question. Some of the more unusual compulsory items of kit were a survival bag, a sleeping bag and 30 hours supply of food. Considering the nature of the race, the kit checking was fully justified. Glyn had gone up immeasurably in my estimation by stipulating that there would be no facilities during the race, apart from frequent burns, and that the race would not be cancelled in the event of atrocious weather.

The following morning everyone assembled for a nine o'clock start. There were 25 competitors for the Bruce's Crown race and a similar number for the shorter Heart of Granite. The races started promptly on time - no-one wanted to stand around for the midges. The route started along an undulating forest track towards a forest road. At the junction came the first navigational decision of the day. Half the runners

crossed the road and plunged straight into the forest. The other half chose the forest road followed by a cut up the firebreak. My fellow clubmate, Jim McWhinnie, and I chose opposite routes; we were not to meet again until the following morning. The firebreak was very rough underfoot with tussocky grass. I soon came across little groups of people poring over maps and pointing up several firebreaks - there was no lack of navigational choice. Eventually I broke free from the forest and climbed up the rough ground towards the top of Mulldonoch, the first hill. There seemed to be people converging on the hill top from all points of the compass.

As we went on towards the next hill, the mist came down thickly. Navigation was quite tricky, with a contour around Lamachan Hill but trying to stay high enough not to miss the col with Long Hill. At one point I detected an odd smell and thought I could see a group of runners hurrying up the hillside across my path. It turned out to be a herd of brown and white goats. Later, traversing the cliffs on the other side of Lamachan Hill, I passed close by another herds of goats. I could just see their horns sticking up above the rocks. The mist began to lift but attention to navigation was still required. The temptation to follow the runners ahead had to be resisted because they were on the shorter course and were heading in a different direction. Also, most of the checkpoints were orienteering-type punches; there were few manned checkpoints on the course.

The next checkpoint was at the intriguingly named Curleywee. As the mist lifted I could see Clatteringshaws Loch to the south east and way beyond that, the Solway Firth. Progress was slow as the ground was very rough and tussocky underfoot again. Also the hills were very lumpy and irregularly shaped so that compass bearings had to be frequently checked to make sure I was heading for the right hill. Near Millfore the sun came out and shone on the sandy beaches of Loch Dee, surrounded by dense green forest. Further north I could see a string of high lochs and the sun glinting off the wet granite face of the Dungeon Hills.

Coming off Cairnarroch I had to cross some appallingly deceptive ground. It looked like long grass but underneath, the ground was incredibly soft and spongy. It was too soft to run on and several times my feet sank into it and sent me sprawling full-length on the ground. Fortunately, at the bottom of the hill there was a stretch of forest road leading to the manned checkpoint by the river Dee. The marshal had a plentiful supply of cakes and drink so I filled up before the next range of hills. I took on plenty of water as there was very little to be had along the top of the Rhinns of Kells. The climb away from the checkpoint was very steep and rough, between the edge of the forest and a quarry. Higher up the bracken was head-high but



luckily I found a small path through it; I couldn't see where I was going.

From the top of Darnau hill the going began to improve. The Rhinns of Kells are mostly covered in short grass so I made good progress along the ridge. There was a wall and a good path to follow as the whale-back hill of Corsérine came into view. Beyond that there was the overbearing point of Carlin's Cairn with dramatically steep slopes on either side. Miles to the west I could see the silhouette of the Awful Hand hills. As I travelled further north the huge expanse of Loch Doon came into view, with extensively forested hillsides to the east. I remembered from the previous event the difficulty of getting through the forest to the lochside. From the top of Corran of Portmark I surveyed the forest rides below me and compared them with the Harvey's map. I could see where I wanted to go but there seemed to be more firebreaks than were marked on the map so I carefully counted the number of firebreaks to cross before turning off.

Down in the forest it was a different story. What looked from afar like a grassy ride turned out to be knee-deep grass and thistles covering a variety of ditches, rocks, and holes in the ground. Despite my careful counting I had obviously turned into the wrong firebreak. Any halt to read the map soon attracted a cloud of midges. Somehow I found my way onto the forest road that runs round the south end of Loch Doon. At the end of the loch there was another manned checkpoint. The marshals fed and watered me well. Behind their vehicle I could see a small tent with a smoky fire in front. "Are the midges bad?", I asked. "No", came the reply, "the fire's for our barbecue". Some people have no sensitivity!

Fortified by the marshals' gingerbread I managed to run most of the six miles of forest road to the overnight bivvy site. On the way I passed three runners who had been behind me before I entered the forest. At the bivvy site Glyn had parked his car on the forest road. He had a plentiful supply of food and tea was brewing up on the stove. It had started to rain earlier but the rain was not the worst discomfort. As someone later remarked, it looked as though the Martians had landed. Everyone was pacing up and down the road, dressed in shiny wet waterproofs and wearing a variety of headgear - hoods, hats and midge nets. Conversations and meals were taken at a brisk walking pace to keep the midges at bay. I began to wonder where we were supposed to spend the night. On either side of the road was a narrow strip of grass, barely covering the rocks beneath. Beyond the grass lay dense forest. I was not kept guessing for long.

Glyn said, "The pine needles are very soft to lie on". He omitted to mention the tree roots. You may recall the way in which ground is prepared for forestry. Deep ditches are ploughed a couple of yards

apart then the trees are planted on the high ground in between; about six feet apart. The light was fading so we all stumbled into the gloomy forest to find somewhere to sleep. I leave the rest of that night to your imagination. Some time later I was aware of flashing lights and felt heavy footsteps nearby as some other unfortunates arrived at the site.

The next morning there was no incentive to lie in so I was up and away soon after six o'clock. My spirits rose with the sun as I climbed out of the forest, onto the open hillside of Shiell Hill. The first checkpoint was found without difficulty on the hill top but the next one, on Craigmashenic, was not so easy. The description said "head of northern valley" but the hill was so uneven and knobbly that it was difficult to decide which bits were valleys at all. As I began to cast around near the top of the hill I saw a couple of runners ahead waving and pointing. Kindly they had signalled the location of the checkpoint.

The Range of the Awful Hand improved as I travelled further south. The mist lifted from Shalloch on Minnoch and the sun came out. The ground became less tussocky although there were two very steep climbs up Kirrieroch and The Merrick. To the southeast I could see the strangely distorted shapes of the Dungeon Hills. Further south a deep cleft in the densely forested hills betrayed the presence of Glen Trool. I soon passed Benyallery and Bannan then began the final descent into Glen Trool - through another firebreak. At the bottom, a rough road led round the east end of Loch Trool then there were a couple of miles of forest track to the south of the loch. I had remembered this track as one of the roughest paths I have ever tried to follow. It was a mixture of boulders, tree roots and not much else in between. The track didn't improve on second acquaintance.

At last I reached the campsite and the end of the race. It had taken me over 16 hours of running time to complete. Glyn had laid on a magnificent spread of food so we sat around, eating and comparing experiences of the race. The standard of competition was much higher than before, only four people dropped out. Glyn later said that in spite of this, he would limit the size of any future race to 50 competitors. It was a tough, uncompromising race and definitely one for the connoisseur.

*Nigel Rose*

The next Bruce's Crown event will be held on the weekend of 31st/1st Aug/Sept 1996. Entry forms and details are available from Glyn Jones, The Bing, Kirkinner, Wigtownshire DG8 9BZ. Pre-entries please by 22nd August.

# THE JOSS NAYLOR LAKELAND CHALLENGE

This continues to attract super-vets and there have been further attempts until as late as November. The first Presentation Dinner has been arranged for March, 1996 at which Chris Brasher and Joss Naylor will present engraved tankards to successful contenders.

So far, successes total five in the v50 group, four v 60s and three, including one lady, vet 65s. Over 3,000 has been raised for charity by these twelve runners.

From December 1995 a new time limit will apply to ladies in the v50 category. They are to be allowed an extra 2 hours, to complete in 14 hours. Men v50 -59 remain at the 12 hour limit. It is interesting to note that the fastest time by any runner was done by one who was 54 at the time. After the Presentation we may decide to publish times.

## SUCCESSES SINCE OCTOBER'S FELLRUNNER

1. Ralph Stephenson Sept.23 '95
2. David Sleath Oct.8 '95

For information, S.A.E. please, to : Monica Shone, 21 Woburn Drive, Hale, Itrincham, Cheshire. WA15 8LZ. 161 980 4875.

Successful contenders please send schedules signed by pacers and a receipt (100+) from their chosen charity. Graphic accounts of the day will be welcomed. How about carrying a very small tape recorder ? Thoughts and comments after Haycock, say, could be revealing.

## Rumour has it...

that some idiot went splashing yellow paint every two yards on the proposed Marsden Edale route. We can only hope that the culprit got hopelessly lost on Bleaklow when Tanky altered the route. Try another race (maybe on the road) if you want to follow a marked route!

that the paper war between the admiralty and the air force is still going on over the Three Peaks yacht race. Was the ancient wrecked airborne or maritime?

## Accommodation for fellrunners in the Mournes.(N.I.)

Bring your spouse - double room en suite : B&B £35, self catering £30 (for 2). Also bargain rates in caravan, £6 each (bring sleeping bag). Ring Edna McNeilly 01397 22018

# Martin Stone's Long Distance News Summary

It's the season for attempts at Winter rounds. No successes so far but two valiant attempts have come to light. Neither John Brockbank and Trevor Dibben seem too daunted by their experiences!

## **JOHN BROCKBANK - CHARLIE RAMSAY'S ROUND, WINTER ATTEMPT**

On 6th December, John set off at 5.30pm from Glen Nevis to climb the Ben, accompanied by Roger Boswell. Ahead of him were 24 peaks whose rocky summits were coated in a thin layer of snow on a veneer of ice and 60 miles of effort which would hopefully result in the first completion of a Winter Ramsay Round. It was a near perfect evening and the full moon proved useful as he crossed the Lochaber peaks. Roger retraced his steps from the top of the Ben and John carried on alone, not needing to use a petzl on the slippery Carn Mor Dearg Arete and the Aonachs. The gully descent off Aonach Beag, potentially the most hazardous point on the route was not as yet full of snow. Even so, John was glad of his new PB studs as he searched around for tongues of steep icy grass which would allow him to bypass the angled slabs which guard the gully. Although not unpleasant, the weather gradually deteriorated as he worked his way slowly along the Grey Corries and all the later summits were climbed in mist. Being alone, he felt quite a sense of isolation on these peaks, far more so than when out for a Winter's evening run on his local Lakeland Peaks. Light snow showers began to hamper progress and after losing time on the Easains he finally retired at Fersit (by Loch Treig) after 11 hours, some 1.5 hours behind schedule.

The only other recorded Winter attempt was clockwise by Martin Moran and Paul Potter on 10th December 1990. In near perfect conditions, Martin retired early on with flu and Paul made it to the foot of the Mamores by which time he had dropped behind the schedule and was exhausted.

## **TREVOR DIBBEN - BOB GRAHAM ROUND, SOLO WINTER ATTEMPT**

At 4.30am on 28th December, Trevor set out from the Moot Hall, Keswick to make an anti-clockwise attempt in conditions of near complete snow cover. It was a beautiful night and dawn came as he was making his way across Gable. It was the time of the great Christmas freeze and although there was not a breath of wind, temperatures had been extremely low for days. Trevor was well equipped to cope with severe weather but this did require a

quite heavy sac. He arrived at Wasdale on schedule to find that his support team were having severe problems with frozen gas, fuel and water in temperatures as low as -15 Centigrade. Trevor carried on, adding a small ice axe to the contents of his sack and made a slow progress onto Scafell. By now a breeze had developed and his Camelbak of water was frozen by the summit. Lord's Rake was snow-filled but not too difficult and the ground wasn't too bad as far as Bowfell. It was impossible to find any running water and so Trevor had no prospect of a drink for 5 hours. The snow deepened and became a very dry energy-sapping powder as he approached the Langdales. To seal the fate of the attempt, the high pressure weather area was slipping eastwards and at dusk a full gale with white out took hold as Trevor was around Thunacar Knott. It was no time to be on the fells and he set a course to pass High Raise and ran for his life, dropping to the relative safety of Calf Crag. Trevor said that it felt like 'the wind was picking the cold off the snow and throwing it at you'. By now the cold had penetrated his neoprene socks and after 15 hours it was time to call it a day at Dunmail. Trevor described it as quite an exhilarating finish to the attempt and there was no way one could be disappointed with the result. Although he thought that he had escaped unscathed, some frost-nip blisters developed on his feet throughout the next 24 hours, a problem which he's still working on. In retrospect Trevor feels that a clockwise attempt might have been a better for morale. Most of the hour of darkness would then have been completed at the beginning rather than finishing with 10 hours of darkness towards Dunmail, on the Helvellyn Ridge and the Northern Fells.

## **CHAS RYDER - BRECON BEACONS WATERSHED**

On 9th September, Chas completed the first Brecon Beacons/Black Mountains Watershed (33 miles/9000ft) in 7hours 43 mins. The route follows the obvious watershed & escarpment running west to east across the Brecon Beacons and Black Mountains, broken only by crossing the Usk valley. Chas describes it as a good day trip for the 'unambitious' which starts at the Tai'r Bull Inn Libanus, (Wales) and finishes at the Bull's Head Inn, Craswall (England). it crosses the summit ridges which include Pen Y Fan, Myndd Llangorse Rhos Dirion, Hay Bluff and Black Hill.

The new Harvey map of S. Wales, first used at the KIMM, will prove most useful to those attempting Chas' route, it's big brother the 75 mile S. Wales traverse and also a number of fell races in the region. It is a two-sided map with the Brecon Beacons on one side and the Black Mountains on the other.

## **CHARLIE RAMSAY ROUND COMPLETIONS - A REGISTER**

Jon Broxap, holder of the Scottish 24 Hour Record since 1988 has offered to keep a register and provide schedules of successful **sub-24 hour** completions of Ramsay's Round. He currently has a record of completions by: M Stone, J Broxap, H Diamantides, M Rigby, A Belton, B Berzins, P Simpson, M Moran, M Hartley, K Adams, C Donnelly & B Clough. If you are not on this list or when you complete the round, please send your schedule and brief comments to: *Jon Broxap, 32 Castle Garth, KENDAL, Cumbria LA9 7AT - Tel: 01539 720149*

## **LONG DISTANCE AWARD 1995**

The panel of 20 long distance 'enthusiasts' voted for **Ronald Turnbull** who traversed the 150 major hills in Southern Scotland & the Borders starting in the Ochils and finishing in Galloway. His fine run of about 450 miles and 97,000ft ascent took 9 days 14 hours and significantly improved on two very similar runs by Colin Donnelly and Peter Simpson attempted over the past 15 years. The award was presented to Ronald at the King's Head, Thirlspot last November by the previous holder, Mike Cudahy, who then gave a slide show & talk about his ultra distance mountain exploits at the annual meeting of the Lake District Mountain Trials Association.

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 1NN Tel: 01772 562395*

## **BOB GRAHAM CLUB ACHIEVEMENT OF THE YEAR AWARD 1994/95**

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 winner of the 1994/95 award is **Anne Stentiford** who became holder of the Ladies 24 Hour Lakeland Record in June 1994. Anne climbed 62 Lakeland peaks within 24 hours, adding 4 peaks to Anne-Marie Grindlay's record which has existed since 1979.

To be eligible for the award, the member **MUST BE NOMINATED** by a friend or someone who witnessed the event. The nomination should include a description of the challenge, a schedule and reasons why the achievement merits the award. Nominations for the 1995/96 award should be sent by June 1996 to: *Mr Fred Rogerson, Tethers End, Lindeth, Windermere, Cumbria - Tel 015394 44586*

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Background photo features the *Adidas Response Trail shoe, the Fell Shirt and Beartracks* - and a couple of runners, one of them is quite good!!

(Pictured above: shoes starting from top anticlockwise)

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