

The Fellrunner

February 1997

Including full Championship Results



*A farewell
to Eddie*

*Champions:
Welsh Champion Menna Angharad (profile inside)
British & English Champion Ian Holmes
Junior (U/16) Champion Simon Bailey*



JUNIOR FELL RUNNING 1996 - A Dad's Eye View

Of all the races held throughout the country, I can only give an impression of the ones we attended and perhaps just the under 12 category. First and foremost we enjoyed ourselves, meeting old friends and making new ones. There can be very few other sports where parents encourage and support all the children. It's a tough sport even at the younger end, and the children don't have to turn up and compete. All credit to them.

How do organisers cope though? Numbers can vary considerably; sometimes barely enough for a single race, often at a loss when prizes are taken into account. When categories are combined, then the organiser can be overwhelmed to the extent that there are too many to safely run. A no win situation. Only the Championship rounds seem to be predictable.

Designing courses can be a problem with the necessary restrictions on distance and need for safety. I believe too many junior courses are automatically based on senior routes, which limits the amount of fell available. Some lateral thinking is required. The best courses we have visited, have been circular. This often avoids the problem of runners getting in each other's way on narrow out and back courses. This leads me to my one major concern; many events involve running on or crossing roads. At the start it is easier to control when the runners are still together as a group, but the finish is a different matter altogether with tired stragglers. Even with determined marshalling we are still reliant on the goodwill of motorists. It must be better to site the finish in the last field. If the finish differs to the senior race, then it is important that this is highlighted to the competitors and well marked. Unfortunately the outcome of one championship category was possibly affected by confusion over the location of the finish at one round. It wasn't where the large finish banner straddled the road!

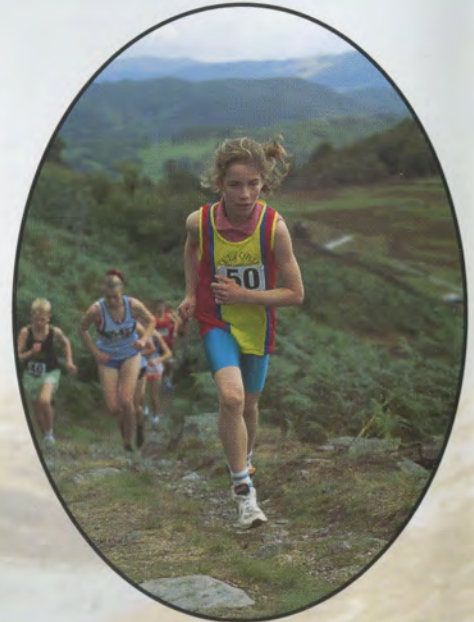
And please make sure the run-in is clear of spectators, especially at galas. I've seen some competitors lose places through being badly baulked by adults oblivious to what was going on.

I echo Dave Richardson's concerns that junior races need to be given the same status as senior races. After all where are the future seniors going to emerge from? There is a simple dictum - if we are going to do something for youngsters we should do it properly. Bear in mind that one family travelled 3500 miles to championship races last year and another 2000. One under 18 hitchhiked and camped overnight to take part at Steel Fell.

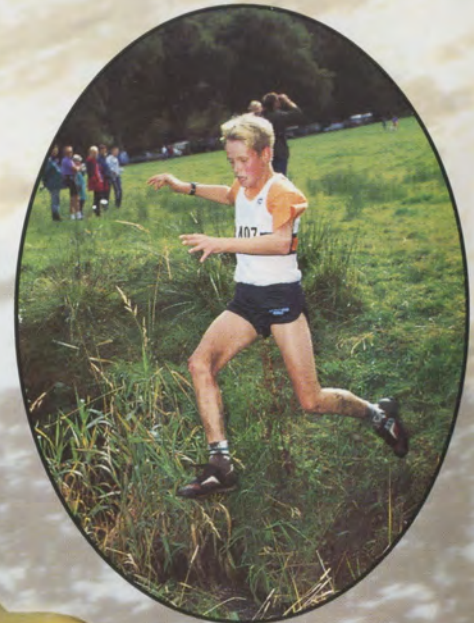
So let's keep encouraging and supporting organisers. The solution to any difficulties; ■ more parents to volunteer and help out on the day. There is always something to do.

For my own part, many thanks to all those runners, marshalls, and organisers for encouraging me in my first year of 'having a go'. I've been amazed at the words of support as elite runners have hurtled past on their way to the finish. Hopefully, a winter of training and stronger ankles will mean I arrive back in time for the prize giving, unlike Buttercrags. I'm already resigned to the fact that my son will continue to thrash me.

Jim Godwin



*Sarah Gatford (U/14) 3 Shires Junior Race
Photo Peter Hartley*



*Carl Swyer (U/16) Thievely Pike Junior Race
Photo: Peter Hartley*



*Paul Smith (U/18) Stoop Junior Race
Photo: Peter Hartley*

*Adam Godwin, (U/12) Withins Junior Race.
Photo: Dave Woodhead*

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Appreciation: Bob Jackson 1918 -1996

Robert Jackson, better known as Bob, sadly died in hospital at the age of 78 on 6th November, 1996.

Bob was born in Swinton, Manchester and lived there virtually all his life. He was a dedicated runner for over 60 years and still ran every day until very close to his death.

In 1949 he represented Lancashire County cross country team in the Inter County Championships.

During the 1950s he won the Rugby marathon, Radcliffe 20 miles and several other distance races. He was also 2nd several times in the Liverpool and Doncaster to Sheffield marathons. In 1950 he was 3rd in the world famous Polytechnic marathon and finished 6th in 1952 Helsinki Olympic marathon trial, narrowly missing selection. His best time was 2 hours 32 mins which was of high quality for that period, considering Jack Holden won the 1950 European champs in 2.31.

Bob came into fell running during the 1960s when he noticed his son Bob junior was very good on hills. By this time Bob was in his late forties, and with deteriorating eyesight struggled to run fast downhill. He did, however, win several veterans prizes at runs such as the Three Towers.

The Ben Nevis became a family favourite and Bob took part on 12 occasions and saw his son Bob junior finish in the top 10 six times between 1964-1970.

The longer fell races, especially the Enderdale appealed to Bob and during the summer he regularly took his family to Rivington Pike for training and to encourage his family's appreciation of the countryside.

In 1976, Bob's first wife, Elsie, died suddenly. This had a devastating effect on him and his family. Gradually he rebuilt his life and married his second wife, Ethel, in 1981.

In the late 1980s Bob became Lancashire, North of England and National over 70 cross country champion.

However, in the whole range of athletic events Bob rated fell running at the very top. He told Bill Smith (*Fellrunner*, September 1990) 'It demands a high

degree of fitness, provides a sense of adventure and achievement, and the environment in which it takes place is the best that the country can offer.'

Bob was happy and very proud to see his son, Bob junior, finish 3rd in the British Fell Running Championships as an over 40 (1985) and over 50 (1995). His other son, Stephen, winning the over 40 British and English Fell Running Championships in 1995. He also saw his grandson, Rob, represent England in the 1992 World Cup Mountain Races in Italy and also the county cross country team twice.

In the weeks prior to his death Bob made his 26th trip to the Ben Nevis Race as both a competitor and spectator, having seen both his sons triumph there as veterans over 40 (Bob jnr 1985 and Stephen 1994 & 1995).

The last race Bob attended was the Gale Fell Race at Littleborough in October 1996 and fittingly he saw his grandson, Rob, win the race for the third time.

Bob was a member of five athletic clubs during his time - Manchester A.C., Swinton, Winton, Salford Harriers and Northern Vets.

He was buried in his tracksuit at Wardley R.C. Cemetery in Swinton, and will be sadly missed by family, friends and members of athletic clubs throughout the North of England. He is survived by his second wife, Ethel, two stepchildren, five children, 15 grandchildren and 11 great-grandchildren.

*Bob (Junior), Stephen & Rob Jackson
Horwich RMI Harriers*



Bob Jackson senior (108) and junior in their Salford vests at a Ben Nevis Race in the sixties

Photo: courtesy B. Jackson



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CALENDAR UPDATE

Apart from the strange little "u" with an accent
on it which has somehow crept in again to one
or two race entries, no-one has yet reported
any blunders in the 1997 Calendar but there is
certainly one, which is 50% Pete's fault and
50% mine, so we owe each other a pint by way
of mutual apology next time we meet! This
blunder concerns the -

WINDER GRIND - SUN. 17th AUGUST

The information about this race on pages 64
and 66 of the "Championships" section of the
Calendar is correct; the information in the main
entry on page 49 is not. The "men only" race IS
an ENGLISH Championship Race for Senior
and Intermediate men but is NOT a BRITISH
Championship Race. The "ladies and junior men
only" race is NOT a Championship Race of any
sort for any category. BOTH races are, how-
ever, Selection Races for Senior Men, Ladies
and Junior Men for the World Trophy Competi-
tion.

I hope that's cleared that up - and now to the
thankfully very small number of races which
arrived too late for inclusion in the Calendar.

SUN. FEB. 16. Rearranged date for LAMBS
LEG FELL RACE. 10.30 a.m. From Lamb Inn
on Hayfield to Chorley Road. In the event of bad
weather contact Dale Gartley 0161 4322782.

Bit at The Front - Neil Denby

Apologies are due to a hefty proportion of
the membership who either didn't receive
their October issue or who received a
photocopy late. This was due to a distribu-
tion problem occasioned by a grem-
lin in the highly sophisticated distribu-
tion network. The membership list is
sent electronically to the distributors and
somehow We just have to accept that
technology is not always infallible.

The debate over the Championship con-
tinues. I hope that the letters in this issue

will clear up who is responsible for what.
The poor quality and/or missing British
medals are not the prerogative of the FRA,
but of BAF, and this has now hopefully
been sorted.

The 'do' seems to have run its course at
Morecambe (you can't please all of the
people...); please see insert for this year's
venue and also for a survey, put together
by 'do' organiser Dave Woodhead, to try
to ascertain your views on the annual
bash. Please return these direct to Dave.

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SAT. MAR 16. WUTHERING HIKE. BL. 8.00
a.m. 33m/4400' from Haworth Community
Centre (GR 033372). £16 per team of two to
organiser. PM. Over 16. Records: men 4.15.00 I.
Ferguson/I. Holmes 1995; ladies 5.42.00 K.
ThompsonAV. Dodds 1996; mixed 4.48.00 A.
Priestley/P. Dawson 1995; vets 4.56.00 A.
Spicer/G. Fletcher 1996. Details: Judith Ben-
jamin, 27 Millholme Rise, Embsay, Skipton,
BD26 6NU. Tel: 01756 795344 - before 8.00
p.m.

SAT. APR 12. WARDLE SKYLINE. BM. 2.00
p.m. 7m/1000' from Wardle Square, Roch-
dale, off the A58 Rochdale/Halifax road at
GR912171. £2.50 on day only. Teams (4) free.
PM. Over 15. Records: 40.47 J. Taylor 1990; f.
46.17 S. Rowell 1991. Parking very restricted
near registration: please park at Wardle High
School, a quarter of a mile away. Details: Nigel
Allan, 90 Hare Hill Road, Littleborough, Lan-
cashire, OL15 9HG. Tel: 01706 372621.

SAT. JUNE 14. CRIBYN. AS. 2.00 p.m.
5.5m/3100' from Cwm Gwdi Camp, Brecon
Beacons (GR024247). £2 on day only.
ER/LK/NS. Over 16. No toilet facilities at this
race venue. Records: 55.35 T. Davies 1996; f.
68.10 S. Woods 1995. Details: Alwyn Nixon,
Hen Dafarn, Mansons Cross, Monmouth,
Gwent, NP5 3RE. Tel: 01600 714386.

THE. JULY 1. Y GARN. The start time for this
race is 7.15 p.m. not 1.00 p.m. as stated in the
Calendar.

SUN. JULY 6. 10th ANNIVERSARY
PEAKERS STROLL. BL. 11.30 a.m.
25m/4000' from the Devonshire Arms, Peak
Forest, Derbyshire. £3.50 to organiser. Teams

free. PM. Contact organiser for age limits.
Record: 3.09.00 R. Ball. Details: Jeff Hipwell,
Hernstone Lea, Church Lane, Peak Forest,
Derbyshire, SK17 8EL. Tel: 01298 24056.

SAT. AUG 2. BEETHAM SPORTS FELL
RACE. BS. 3.30 p.m. 5.75m/927' from the
Sports Field, Beetham (GR 496795 on OS
Pathfinder Sheet 636). £1 on day only. Teams
free. Over 16. Records: 38.15 A. Leek 1995; f.
58.28 Y. Proctor 1995. Details: Chris Merkel,
Hazelwood, Slackhead, Beetham, Milnthorpe,
Cumbria, LA7 7AX. Tel: 015395 63000.

SUN. AUG 24. BOUNDARY STONE BURST.
BM. 11.00 a.m. 6m/1000' from Kettlethulme on
the B4570 Macclesfield/Vhaley Bridge road.
£2 on day only. Teams free. PM. Over 16.
Details: Alan Boothby, Old Loom Cottage, Ket-
tleshulme, Cheshire, SK23 7QU. Tel: 01663
732392.

MON. AUG 25. GLENDALE SHOW. This race
is cancelled.

SUN. SEPT 28. STANHOPE COMMON FELL
RACE. BM. 11.00 a.m. 10m/1545' from Stan-
hope Ford, Stanhope, Weardale, Co. Durham
(GR 991393). £3 to organiser or on day. Teams
free. LK/NS/PM. Over 18. Details: Keven
Shevels, 35 Carmel Road South, Darlington,
County Durham, DL3 8DQ. Tel: 01325 283146.

SUN. OCT 26. GALE FELL RACE. BS. 11.30
a.m. 4.5m/800' from the Gale Inn. Todmor-
den Road, Littleborough, Lancashire. £2 on day
only. Teams (4) free. PM. Over 14. Also 14-18
race. Records: 23.49 I. Holmes 1995; f. 27.38 C.
Greenwood 1993. Details: Andrew Maloney, 65
Great Howarth, Wardle, Rochdale, Lancashire,
OL12 9HE. Tel: 01706 521053.

SECRETARY'S CORNER

AGM, Ambleside, 12 October 1996

1. 39 members attended. Chairman and Secretary reported on past years activities. Accounts for year ending 31 July 1996 approved.
2. Motion approved: "The FRA will transfer £2000 from general funds to the International Development Fund for use in support of Junior International Fell Running."
3. Motion rejected: "That future AGMs be held on a Wednesday evening at a suitable location easily accessible from the M6 in Lancashire." The FRA financial year ends 31 July, so it is sensible to hold the AGM in September, October or November. Members are invited to suggest location and timing of future AGMs.
4. Officers and committed elected as listed.
5. A general discussion followed the formal business. Topics included: 35 or 40 for lady veterans?; championship format; requests to arrange several additional competitions; the mystery of the missing age group, 20-25.
6. Members are reminded that the day to day management of Fell Running is undertaken by a handful of voluntary officials. The FRA comprises around 4000 members, and if ideas for extending the scope of our activities are serious, some of these members will have to step forward and play a positive roll.



Pudding and Bramble show how to whoop it up at the FRA Do!!!

Committee Meeting, Bolton by Rowland, 1 December 1996

1. Several hundred members suffered from distribution problems and received the October magazine late, and in photocopy format. We apologise to these members and are taking steps to ensure a similar situation doesn't happen in future.
2. Sub-committees appointed:
 - i) England Selection:**
D. Hodgson (Chairman), R Bland (Team Manager), D. Quinlan (Coach), N. Berry, S. Wright. The sub-committee has co-opted Mr. Patterson as Assistant Team Manager.
 - ii) Championships:**
T. Broxap (Chairman), A. Brand-Barker, T. Hulme, R. Lecky Thompson, P. Sheard.
 - iii) Disciplinary:**
M. Rose (Chairman), N. Denby, P. Dyke.
3. It is our intention to replace the FRA radios (for loan to race organisers) with more reliable and efficient sets. Field testing is currently taking place and it is hoped to have new sets and the appropriate licence for 1997.
4. The races selected for the 1997 British and English Championships are listed elsewhere in this issue, and can also be found in the 1997 Handbook and Calendar, page 64. Please note the following classification, WINDER GRIND, 17 AUGUST, 1997, page 49. These are NOT British Championship races.

WINDER GRIND, 17 August 1997

These are selection races for the English World Trophy Team. The AS race at 12 noon is for **ladies** and **junior men**, and the AM race at 1.00pm is for **senior men**.

The senior men's race will count as an English Championship Medium Race for **men only**.

FIENSDALE 22 March 1997

This race will count as a **Ladies'** English Championship Medium Race.

5. Membership as at 20 November 1996.	
Senior Men	3834
Senior Ladies	333
Juniors	33
Honorary	16
Total	4216
1996 new members (includes 22 juniors)	685
Wastage	324
Net increase	361

1997 subscriptions were due on 1st January and payment by standing order is encouraged. Changes of address, club, telephone no. and any other relevant details

should be notified to the membership secretary without delay.

JUST A THOUGHT

I guess I can't be the only one who thinks some of our top runners take too much for granted. It can't be right that award winners are in the pub when they should be at the presentation.

Mike Rose

General Secretary December 1996

SPORTS AID FOUNDATION

Members will recall that a few months ago we approached the Sports Aid Foundation seeking recognition as one of the sports whose competitions are eligible for SAF Funding. The initial response was disappointing, but I am pleased to report that our case is supported by the British Athletic Federation.

The following information has been sent to BAF as the basis of a detailed submission which they will present to SAF on our behalf.

- European Trophy, Wales, 13 July 1996. Results.
- World Trophy, Austria, 31 Aug - 1 Sept 1996.
 - Programme
 - Results
 - Athletics Weekly reports.
- World Trophy, Czech Republic, 6-7 Sept 1997. Programme
- World Trophy, Reunion (French), 1998. Proposals - accepted by ICMR.
- Notes of International Committee for Mountain Running congress including secretary's report.

Additional information relating to IAAF and EAA involvement. Some, but not all, is documented in the ICMR Congress notes.

- International competition is managed by the ICMR.
- IAAF Rules recognise Mountain Running. A rep attends ICMR meetings ex-officio.
- IAAF gives a grant towards ICMR administration costs, \$5000 in 1996.
- IAAF gives travel assistance to countries participating in the World Trophy, \$15000 in 1996.
- EAA has agreed to give similar travel assistance in the European Trophy. They are also considering recognition of this event as the European Championships.

We await the outcome with optimism. We are seeking to enjoy the same recognition as a long list of sports which includes Cross Country, Cycling, Mountain Biking, Orienteering, etc. etc.. not to mention Football, Golf and Cricket.

News and Views

HEAVIER THAN THOU

Dear Sir,

I read with interest David Horsfall's letter in the October, 1996 *Fellrunner* criticising my profile of Kieron Ashworth in the June issue. I accept his claim that he's heavier than Kieron, but not his criticism as I didn't state categorically that Kieron was **the** heaviest fell runner. What I did say was: "At six feet in height and weighing in at fifteen stones, Kieron Ashworth of Clayton-le-Moors Harriers must surely be one of, if not **the** heaviest of fell runners...", which allows for the possibility that there may be someone heavier. The article was not intended to be a profile of the heaviest fell runner but a profile of Kieron Ashworth, whose target of 52 races for the 1995 season fascinated me, particularly because of his weight. And he is still the heaviest fell runner known personally to me.

Kieron's 1996 season was a big improvement over his previous year, in quality if not in quantity. For instance, he reduced his Ben Nevis Race time by nearly forty minutes to 2.35.23, finishing 263rd out of 382 finishers, while in the Settle Hills Race, he was nine minutes faster, clocking 1.09.59 in 136th position out of 167. He also branched out into rough Lakeland events, traversing the Fairfield Horseshoe in 2.10.44 (306 out of 336), the Three Shires in 2.56.19 (209 from 260) and, surely, best of all, Borrowdale in 5.04.12 (275 from 306). Hopefully, Kieron will have an even better season this year.

Finally, I'd like to say how much I enjoyed Ray Swatcher's article on Jos Naylor: one of the best I've read in a long while.

Yours in Sport,
Bill Smith (Clayton)

LEGLESS?

Dear Sir,

I refer you to the England team photo on page 4 of the October issue of *The Fellrunner*.

What has happened to Mark Kinch's legs?! Maybe that is what a rapid descent of Snowdon does to your 'shock absorbers'. Or, perhaps Mark has been doing some mysterious lower leg development exercises. But, most likely it's because the kit suppliers didn't splash out on a French fashion house designer (- see Allan Greenwood's fine article on page 9 of the same magazine).

Anyway, many thanks for Peter Hartley's covershot of me in that issue.

Yours in the hills,
Dermot McGonigle (Shettlestone)

Latrigg - Skiddaw Uphill Only Mountain Races Start - Fitz Park Keswick. Sunday 15th June.

Senior Ladies 5mils 2706ft 12.00 hrs.
Juniors. Men <6 iMdiess l.Smils 900ft 12.30 hrs.
Senior Men 7.5mils 3432ft 13.00 hrs

These events provide an opportunity to run a course similar to many of the Alpine races. Yes, it is different racing uphill only, although the climbing is hard, recovery is a lot quicker. Stiffness and blisters will be noticeable by their absence!! Why not give it a try?

As an added incentive the races will incorporate a unique team event, based on three to score in the men's race and two to score in the ladies' race. The team scores from each race will be com-

bined and the winning club will hold the Italian Trophy for one year.

The Junior race is for boys and girls born in 1980 or later.

Enjoy a trip to the Lake District. Keswick in June also provides a good day out for the family with a children's playground close to the start and shopping nearby.

Entry on the day only £2.00. Further details from:-

Pete Bland, 34A Kirkland, Kendal, Cumbria.

Tel. 01539 731012.

CIRCUIT TRAINING

Dear Sir,

I read with interest Nev McGraw's account of 'The Ultimate Bogtrotting Challenge?', in the October 1996 number of *The Fell Runner*, and wish to congratulate him on completing the circuit of the 15 Dark Peak Trigs as a 50th-birthday celebration. There are certainly worse ways to mark your half century.

Nev's piece alludes to a certain background to this particular challenge and he also makes mention of certain 'rules'. Your readers, some of whom might have had curiosity and/or appetites whetted, will perhaps appreciate more information on both of these matters.

The 'official' circuit begins in fact at either The Sportsman pub (Redmires, Sheffield headquarters of Dark Peak Fell Runners) or The Royal Hotel, Hayfield. After the round had been initiated in 1985, from The Sportsman, we introduced the Royal Hotel option, as it is situated on roughly the same latitude, thus making suitable access to the route for DPF members from west of the hills. Either starting point puts in an interesting leg of two or three miles (plus a bit of extra climbing) more than starting at any point on the round. From Hayfield the distance is reckoned to be about 56 miles (depending, obviously, on route choice), with about 8,750 feet of climb.

As for other 'rules', putting 'out of bounds' the stretch of road between Strines Dike and Foulstone Delf certainly turns the Emlin - BackTor leg into the toughest part of the whole round (clockwise or anti-clockwise), as Nev discovered. DPF members have traditionally tackled the 15 trigs unsupported: no particular reason for this, it just evolved along with other aspects of having an epic challenge available for any-time and no-fuss attempts from our own back doorstep. Most who have tackled it have gone solo (really fulfilling, ideal for getting away from it all) or in twos or threes. What to

carry then becomes quite interesting and knowledge of decent springs on the route, Nev rightly observes, is critical. Another tradition, rather than 'rule', is the optional refreshing dip at Slippery Stones.

The imagination was captured by what Nev wrote about possible extension of the round, taking in the five Saddleworth trigs to create the goal 20 in 20 hours covering the whole of the Dark Peak. It would be interesting to know of any experiences on this one. We in fact looked southwards to extend (or complement) the original conception. When the southern extension of the Harvey Peak District map appeared, the First XV spawned the Second XI and there have been several successful circuits in under eleven hours visiting the eleven trigs (now ten as Longstone Edge trig has gone) on the bottom bit of the map. All these expeditions have started at The Sportsman (although the original idea came up over beer in The Royal and the first attempt was launched, tottering, next day from Tunstead Farm, near Hayfield).

The 'obvious' idea of combining the First XV and the Second XI (inside 24 hours) was much discussed, but nobody had the nerve to go for it. The logistical and route-planning problems (not to mention demands on stamina) seemed too much, until Peter Simpson took us all by surprise and went round in 23 hours 49 minutes. He did it in January (!) 1991, starting in Glossop with Frank Yates providing support at five road crossings. Peter, in fact, did 27 trigs on that occasion, as he initially went to the one on Totle Moss before realising that it wasn't White Edge. So, even though Longstone Edge trig has disappeared, there's still a 26 trigs challenge for anybody wishing to take it up. And, for the record, the fastest time to beat for the classic First XV (anti-clockwise from The Sportsman) is Andy Harmer's 10h 7m.

Yours faithfully
Alan Yates (Sheffield)

MY FIVE MINUTES

Dear Sir,

My excitement was short lived, after I received the October issue of said magazine. The article on 1996 SLMM was excellent. But where oh where have the results gone? Being as it is a mere mortal in fell running terms, I wondered why oh why our moment of glory has been denied? Having sweated blood and tears, or is it busted a gut, or both? Myself (Simon Hassell) and my partner (Howard Holmes) for the said event, were joint first place, at the end of Saturday's running. Having tom a ligament in my ankle as we crossed the finish line, we got a very nice St. John's man to strap it up. We found ourselves on the chasing start (which was a new experience). I kept going all day only really struggling, with the down hills, which happened to be our down fall. The last check point was under the crags on Bowfell. We arrived there within seconds of John and Margaret Jagar. But the descent of the said hill was too steep for me to run. As we hit the valley bottom, I gave everything I had left. It paid off as far as we were concerned, we came second 1 minute 12 seconds behind first place. But we live to run another day. So please if, at all possible, put the 1996 SLMM results in the next issue, and make all my club mates at Settle Harriers jealous.

Yours faithfully

Simon Hassell (Settle)

We publish the results we receive speak to the organisers!! - Ed.

CHAMPIONSHIPS

Dear Sir,

I must echo all the points made by Harry Jarrett in his letter (last issue). I too was unable to do the Wrekin last year due to injury and that was the end of what was



under new management.

After over 50 years in the shoe making trade, Norman Walsh has finally decided to hang up his last. Since starting his own business in 1961, the name Walsh has been synonymous with the highest class offootwear for the highest class of athlete. Rugby and football boots, walking boots, cricket boots all made to the highest standard, in the early days many of them hand made for specific clients. And of course, the studded soled PB, the footprint that lets you know that a fellow serious sportsman or woman has trod the ground before you - for many peopl, the only Fell shoe and certainly the market leader.

In Autumn of last year Norman sold the firm to brothers Jon and Dennis Crompton with Norman still playing an active role as consultant. The extra boost to marketing that this has created will come as a bonus to many retailers as Walsh seek a higher profile amongst club runners. Walsh shoes are available in over 70 shops in the UK and are, of course, essential to rellrunners. *The Fellrunner* wishes the brothers every success.

to be my first attempt at the championship for years. I would really like it if someone responsible for the new championship format would write a piece for *The Fellrunner* explaining why the current format exists and comment on whether it is actually achieving the purpose(s) intended. Like Harry, I look upon runners of a one-race championship with dismay - we'll be having an uphill only race every two years next!

Also if the championships sub-committee is considering a suggestion of 6 races from 9 for the English Champs, I fully support this proposal.

Yours faithfully

Andy Styant (Holmfirth)

BAFfled!

Dear Sir,

Early in 1996 I wrote to the F.R.A. complaining about the new format of the British Championship. I indicated that I thought B.A.F. were responsible. This letter was in the October issue of the *Fellrunner* but not one question was answered. I was trying to find out if B.A.F. are responsible for these changes and I was critical of reasons for reducing the championship. I honestly believe they are not committed to the grass roots of fellrunning. Another example which astounded me and annoyed me is detailed below:

In 1996 C.F.R. finished 2nd in the British open championship and 3rd in the English open championship. C.F.R. Vets team finished 2nd in the British championship on equal points with Clayton and Eryri. They finished 3rd in the English championship. The British positions were known by mid September after the Peris Horseshoe race. The medals for this championship are presented mid November at the F.R.A. presentation night.

C.F.R. asked for 5 extra British open championship medals - C.F.R.'s M. Amor finished 6th in the British and was due a Bronze medal for this achievement. Anyway when our representative went to the presentation night C.F.R. were saddened and sickened by the lack of medals. The extra open silver medals requested were not available. No silver medals at all were available for the C.F.R. Vets team. Then

the bronze medal for M. Amor was not available. Some two months after the presentation and four months after the last race C.F.R. have still not received these medals. This in my view is disgusting. Again I am led to believe that it is the great B.A.F. committee who do so much for our sport that are responsible. If so, when are the F.R.A. going to wake up and sort this lot out before they do more damage!

The exact same number of medals was asked for in the English championship at the same time as the British and these were gratefully accepted with no problems. I have spent time and money making phone calls trying to obtain our medals. Why can the F.R.A. not look after the British championship or the very least the medals, as obviously this small task seems to be beyond B.A.F. Reasons like the special mould for the medal have been removed. Give me a medal and some money and I'm sure I could get the medals within weeks.

Yours in Sport

H. Jarrett (C.F.R.)

RESPONSE

Dear Harry

First let me reply to your letter in the October 1996 *Fellrunner*.

The *British Championship* is organised by the FRA on behalf of BAF as it is not an English Championship. The Scotland, Wales and N. Ireland representatives on the BAF *Fell and Hill Running Commission* asked for a change; the FRA on behalf of England voted against it but were outvoted. The main reason for the change was to encourage more competitors from the other countries in a proper *British Championship*.

The changes went through and although nothing is ever perfect I have to admit that 1996 saw a more truly "British" representation in the races and a very close last race finale.

As for the *British Championship* medals I have every sympathy with your views. You quite correctly place the blame where it should be i.e. BAF and yes, the FRA has every intention of taking over control of the 'British' medals for 1997. Ul-



FRA COACH TRIP WORLD TROPHY 1997 Upice, The Czech Republic

Last years' coach was only half full and therefore made a loss of £1000! This is the first time in seven years that we have made a loss and we cannot let it happen again.

Before we book the coach for 1997, we will need firm bookings and a £50 deposit from at least 40 people by the end of May with full payment being made by the end of July.

The full cost will probably be between £80 and £90 each, but we will not know exactly until May/June, when a provisional booking has been made with a coach company.

If we do not manage to get the minimum number of bookings (plus deposits) by the end of May, we will return the deposits and not book the coach.

You will have to make your own way there - SORRY!

The provisional itinerary will be the same as in previous years:
Leave on the morning of September 3rd to arrive September 4th in afternoon.
Return on the morning of September 8th to get home on September 9th.

Accommodation is as yet unknown. I hope we will be able to sort something out nearer the time, but no guarantees.

If you want to reserve a place please send a cheque for £50 made out to the FRA (plus 2xSAE's) to:

Peter Dyke, 13 Falkland Road, SHEFFIELD S11 7PL. Telephone: 0114 266 2807.

timately we are in BAF's hands as far as these medals are concerned but I find it difficult to imagine the FRA having anything to do with them (the medals) unless we are given full control.

The reason for BAF's inability to supply medals is that by common consent the present BAF medals were simply not good enough. A new design and quality specification is now on order and will be available before next season.

I hope very much that BAF sorts out the 1996 medals quickly, and I look forward to no further problems from that direction in 1997.

Yours in hope
Alan Judd (FRA Chairman)

Selwyn Wright
FRA Representatives to BAF FHRC

Dear Sir,
May I through your Letters column contact members who may fancy having a go at a continental mountain race, but who probably wouldn't dream of going on their own.

My first experience of such a race was in Die in France, when I joined the trip organised by the FRA to the World Cup in Die in 1989. The uphill race was something I looked forward to with some trepidation but it proved to be a thoroughly enjoyable and interesting experience. We had great fun travelling as a party on the FRA coach and shared at close quarters the sweat and celebrations of our international teams in World Cup competition. Since then, the FRA trips have been a highlight of the year for me and I have enjoyed races in Austria, Switzerland, Italy and Germany. I have



Peter Harrison, Horwich U/16 at the Thievely Pike Junior event.
Photo: Peter Hartley

got to know a lot of fellow fellrunners through these trips which I can thoroughly recommend.

This year's World Trophy is in Upice in the Czech Republic. The event is on the 6/7 September. I hope there will be some new people joining us this time, for it is sure to be a lot of fun even if you don't speak Czech (but come to think of it, nor did the former Welsh team manager who recently married a Czech girl!). So why no. join us? Peter Dyke (Tel: 0114.2662807), or myself (Tel: 01484 602922) would be pleased to give you further information.

Yours faithfully
Norman Berry

THANKS

Dear Sir,
Dave Woodhead and his colleagues who organise the Withins Skyline seven and junior races from Penistone Hill country park deserve a huge thank you for organising "family fell race days".

His junior races are excellent, he and his helpers cheer and encourage all the racers from the first to the last, they all receive prizes as they finish and the camaraderie is wonderful. He has a wealth of prizes for the children and juniors which encourage them to try try try again.

We have supported Dave for three years and hopefully will continue to do so as our four children follow in the footsteps of their fellrunning fanatical father. The coffee and biscuits (supplied free) ensure that while dad is battling with the elements we can recover in relative comfort! Thanks again Dave we do appreciate your hard work.

Vicky and Martin Cortvinend, Lyndall Lohman 12, Freddie Cortvinend 9, Dorothy and George Cortvinend 8 (Buxton A/C)

WORLD TROPHY REPORT

Martin Hyman has asked us to state that, whereas he had invited us to make use of his "Scotland Team Manager's Report", and is happy with the paragraphs which we published, he wishes to disassociate himself from a paragraph which was inserted and which commented on individual performances. He neither wrote, saw, nor approved of this paragraph, nor did he necessarily agree with the sentiments expressed. Furthermore he had made it clear, in writing, that, as team coach, he wished to avoid making public comments on individual performances.

JUNIOR UPDATE

It's not long now to the start of a new season, but firstly I would like to look back at the finale of the 1996 season, the Junior Home International And Open Fell Races at Grasmere. For those who didn't go, it was a brilliant day. On the day before, we were flagging the courses in pouring rain and hanging mists, but on the day, the sun was up when we ventured out first thing, and continued to shine all day long, the whole event was a tremendous success with some excellent races taking place, see the results. Congratulations to all who took part whether in a running capacity or one of the many helpers who made the day run so smoothly. Congratulations again to all the medal winners in the races and in the English Championship.

After a short break at the end of the season it was down to planning the 1997 season. I already had a couple of races lined up, but sent out requests to ALL race organisers who appear on the calendar (about 300) for potential races for the championship. So it was with some disappointment that I only received five replies in all. Fair enough there are many races that are mid-week and in the winter, but this did not bode too well and it was with some difficulty that I eventually got all the races sorted out, the last one being courtesy of Horwich who offered the use of the Winter Hill venue which has changed from November to June. Please note this is NOT the Belmont Winter Hill race, but the Winter Hill Race from Rivington, climbing the hill from the other side. Sadly if this situation occurs next season there will have to be some drastic changes in the format to try and rectify it. It is also sad that there are no races in the Lakes this season as apart from being very handy for me many of you seem to like the trip up to be in the spectacular scenery we have to offer. Anyone who is going to the first championship race at Hebden Moor and who feels they can help in any way, Chris Wilkinson would be very grateful to all volunteers so if you can't run then lend a hand please.

The races for 1997 are as follows:

Hebden Moor	(Yorks)	19th Apr
Dodd Fell	(Yorks)	25th May
Winter Hill	(Lancs)	29th Jun
Crow Hill	(Lancs)	2nd Aug
Sedbergh	(Cumbria)	10th Aug
Lantern Pike	(Cheshire)	20th Sep

This spring I am considering running a residential weekends fell running/training course for juniors between the ages of 12-18 where we will meet up on a Friday evening and spent a weekend pursuing aspects of the sport such as training techniques, fitness running on the hills, schedules. The emphasis to be on having an enjoyable weekend in and amongst the

hills where you may pick up some useful hints. The course would be open to all youngsters, no matter what their ability, and also to any parents/coaches who may wish to attend, would you like to see your coach doing hill reps?!!

At present it is still an idea and as the mag goes to press I am still sorting things out, but if you think you may be interested then please contact me ASAR It is hoped the course would possibly be at either Sedbergh or Coniston.

Have a good season, and enjoy yourselves.

Dave Richardson
FRA Junior Co-ordinator

Interested in a residential training weekend of fellrunning for juniors in Cumbria in the Spring?

If you are a junior, whatever your ability, or a parent or coach and fancy this, contact Dave Richardson on 015395 67132 for further details.

A Statistician's Plea from the Heart.

Richard Lecky-Thompson,
FRA Statistician.

First, I would like to thank all the organisers of championship races, especially those that already do everything that I am about to write about. You make my life much easier.

I've been doing the stats for the English and British championships for two years now. It's not a task that gets noticed, except when I get it wrong or when Gareth Webb wants results for AW.

But I do have aspirations!

What I would like to do is have all the results published within a week of each championship race, and on display at the next.

Organisers. You can help me to do this by acting on the following suggestions.

1. Please send me the results QUICKLY. I had to wait for six weeks for one set of results this year, and never received a copy, from the organisers, for a race last year. People are interested just after races have been completed and just before the next race. Quite often, if there is only a two week gap between races I can't update the results at all, as I haven't received anything.

2. Please put the following details in your results, if possible in this order. Race Position First Name (the whole name, not just the initial) plus an identifying second initial if necessary (perhaps the competitors could always



Nick Samuel, 2nd U/16 at Thievely Pike.
Photo: Peter Hartley

use the same name?) Surname Club Category (if you could all use M, M40, M50, M60, L, L35 I would be grateful) Inconsistency in the results is the biggest problem I face. That's why some names in the results have just initials, as they appeared first in a set of results like that.

3. Please use a computer to do the final copy of the results. Then, send me a disk with the results on it. If the results are being typed anyway, it means that they are only typed in once, so you only get one set of typing errors. It only takes me about fifteen minutes to process results that have been sent on a disk (assuming my computers can read the information, and that the information has actually been stored on the disk!), whereas it can take me two to three hours to type in each race, which delays the processing of the results until I have time to do this. (If you are wondering why I need all the results, consider the teams that come 9th or 10th in the Veteran Men's or Ladies championship, and how far down the 3rd counter might be for these.)

4. If you do use a computer, and send a disk, please send the results in as many different formats as possible. I can usually read most Excel, Word or ASCII formats on both PC and Apple disks. If you don't know what this means please telephone me and ask for some advice. A five minute phone call can save me 3 hours work.

I hope that the organisers of the races for next year's championship will be able to act on my suggestions, and that I will be able to provide a better service to all those who take part.

EDDIE: Farewell

Eddie Campbell, who died last October, aged sixty-four was probably the greatest single force in the development of mountain-running in Scotland. The legend in his own lifetime label is one which is often lightly awarded; in Eddie's case it was absolutely true. He was one of our most easily-recognised runners for many years: recognised physically because of his distinctive appearance; recognised because of his status and remarkable history; recognised above all for his ability to relate to individuals. Everyone in running seemed to know Eddie personally - and admired him.

A modest man, he took his greatest satisfaction from having run forty-four consecutive Ben Nevis Races until the sequence ended last September when he failed to start for the first time since 1951. The true significance of this feat only becomes clear when you consider that this means being race-fit on the same day each year forty-four times. Only look at the drop-out rate among pre-competitors in any race to appreciate what this reveals about Eddie's character. Make no mistake, behind that easy-going manner lay a mind which held a steely determination to achieve his set goals.

He won the race three times too in 1952, 1953 and 1955 and was in the top ten on many other occasions in the fifties and sixties. Never content to jog the course or "get round", he was always a competitor. Even in his fifties, he was a runner to respect. I remember him turning up at a new race at Lochinver and as he changed quietly in a corner, a young runner said to me, "They're not going to let that old boy stop, are they?" I replied, "Listen, son, that is Eddie Gintpbell. three times winner of the Ben Race. Just watch he doesn't finish in front of you!" He did! A sturdy individual, Eddie's white hair and beard guaranteed that, coupled with his conservative taste in running gear (His finally acquiring a thermal top was nearly headline news!) he stood out in any race he started. Since he had a habit of finding his way to the front line in even quite massive fields, many of the quick and famous knew Eddie. Leslie Watson christened him the "Green Flash King" for reasons which commercial regulations forbid me to explain.

For a great many people, their dominant memory of Eddie will be of his remarkable ability to get new races off the ground. The list is a long one: the Lairig Ghru, an epic in itself in its conception and inception; the Lochaber Marathon, still going strong when so many others with apparently better prospects and support have gone to the wall; the Half Ben, a must for many as part of their Ben Race build-up; the Aonach Mor, probably the only race to feature an uphill start and an uphill finish, took Eddie's ever-active imagination to conceive. The list is much longer and all of them provide memories of Eddie's white-headed figure darting about to make sure everything was going smoothly and then frequently running the race as well! "Did you keep me a good number?" he'd ask. He never did reveal his age on the entry form - or pay his entry fee! The number of people who have got pleasure out of running his races over the years must run into thousands.

Although "the Ben" was his first love, Eddie did very well in other races, winning the Achmony and Cairngorm races among others. With Brian Finlayson, he took the two-man team prize in the 1972 Edinburgh to Glasgow race - his first foray into ultra running on

roads. He also knocked twenty-one minutes off the Vauxhall record for the Three Peaks, being driven in a borrowed "E" type Jaguar on what was just supposed to be a reconnaissance outing. An attempt on Ramsay's Round yielded a time of 24 hours forty minutes and he paced and otherwise assisted many others' long distance hill runs. In addition to all this, he served for many years as a shinty referee. He was the oldest active shinty referee in the Highlands and actually officiated at a match only three weeks before his death. The breadth of his racing experience was immense, yet he was never one for forcing his knowledge on others. If he heard someone put forward some crazy or over-ambitious scheme, the nearest he would go to criticism would be a cautious "Aye?" However, he was always ready to advise anyone who approached him and many fine runners, particularly of the Ben Race, owe a lot to Eddie.

Stricken by cancer, he kept his troubles to himself for as long as possible. Battling gamely on, he even completed the Half Ben Nevis Race when his physical condition surely would have prevented most from starting it. In the last few days of his illness he was still planning and organising for his beloved races, still working for the benefit of others. My last meeting with him hardly touched on his physical condition - it was all to do with the coming Half Marathon. Eddie was a proud man: too proud to burden others with his problems. He still had things "to see to". Rudyard Kipling wrote:

"If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it.
And - which is more - you'll be a Man, my son!"

Eddie was such a man

Leen Volwerk

On behalf of Lochaber Athletic Club

BOOK

We hope to produce a book of stories and reminiscences about Eddie Campbell. If you have any personal memories you would like to share, please forward details by the end of March to: Leen Volwerk; c/o Lochaber High School, Fort William, SCOTLAND PH33 1ND.

Photo: EDDIE CAMPBELL: grand old man of the Ben



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WESSENDEN HEAD

A. Greenwood

A WINTERS TRAIL

Today is Boxing Day. It is 1100am and I am about to set out for what I call a 'calorie-burner'; a run of an hour or so involving 950 feet of ascent up and down the Wessenden Valley near the village of Marsden near Huddersfield. Conditions are suitably wintry with an icy jeep-track ahead of me, temperatures just below freezing and a gentle but rather chilly breeze is blowing from the Northwest. The sky is clear, a pale sun is shining and the moorland hills around me are topped with a pleasing inch or two of snow and frost. The view is thoroughly enjoyable. To cap it all there are few people about as most of humanity is doubtless lodged next to the T.V. eating, drinking and becoming quickly bored with another game of Trivial Pursuits.

All in all such a day is perfect for a short, challenging run and dressed in long Ron Hill tracksters, sweatshirt, woolly pully, hat, gloves and training shoes with a bum-bag containing whistle and compass I take a time-check and set out at a steady jog of around 7 to 7.5 miles per hour. This is the life for me and I can't think of any better way of spending the day especially as my wife is busy working as a midwife and doing the things that midwives do and for which no expectant mother will wait.

The track I am jogging along is topped with a layer of compacted ice and I am trying to weave a path that will minimize my slipping or falling. I can do this by sticking to the frosted grass verge to the sides of the track and this also gives me the advantage of a good view of Butterley Reservoir over the wall to my right. This is iced over all around the sides to a distance of 10 feet or so and makes me realise how cold it can get in wintry England and how important it is to carry sensible and potentially life-saving gear

when up in the moors and hills even if it is just for a short time.

The track is flat for 5 minutes running time but soon begins to climb for a mile or so past Blakeney Reservoir and onward to Wessenden Lodge farm. Here my breathing begins to labour a little so I drop the pace to a comfortable level and lower my head as I begin the first ascent. Psychology plays a great part in running and I personally find it easier to ignore the view of a steep ascent ahead and concentrate instead on my breathing and leg-work.

After approx 12 mins I have completed my first ascent and am parallel to the farm. I have run this course scores of times and each time I hear the barking of dogs that have doubtless heard me or perhaps caught my delightfully sweaty aroma on the breeze. At this point I am reminded of a plaque I once read to the effect:

'Do you realise that in order to bum off one pint of bitter (containing 200 calories) you must run hard for 10 minutes. Since one pound of fat contains around 4000 calories this equates with you running for something in the region of 3.5 hours!' I realize that I have just burned off my pre-dinner drink of yesterday or perhaps a bowl of soup and roll. There is plenty to go at yet!

Just beyond the farm there are a short flight of steps which demand a burst of additional effort and which mark the end of the jeep-track. Instead I am now running along a gently ascending path unfit for any form of vehicle other than a mountain or perhaps trials bike but as moorland paths are concerned is a wide and well worn route along the eastern side of the valley. Despite the low temperatures and cold breeze I am sweating and were it not for the fact that I have very

little hair on top these days I would consider removing my woolly hat.

Every now and then I am forced to intersperse my regular pacing with a short jump as I reach the occasional stream that has spilled out at some previous time from the adjacent hillside to my left and been frozen solid into a thick sculpture of slippy ice. I am looking ahead just five or six feet at a time planning my short-term route and am trying to maintain a reasonably challenging pace which at this point is probably around 6.5 - 7.0 miles per hour.

The path climbs steadily and as if to bring a sense of variety to the occasion cuts briefly north-eastwards following the course of a re-entrant or small river valley into the hillside, across a wooden bridge and up and out again to the south-west before continuing on its south-easterly course up the valley. This minor diversion marks the halfway point up the valley and means that I have climbed approximately 500 feet in a distance of about 2 miles.

I am now beginning to bum off the first few fork-fulls of my main course meat and veg and a hint of morrello cherry sauce. The sweet is a long way off.

I have noticed a couple of walkers several hundred yards up the path hiking down the valley and without thinking I increase the pace slightly in the true fashion of one who believes in the elitism of the fellrunners cause and eventually charge past them with a glow of self-righteous showmanship.

A short distance later the path again turns to my left following a small stream called Leyzing Clough, crosses another wooden bridge and returns again to its original course. Before long I am descending a short sharp section of ice-laden path in a similar way that Canada geese land on frozen lakes

and I am pleased that the two walkers I passed a few moments earlier cannot watch my hazardous progress.

No sooner am I at the bottom of the descent and thankful to be still upright than I am changing tempo to run up the other side of this small crater-like depression and am trying to decide how best to conquer a 1 in 4 ascent of solid ice. As at the outset a strategy of using the pathside grasses and heather pays dividends and finds me at the fourth of the four reservoirs; Wessenden Head Reservoir.

The path turns again into a jeep-track and there is now an ascent of half a mile or so to the top of the valley where the track meets Wessenden Head Road. I am now finding the climb is testing my endurance and am looking forward to turning around and relaxing into the far easier descent along the route along which I have come from Marsden.

After what seems like an eternity but is actually only four minutes or so I find myself at the roadside at the top of the track. My pulse rate is somewhere in the region of 150. I notice that I have taken 36 minutes to complete the 4 mile/950 feet ascent and considering that the going underfoot is reasonably challenging I feel a certain sense of pleasure with an average pace of 9 mins per moorland mile.

As I turn around to look back down the valley a blast of cold air hits me, I take on board two great lungfuls, drop my arms down to my sides, and begin my return.

I reckon I have now burned off 720 calories. Let's see; the pre-dinner drink, the soup, the roll, and maybe half the main course. I am wondering what I will eat when I get home.

What a pleasure it is to free-wheel after sustained effort of uphill running. I am now looking right down the valley at the winter

panorama and can see the frosted hilltops for miles around. I feel exhilarated and full of the joys of life and have already forgotten the efforts involved in the ascent. I increase the pace and, with the exception of the icy crater, maintain a healthy 8 min mile pace all the way back to my starting point in Marsden.

I check my watch. 68 minutes to cover 8 miles and a satisfying amount of hill, I calculate an energy expenditure of 1360 calories. When all's said and done that probably accounts for the whole of yesterday's three courser and drinks to boot! But considering that I am now exceptionally hungry and will need a substantial snack before this evening's feat and that 1360 calories only equates with a little short of 5 ounces of fat I think I had better run again tomorrow.

- Tony Lee

HOW TO EXPERIENCE FEELINGS OF SUCCESS IN FELL RACES

(A follow up to 'Essential Kit' or 'What to put in your Bumbag')

Many of us never win anything other than the occasional spot prize and search in vain for our name amongst the results in the 'Fellrunner'. As vets we pass the significant age barriers and train even harder in anticipation that we will be one of only two or three entrants in our category in a remote mid-week mid-Wales fell race. We have even arranged the family holidays to coincide with this event so that we may at last win a prize. However, we discover that there are throngs of '50'-somethings rushing about the hills like trailhounds and those valuable vouchers for Pete Bland or Running Bear remain merely a dream.

How then to experience this prize winning feeling? Here are some carefully calculated, tried and tested tips:

- Computer calculated results create opportunities, since the marshals at the finish are looking only at the number, not at the sex or age of the wearer. For this ruse avoid races where 'MV40' or 'SVF' are written in black felt pen on the race number. Take your mother or older sister to the race and tell her to enter as an over 50 unattached (calm her down and explain it has nothing to do with martial status and promise her a bottle of 'Jubilee' milk stout in the pub afterwards). Run the race, eyeballs out, wearing her number and send her to pick up the voucher at the presentation. Unless you are quite fit, this will perhaps be for third SVF! Another Jubilee stout in exchange for the voucher which you immediately take to Messrs Hulme or Bland's nearby van and spend with a flourish, rubbing shoulders with the other voucher winners and elite sports persons. Nothing on the results sheet yet but a pleasant little ego trip exchanging vouchers for a pair of 1000 mile socks.

Next-invent a race, something like the Ashton Atrocity (there are lots of Ashtons, both places and people). Send the results or the correct computer disc, just prior to copy deadline to the 'Fellrunner', accompanied by a suitable photo of a post any old race



Experiencing feelings of success - Dave Woodhead, Jon Wright, Nick Pearce. First three at Calder Valley.

Photo: Eileen Woodhead

muddy and exhausted you. Put yourself in the results as a winner or category winner and invent the other names. Provide a short race report, featuring a fast finish by you of course and the overcoming of quagmire conditions and horizontal hail on the high fell. With luck this will be published including photo and you can enlarge a copy to place in a frame on your office wall and carry a few around in your wallet. You can pull these out and impress those sceptics in the 'Bull's Head', who do not even believe you run up and down hills.

-Have a T-shirt printed with 'KANGCHEN-JUNGA PEAKS CHALLENGE FIRST BRITISH RUNNER 1987' printed on it. Bury it in a Dark Peak Bog for two weeks. Wash it in warm water, no washing powder. Wear it before and after races. If questioned be modest and elusive.

If all this seems too contrived and complicated, just write 'FIRST' in biro on the corner of a long brown envelope and place it next to your pint of Jennings in the pub after prize-giving.

Still, you say, I have not yet told you how to finish proudly in a prize winning position in front of the crowds at the finish and pick your prize up on hearing your name announced later on. Well, even this is possible. Ideally you need

to be in a vet category or to qualify for first local. First buy a big old coat and slightly too long pair of baggy trousers from Oxfam. Then, select a suitable straight up and down race and enter early. Put on your running kit and in a quiet spot behind your car put the coat and trousers on. The long baggy trousers will cover your fell shoes sufficiently not to attract attention as you stroll quietly up to a rock, stone wall or hollow a hundred yards or so from the summit. Once the first, two or three runners have gone by, discard your Oxfam kit and slip on to the route pass the summit marshal and run absolutely flat out to the finish. You stand a good chance of edging in to the prize list and a mention in the 'Fellrunner' results column. If anyone knows you and is surprised at your sudden success, hint at a change of diet, early nights and extra training mileage.

Of course, if you did lay off the beer for a year, double your training efforts, start sprint work, circuit training and hill reps and sort out your sleeping patterns, you probably still would not win anything. Perhaps you lack that added ingredient, a degree of natural ability. You could always write an article instead.

Andy Todd



Francis Uhlman profiles the fell phenomenon that is **Menna Angharad**

Born Angharad Menna Cooper-Willis, 20/3/1957, height nearly 5'8", weight "something like 8 and a half stone", resting pulse rate "god knows and does anybody care?" Changed her name first to Menna Cwper (Welsh spelling of Cooper), then to Menna Angharad, though she paints ceramic designs for her parent's factory (Portmeirion Pottery, Stoke-on-Trent) under the name Angharad Menna. Her brother changed his surname to Llewellyn. Her sister is Sian Cwper. Confused? Don't worry about it. It's not important. She started fell-running at the age of 35, seven years after the birth of her second daughter.

She wasn't in the slightest bit interested in sport either at school or university, nor is there any member of her family past or present who has ever shown either aptitude or desire in any branch of physical endeavour other than gardening. She studied science at Bangor University, graduated with a 2:1 in Botany and knows she could have got a First if she'd really tried. After a brief flirtation with bulimia, she fell for a handsome charmer called Tom Hughes, by whom she had two daughters who she loves mightily when they are not driving her completely round the twist. Tom was known at work as "eight o'clock, nine o'clock, ten o'clock, Tom not at all", depending on how many pints he had drunk the night before and after three years the relationship ended fairly amicably. Since then Menna has coped single-handed. Many years after graduating in Science, she moved to London to do a foundation year in Art, coming first in her year,

but her daughters couldn't settle and she came back to the beautiful Croesor Valley in Snowdonia where she was born and still lives. She's a passionate supporter of the Welsh language.

In her early thirties she started jogging, usually before breakfast, not so much to get fit as to meditate and to clear her head before the day's work. She ran in sandals "on the hard bits" and barefoot "on the soft bits". For at least a year she resisted all attempts to persuade her to take part in mountain races, which she regarded as rather silly. In 1990 she deigned to take part in the Cnicht race, an AS minor classic. Never has a fell-runner made a more reluctant debut. She wore gym-shoes and was still pissed from the night before. She brought with her a young minder called "pet-shop boy" to whom she chatted all the way up. She "walked" down slowly, got hering and eating bilberries and finished determinedly and deliberately joint last. Her time for the race is marked down as "unrecorded", the time-keepers having gone home. However, she admitted to having enjoyed the "race" slightly more than she expected. In 1993, she consented to take part in the Moelwyn Peaks race (an AM classic, highly recommended) so long as it wasn't raining, snowing, misty, windy, risky, difficult or dangerous. She was with me at the summit, still wearing her gym-shoes, and was hardly breathing. I took six minutes off her on the descent. A couple of weeks later, she bought a pair of Walshes ("they're so expensive, I think I'm being really silly") and discovered that descending was not an arse-over-tit affair but an amazing joy. And that was about the last time I ever saw the !*!*** in a fell-race. All I was to see from now on was a wraithlike figure steaming off into the distance, 100 metres ahead in the first 200 of every succeeding race.

She had discovered that she had talent. *Pulex irritans montanum* (?), the mountain-running bug, had bitten her right where she least expected it, right on the bum. Some of her distinguished ancestors are even now turning in their graves. "Yes, darling, we know we approve of eccentricity, but wouldn't you rather write a book?"

She now trains every day, after breakfast in term-time, before breakfast in the holidays, for a minimum of one hour. She rarely misses a day. Often she runs the Moelwyns, (7 miles, 2,600' climb), but also forest tracks, bits of road, basically anywhere off-piste, usually day-dreaming or thinking the same thoughts as she would at the kitchen sink (i.e. rarely consciously thinking about or preparing for races). She never carries a watch unless she has an appointment and never times her runs. Her upper-body shape has

remained the same...thin. Her thighs, which used to be quite heavy, are now sharply defined and her calves are like wire. She rarely if ever gets ill, has never suffered cold-sores or other symptoms of over-training and looks amazingly well. She sleeps like a baby and rarely suffers pre-race tensions. No race has ever taken so much out of her that she was not capable of resuming her normal training regime the following day, indeed she would miss the routine and feel frustrated without her daily mental and physical jog. She has never been coached, never kept a training diary, never worked out in a gym, knows nothing about the science of fitness, doesn't diet, never talks about running, has never seen a running track, knows nothing about track athletics, doesn't own a television or even a radio, nor does she read the newspapers. I asked her "who or what is a Nourredine Morceli?" and she replied "no idea". I asked "who or what is a Hassiba Boulmerka?" and she replied "no idea". I asked her "who or what is a Linford Christie?" and she replied "ah, I think that is a person". However, whilst current affairs and sports statistics are hardly her strongpoint, she's the possessor of a formidable intellect and an ability to cut through problems of analysis and logic like a knife through butter. Whilst being caring and gentle in problems of the heart, she is ruthless in demolition of a false argument.

Menna first exploded into the record books in the Peris Horseshoe race of '95, finishing 7th overall from 180 starters, beating a vintage Angela Carson record by 20 minutes in a time of 3:33:45 (17 miles, 8,500' climb). She then went to Borrowdale and without having seen the course or having run in the Lake District (ever!) she broke a long -standing Paula Stuart/Helen Diamantides record by half a minute in 3:25:33 (17 miles, 6,500' climb), and came back saying that had she known the route, she could have knocked minutes off her time. In 1996, Sarah Rowell indeed knocked ten minutes off Menna's time (Menna was injured and saving herself for the European Championships). In 1996 a disappointing 5th in the Wrekin was followed by first place at Coniston (9 miles, 3,500' climb), knocking 5 minutes off a Clare Crofts record. In late May, she suffered her first injury, tendonitis, caused by a 12 mile road section in the Three Islands yacht race, which forced her to miss almost 6 weeks of training. When she came to the European Championships on Snowdon on July 16th (in which she finished 11th), she had hardly trained since May 20th.

On July 27th she knocked nearly two minutes off another vintage Carson record on the highly technical Moel Hebog. And now we come to the Peris Horseshoe '96, British Championship race for the 4th(?)

time and Menna's first head-to-head with Sarah Rowell. Snowdonia is Menna's territory and Peris her favourite race. Nevertheless, although she knew bits of the course quite well, she had only run the full course twice in training and once in competition. She finished 15th overall out of 179 in a new record of 3:28:14, 8 and a half minutes ahead of Sarah Rowell and 37 minutes ahead of third placed Angela Mudge. She finished 50 seconds ahead of Paul Sheard. She overtook Robin Bryson on the ascent of Snowdon (Robin holds the all-time ascent record of Snowdon) and beat him by 7 and a half minutes. She was faster than Mark Kinch and race record holder Gavin Bland on the five mile descent of Snowdon to the finish (with a little sting in the tail up Moel Cynghorion). She recorded the same time as Mark Kinch (British Fell Champion '94 and '95) from half-way to the finish (about 8 miles, 4,000' climb). She finished 17 minutes ahead of Mervyn Keys and Malcolm Patterson, 10 minutes ahead of Bob Whitfield, 9 minutes ahead of Stephen Hawkins and nearly 7 minutes ahead of Gary Devine (another former British Champ). Let's assume for the sake of argument and charity that one of them had a groin strain, one of them had toothache and one of them had food poisoning..... that still leaves several serious names in male fell-running trailing behind. And it's not as if Sarah Rowell had a bad day. She was actually marginally faster than Menna from the summit of Snowdon to the finish. It was on the rugged terrain of Glydyr Fawr and Lliwedd that Menna established her massive lead. This was her kind of race, just as the Three Peaks is Sarah's..... fast, with half the climb. On Peris, Sarah actually led Menna to the foot of Glydyr Fawr. For the first six miles, she held a clear advantage.

But then Menna's remorseless strength and climbing ability took over. Menna doesn't seem to warm up until the 7 mile (40 minute) mark..... then she just ploughs on at the same speed, endlessly, whilst all around her are dying or coming back. For instance, at Coniston (where she broke the record by 5 minutes), she finished 103 places behind Stephen Hawkins, 102 behind Gary Devine. On Peris she was 18 places ahead of Stephen Hawkins and 8 ahead of Gary Devine. If you think about it, there are three outstanding women's records in major fell races in recent years. One is Sarah's in the Three Peaks (3:16:17 compared to the male record of 2:46:03). Another is Carole Greenwood's on Snowdon (72:48 compared to the male record of 62:29) and the third is Menna's on Peris (3:28:14 compared to the male record of 3:02:49). In percentage terms, Sarah's time equals 84.6%, Carole's time equals 85.8%, but

Menna's time equals 87.8% of the male record.

Other achievements by Menna include winning the Karrimor A class (mixed team) running with Martin Sellens in her first ever Karrimor in '95 and first place in the Karrimor B class '96 (women's section) running with British International orienteer Alice Bedwell. This year, she would like to do the elite class (serious male or female partner apply now..... must be top-class navigator).

She hasn't any fixed objectives in fell-running other than to stay injury free and competitive. I would love to see her tackle the Bens of Jura, which in distance and quality matches Peris..... her time on Peris equates to 3:33 on the Bens, 17 minutes ahead of the current record. I'd love to see her tackle Ben Nevis. I think she could murder the Bob Graham and Paddy Buckley records, though the furthest she's run so far is 40 miles. I'd love to see her tackle the Snowdonia 3,000' summits record. However, as far as these last three are concerned, she would need a tremendous amount of support both in planning and in pacers.

In the six weeks following Peris, Menna won the Black Mountains (17 miles, 5,200') in 2:40, a new record in spite of losing six minutes lost in woodland, the Langdale Horseshoe (14 miles, 4,000') in 2:38 despite missing the start whilst sitting on the lavatory and getting lost several times in the thick mist, and the Penmaenmawr race (12 miles, 1'200') in 79:20, despite a tummy bug.

I asked her about her aims and ambitions in life. To learn French fluently, to learn to ski better and to become a great artist! And to waste less time. Her pet hates: squabbling daughters. She has a cat and several Guinea pigs but would never own a dog (although she likes them) ... too much responsibility. And to what does she describe her success in fellrunning? Mental stubbornness. She's also, in my opinion, competitive as hell. Almost unwillingly, she has come to enjoy winning. Fell running has created new perspectives in her life, made her many new friends and given her a chance to express herself in her own way without inhibition. Yet she's also found a kind of serenity in which competition can take second place to the sheer pleasure of taking part, such as in the Langdale Horseshoe race this year when, despite getting hopelessly lost, she could still marvel at runners appearing out of the mist as if in some neolithic ritual or like dinosaurs breathing steam, runners she had overtaken an hour previously.

Simonside and Stanhope

A Fell Running Weekend in the North East



Joe McCready on his way to victory at Simonside.

Back in the car, driven by Dave Wright with the body of a 41 year old, the driving attitude of a teenage joy rider and the birth certificate of a 63 year old, we all offer our excuses for not doing the Stanhope race tomorrow. We all are a bit past it and offer good reasons to Dexter Armstrong. We drive on through lovely countryside, planning cycle rides and light training in the morning. "So what time are we going to Stanhope?" says Dexter. "Oh, see you about 9." And so it goes on. Don't ask me how, four supposedly respectable men agree to do something as stupid and illogical as run a top fell race the next day when we all agree that we have done ourselves in running another one, the Thropton/Simonside, today. Two top North East Fell Races in a weekend? Could be heaven, could be the other place.

September has been an odd month this year as the initial weekend got split up - the first was a Sunday, but the Saturday of that weekend was still in August. Consequently all the races that happen on weekends together back to back ended up slightly adrift. This made for some unusual weekend combinations that will probably never happen again for several hundred years - (like that slimy cactus opening in Kew Gardens). So this year with the Thropton Fell Race up and over Simonside, in Northumberland.

Normally addicts of the Thropton Fell Race enjoy the morning after feeling by lining up in Newcastle by the Town Moor for the Great North Run. Indeed you can get a special T shirt for doing this, combining the best of the fells with the best of the organised mass participation events. It is always good to have as catholic an approach as possible - anyway it can be an occasion to run with club colleagues who never set foot on the fells. But this year farewell to the dual carriageways of South Tyneside. The Great North clashed with the Lake District Mountain Trial - unfair competition as

there are no navigating stretches of the GNR. The Simonside was now on its own. But Ruth Fletcher, the Fastest Old Lady on the Fells in the North East, organised Tynedale's Fell Championship around the Simonside on Saturday and the Stanhope on Sunday.

So the first thing to do on Saturday was to establish that we were just running the Simonside. Tempting as it was to look at Stanhope the next day we were sensible, and I was shaking off a cold. Everyone else agreed and got on with Thropton. This is an ideal fell race whatever you run the next day, in a small village just West of Rothbury in the Coquet valley. The show is held on a field and if you warm up on the road alongside you can see the Cheviot and Hedgehope guarding over the place like beneficent multi dimensional neighbours. The field looks miniaturised from up here (like mission control on the Dark Side of the Moon in Close Encounters).

The Fell Race was inaugurated by the Webb family in memory of their son Mark who was tragically killed in a road accident, and it is a wonderful living memorial. It certainly was busy as two main local clubs - Tynedale and Saltwell - had included this race as part of their respective club championships. Tynedale in black and Saltwell in red and white hoops were all in tight groups, working out individual positions in the scheme of things. There were lots of other clubs and friends, all meeting up so as to drive each other to the limits of endurance in mud and on fell and through water, all in the name of sport. Why couldn't we stay on the waltzer or enter the best Animal Made out of Vegetables competition? No, here Dexter was trying to hold off Pete Scott, John Humble about to battle with Bruce Lowdon and Smiling Keith Wood, and me about to try to level with Dave Wright, Gordon Hull and Stuart Beatty. What would this year's battle bring?

We all lined up full of anticipation until the gun went off, when I am suddenly aware of what I am asking my body to do. As always it joins in less than enthusiastically, its first contra-move being to let my shoe laces come undone. Now I'm locked into the mental mini-anguish of what to do - stop and retie or battle on. It is only when Pete Graham hovers behind me that I decide to stop. There is no way I can compete with Pete who lives to train.

The great thing about the Simonside is the way the whole route is overshadowed by the forested slopes and the rocky knoll of the top. The whole route laid out for you in the clouds. A bit like being under the shadow of the Eiger, only without the little trains to get you almost there. This means that it is very steep, once it gets going. But first there is this river crossing to do twice, outward and return. (When I first ran Simonside four years ago my Bible Reading was "When you pass through the rivers they will not sweep over you" (Is 43 2) - which was comforting). The river starts off shallow and OK then throws in a few potholes and abysses just to keep you awake. It also numbs your legs. "I can't feel my feet," said young Duncan before running off and beating all his elders, including his Dad. Run along with some sheep members of the FRA (Fleece Rearing Amnesiacs) before up the road, which I must stop and say was awful and I nearly stopped it was so awful - only the shame of retirement at 400 feet drove me on, up through the farm yard and onto the fell proper, here I got stuck behind people as we revved up only to hit gates. Then a bit of walking (Phew) and then along the hill and into the wood. No overtaking here as we are in a rocky gorge which suddenly debouches onto the moor below the gritstone cap of Simonside. This is inspiring as we race over the moor (this race has everything) to the rocky sides to scramble up past the clinking climbers and on to the top. What a view where do we go off why can't I leap down 150 foot cliffs? Back on to the moor and chase to a track. ("The path you are on has been made by fell runners," says Ian Webb in his guide). Through the wood we go, like Kevin Costner on a get away. One fantastic moment involves us leaping off a rock or jumping onto a tree and sliding down, like a fireman, ignoring the bits of branches that grow every year, only to be snapped off every September by painfully descending fell runners. Ray Hayes shows true insouciance by trying the other side of the rock, I must remember that next year! (I say it every time).

Then onto a newly made forest track and I get overtaken by Ray and by Mark Styles. This gets me all aggressive and I wheel off down the track, (hoping I can keep this up). I get caught at a hurdle, but claim my place back at the nettle patch. Then run back

through the sheep, over the barbed wire, across the ford, along a new series of kissing gates, which destroy momentum (but keep the police happy) and up a field to the road before trying to hurtle to the finish line. It's all over. Chat to the many in front in crashed out positions. Get changed in a tent with a strategic missing panel. Chat about the Karrimor, who's in and who's out.

The next morning at 9 we are all back in a car (Steve's this time) heading South this time, out of Northumberland and into County Durham. Northumberland is all ridges, like the waves of the sea, land of the far horizons. Durham is a land of high heather moors, with the open road on top. In our case we were next to the Coast to Coast Cycle route. We are all attempting to pin down just what it was that Dexter had said that had inspired us to get up early on Sunday to get involved in a 9.8 mile/1368 feet of ascent fell race. The weather was good and the views were great from purple moorland down to green lush trees in river meadows. Dex and Dave kept pointing out features of the race. They had done it last year. "The path comes up here ... It's a figure of eight so you do that uphill bit twice ... over to the radio mast by the meadow there can't go wrong got lost going down." So we pull into the swimming pool car park, full of cars, and fell runners, lots of whom we spoke to yesterday at Simonside, when they told us they weren't doing Stanhope, but here they are, staunch of heart, strong of foot and forked of tongue. (That means you, John Humble).

The event HQ was the forecourt of the Stanhope Swimming Pool, which we looked in on. The intense heat of the Costa del Wear had turned the surface of the water an oleaginous green, a marinade fit for the Kraken.

No post race dip for us, we thought. (It's great in the summer, folks!) So we all started getting ready. (My Bible Reading today, after Simonside yesterday was very helpful - "They will rise on wings like eagles; they will run and not get weary" Isaiah 40 31). A smell of lineament and a jog round the ford - what a glorious place - and assembly with the great and good (William Angus Tait and Colin Valentine) and lots of Darlingtonians and Quakers (a rival running club not a religious sect. Don't do what I did and ask them about their beliefs; it upsets them). I keep in the rear so as to be able to build up speed where I want to.

The organiser stands on a parapet, with his brother shadowing beside him, like Tony Blair and Peter Mandelson (MP for Darlington). He runs through the course verbally, mentioning the need to Get Clipped. We are grateful for the info and all that but we want to start. It's Dentist's Waiting Room Syndrome - Can we get this over with, please - I want to find out if I can get it over with.

Dexter (it's his fault we're doing this) had told us how good the course was and it is.

First, we all set off up a wooded dene, past coverts and waterfalls, though a bit waterless. Past two lads looking like extras from a Hovis advert, leaning over a farm gate, and head for the track, past a mine (disused) and off to the Velvet Track, named for its grassiness in part. (Some Darlingtonians were very expert at Hart-like leaps over fences and bridges here). The Velvet Track sounds kinda smooth - and easy going. Ha. It is steep and goes on a way and is twisty - so you can see just how many other runners are in front of you. I could see Steve just ahead but we got up a further stony rise and hit the road - well we crossed it, passing the brother of the organiser.

Up a railway embankment (there for the mines - though only the trackbed survives), away across the heather which just was in a surly way and kept grabbing at our heels to slow us down. Which we did. Then past a railway carriage on the left and up a stony track to the radio mast. Yes, it's all up so far on wild open moorland terrain - heather and stony tracks. Dexter says it gets more fun from now on.

We orbit the radio mast, remembering to clip on at the self-clip check point and down over the heather. Well, not quite down or over. The angle is basically flat and the heather is basically in full growth, so you have to run fast, fitting your Walshes into a narrow groove somewhere down there with the heather roots, all the time trying to keep ahead of the guy whose breathing you can hear just behind you (like in 2001). I nearly get so frustrated that I nearly stop and give him my lead, but I'm not that stupid, yet. However, we all stop at a cry behind us as a guy falls over and after the usual enquiries we find that actually he can't get up easily. He is embarrassed at the trouble he is causing, but he can see the next check point and its car just ahead. So we get back to tooth and claw, eyeballs out competition, up a Tarmac hill towards the next railway incline.

Here we pass the organiser's brother and the organiser. Do I get extra points for seeing them both at the same point? There is an important notice about the C2C (coast to coast) but much as I could do with some light reading there isn't time, with the heavy breathing Darlingtonian on my shoulder. Then a swift descent down a field with Alice in the lead, finding her way unerringly to the marker atop a stream. We all rush down, grab the clips and pass them to each other and mark our numbers. Down the stream, though we nearly go off at a tributary, but manage to belt down this stream with all the rocky debris to one side, threatening to trip you up, and knock you out in one move. And so back over pasture and through bracken to The Velvet Path. Here I try to gain a place on Alice and her fellow Darlingtonians and I manage to get them just as I hit the road and a stream of three cars, allowing them time to catch me up again, while I'm doing the Green Cross Code bit.

The tall heavy breather would have caught me anyway because he now zooms down the railway incline to the edge above Stanhope. Down through the rocks and along some great bridges over empty gullies. Past a trail of landrovers (looking like a scene from Indiana Jones and the Germans). I am determined not to give in to them and put my hand out in front of them and run after it. Past a speed-stopping and dash-sapping kissing gate and so down into a back street of Stanhope. Run along with all the speed I can muster after two days on the fells. Then the main road, the pool car park and all the others who have finished. They are giving us beer, I get all consciencey about how I am going to preach my sermon in three hours time under the influence of a small French beer. But I drink it anyway. WHAT A WONDERFUL RACE!

I calm down - What a wonderful race. Lots of sections that were in Stuart Beatty's immortal phrase "runnable", - ie almost impossibly awful but you can still keep going - ouch! The scenery had the Durham Dales taste - a bit like a Yorkshire version of the Cairngorms - dark brown treacly stone set in a purple and dark green landscape. There was a slight problem with some people at the front of the race not visiting all the checkpoints - I'm afraid I was selfish - I'd come through - for the first time in years I'd run a good race. And I couldn't wait to build on it (that was why I was ill the next week!!)

Indeed what wonderful Races. I feel it's been a superb race weekend here in the North East - rivers, gritstone rock outcrops, moors, heather, more moors, more heather moors, mines, sky, sheep, railway inclines, hills whose heads touch heaven, marquees and markers. And a lot of big hearted people. With some very un-Tarantino concepts of foot massage.

I went back home with Steve driving (in between fantasising about cauliflower cheese) and got to my sermon service in time. I forgot the matches to light the lamps - One of our ladies turned to me and looked at me - while I was gripping the lectern, trying hard not to slump over after 10 miles of heather bashing, and vaguely not eating, and being sort of dehydrated.

"Oh, you're useless" she said.

— Mike Fry



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Calderdale Way - a crowded changeover at Cragg Vale
Photo: Peter Hartley

Inset: Kendal Ladies; Dovedale; Ian Hodgson Relay
Photo: Peter Hartley

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7. R. Irvine	Annan	22.40
8. J. MacDonald	JGBAC	23.27
9.1. Blair-Fish	Cam	24.05
10. D. Brown	Dumf	24.16
FIRST VETERAN 0/40		
1.1. Blair-Fish	Cam	24.05
FIRST VETERAN 0/50		
1. N. Dyson	Mand	27.18
FIRST LADY		
1. L. Longmore	Sol	26.13

**BORROWDALE FELL RACE
Cumbria
AL/17m/6500ft 3.8.96**

1.1. Holmes	Bing	2.45.56
2. J. Bland	Borr	2.47.33
3. B. Bardsley	Borr	2.50.32
4.1. Davies	Borr	2.51.01
5. J. Atkinson	Amble	2.51.39
6. S. Booth	Borr	2.52.17
7. G. Bland	BorT	2.54.38
8. P. Sheard	P&B	2.54.53
9. R. Iebb	Bing	2.58.15
10. A. Davies	Borr	2.58.31
VETERANS 0/40		
1. S. Jackson	Horw	3.08.36
2. B. Whitfield	Bing	3.08.50
3. G. Schofield	Horw	3.10.27
VETERANS 0/50		
1. D. Spedding	Kesw	3.05.31
2. K. Carr	Clay	3.18.49
3. A. Bland	Borr	3.22.33
VETERANS 0/60		
1. T. Breakwell	Borr	4.47.25
2. F. Galbrath	DkPk	4.56.10
LADIES		
1. S. Rowell	P&B	3.15.34
2. V. Peacock 0/35	Clay	3.46.54
3. K. Harvey 0/35	Alt	3.51.25
4. L. Whittaker	Sadd	4.03.17
5. S. Brown	Bow	4.05.57
6. S. Hodgson	Amble	4.09.15
7. Y. Williams	Penn	4.10.17
8. K. Thompson 0/40	Clay	4.19.38
9. A. Brentnall 0/45	Penn	4.25.50

**SEDBERGH HILLS
Cumbria
AL/14m/6000ft 11.8.96**

1.C. Donnelly	Eryri	2.13.10
2. G. Hull	Leeds	2.13.22
3. R. Jamieson	Amble	2.14.46
4. M. Hill	P&B	2.15.49
5. G. Bland	Borr	2.18.18
6. D. Spedding V	Kesw	2.18.24
7. K. Taylor V	Ross	2.18.33
8. S. Shuttleworth	Amble	2.20.06
9. G. Moffat	Howg	2.21.03
10. T. Hobbs	Clay	2.21.21
VETERANS 0/40		
1.K. Taylor	Ross	2.18.33
2. A. Lewsley	Kesw	2.22.06
3. M. Walsh	Kend	2.25.25
4. J. Holt	Clay	2.26.16
5. H. Jarrett	Clay	2.30.27
VETERANS 0/50		
1. D. Spedding	Kesw	2.18.24
2. K. Carr	Clay	2.29.25
3. T. Peacock	Clay	2.48.20
LADIES		
1. V. Peacock 0/40	Clay	2.47.34
2. K. Beaty 0/35	CFR	2.56.18
3. C. Somers 0/35	Unatt	3.01.17
4. Y. Williams	Penn	3.04.13
5. A. Brentnall 0/35	Penn	3.09.06
6. T. Smith	CFR	3.09.55
7. K. Thompson 0/35	Clay	3.10.05
8. D. Thompson 0/35	Hardley	3.10.06
JUNIORS U/12		
1. M. Swanson		07.39
2. L. Paget		08.12
3. D. Shepherd		08.57

JUNIORS U/16

1. A. Symonds	16.27
2. S. Savage	18.25
3. H. Young	20.23

**FESTIVAL OF SPORT FELL RACE
Cumbria
AS/4m/1800ft 13.8.96**

A fine Friday evening heralded the opening events of this years Cockermonth - Festival of Sport - the Junior and Senior fell races. The events both run over open fell/hillside, were blessed with fine and dry weather. The junior event run on a shorter course, brought some keen competition with a Jon Fletcher winning and brothers Ben and Toby Patton finishing second and third respectively.

A strong field of fell runners, triathletes and all comers left the showfield at 6.30 for the senior event. The senior event also took in a good deal of forest track and bridle way, along with the open fell common to both senior and junior events. The short climb to the top of Watch Hill saw some keen racing, with the leaders crossing the high point in a close bunch. A fast undulating section then followed taking the competitors to a short steep descent and a section of fast downward trending forest track. A short climb then followed as the race adopted the path of the well trodden Allerdale ramble, bringing the field back to the start and finish point in brisk fashion. First past the line was Darren Flatley, followed closely by Paul Thompson and local boy Des Thompson.

P Bailey

RESULTS - SENIOR RACE

1. D. Flatley	24.43
2. P. Thompson	25.12
3. D. Morris	25.17
4. U. Team	25.41
5. D. Clamp	25.44
6. P. Skelton	26.04
7. J. Ritson	27.07
8. B. Taylor	27.18
9. D. Hayes	27.27
10. J. Singleton V	27.32

VETERANS

1. J. Singleton	27.32
2. C. Webb	27.42
3. R. Keighley	28.00
4. W. Rawling	29.34
5. C. McArthy	29.57

LADIES

1. C. McArthy 0/35	29.57
2. B. Faulder	31.33
3. R. Fletcher 0/35	32.04
4. L. Lagan	35.04
5. L. Bayes 0/35	35.57
6. J. Mann 0/35	36.59

RESULTS - JUNIOR RACE

1. J. Fletcher	13.49
2. B. Patton	16.37
3. T. Patton	18.14
4. J. Crawford F	18.38
4. C. Phipps F	18.38

**GRIBDALE GALLOP
North Yorkshire
BM/9m/1400ft 13.8.96**

1. B. Roberts	Mand	49.31
2. M. Bum	T&S	50.26
3. P. Wragg	T&S	50.34
4. R. Bum V	T&S	50.37
5. W. Boyes	Unatt	51.05
6. D. Gamble	Mand	51.07
7. P. Kelly	Quakers	52.23
8. A. Marshall	Unatt	52.57
9.1. Ellmore	Scarb	53.41
10. S. Smith V	RiponR	53.59
VETERANS 0/40		
1. R. Bum	T&S	50.37
2. S. Smith	RiponR	53.59
3. R. Mitchell	Mand	54.45
4. P. Connor	Mand	54.59
5. R. Pollard	Mand	55.37
VETERANS 0/50		
1. J. Kettle	N.Mske	57.56
2. R. Stevenson	Mand	58.55
3. A. Wikeley	T&S	61.12
4. M. Davison	M&C	62.20
5. D. Maddison	Rown	62.59
LADIES		
1. S. Jackson	M&C	62.10
2. H. Scaife	M&C	62.28
3. S. Gay ter	Mand	63.51
4. S. Webb 0/35	Unatt	65.07
5. S. Jemson 0/35	N.Mske	68.59
6. P. Kirby 0/40	T&S	73.32
7. J. Sexton	N.Mske	76.46

RASCIBYN/CRIBYN RACE

Gwent

AS/5.5m/3100ft 17.8.96

The second Cribyn race was run in extremely hot conditions, and the hard ground underfoot resulted in blister problems for some. Forty eight runners took part, and the status of the race as a Welsh Championship counter ensured a good quality field. Although the heat seems to have slowed the times, nevertheless the first three finishers were all well inside last years record mark of fifty eight minutes and thirty nine minutes. Tim Davies (Mercia), still a junior, finished well clear, followed by James McQueen and Mark Hayman, who had also broken well clear of the rest of the field. However, that by no means tells the whole story, as Andrew Davies, Tims younger brother, led the field for most of the race before going off route between the final checkpoint (summit of Pen y Fau) and the finish. Very uncomfortable for Andrew, although the race is billed as requiring navigational skills/local knowledge; however the Davies brothers' form hopefully bodes well for the Welsh Juniors team in the World Trophy event. Don Williams continued his phenomenal recent form as first veteran and first super veteran in sixth place overall. In the Ladies Race, Angela Brand-Barker triumphed after Menna Angharad had led the early stages, but then suffered cramp in the heat.

All in all, the day's events simply reinforced the Cribyn Races's growing reputation as one of the hardest and longest short category races in the calendar. Come and try it next year!

Abwyn Nixon

1. T. Davies	Merc	55.35
2. J. McQueen	Eryri	57.04
3. M. Hayman	DkPk	57.36
4. N. Jenkins	D'moor	60.06
5. A. Woods	MDC	60.32
6. D. Williams	Eryri	60.36
7. T. Jones	Eryri	61.50
8. P. Maggs	MDC	62.22
9. J. Bass	MDC	63.52
10. D. Green	WHH	64.50

VETERANS 0/40

1. A. Orringe	MDC	65.06
2. J. Darby	MDC	65.50
3. A. Hughes	Eryri	65.57
4. M. Blake	Eiyri	69.54
5. E. Davies	Merc	72.10

VETERANS 0/50

1. D. Williams	Eryri	60.36
2. J. Morris	Penn	68.03
3. D. Finch	Chep	74.28
4. E. Meredith	MDC	74.50
5. E. Davies	Eryri	76.29

LADIES

1. A. Brand-Barker	Eryri	70.16
2. S. Woods	MDC	72.18
3. M. Angharad	Eryri	83.05
4. J. Harrison	MDC	96.12

**ROUND LATRIGG
Cumbria
BS/5.5m/800ft 19.8.96**

Eighty six runners turned up on a beautiful Wednesday evening for this event, a fell runner's road race and a road runner's road race. Alan Bowness and Jackie Hargreaves both set new records, it was interesting to note that forty five percent of the men's field and forty four percent of the ladies field were veterans - perhaps the prizes should be adjusted accordingly.

1. A. Bowness	CFR	30.18
2. B. Bardsley	Borr	31.35
3. D. Wilde	B'north	32.46
4. N. Sharp	Kesw	33.13
5. J. Curran	Kesw	33.15
6. H. Jarrett V	CFR	33.16
7. A. Davies	Borr	33.18
8. A. McKee	CFR	33.24
9. K. Bartley V	Cope	33.33
10. A. Beaty	CFR	34.04

VETERANS 0/40

1. H. Jarrett	CFR	33.16
2. M. Litt	CFR	34.31
3. P. Howarth	Kesw	34.42

VETERANS 0/50

1.K. Bartley	Cope	33.31
2. P. Reynard	Fellan	35.56
3. D. Gibson	Sadd	39.59

VETERANS 0/60

1. H. Catlow	N.Vets	43.11
2. D. Rigg	Kesw	43.52

LADIES

i. J. Hargreaves	CFR	36.09
2. A. Howarth V	Kesw	37.57
3. L. Thompson	Kesw	39.01

**THE FOURTH HOPE VALLEY RUFC
CASTLETON FELL RACE**

Derbyshire

BS/5m/1000ft 21.8.96

1. P. Deaville	Gloss	30.37
2. D. Gartley	Gloss	31.08
3. B. Stocks	DkPk	32.25
4. A. Green	Holm P	33.28
5. N. Bassett	Unatt	33.44
6. P. Stubbington V	Unatt	34.05
7. J. Cooke	Derby Fire	34.11
8. S. Wyatt	Penn	34.18
9. G. Clegg	DkPk	34.22
10. J. Turner	Sheff	34.54

FIRST VETERAN 0/40

1. P. Stubbington	Unatt	34.05
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FIRST LADY

1. J. Welbourn 0/35	P'stone	42.07
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DENNIS STITT MEMORIAL RACE

BS/5.5m/800ft 22.8.96

1.S. Willis	Amble	29.32
2. J. Rank	Holm	31.08
3. A. Shaw	Holm	31.26
4. S. Asquith	Holm	32.08
5. D. Shaw	Holm	32.24
6. I. Moore	Holm	32.30
7. C. Davies V	Sadd	32.31
8. B. Waterhouse V	Sadd	32.32
9. B. Blundell	Unatt	33.00
10. R. Futtrell V	Holm	33.28

VETERANS 0/40

1. C. Davies	Sadd	32.31
2. J. Pollard	Gloss	35.15
3. M. Weber	Ilk	36.47
4. S. Logan	Bams	37.22
5. C. Town	Denby	37.24

VETERANS 0/45

1. B. Waterhouse	Sadd	32.32
2. R. Futtrell	Holm	33.28
3. R. Kersey	Holm	33.43
4. R. Scottner	Penn	35.11
5. R. Innes	P'stone	35.13

VETERANS 0/50

1. R. Bradley	Holm	33.51
2. R. Asquith	Holm	36.22
3. D. Gledhill	Holm	37.35
4. T. Cock	Holm	37.37
5. R. Hatfield	Dews	42.06

LADIES

1. K. Drake	S&D	36.17
2. L. Hales	H'fax	40.25
3. G. Leary	IT fax	40.28
4. S. Duniee	Wake	41.25
5. A. Lubbja	Ilk	41.42
6. J. Cooke	Ilk	43.21
7. E. Smith	Denby	43.54
8. R. Gooch	Ilk	43.56

INTERMEDIATE

1. R. Asquith	Holm	41.21
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JUNIORS U/16

1.S. Asquith	Holm	32.08
2. S. Dunlec	Wake	41.25



Sarah Rowell, first at Borrow dale, amongst others, pictured at Thieveley Pike

Photo: Peter Hartley

BECA

Pembrokeshire

BS/5m/1050ft 24.8.96

Eighty five runners turned out for the twentieth Beca's Race at Crosswell in the Preseli Mountains.

Rain during the previous week had made the five mile course very wet, but conditions did not seem to have much effect on the times.

Last years winner Aled Rees, was beaten to second place some twenty seconds behind Eryri Harriers, Colin Donnelly. Graham Watson from Stockport was third with six times winner Dewi Jones in fourth.

First lady home was last years winner Vicky Perry, followed by Amanda Lindsey from Bath.

Organisers would like to thank all competitors and look forward to seeing everyone next year.

John Evans

1. C. Donnelly	Eryri	32.21
2. A. Rees	Card	32.52
3. G. Watson	Stock	34.03
4. D.Jones	TROTS	34.35
5. A.Jones	Gloss	34.49
6. A. Abbott	A'twyth	35.21
7. A. Bickerstaff	Surrey	35.22
8. R. Phillips	TROTS	37.04
9. J. Smith	Poland	37.15
10. E. Davies	Lland	37.20

VETERANS 0/40

1. D. Jones	TROTS	34.35
2. R. Morris	Card	38.06
3. M. Adams	Crymych	38.27

VETERANS 0/50

1. R. Sherwood	Crymych	42.43
2. R. Morgan	Llan	44.40
3. G. Fruin	Narb	44.47

LADIES

1. V. Perry	Disley	41.15
2. A. Lindsey	Bath	42.26
3. C. Peck	Li'sul	44.59
4. J. Brazell	H'west	45.54
5. D. Kenwright	Lamp	47.18
6. C. Mitchell		50.53

JUNIORS U/16

1. R. Davies	Card	43.17
2. P. Pierce	Gar'then	47.44
3. A. Ing	Crymych	46.13

GREEN BELL FELL RACE

Cumbria

BM/6m/1300ft 24.8.96

1.J. Hunt	MFR	41.22
2. M. Woods	Unatt	41.26
3. J. Blackett	Man	41.56
4. G. Moffat	How	42.15
5. A. Shedden	How	42.22
6. H. Symonds V	Ken	43.21
7. P. Claric V	Ken	43.25
8.1. Kardasz	L&M	43.41
9. M. Calvert	How	43.50
10. C. Reade	Bow	43.58

VETERANS 0/40

1. H. Symonds	Ken	43.21
2. P. Clark	Ken	43.25
3. B. Firth	Man	44.32
4. P. Stones	CFR	46.33
5. R. Pollard	Man	47.14

VETERANS 0/45

1. M. Walford	Ken	48.10
2.1. Sheddon	How	52.30
3. L. Lord	Clay	53.37

VETERANS 0/50

1. P. Dowkin	Ken	53.00
2. T. Cock	Holm	53.14
3. N. Dyson	Man	53.24

VETERANS 0/55

1. M. McDonald	FRA	53.39
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LADIES

1. K. Beaty	CFR	52.35
2. P. Symonds	Ken	55.47
3. K. Finn	How	56.43
4. G. Nott	By Hop	57.36
5. B. Unsworth 0/45	Ken	64.33
6. D. Walker 0/35	Unatt	65.03



Sean Willis; first at Dennis Stitt Photo: David Brett

SHIPMAN KNOTT

Cumbria AM/7.5m/1800ft 25.8.96

1.B. Bardsley	Borr	53.14
2. J. Hooson	Amble	53.37
3. N. Spence	Kend	54.02
4. B. Cole	Horw	54.43
5. M. Fleming	Amble	56.15
6. J. Hunt	Mersey	56.29
7. S. Hicki	Borr	56.40
8. D. Gamble	Mand	56.47
9. G. Bland	Borr	57.08
10. S. Anderton	Todd	57.09

VETERANS 0/40

1.A. Beck	Kend	59.42
2. R. Lamb	L&M	62.55
3. R. Graves	Kend	63.53
4. D. Collins	Todd	64.09
5. V. Peacock F	Clay	65.10

VETERANS 0/45

1.S. Varney	Kend	59.34
2. C. Wilkinson	Bing	62.13
3. R. Mitchell	Mand	62.28

VETERANS 0/50

1. D. Spedding	Kesw	57.33
2. A. Bland	Borr	60.06
3. G. Fielding	Ross	62.10
4. J. Talbot	Todd	65.03
5. R. Blakeley	Todd	69.23

LADIES

1. M. Todd	Unatt	67.52
2. S. Beconsall	Todd	71.23
3. L. Bland	DkPk	77.53
4. M. Goth	Todd	86.02
5. J. Holding 0/45	Darwen	86.14
6. P. Collier 0/50	Todd88.05	
7. B. Unsworth 0/45	Kend	90.14

MACHEN MOUNTAIN RACE

Gwent BS/6m/1000ft 26.8.96

The race attracted twenty two entries of which two were ladies. The race was run in ideal conditions and was thoroughly enjoyed by all the participants.

D Smith

1.G. Gibb	Islwyn	34.45
2. J. Bards	MDC	36.45
3. J. Darby 0/60	MDC	37.00
4. J. James	MDC	38.00
5. M. Dollins U/16	MDC	38.45
6. S. Jones	Islwyn	39.15
7. W. Morgan	Heng	41.14
8. R. Benjamin	MDC	41.15
9. J. Sweeting 0/40	MDC	41.45
10. E. Meredith 0/50	MDC	43.00

LADIES

1. M. Darby	Griff	45.15
2. J. Harrison	MDC	48.15

GOLF BALL FELL RACE

Lancashire BS/5m/800ft 28.8.96

The previous days rain made the going under foot very soft, but the evening on the day of the race was perfect. With local runner Mervyn Keys away in Scotland training for the Ben Nevis Race, Mick Horrocks was looking for the win, to avenge his defeat at Pilgrims Cross the previous week. He did not disappoint himself, but had a hard race with the first three runners being seperated by just three seconds, that's what you call pressure running. Local runners did very well with G.Sumner coming home fifth and fellow clubmate D.Blackhurst sixth (Darren is now on his way to live in New Zealand). We wish him Good Luck. G.Wrights training must be paying off by coming twenty eighth. He said he was really keyed up for this race and out to prove he's back on the circuit.

The race now seems to be getting very popular with runners saying how much they like the course, we hope it stays that way.

May I just say a big Thank-you to all my helpers, because without them races do not go ahead. I hope to see everybody next year.

JK

1. M. Horrocks	CalderV	36.58
2. B. Cole	Horw	37.00
3. J. Wiczorek	Ac c	37.01
4.1. Greenwood	Clay	37.24
5. G. Sumner	Ross	38.03
6. D. Blackhurst	Ross	38.05
7. P. Brannon	Clay	38.45

8. T. Hobbs	Clay	38.48
9. D. Beels V	Roch	39.10
10. D. Clamp	Bolt	39.12

VETERANS 0/40

1. D. Beels	Roch	39.10
2. P. Irwin	Ross	40.45
3. P. McNulty	Radc	41.16
4. M. O'Conner	Clay	41.31
5. F. Judge	Clay	42.12

VETERANS 0/45

1.B. Waterhouse	Sadd	41.23
2. J. Dore	Roch	41.38
3. G. Wright	Ross	41.52
4. B. Rawlinson	Ross	42.41
5. M. Sadula	Roch	44.28

VETERANS 0/50

1. B. Mitchell	Clay	39.33
2. E. Duffy	Ross	43.22
3. D. Scott	Clay	43.34
4. P. Watson	Horw	45.00
5. J. Talbot	Tod	45.50

VETERANS 0/60

1. D. Clutterbuck	Roch	54.15
2. B. Leathley	Clay	56.56

LADIES

1. V. Peacock 0/40	Clay	43.27
2. V. Hamlet	Ross	45.44
3. J. Rawlinson 0/45	Clay	46.30
4. L. Whittaker	Sadd	49.12
5. L. Hayles 0/40	H'fax	51.23
6. C. Winnick	Ross	52.16
7. D. Vallely	Blk Shp	52.18
8. J. Derbyshire	Horw	52.58

JUNIORS

1. L. Passco	Clay	40.12
2. M. Winnick	Ross	51.37
3. C. Edwards	Ross	52.38

BARREL INN FELL RACE

Derbyshire BS/5.5m/900ft 27.8.96

This year one hundred and thirty six runners took part in conditions that could not have been worse, torrential rain and low cloud. Two runners dropped out because of the conditions, but all in all it was a good run. Thanks to all who took part and we will hope for better conditions in 1997 when the run will be on September 2nd.

JWFox

1. P. Gebbitt	Notts	40.17
2. K. Webster	Matl	40.19
3. G. Morson	Bux	40.23
4. S. Gregory	Holme P	41.09
5. S. Oglethorpe	DkPk	41.24
6. B. Stocks	DKPk	41.41
7. N. Sharp	Kesw	41.59
8. S. Brister	Matl	42.14
9. A. Green	Holme P	42.22
10. N. Bassett	Unatt	42.29

VETERANS 0/40

1. G. Morson	Bux	40.23
2. G. Clegg	DkPk	43.04

FIRST VETERAN 0/45

1.S. Brister	Matl	42.14
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FIRST VETERAN 0/50

1. A. Gratton	Staffs	43.30
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VETERAN 0/60

1.B. Howitt	Matl	52.11
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LADIES

1. P. Leach	S-in-A	46.56
2. E. Batt	Unatt	48.20

FIRST LADY VETERAN

1. J. Smith	DkPk	50.39
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JUNIORS

1.S. Hodgekinson	Hallam	48.51
2. M. Hudson	Bux	53.21
3. E. Hudson	Bux	61.03

DUFTON PIKE FELL RACE

Cumbria AS/2m/1578ft 31.8.96

A field of thirty two seniors and nine juniors competed and completed the scenic fell race held the last Saturday in August in conjunction with the Dufton Show. The weather was very good and there was a good crowd. Craig Roberts and Alan Bowness had a dual up and down the fell, with Craig producing a fast finish.

1. C. Roberts	Kend	16.06
2. A. Bowness	CFR	16.16
3. D. Troman	Kesw	18.05
4. N. Sharp	Kesw	18.07
5. R. Fell	Unatt	18.25

6. P. Brittleton	Howg	18.46
7. A. Beck	Kend	19.05
8. A. Bland	Borr	19.08
9. P. Stones	CFR	19.20
10. T. Wilkinson	CFR	19.30

LADIES

1. L. Thompson	Kesw	22.02
2. L. Osborn	Kesw	22.44
3. H. Sanelands	Skel	24.31

JUNIORS

1. J. Fletcher	P'rith	9.58
2. M. Swainson	Gras	11.27
3.1. Silbum	P'rith	11.48

RINGS OF FIRE EVENTS

Galloway 31.8.96

Bruce's Crown is not a race. It's Britains only endurance bivvy bag event, it's for anyone who thinks they might be able to finish it, and it's competitive only up to a point. It has the bogs and forestry experienced with such intensity by the entrants in the subsequent Karrimor, but it also has the best ridge running in Southern Scotland, a high bedroom on Tarfessock, and all the food of a long distance walk of the Long Distance Walkers' Association.

These hills are big in everything except altitude, and this time the event grew to match. Various records were broken. The completions rose to seventy three percent: never before have more than half the starters finished. Two women completed the route - in previous years, women finishers have been one, zero, zero. David Wallace got past all three of the various bedrooms, reaching the third and last with two minutes to spare before the cutoff, to achieve a sleepless circuit, Galloway heartland in the dark, and a special prize at the end.

Bruce's Crown is an event for extremists. Great depths of suffering can be sunk to: not just the exhaustion of forty two miles, but midgets, thigh-high tussocks and getting lost in the forest. The corresponding pleasures are equally excessive: the starlit ridgerun, the bivvy under the boulder, the dawn shores of Loch Trool. In previous years the event has been thinly attended, the event food, in kilogram terms, out-weighing the event entrants. This time the extremists - not all of whom would call themselves hill runners - have discovered Bruce's Crown, and its future seems assured. Next Bruce's Crown is late Summer 199 8. SAE to Glyn Jones, Bing, Kirkinner, Newton Stewart, DG8 9BZ, for entry form.

Heart of Granite is even less of a race than Bruce's Crown. It's very much man and woman against mountain rather than against one another. Half the length of Bruce's Crown, no longer than the Lakes Trial, shorter than the Ennerdale Race, it's still a hard day. Rock hard, much of it, on the bare granite of the Galloway heartland. Heart of Granite is for those who want all the miseries of the full Bruce's Crown apart from the dripping bivvy.

Despite favourable weather, only thirty five of the sixty nine starters finished the whole course. The expression 'twenty miles' is profoundly misleading when applied to Galloway. The route changes from year to year, in the attempt to make it as interesting as possible for both walkers and runners, and even for those who only achieve part of the circuit. However, the three sub-6hr circuits must represent a record breaking achievement over this extremely demanding ground.

Ronald Turnbull

RESULTS - BRUCE'S CROWN

1. K. Adams 0/40	W'lands	11.11
2. C. Bragh	Girv	11.39
3.1. Jones	WADC	11.55
4. D. Rogers	W'lands	12.04
4. S. Bell	W'lands	12.04
6. P. Gwilliam	Unatt	12.13
7. J. Donnelly	Shett	12.19
8. P. McClintock	Gallows	12.39
9. D. Wallace	Harm	12.51
10. R. Turnbull	Sol	12.58

LADIES

1.1. Blunck	RkSk	16.23
2. J. Cains	W'lands	16.57

RESULTS - HEART OF GRANITE

1. A. Davies	Borr	5.02
2. J. Coyle	Cam	5.33
3. M. Johnson	Cam	5.43
4. B. Worth 0/40	Ochil	6.19
5. N. Hambrey	Kend	6.49
5. G. Wollrough	Kend	6.49
7. M. Kelly	Unatt	6.54
8. S. Worsley	I'ness	7.13
9. T. Graham	Kil'chan	7.29
10. T. Cheatham	Unatt	7.49

LADIES

1. K. Boocock	Gallows	8.51
1. J. McClintock	Gallows	8.51
3. R. Taylor	Kesw	10.13
4. S. Hoyer	Unatt	10.38

ROAN FELL RACE

Roxburghshire BM/9m/1500ft 31.8.96

Fast, firm conditions underfoot coupled with fair weather greeted a record turnout. Teviotdale's Robert Cranston led the early pace up to Blackburn Farm, but was soon over taken by Teviotdale's John Tullie and Annandale's Tommy Ireland. Tullie, however, was well clear at the summit and came in strongly to finish one minute ahead of Ireland, his fifth win in succession.

Ireland, however, took the best combined time trophy for competing in both the Roan Fell and Moffat Beef Tub race, which was held earlier in the day.

Sole lady competitor, Sue Lewsley of Keswick shattered the ladies course record by over twenty minutes.

T Furlong

1. J. Tullie	Teviot	1.04.45
2. T. Ireland	Annan	1.10.45
3. R. Cranston	Teviot	1/16/10
4. R. Irving	Annan	1.16.19
5. T. Murdie	Unatt	1.17.47
6. B. Lowdon 0/40	Unatt	1.22.13
7. N. Robinson 0/40	Kesw	1.36.10
8. I. Fairbairn	Unatt	1.36.10
9. P. Duffy 0/60	Aber	1.36.10
10. N. Dison 0/50	Mand	1.36.40

FIRST LADY

1. S. Lewsley	Kesw	1.41.30
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INTERMEDIATES

1.G. Nickol	Bord	20.25
2. S. Turnbull	Unatt	32.21
3. P. Laing	Unatt	32.23

JUNIORS

1. M. Routledge	Bord	12.02
2. G. Nickol	Bord	12.04
3. A. Routledge	Bord	12.58

ST. JOHNS CHAPEL SHOW

FELL RACE

County Durham

BS/3m/700ft 31.8.96

For the first time in three years the sun broke through the clouds at St Johns Chapel Show and some twenty one runners set off on the gruelling three point four mile race.

Peter Kelly from Darlington Quakers team was first back followed a minute later by Peter Milbum of Newton Aycliffe Athletics Club. The first lady was Alison Lenderyou.

1. P. Kelly	Qkrs	22.59
2. P. Milbum	NewAyc	23.59
3. S. Lumb	Qkrs	24.09
4. K. Maynard	Qkrs	24.20
5. T. Young	Sidrs	25.08
6. R. Maynard	Qkrs	25.47
7. S. Watson	Qkrs	26.08
8. L. Coles	Qkrs	26.58
9. Richardson	Unatt	27.09
10. K. Shevels	Qkrs	27.26

PENDLETON FELL RACE

Lancashire

AS/5m/1500ft 31.8.96

A nice warm day saw one hundred and ninety two runners descend on the village of Pendleton for this popular fell race.

After taking out the expenses, and the presentation of seven-teen prizes to the various categories, we were left with a surplus one hundred and twenty seven pounds, which was donated to the Ribbles Valley Scanner Appeal.

In the race, local runner Sean Livesey recorded his third victory, with his first one being in 1982. Matt Whitfield running his first race after a long injury layoff was second, with Mark Horrocks third. Mark had already placed fifth at Barrowford Fell Race which had started at one pm. Graham Schofield placed fourth and first over forty, and Chris Livesey was first junior in fifth place overall.

Barry Mitchell almost made the top twenty to take first veteran over fifty, and Bill Smith was first over sixty.

First lady was Amanda Parkinson, closely followed by Emma Hodgson, with Jean Rawlinson third and Linda Lord fourth. Thanks to all who helped on the day.

Roger Dewhurst

1. S. Livesey	Clay	33.31
2. M. Whitfield	Bing	34.17
3. M. Horrocks	CalderV	34.53
4. G. Schofield V	Horw	35.04
5. C. Livesey J	Prest	35.15
6. M. Woods	Unatt	35.31
7. P. McWade V	Clay	35.51
8. I. Greenwood	Clay	36.02
9. A. Preedy	Unatt	36.12
10. G. Sumner	Ross	36.14

VETERANS 0/40

1.G. Schofield	Horw	35.04
2. P. McWade	Clay	35.51
3. B. Walton	Horw	36.28
4. N. Pearce	Ilk	37.07
5. K. Taylor	Ross	37.36

VETERANS 0/50

1. B. Mitchell	Clay	37.06
2. P. Lyons	Ross	37.42
3. K. Carr	Clay	38.32
4. J. Nuttall	Clay	39.30
5. R. Jaques	Clay	39.52

VETERANS 0/60

1. B. Smith	Clay	47.11
2. D. Clutterbuck	Roch	49.31
3. G. Arnold	Prest	49.34

LADIES

1. A. Parkinson	Sale	40.42
2. E. Hodgson	Fellan	41.03
3. J. Rawlinson 0/35	Clay	44.00
4. L. Lord 0/35	Clay	44.21
5. B. McWade J	Clay	44.56
6. S. Malir	Fellan	46.13
7. M. Leek J	L&M	46.31
8. J. Foster	Unatt	47.23

GREAT LONGSTONE

Derbyshire

BS/4.8m/950ft 3.9.96

The second Great Longstone Chase was held over a slightly lengthened course of five point two miles. The village lies in a quiet position, quite close to Monsal Dale and the race takes in the Longstone Edge with its Breath taking (if you have any left) views over Chatsworth, Bakewell and beyond. The field this year comprised on one hundred and twenty four runners (one hundred and one last year) and produced fifteen over forties in the first twenty three (two were over fifty). Winner was forty three year old Phil Bowler, with Nicholas Bassett of Hartington some sixteen seconds behind. Buxton A.C. provided the third and fourth, Malcolm Brown, followed ten seconds later by Donald O'Brien. The first man over fifty was Arthur Grafton of Staffs Moorlands, a popular and oft winning local, with villager Colin Henson, sixty three, of Dark Peak finishing as first over sixty in seventy second position.

An unattached Elizabeth Batt was the first lady, whilst that perennial but injured Jackie Smith finished second, and first over forty.

Although the nights are drawing in at the beginning of September, all runners were safely back in daylight and results were ready within a few minutes of the finish. The evening included a junior one mile race, and village children 'fell' raced up a few bumps, and were watched by one of the biggest turnouts within living memory!

Next years event will be on Friday Fith September 1997 at 6.45pm.

Brian Edwards

1. P. Bowler 0/40	Merc	31.19
2. N. Bassett 0/40	Unatt	31.35
3. M. Brown 0/40	Bux	31.39
4. D. O'Brien 0/40	Bux	31.49
5. G. Clegg 0/40	DkPk	31.56
6. R. Hutton 0/40	DkPk	32.05
1.C. Davies 0/40	Sadd	32.11
8. R. Davison	DkPk	32.25
9. A. Gratten 0/50	Staffs	33.00
10. A. Barnett 0/40	S.T.Club	33.19

VETERANS 0/50

1. A. Gratten	Staffs	33.00
2. R. Bradley	Holm	34.14
3. C. Radcliffe	Unatt	37.40
4. C. Smith	Unatt	37.57
5. R. Mason	Tot	38.05

VETERANS 0/60

1. C. Henson	DkPk	39.50
2. F. Galbraith	DkPk	42.46
3. K. Westley	W.Brom	54.57

LADIES

1. E. Batt	Unatt	36.18
2. J. Smith 0/35	DkPk	37.37
3. L. Hancock	N.Derbys	38.03
4. K. Green	DkPk	39.13
5. L. Bland 0/35	DkPk	40.31
6. P. Straw	Tot	40.37
7. K. O'Brien	Bux	40.48
8. S. Mellor	Gloss	42.54

HADES HILL RACE

Lancashire

BS/5m/1200ft 5.9.96

1. A. Wrench	Tod	30.12
2. A. Maloney	Roch	30.59
3. D. Wilkinson	Roch	31.26



Pete Lyons. 2nd Vet 50 at Pendleton
Photo: Peter Hartley

4. C. Farrell	Roch	31.34
5. J. Wiczorek	Acc	31.41
6. P. McWade V	Clay	31.45
7. P. Pollitt	Bolt	31.52
8. G. Sumner	Ross	32.24
9. T. Taylor	Ross	32.27
10. D. Woodhead	Horw	32.40

VETERANS 0/40

1. C. Davies	Sadd	33.16
2.1. Aitchison	Roch	34.14
3. K. Masser	Ross	34.29
4. P. Irwin	Ross	34.44
5. S. Brandwood	Tod	35.49

VETERANS 0/45

1. P. McWade	Clay	31.45
2.1. Holloway	Roch	34.19
3. B. Waterhouse	Sadd	34.40
4. J. Dore	Roch	35.01
5. J. Barker	Roch	35.19

VETERANS 0/50

1. J. Talbot	Tod	37.37
2. P. Heneghan	BlkShp	37.44
3. P. Watson	Horw	38.10
4. R. Blakeley	Tod	38.37
5. D. Lucas	Roch	39.14

VETERAN 0/55

1. C. Rawlinson	Clay	42.12
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VETERANS 0/60

1. P. Duffy	Aber	40.20
2. G. Arnold	Prest	43.35
3. B. Hargreaves	Tod	45.43

LADIES

1. K. Drake 0/35	Spem	37.51
2. L. Whittaker	Sadd	38.45
3. J. Rawlinson 0/40	Clay	38.49
4. S. Beconsall	Tod	40.13
5. B. McWade U/18	Clay	41.08
6. L. Hayles 0/40	H'fax	42.37
7. D. Vallely	BlkShp	43.05
8. P. Dore 0/40	Roch	43.29

INTERMEDIATES U/18

1. R. Lye	Aber	40.20
2. G. Arnold	Prest	43.35
3. B. Hargreaves	Tod	45.43

GUISBOROUGH GRUNT
Cleveland
BM/7m/1 000ft 4.9.96

1. R. Bum V	T&S	38.00
2. M. Brown	Mand	38.03
3. M. Bum	T&S	38.08
4. D. Fielden	Mand	38.31
5. P. Wragg	T&S	38.36
6. B. Roberts	Mand	39.03
7. A. Normandale	Rown	39.10
8. J. Blackett	Mand	39.21
9. A. Marshall		39.45
10. S. Smith V	RRR	40.33

VETERANS 0/40

1. R. Bum	T&S	38.00
2. S. Smith	RRR	40.33
3. M. Garratt	Mand	41.40
4. K. Wilson	Mand	41.51
5. R. Pollard	Mand	42.39

VETERANS 0/50

1. D. Williams	Mand	43.48
2. J. Kettle	NMske	44.26
3. R. Stevenson	Mand	45.05
4. M. Davison	M&C	45.41
5. R. Sherwood	N Mske	48.47

LADIES

1. A. Lenderyou	Dari	45.46
2. H. Johnson	Felix	48.11
3. S. Gay ter	Mand	50.23
4. G. Hale	Mand	51.30
5. S. Jemson	N Mske	51.52
6. C. Proctor	Mand	53.53
7. P. Cooper	Morp	57.10
8. J. Sexton	N Mske	58.48



Ben Nevis - Andrew Beaty Photo: Peter Hartley

BEN NEVIS RACE
Fort William
AM/10m/4400ft 7.9.96

It was the first Saturday in September. I was standing amongst a crowd of three hundred and fifty bodies and the smell of garlic and liniment was overpowering. The assortment of brightly coloured shorts and vests was bobbing about impatiently: it was the start of the Ben Nevis Race. My last race had been a cross-country affair when I was a schoolboy. Now, at the age of thirty, although nervous, I was confident that I could run the Ben.

As the starter's gun cracked, the runners sped out of the park and along the road to Achintee. This was where I made my first mistake. As I stopped to tie a shoelace, two dozen feet trampled me to the ground. I managed to roll in to the sanctuary of the ditch. Having regained my composure I followed on behind a man with a long white beard, affectionately known as 'old Eddie'. By the time I reached the mountain the pace had slowed dramatically, my nerves had gone but so had my lungs and legs. A lady with a pigtail trotted past. I felt a deep sense of shame. Then came a gent in his late fifties, remarking as he went, "you're doing well, lad!". My confidence was disappearing fast. I trudged wearily upwards amongst a long line of gasping breathless bodies. The leaders had long since disappeared.

As we climbed up the steep scree-slope a thick mist descended. A runner called over apprehensively, "which way?" "Follow the man in front," I replied. "But which man does the leader follow?" he answered. I had no breath to deal with silly questions as I concentrated on climbing upwards. An ash-faced runner spoke to me in a weak voice. "Have we much further to go?" "Not long now," I lied. I had no idea where the summit was, never mind how far. But poor wretch looked as if he needed some encouragement.

Suddenly a runner appeared, hurtling downwards. The leaders had turned and were on their way back. I did not know which way to dive, right or left, as runners descended straight at me out of the mist. A few minutes later we emerged on to the plateau, a blue sky above. With my fears gone, new strength came in to my legs and I broke in to a trot. As I passed Gardyloo Gully, I heard encouragement. I looked across and saw the face of Willie Anderson perched at the edge of a sheer thousand foot drop. I remember thinking that no sober man would possibly stand there like that. Willie was to stand there for the next ten Ben Nevis Races. As I approached the summit cairn I put on a false smile and remarked to the marshals as casually as humanly possible, "Grand day for a stroll, lads".

I then turned and ran back down the mountain. As I descended the rough scree runners were staggering about in all directions, and the noise of the falling rocks above spurred me on even faster. Then came the dreaded grassy slope, eight hundred feet of horrendous thigh pain or a green backside. I chose the latter.

At the bottom a quick drink from the Red Bum and back on to the bridle path. As I neared the end of the mountain I felt a great sense of joy until I reached the road at Achintee. My legs turned to jelly and buckled. A passing runner shouted, "Keep going, only a mile left!" "Only a mile," I thought. Why

did he have to remind me? I have heard it takes an average man ten minutes to walk a mile. It took me eleven to run that one. As I staggered round the park to the cheers of the crowd I heard a shout, "Watch your back!" A runner was attempting to outstrip me in the last fifty yards. As he drew alongside I looked at his foaming mouth and haggard, pained features and hoped to God I did not look like that.

As I lay flat on my back after crossing the finishing line someone shouted across, "How did you enjoy that run?" I closed my eyes and decided that the man was insane.

Graham Brooks

1. D. Rodgers	Loch	1.31.23
2. J. Brooks	Loch	1.32.21
3. M. Keys	Ross	1.36.42
4. B. Rodgers	Loch	1.37.14
5. R. Jebb	Bing	1.37.25
6. G. Wilkinson	Clay	1.41.30
7. D. Cummins	Shett	1.42.12
8. M. Horrocks	CalderV	1.42.56
9. C. Moses	Bing	1.43.21
10. G. Brooks 0/40	Loch	1.43.40
11. G. Bland	Borr	1.44.56
12. P. Sheard	F&B	1.45.24
13. J. Hepburn	Loch	1.45.44
14. B. Brooks	Loch	1.46.21

15. G. Moffat	Howg	1.47.03
16. S. Macleod	W'lands	1.47.12
17. G. Devine	P&B	1.47.25
18. S. Green	P&B	1.48.17
19. A. Bland 0/50	Borr	1.48.19
20. J. Rogers	E.Hull	1.49.19
21. J. Whitlet	Perth/Strath	1.50.16
22. S. Jackson 0/40	Horw	1.50.58
23. J. Wright	Tod	1.51.13
24. A. Maclellennan	Loch	1.51.21
25. D. Orr	Loch	1.51.29
26. A. Life	Clay	1.52.40
27. E. Mackay	Ochil	1.52.47
28. J. Holt 0/40	Clay	1.52.48
29. K. Carr 0/50	Clay	1.53.15
30. A. Horsfall	Tod	1.53.23

LADIES

1. A. Mudge	Cam	2.03.08
2. S. Hodgson	Horsf	2.05.51
3. K. Beaty 0/35	CumbFR	2.09.30
4. J. Anderson	Loch	1.15.51
5. C. Crofts	DkPk	2.17.58
6. B. Callander	Greig	2.18.09
7. J. Shotter	P&B	2.19.06
8. K. Thompson	Clay	2.22.03



Ben Nevis - Peter Johnson



Ben Nevis - Dave Cummins Photos: Peter Hartley

**GREEBA
Isle of Man
AM/9m/2500ft 7.9.96**

Amblesides Mark Fleming narrowly missed out on the outright course record in winning the Greeba race for the second consecutive year.

The Cumbrian was just four seconds outside Alan Gage's 1988 record as he led from start to finish, eventually having a near two minute cushion over newly crowned Manx Champion, Tony Rowley.

Colby's Brenda Walker, finished a superb fifth overall as she set yet another ladies course record, this time knocking near seven minutes off her own standard set last year.

Richie Stevenson

1. M. Fleming	Amble	1.10.26
2. T. Rowley	MFR	1.12.21
3. I. Watson	NAC	1.22.51

VETERANS 0/40

1. D. Young	MFR	1.20.18
2. I. Callister	MH	1.22.11
3. R. Stevenson	MFR	1.23.32

VETERANS 0/50

1. R. Callister	MH	1.31.38
2. S. Moynihan	SAC	1.33.46
3. T. Coleman	NAC	1.45.45

LADIES

1. B. Walker	MH	1.22.32
2. R. Hooton	MH	1.41.59

**CAFOD GRISEDALE HORSESHOE
Cumbria
AM/10m/5000ft 7.9.96**

An exceptionally warm and sunny day, coupled with a dry period prior to the race, afforded excellent running conditions underfoot, it was however, a less than comfortable atmosphere for records to be broken. Reports back from all the checkpoints indicate it was basically a three way race at the front, with places being changed between Jon Bland, Jim Davies and his brother Andrew Davies.

Jim eventually clinging on to Jon Bland to take second place, and Andrew over a minute behind.

The womens race was not as fiercely contested this year as it was last year. Emma Moody was forty ninth overall. Next in was Linda Lord.

The event was strongly supported by both runners, helpers and prize donations, including Craghoppers who provided first prize overall. A big thanks to everyone. See you next year.

CJones

1. J. Bland	Borr	1.46.28
2. J. Davies	Borr	1.46.53
3. A. Davies	Borr	1.48.05
4. A. Ward	Cam	1.51.00
5. B. Whitfield V	Bing	1.54.39
6. P. Clark V	Kend	1.54.53
7. A. Preedy	Unatt	1.56.48
8. D. Troman	Kesw	1.57.26
9. K. Wood	Salt	1.58.26
10. S. Houghton V	CalderV	2.05.29

VETERANS 0/40

1. P. Clarke	Kend	1.54.53
2. S. Houghton	CalderV	2.05.29
3. H. Jarrett	CFR	2.06.22
4. A. Beck	Kend	2.06.32
5. J. Rea	CFR	2.09.18

VETERANS 0/45

1. B. Whitfield	Bing	1.54.39
2. J. Hope	AchRat	2.05.51
3. M. Walford	Kend	2.05.59
4. J. Nixon	Horw	2.06.56
5. G. Houghton	CalderV	2.09.25

VETERANS 0/50

1. T. Beverly	Clay	2.13.23
2. D. Lucas	Roch	2.14.31
3. W. Mitton	AchRat	2.39.43
4. M. Lomas	AchRat	3.32.31

VETERANS 0/55

1. D. Ashton	N.Vets	2.13.51
2. J. Taylor	Amble	2.29.37
3. R. Mason	Tot	2.45.29

VETERANS 0/60

1. B. Smith	Clay	2.39.15
2. L. Pollard	AchRat	2.45.59

LADIES

1. E. Moody	WCOC	2.19.19
2. L. Lord 0/45	Clay	2.28.09

3. W. Dodds 0/45	Clay	2.33.25
4. M. Chippendale 0/45	Penn	2.36.00
5. Y. Williams	Penn	2.38.29
6. C. Roberts 0/35	CalderV	2.41.29
7. J. Wood	Ross	2.45.25
8. J. Saul	C'mont	2.57.48

FIRST INTERMEDIATE U/18

1. D. Hope	Horw	2.44.43
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**HODDER VALLEY FELL RACE
Lancashire
AS/5.5m/1650ft 7.9.96**

Of the three venues from which this race goes, Dunsop Bridge has the classic course. A change to the last mile or so of the return created much interest, but make for a much less hazardous finish for competitors who in previous years had to battle against show visitors leaving the event, both cars and pedestrians. This change of finish allowed Geoff Gough to find the extra leap to overhaul Dave Woodhead, who led for much of the way. Competitors enjoyed a superb September day with much to see at the show following the race.

Paul Healey

1. G. Gough	Clay	41.39
2. D. Woodhead	Horw	42.07
3. G. Riley	Clay	42.29
4. G. Sumner	Ross	42.50
5. C. Hirst	Sett	43.03
6. S. Sweeney	Clay	43.11
7. C. Reade	Bow	43.20
8. A. Life	Clay	43.35
9. P. Harlow V	Kesw	43.39
10. I. Robinson V	Clay	43.59

VETERANS 0/40

1. P. Harlow	Kesw	43.39
2. I. Robinson	Clay	43.59
3. J. Singleton	Clay	46.13
4. C. Wilkinson	Bing	46.20
5. A. Heaton	Bow	46.48

VETERANS 0/50

1. D. Simpson	Prest	49.51
2. J. Talbot	Tod	50.16
3. A. Stafford	Kend	52.25
4. T. Targett	Clay	53.07
5. K. John	Unatt	54.12

VETERANS 0/60

1. B. Smith	Clay	55/17
2. E. Manning	Clay	63.57
3. A. Ball	Clay	74.16

LADIES

1. V. Wilkinson	Bing	46.31
2. C. Dewhurst	Clay	55.44
3. C. Lyon	Newb	60.15
4. K. Goss 0/45	Clay	61.16
5. P. Orrp	Prest	62.18
6. L. Warm 0/35	Skip	64.56
7. J. Taylor	L&M	65.33
8. E. Unsworth 0/45	Kend	66.47

**SANDSTONE TRAIL RACE
Cheshire
CL/16.5m/1750ft 8.9.96**

Somehow, we always seem to get a fine day for the races and once again there were records broken; although none on the scale of last year. In the A race, Paul Frodsham moved in to the lead early on and opened up a gap of thirty seconds by the time the runners reached Beeston. At this point, Neil Ashcroft, John Hunt and Gary Kenny were neck and neck, fighting for second position. There was little change by Rock Farm but then the pace started to tell on Neil Ashcroft who slipped back to finish in ninth place overall. John Hun ran a well paced race and improved on last years third place by finishing second overall - perhaps a win in 1997?? Meanwhile, Matthew Lynas on a trip up from London came strongly through from fifth position to take third overall and first orienteer. A little further down the field, Zelah Lewis; also up from London and running the race for the first time, was having a storming run. In thirtieth position at Beeston and twenty seventh position at Rock Farm, she finished in twenty third position overall - setting a new record by over two minutes. Given that this was the first time Zelah had even seen the course, sub-two hours next year must be a possibility??

An interesting race developed in both the male veteran categories. In the over forties, Alan Duncan of Mersey Fellrunners had a slim lead at Beeston but was overtaken in the later stages by Ben Gregory, and in the over fifties Chris Latter from Tattenhall was over two and a half minutes up at Beeston, but was overhauled by a very strong finishing Peter Norman fairly close to the end of the race, with Peter finishing in thirty eighth overall. The team trophy was a 'two horses race' but a closely fought one at that, with only fifty three

seconds splitting the first two teams. Helsby won overall leaving Mersey Fell Runners in second place for a second year.

In the B Race, only one runner broke the hour, Sean Cranny, on home territory, led the race from early on and finished almost one minute clear of fellow Deeside Orienteer Ray Hulse. In the veterans categories. Derek Ashcroft ran ahead of Peter Bennetton to take the over forty category, and Roy Tunstall pushed all the way by C.Slavin, shaved another eight seconds of his record. Amongst the ladies, Jackie Bale took advantage of Anne-Marie Jones absence to produce an excellent performance, winning in sixty eight minutes and fifty six seconds - the fastest time ever. The first veteran lady, Heather Johnson also ran very well and posted the second best ever lady veteran time.

Although the nature of the event makes for a great deal of organisation and requires many marshalls, I am very grateful to everybody who so willingly volunteered - both first timers and those who have come to anticipate that begging call for many years now. We are also fortunate that the race is so strongly supported by the landowners, farmers and others along the route. Finally, many thanks to the police who are still happy to provide regulars and specials for the major road crossings.

It is likely that we will move back to the traditional end-September date for the races in 1997. Anybody who entered this year will be sent entry forms next year and I hope that if you like races you will tell your clubmates. I am keen to encourage more ladies to run the A race and to increase the entry levels for the B race. We will, therefore, have a lady vets prize and team prize for both races in 1997.

RESULTS - A RACE

1. P. Frodsham	Hels	1.48.23
2. J. Hunt	Mersey	1.48.43
3. M. Lynas	S.L.O	1.49.40
4. G. Kenny	Mersey	1.50.30
5. I. Simpson	Hels	1.51.54
6. R. Morrall	Unatt	1.52.07
7. M. Hinson	Hels	1.52.47
8. N. Ashcroft	Spec	1.53.04
9. B. Gregory V	Stock	1.54.27
10. A. Duncan V	Mersey	1.54.44

VETERANS 0/40

1. B. Gregory	Stock	1.54.27
2. A. Duncan	Mersey	1.54.44
3. D. Fisher	Whitby	1.59.36
4. J. Price	L.Run.C	2.01.00
5. R. Pritchard	Spec	2.01.18

VETERANS 0/50

1. P. Norman	Wrex	2.09.16
2. C. Latter	Tatten	2.09.59
3. D. Hill	Eryri	2.10.44
4. B. Morris	Wrek	2.16.25
5. B. Hastings	CEPAC	2.21.35

LADIES

1. Z. Lewis	Unatt	2.02.20
2. V. Musgrove 0/35	Wrex	2.12.02
3. S. Rowson 0/35	Macc	2.18.13
4. J. Mellor	Wilms	2.22.23
5. S. Owen 0/35	Tatten	2.23.10
6. K. Winstanley	Spec	2.29.59
7. L. Seed 0/35	Tatten	2.33.19
8. J. Heming	Eryri	2.33.50

RESULTS - RACE B (9.5m/950ft)

1. S. Cranny	Dees	.59.52
2. R. Hulse	Dees	1.00.45
3. G. Rawlinson	Mersey	1.02.26
4. M. Jones	Here	1.01.27
5. G. Beardsmore	S.Liv	1.01.34
6. D. Ashcroft V	S.Liv	1.02.42
7. P. Bennetton V	Warr	1.04.12
8. D. Gough	Vale	1.04.38
9. M. Walker	Hels	1.04.50
10. J. Martin	Audley	1.06.04

VETERANS 0/40

1. D. Ashcroft	S.Liv	1.02.42
2. P. Bennetton	Warr	1.04.12
3. R. Mitchell	Hels	1.06.50
4. P. Brown	S.Chesh	1.08.31
5. G. Large	Unatt	1.10.42

VETERANS 0/50

1. R. Tunstall	Hels	1.06.41
2. C. Slavin	S.Liv	1.07.35
3. G. Lloyd	N.Vets	1.18.01
4. B. Proctor	Aud	1.21.05
5. B. Williams	Macc	1.22.51

LADIES

1. J. Bale	Dees	1.08.56
2. A. Stentiford	Macc	1.12.59
3. B. Eyke	Add	1.13.38
4. J. Heslop	M&D	1.13.46
5. H. Johnson 0/35	Alt	1.14.08
6. S. Digges Latouche	Hqns	1.17.34
7. V. Edwards 0/35	Hels	1.18.06
8. J. Keasley 0/35	Hels	1.19.14

SHELF MOOR FELL RACE

Derbyshire

AS/5.9m/1500ft 8.9.96

1.G. Oldfield	Bfd/Aire	43.19
2. A. Turner	Bux	43.24
3. D. Neill 0/40	Merc	43.33
4. H. Mathews	Shrews	44.05
5. A. Jones 0/40	Gloss	44.30
6. G. Morson 0/45	Bux	44.40
7. R. Clucas 0/40	Unatt	45.59
8. D. Gartley	Gloss	46.06
9. T. Taylor	Ross	46.06
10. S. Gregory	Holme P	46.29
FIRST VETERAN 0/50		
1. P. Lyons	Ross	47.19
FIRST VETERAN 0/55		
1. R. Brown	P'stone	58.56
FIRST VETERAN 0/60		
1. P. Duffy	Aber	58.15
LADIES		
1. T. Sloan	Saif	51.58
2. E. Batt	Unatt	53.45
3. J. Smith 0/40	DkPk	55.16
4. J. Town 0/35	Denby	57.59
5. B. Coomber	Denby	59.33
6. A. Jorgenson 0/35	P'stone	60.32
7. V. Brockwell 0/45	Holme P	66.58
8. B. Haigh 0/45	P'stone	67.03
JUNIORS		
1.1. Glendinning	Telf	17.28
2. S. Glendinning	Telf	19.06
3. K. Watson	Ivan	22.12

WOLSINGHAM SHOW FELL RACE

Co. Durham

BS/3.5m/450ft 8.9.96

Overcast was the outlook on the Sunday, as only thirteen runners set off on this challenge. Included in this was a number of juniors from a local athletics club. Peter Stevenson won the race, closely followed by Ken Maynard.

1. P. Stevenson	22.25
2. K. Maynard	22.45
3. R. Maynard	24.04
4. R. Ball	23.22
5. G. Watson	25.29
6. J. Plautus	26.54
7.1. Graham	27.12
8. P. Brown	29.13
9. M. Tail	Crook AC 31.55
10. A. Tait	Crook AC 40.02
11. J. Wilkinson	Crook AC 40.32
12. C. Stappard	42.28
13.1. Wilkinson	43.00

MAST RACE CHALLENGE

Powys

CM/10m/ 8.9.96

The sixth running of the Newtown Mast Race was held in ideal conditions on a bright September Sunday morning. Forty four runners set out on the hilly course, but not too arduous when comparing it with other fell races. The ten mile follows a road, track and grass surface and is basically five and a quarter miles up to the mast and then five miles down to the finish. Three runners, Aidrian Bailey, Tim Davies and John Peters led from the start.

After one and a half miles, Tim made a break and then continued to lead for most of the race. Aidrian dropped John after three miles and took off in pursuit of Tim. Not until the last mile did Aidrian catch Tim and finish in just under the hour and Tim held on for second with John closing quickly.

Three former winners, Geoff Brown, Paul Clark and Chris Copus filled the next three places with Tim's Dad coming in in seventh place.

Helen Tedcastle had a good run to finish the first woman and twenty first overall.

Special mention for Tom Evans who at seventy four had a very creditable run to finish in thirty third position.

1. A. Bailey	Bro Dys	59.56
2. T. Davies	N'town	1.00.13
3. J. Peters	N'town	1.00.53
4. G. Brown V	P.P.	1.02.31
5. P. Clarke	Shrews	1.05.35
6. C. Copus V	N'town	1.07.10
7. E. Davies V	N'town	1.08.11
8. R. Wilson V	Mid Wales	1.08.41
9. C. Jones V	Bro Dys	1.09.00
10. A. Jones V	Bro Dys	1.09.23
VETERANS 0/40		
1. C. Copus	N'town	1.07.10
2. E. Davies	N'town	1.08.11
3. R. Wilson	Mid Wales	1.08.41
4. R. Robson	Merc	1.14.13
5. D. Jenkins	N'town	1.22.52



Tricia Sloan, winner at Shelf Moor
Photo: John Cartwright

VETERANS 0/45

1. G. Brown	P.P.	1.02.31
2. G. Jones	Bro Dys	1.09.00
3. A. Jones	Bro Dys	1.09.23
4. R. Griffiths	Bro Dys	1.10.39
5. T. Jenkins	A'twyth	1.21.38

FIRST VETERAN 0/50

1. D. Ormerod	Mid Wales	1.25.05
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FIRST VETERAN 0/55

1. T. Evans	Bro Dys	1.12.03
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VETERANS 0/60

*1. T. Evans	Bro Dys	1.30.44
2. P. Kinston	Spa	1.31.49

LADIES

1. H. Tedcastle	B'north	1.16.12
2. B. Lawrence 0/50	Rhay	1.26.46
3. B. Jones 0/55	Bro Dys	1.29.19
4. Y. Nolan 0/45	Bro Dys	1.33.11
5. M. Griffiths 0/50	Bro Dys	1.35.07
6. E. Jones 0/40	Bro Dys	1.38.52
7. E. Griffiths 0/40	Bro Dys	1.53.46
8. S. Symonds 0/60	Bro Dys	2.04.21

YORKSHIREMAN OFF ROAD

MARATHON

West Yorkshire

CL/26m/ 8.9.96

1. Brooksbank/Goodison V	3.23.50
2. Shoemith/Grillo	3.32.00
3. Green/Dennison Mx	3.34.27
4. Thompson/Hill	3.36.12
5. Cole/Hoolahan	3.37.28
6. Smith/Bain	3.39.50
7. Drake/Cunliffe Mx V	3.40.18
8. Clough/Parker	3.41.52
9. Callaghan/Hoyle	3.44.04
10. Masser/Murphy	3.44.42

VETERAN TEAMS 0/40

1. Brooksbank/Goodison	3.23.50
2. Orritt/Clinch	3.48.07
3. Walker/Balmforth	3.50.16
4. Armstrong/McGill	3.55.30
5. Lomas/Ladocha	4.06.20

MIXED TEAMS

1. Green/Dennison	3.34.27
2. Drake/Cunliffe V	3.40.18
3. Sargison/Brown	3.47.43
4. Cook/Barker V	3.54.30
5. Holmes/Holmes	4.07.55

LADIES TEAMS

1. Cranton/Green	4.20.30
2. McIntosh/McRae V	4.26.55
3. Rutter/Rushworth	4.42.55
4. Scott/Jackson	4.48.58
5. Atkinson/Lawton V	4.52.35
6. Darke/Dobby	4.58.12
7. Cook/Vemer	5.12.18
8. Hannah/Brody V	5.26.20

LAXEY HORSE SHOE

Isle of Man

AM/11.75m/3200ft 25.8.96

Heavy rain on the days leading up to the race had softened the ground nicely and with clear visibility and dry sunny weather, conditions were just about perfect.

The race soon turned in to a closely fought battle between reigning Manx Fell Champion, Tony Rowley, and the versatile Steve Partington, who is a current Great Britain International at race walking.

The contest was in doubt until the final mile where Rowley's final big effort saw him pull clear to record his seventh win of the season.

Bolton's John Quine ran a lonely race to finish third, some five minutes behind the leaders.

The outstanding performance of the day was in the ladies race, where Colby's Brenda Walker became the first lady to go under two hours for the eleven and three quarter mile course, knocking over ten minutes off Cal Partington's record set just twelve months ago, in an impressive sixth place overall.

1. T. Rowley	MFR	1.44.16
2. S. Partington	MH	1-45.21
3. J. Quine	Bolt	1.52.07
4. P. Crowe	NAC	1.58.10
5. H. Parrick	WAC	2.04.59
6. P. Mackie	WAC	2.13.58

VETERANS 0/40

1. D. Young	MFR	1.57.27
2. J. Crellin	MH	2.04.58
3. R. Moughtin	WAC	2.05.26
4. S. Garry	MFR	2.11.07
5. R. Stevenson	MFR	2.15.29
6. J. Gel!	NAC	2.20.42

VETERANS 0/50

1. G. Charles	Vaux	2.06.59
2. R. Callister	MH	2.08.02
3. S. Moynihan	SAC	2.13.57
3. T. Coleman	NAC	2.31.54

FIRST VETERAN 0/60

1.B. Baxter	MH	3.02.12
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LADIES

1. B. Walker	MH	1.58.55
2. R. Hooton	MH	2.22.10

MERRICK HILL RACE

Ayrshire

AM/8m/2710ft 14.8.96

A slightly disappointing entry of only thirty seven this year, however this included six ladies. The only time we've had more lady runner was for the British Championship race in 1994.

The Junior race was very poorly supported with only two entries, both from my own club. Denis Bell and Ewen Rennie have both made big efforts to encourage juniors, but to what effect? However, we are optimists so we will offer a junior race again next year.

On a brighter note, the weather was good again and the field was of excellent quality. Graeme Bartlett's time the best ever for the race and of course the regulars keep coming back year after year for more punishment. Ronald Turnbull is now the only one to have done all eight races. Solway RC again turned out in force with seven entries, and went home with three prizes.

1. G. Bartlett	Cam	71.03
2. N. Martin	Lomond	76.51
3. J. Coyle	Cam	78.07
4. C. Brash	Girvan	80.06
5. A. Carruthers	Crawl	80.29
6. J. Stevenson	Irv	82.11
7. T. Ireland	Annan	82.13
8. M. Diver	Clydes	84.17
9. D. Brown	Dumf	84.36
10. A. Anderson	Sol	84.43

VETERANS 0/40

1. T. McCulloch	AyrSea	87.40
2. M. MacLeod	W'lands	90.06
3. P. Wilson	Arran	91.08
4. R. Turnbull	Sol	94.37
5. B. Green	Sol	97.30

VETERANS 0/50

1. D. Milligan	Sol	89.30
2. A. Anderson	Sol	107.33
3. B. Nicol	Irv	111.05
4. W. Kinnear	Annan	112.45
5.1. McManus	Irv	115.12

LADIES

1. L. Longmore	Sol	97.29
2. C. Cramer	Perth	107.42
3. S. Micalizzi	Cam	120.47
4. G. Paul 0/35	Cam	122.49
5. D. MacDonald 0/35	HBT	128.08
6. S. King 0/35	Clydes	135.54



Mark Horrocks, 3rd at Whernside
Photo: Dave Woodhead

LYON EQUIPMENT WHERNSIDE FELL RACE North Yorkshire AM/11.6m/3000ft 15.9.96

The fifth running of the Whernside Fell Race took place in Dent. Conditions were excellent - a beautiful, clear, sunny day, dry underfoot. Other conflicting events meant a drop in competitors to one hundred and nine.

Steve Oldfield, of Bradford Airedale, added another second to his results which have previously been second (1993), second (1994) and sixth (1995).

The winner was John Brown of Salford Harriers, who took ten seconds off the previous record. Jean Rawlinson of Clayton-Le-Moors won the ladies race.

1. J. Brown	Saif	1.28.12
2. S. Oldfield 0/40	Bfd/Aire	1.29.50
3. M! Horrocks	CalderV	1.30.57
4. G. Oldfield	Bfd/Aire	1.32.40
5. M. Fleming	Amble	1.33.18
6. G. Moffatt	Howg	1.34.40
7. A. Preedy	Unatt	1.35.02
8. P. White	LdsCty	1.35.50
9. M. Walsh 0/45	Kend	1.35.58
10. W. Sullivan	Unatt	1.38.07

VETERANS 0/40		
1. S. Oldfield	Bfd/Aire	1.29.50
2. R. Graves	Kend	1.45.59
3. D. Ashcroft	Mersey	1.49.54
4. I. Blackburn	C'ville	1.52.39
5. K. Dacre	Kend	1.56.30

VETERANS 0/45		
1. M. Walsh	Kend	1.35.58
2. B. Hilton	Lds	1.43.48
3. J. Winder	CalderV	1.45.25
4. P. Harlowe	Kesw	1.45.32
5. J. Hoffman	Bfd/Aire	1.47.18

VETERANS 0/50		
1. G. Howard	Ilk	1.52.35
2. G. Breeze	Skyrace	1.54.06
3. R. Titchmarsh	R.R.	1.58.33
4. M. Hetherton	Rown	2.00.18
5. C. Marin	Unatt	2.03.09

LADIES		
1. J. Rawlinson 0/40	Clay	2.00.27
2. S. Watson 0/40	VSDrs	2.00.30
3. L. Hayles 0/40	H'fax	2.06.06
4. L. Lord 0/40	Clay	2.09.36
5. J. Lee 0/40	Clay	2.14.17
6. K. Wallis 0/40	Clay	2.18.20
7. M. Hobley	Fellan	2.23.14
8. E. Smith	Denby	2.27.34

REEBOK MOUNTAIN TRIAL Cumbria 0/20m/7000ft 15.9.96

Returning to Langdale after a gap of twenty years proved very successful in every way. Stool End Farm couldn't have been more welcoming or better placed, with its instant access to the fells and superb weather.

Men and women shared the first checkpoint at a small tarn near the top of Hardknott Fell. A few followed the well trodden path up the Band to Three Tams, down to Lingcove Beck and along the ridge to the tarn, but the majority opted for Browney Gill, across the ridge under Stonesty Pike and then down to Mosedale and straight up to the tarn. At the tarn the marshals enjoyed watching as one competitor after another tried to 'straight line' twenty five yards of knee deep bog.

Upper Eskdale and the surrounding peaks looked magnificent in the morning light, but runners must have had mixed feelings as the men tried to decide how to reach the foot of Brown Tongue, or Round How in the case of the women.

Phil Clark struck out on his own to the next checkpoint, Chamley Cairn on Esk Pike. The women's third objective was a small tam (Sprinkling Crag Tam) just north of Sprinkling Tam, with three route possibilities presenting themselves. The women's race continued to the control near the top of the Band with the choice of traversing one side or the other of Bowfell or alternatively keeping it simple by following the ridge path from Esk Hause.

For the men there was still some way to go from Esk Pike. Decisions, decisions! Esk Hause or Ore Gap? Stay high or hope to find a traverse line to the checkpoint at a stream junction below Pinnacle Bield overlooking Langstrath?

No problem with route choice on the next leg to Langdale Combe, but then came the sting in the tail! Time to join the ladies on the Band, but how? Jon Broxap climbed to the ridge and passed north of Rossett Pike before traversing under Bowfell, but this was slower than descending the Stake Pass path and grinding up the aptly named Grunting Gill. The heat was taking its toll, legs were tiring, cramps were biting. Perhaps concentration was failing too, as the marshals on the Band reported bodies appearing from all directions. The rest was all downhill.

Phil Clark's winning time of four hours and twenty eight minutes testifies to the demanding nature of this year's trial. Congratulations to Phil and Angela Brand-Barker, the ladies winner in three hours and thirty eight minutes, but also to everyone who completed the course, which was acclaimed by many runners as the best ever!

It is twenty years since the trial was last held in Langdale. We are grateful to the National Trust and tenant Keith Rowand for allowing us to hold this years trial at Stool End Farm, especially as they were also hosting the Saunders Mountain Marathon. Thanks to Keith and Jean Rowand for their interest in the trial and their cooperation in making the building, toilet unit and fields available to us.

It was a pleasure to have John Disley with us to present the prizes. John has competed in the trial on a number of occa-

CORRIEYAIRACK PASS Highland BL/16m/2250ft 15.9.96

Forty one intrepid runners were bussed to the Fort Augustus start and then sent on their way. The vehicles (including the timekeeper) have to make a seventy mile road dash to try to reach the finish at Garva Bridge before the leading runners. All went well this year, and Ian Murphy's astonishing 1992 record of one hour, thirty nine minutes and fifty three seconds remained unthreatened.

The weather was perfect - cloudy and cool over the sixteen mile distance, then sunny and warm at Garva Bridge, the finish.

John Morrison Fish

1. P. Morrison	C'gie	1.51.18
2. A. Wilson	Dun Hwk	1.53.52
3. A. Hubbard	Unatt	1.54.56
4. D. Orr	LAC	1.55.18
5. R. Boswell 0/40	LAC	1.58.25
6. B. Edridge 0/50	Clydes	1.58.53
7. J. Shields 0/50	Clydes	1.59.34
8. C. Love 0/50	Dun Hwk	2.00.39
9. N. Lancaster 0/40	LAC	2.01.43
10. B. Howie 0/40	Edin	2.01.48

FIRST VETERAN 0/60

1. J. Anderson	LAC	3.18.25
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LADIES

1. H. Searle 0/35	LAC	2.29.42
2. L. Woods	C'gie	2.30.58
3. P. Lemoncello 0/40	Fife	2.39.27
4. W. Donnelly	Unatt	2.52.05

sions and it was while he was a director of Reebok UK that he secured the current sponsorship. Thanks to Reebok for continuing their financial support and prizes over the last three years. Additional prizes were once again generously donated by YHA, Silva(UK)Ltd and Pete Bland Sports.

Safety monitoring and first aid cover were provided by Manchester Scouts Raynet Group and the St. John Ambulance, Ambleside Division.

Looking through the results of twenty years ago, when the trial started at the New Dungeon Ghyll, I see at least ten of that year's finishers, including the winner Joss Naylor, were also successful this year.

1. P. Clark V	Kend	4.28.20
2. S. Birkinshaw	wcoc	4.31.10
3. S. Shuttle worth	Ainble	4.35.20
4. H. Symonds V	Kend	4.57.14
5. D. Parker	Macc	4.57.15
6. J. Davies	Borr	5.01.21
7. M. Hartell	Macc	5.01.36
8. B. Clough	Amble	5.03.41
9. D. Ratcliffe V	Ross	5.05.13
10. D. Rosen V	L&M	5.08.16

VETERANS 0/40

1. P. Clark	Kend	4.28.20
2. H. Symonds	Kend	4.57.14
3. D. Ratcliffe	Ross	5.05.13
4. D. Rosen	L&M	5.08.16
5. J. Rye	RMDC	5.18.00

VETERANS 0/45

1. J. Nixon	Horw	5.18.49
2. M. Walford	Kend	5.23.44
3. A. Harmer	DkPk	5.37.18
4. R. Turnbull	Soiway	5.41.04
5. P. Pittson	Ere	5.48.35

VETERANS 0/50

1. Y. Tridimas	Mersey	5.22.07
2. P. Murray	RekSck	5.36.42
3. M. Hudson	Kend	5.48.24
4. D. Sleath	WPFR	5.53.24
5. A. Yates	DPFR	5.57.50

VETERANS 0/55

1. G. Swindon	NGOC	5.34.55
2. D. Amour	H'land	5.42.07
3. M. Hayes	DkPk	6.04.21

VETERANS 0/60

1. J. Naylor	CFR	6.05.50
2. B. Gauld	Cam	6.37.13
3. C. Henson	DkPk	7.17.43

LADIES

1. A. Brand-Barker 0/35	Kesw	3.38.19
2. E. Moody	WCOC	3.39.46
3. S. Parkin 0/40	Kend	3.47.21
4. W. Dodds 0/45	Clay	3.51.12
5. C. Somers- Cocks 0/35	LOC	3.52.33
6. I. Blunk 0/35	RekSck	4.10.49
7. S. Hodgson	Amble	4.16.17
8. C. McNeill 0/50	Amble	4.18.14

DALEHEAD

Cumbria

AS/4.5m/2210ft 15.9.96

Another excellent day weatherwise, the number of runners exceeding expectations. Congratulations to Johnathon, a well deserved win on home territory. Well done to Lyn, a new trophy for her with a replica to keep. My sincere apologies to Stephen Ashworth and Lee Gibson for the mistake in the under eighteens. Many thanks to all the helpers. Hope you all enjoyed the day, see you next year.

Ann Bland

1. J. Bland	Borr	46.34
2. A. Davies	Borr	47.11
3. G. Wilkinson	Clay	47.41
4. D. Troman	Kesw	48.00
5. L. Gibson	CumbFR	48.25
6. G. Bland	Borr	48.39
7. P. Thompson	Black	49.46
8. A. Schofield	Borr	50.07
9. D.'Stones V	Kesw	50.17
10. N. Sharpe	Kesw	50.46

VETERANS 0/40

1. D. Stones	Kesw	50.17
2. A. Beck	Kend	1.64
3. G. Cress well	Penn	55.03
4. D. Owens	Kesw	56.49
5. C. Knox	Kesw	56.55

VETERANS 0/50

1. M. Carson	Kesw	58.56
2. G. Fielding	Ross	60.50
3. M. Pitchford	CumbFR	60.55
4. C. Wilson	Kesw	61.13
5. G. Charles	Vaux	64.50

VETERAN 0/60

1. P. Hutchinson	Unatt	78.43
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LADIES

1.L. Thompson 0/40	Kesw	61.42
2. K. Beaty 0/35	CumbFR	62.13
3. J. King	Derw	68.50
4.1. Iredale	Unatt	76.05
5. M. Bridge 0/40	Kesw	76.13
6. D. Madden 0/50	Gloss	77.13
7. A. Smith	Clay	81.49
8. V. Fletcher 0/40	Billing	87.02

INTERMEDIATES U/18

1. S. Ashworth	Kesw	54.58
2. K. Den wood	CumbFR	60.01



Andrew Davies, Jonny Bland and Jim Davies. Jonny and Andrew 1 and 2 at Dalehead, the three shown battling for the first three positions at Three Shires Photo: Peter Hartley

FOREST CHALLENGE

Gwynedd

AM/10m/2500ft 21.9.96

This years event took place in perfect conditions, bone dry underfoot, quite cool with a light breeze. Fifty two runners took part with runners from as far afield as the South Downs and Oldham. The overall standard was high with James McQueen of Eryri setting a new course record.

Unfortunately for some, there were problems with the route marking and several runners ended up going the wrong way to the finish, resulting in disqualifications. Most unfortunate of all was Tony Okell of Stockport, who narrowly missed second place because of this. However young Mathew Wigmore of Helsby had an outstanding race, finishing second, as did Philip Marsh of local club, Tarren Hendre, who finished third as well as first veteran.

In the women's race, Carol McCarthy completely out-classed the opposition, with second place Rosie Naish of Bro Dysyni finishing eighteen minutes behind.

D Davis

1. J. McQueen	Eryri	1.35.11
2. M. Wigmore	Hels	1.40/13
3. P. Marsh V	TarHen	1.45.30
4. E. Evans	Eryri	1.46.12
5. M. Blake V	Eryri	1.47.07
6. J. Marsh 0/50	TarHen	1.47.25
7. R. Wilson V	Mid Wales	1.49.56
8. T. Lewis	Bro Dys	1.50.55
9. G. Spencer V	Merc	1.54.02
10. W. Marsh V	TarHen	1.54.18

LADIES

1.C. McCarthy 0/35	Hels	1.54.22
2. R. Naish 0/35	Bro Dys	2.12.32
3. H. Tedcastle	B'north	2.16.10
4. R. Marks	F.E.	2.17.22
5. B. Jones 0/40	Bro Dys	2.29.03
6. R. Metcalfe	NWRR	2.39.30
7. A. Talbot	Osw	3.08.54

LANTERN PIKE FELL RACE

Derbyshire

BS/5m/1050ft 21.9.96

With the runners assembled on the start line, the clouds of mist and rain gathered on the slopes on Kinder, moving in as the race got underway. Local Paul Deaville, fresh from race victories and records, went for it, with Andy Wilton and Dave Neill in pursuit, up the long steep road climb, Paul was pushing hard, in to the top fields Andy accelerated past and the race was on. Down the Heywood and along the flat path to Banks Cottages Paul closes on Andy, only to see him fly up the next sharp climb on his way to the summit. Across the top fields again and in to a very quick and well deserved victory. Dave Neill first over forty passes Paul for second overall, and a very brave and shattered Paul Deaville first local and third overall.

Tricia Sloan was first lady and thirty fourth overall and had a comfortable win. Peter Lyons was first over fifty and fifteenth place overall.

Fantastic race, hope you all enjoyed it. Many thanks to all, especially the wet cold enthusiastic marshals who make this event work.

With the permission and help of local farmer, David Mellor, we planned a new route all on private land, flagged an interesting course using woodland and rough fields, we estimated a time of fifteen plus minutes. It just shows how slow we are compared with Alex iRule of East Cheshire in eleven minutes and forty four seconds.

The under thirteens race on the same course was won by Mark Hudson of Buxton and Laura French was the first girl. Well Done, and I hope you all enjoyed the route. Any suggestions will be appreciated.

1. A. Wilton	Merc	30.30
2. D. Neill 0/40	Merc	32.02
3. P. Deaville	Gloss	32.15
4. G. Cudahy	Stock	32.41
5. D. Gartley	Gloss	33.40
6. M. Hayman	DkPk	33.55
7. S. Gregory	DkPk	34.01

8. A. Jones 0/40	Gloss	34.08
9. M. Weedall 0/40	Penn	34.12
10. P. Bowler 0/40	Merc	34.25

VETERANS 0/45

1.D. Tait	DkPk	37.36
2. F. Fielding	Gloss	37.41
3. R. Scottney	Penn	37.48
4. P. Pittson	E'wash	38.18
5. M. Burgess		38.20

VETERANS 0/50

1. P. Lyons	Ross	35.18
2. J. Morris	Penn	38.08
3. J. Carrier	GPT	38.30
4. J. Clark	Hallam	38.51
5. P. Jepson	Ross	40.31

FIRST VETERAN 0/60

1.B. Thackery	DkPk	44.58
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LADIES

1.T. Sloan	Saif	37.20
2. K. Drake 0/35	Spem	39.12
3. E. Batt		40.06
4. K. Harvey 0/35	Alt	41.31
5. J. Smith 0/40	DkPk	41.55
6. K. Bryan-Jones	DkPk	42.47
7. J. Nolan	DkPk	43.05
8. F. Stafford	ManTri	43.06

JUNIORS U/16 - BOYS (no girls entered)

1. A. Rule	E.Chesh	11.44
2. J. Howie		14.03
3. A. Douglas	Stock	14.39
4. S. Roche		14.49

JUNIORS U/13 - BOYS

1. M. Hudson	Bux	14.24
2. T. Davies		15.29
3. A. Howie		16.26

JUNIORS U/13 - GIRLS

1.L. French	V.Roy	15.09
2. R. Hall		15.15
3. S. McGrath	V.Roy	16.23

British Championships

Full Championship Results

MEN

1. I. Holmes	Bingley	151
2. M. Kinch	UA	144
3. M. Roberts	Borr	141
4. D. McGonigle	Shett	131
5. R. Bryson	Newc	126
6. M. Amor	Cumb	124
7. G. Devine	P&B	118
8. B. Bland	Borr	111
9. P. Sheard	P&B	98
10= A. Bowness	Cumb	96
10= M. Rigby	Amble	96
12. J. Bland	Borr	95
13= M. Keys	Ross	92
13= R. Lawrence	Bingley	92
15= G. Schofield	Horw	81
15= A. Trigg	Gloss	81
17= R. Jebb	Bing	78
17= N. Spence	Kendal	78
19. B. Bardsley	Borr	75
20. J. Hepburn	Loch	74
21. J. Davies	Borr	71
22. N. Carty	N.Belfast	69
23. S. Hawkins	Bing	68
24. J. Atkinson	Amble	67
25. B. Thompson	Cumb	66
26. J. McQueen	Eryri	63
27. J. Ward	D&C	60
28. J. Blackett	Mand	57
29= G. Bartlett	Cam	52
29= D. Cummins	Shett	52
29= B. Ervine	Bally	52
29= S. Oldfield	Brad	52

MALE VETS 0/40

1.G. Schofield	Horw	93
2. M. Egnor	DenDale	81
3. S.Jackson	Horw	76
4. A. Bland	Borr	65
5. D. Williams	Eryri	62
6. S. Jones	Eryri	57
7= R. Crossland	Brad	55
7= B. Mitchell	CleM	55
9. T. Hesketh	Horw	52
10. W. Bell	Cumb	51
11.M. Weedall	Penn	50
12. J. Holt	CleM	48
13. H. Jarrett	Cumb	46
14. S. Houghton	CaldV	41
15. B. Waldie	Cam	34

MALE VETS 0/50

1. A. Bland	Borr	32
2= B. Mitchell	CleM	25
2= D. Williams	Eryri	25
4. B. Waldie	Cam	14
5= D. Spedding	Kesw	12
5=R. Wilby	High	12
7= K. Carr	CleM	11
7= D. Rankin	Belfast	11
9. J. Morris	Penn	10
10= B. Edridge	Clydes	8
10= B. Martin	M.D.C.	8

LADIES

1.S. Rowell	P&B	63
2. M. Angharad	Eryri	61
3. C. McCarthy	Helsby	43
4. N. Davies	Borr	39
5. A. Mudge	Cam	37
6= G. Cook	Roch	35

6= J. Jones	Kesw	35
8. J. Shotter	P&B	32
9. K. Harvey	Altr	25
10. P. Gibb	P&B	23
11. J. Smith	DkPk	20
12= A. Buckley	P&B	19
12= A. Priestley	Fellan	19
14= G. Adams	Bristol	18
14= S. Armitage	Cosmic	18
14= L. Thompson	Kesw	18

LADIES 0/35

1. M. Angharad	Eryri	36
2. C. McCarthy	Helsby	24
3. N. Davies	Borr	21
4= G. Cook	Roch	18
4= J. Jones	Kesw	18
6. K. Harvey	Altr	16
7. S. Armitage	Cosmic	12
8. L. Thompson	Kesw	10
9. S. Woods	M.D.C.	9
10= J. Cairns	West	7
10= J. Smith	DkPk	7

English Championships

MEN

1. I. Holmes	Bing	124
2. M. Kinch	UA	122
3. M. Roberts	Borr	109
4. M. Keys	Ross	100
5. D. Neill	Mercia	96
6. J. Atkinson	Amble	93
7= M. Amor	Cumb	92
7= G. Bland	Borr	92
9. A. Trigg	Gloss	91
10. P. Sheard	P&B	85
11= B. Bardsley	Borr	84
11= J. Bland	Borr	84
13. G. Devine	P&B	79
14. J. Davies	Borr	68
15. G. Watson	Altr	59
16. S. Oldfield	Brad	58
17. P. Davies	Borr	55
18. A. Bowness	Cumb	53
19. N. Spence	Kendal	51
20. G. Patten	P&B	49

MALE VETS 0/40

1.D. Neill	Mercia	88
2. G. Scholdfield	Horw	77
3. S. Oldfield	Brad	73
4. S.Jackson	Horw	72
5= M. Egnor	DenDale	65
5= T. Hesketh	Horw	65
7= A. Bland	Borr	44
7= R. Crossland	Brad	44
9. W. Bell	Cumb	43
10. J. Holt	CleM	33
11. R. Unwin	Cumb	32
12= D. Beels	Roch	31
12= D. Spedding	Kesw	31
14. M. Weedall	Penn	30
15. B. Walton	Horw	29

MALE VETS 0/50

1. A. Bland	Borr	48
2. P. Carr	Keighley	33
3. K. Carr	CleM	32
4. B. Mitchell	CleM	27



Tony Hesketh in the first 10 in the British and English, took time out to get married in October at the trig on the top of Winter Hill!

5. D. Spedding	Kesw	24
6. K. Burgess	Altr	15
7= I. Beverley	CleM	12
7= R. Jaques	CleM	12
9. N. Berry	Holm	9
10= D. Lucas	Roch	8
10= J. Morris	Penn	8
10= J. Nuttall	CleM	8
10= T. Peacock	CleM	8

MALE VETS 0/60

1= J. Dearden	Helsby	29
1= P. Duffy	Aberdeen	29
3. C. Henson	DkPk	27
4. H. Catlow	Northern	26
5. B. Smith	CleM	14
6. D. Clutterbuck	Roch	13
7. L. Sullivan	CleM	12
8. B. Leathley	CleM	11
9. G. Arnold	Prest	6
10= A. Robinson	Horw	5
10= D. Wright	Tyne	5

LADIES

1.S. Rowell	P&B	88
2. G. Cook	Roch	77
3. K. Harvey	Altr	64
4. L. Levesley	Leeds	56
5. J. Shotter	P&B	54
6. Y. Williams	Penn	50
7. W. Dodds	CleM	44
8. J. Smith	DkPk	41
9. A. Brentnall	Penn	40
10. J. Jones	Kesw	38
11. V. Wilkinson	Bing	33
12. C. McCarthy	Helsby	29
13= N. Davies	Borr	26
13= L. Whittaker	Saddle	26
15= S. Becconsall	Tod	22
15= A. Priestley	Fellan	22

LADIES 0/35

1. G. Cook	Roch	45
2. K. Harvey	Altr	36
3. A. Brentnall	Penn	24
4. J. Jones	Kesw	22
5. W. Dodds	CleM	21
6= C. McCarthy	Helsby	20
6= J. Smith	DkPk	20
8. N. Davies	Borr	18
9= V. Peacock	CleM	12
9= L. Thompson	Kesw	12
11= S. Becconsall	Tod	11
11= L. Hayles	Halifax	11

Welsh Championships

TEAMS

MEN

1. S. Forster	Eryri	86
2. J. McQueen	Eryri	73
3. P. Maggs	MDC	65
4. A. Woods	MDC	62
5. Don Williams (SV)	Eryri	58
6. T. Davies (J)	Mercia	57
7. S.P. Jones (V)	Eryri	55
8. A. Haynes	Eryri	54
9. G. Rees-Williams	Eryri	53
10= A. Orringe (V)	MDC	48
10= M. Angharad (F)	Eryri	48
12= P. Wheeler	MDC	42
12= A. Hughes	Eryri	42
14. S. Barnard	Eryri	39
15. A. Davies (J)	Mercia	36
16. J. Bass	MDC	32
17= M. Blake (V)	Eryri	31
17= K. Prydderch	Eryri	28
19. T. Jones	Eryri	28
20. J. Morris (SV)	Pennine	26

WOMEN

1. M. Angharad	Eryri	88
2. S. Woods	MDC	82
3. J. Harrison	MDC	63
4. J. Lloyd	Eryri	53
5. S. Ashton	MDC	49
6. A. Ashley	Wrexham	31
7= S. Barnwell	Eryri	29
7= A. Donnelly	Eryri	29
9. A. Brand-Barker	Eryri	22
10= M. Foulkes	Eryri	18
10= A. Nixon	MDC	18
12= K. Lucas	MDC	17
12= C. Thomas	Eryri	17
14. T. Dewsnap	Eryri	16
15. D. Evans	Eryri	15
16. L. Gartrell	ua	14

MALE VETS

1. S.P. Jones	Eryri	86
2. Don Williams (SV)	Eryri	84
3. A. Orringe	MDC	80
4. M. Blake	Eryri	67
5. J. Morris (SV)	Pennine	62
6. R. Roberts	Eryri	55
7. M. Lucas	MDC	53
8= Ed Davies	Mercia	39
8= E. Meredith (SV)	MDC	39
8= D. W-Thomas	Eryri	39
11= B. Martin (SV)	MDC	37
11= J. Darby	MDC	37
13= P. Tan Jones	Eryri	35
13= G. Spencer	Mercia	35
15= M. Rusgauski	Eryri	32
15= M. Williams	Eryri	32

MALE VETS TEAMS

1. Eryri A	130
2. MDC A	119
3. Eryri B	110
4. Eryri C	52
5. MDC B	17
6= Eryri D	16
6= MDC C	16
8. Eryri F	15
9. Eryri F	14

LADIES

1. Eryri	66
2. MDC	42

1. Eryri A	132
2. MDC A	116
3. Eryri B	111
4. Eryri C	96
5. MDC B	94
6. MDC C	75
7. Eryri D	73
8. Eryri E	63
9. Mercia Welshmen	51
10. MDC D	37
11. Eryri F	35
12. Eryri G	32
13. MDC E	23
14= Wrexham	19
14= Eryri H	19



WELSH FELL RUNNING CHAMPIONSHIPS 1997

Saturday	08 March	Llantysilio	(AM)	Nr. Llangollen
Saturday	22 March	Pen Cerrig Calch	(AS)	Llanbedr
Saturday	21 June	Yr Eifl	(AS)	Nantgwrtheym
Sunday	22 June	Cameddau	(AM)	Bethesda
Saturday	16 August	Brecon Beacons	(AL)	Talybont
Saturday	27 September	Black Mountains	(AL)	Llanbedr

Bronze medallist vet Steve Oldfield, first vet at Withins

Photo: David Brett

British Junior Fell Running Championships

U18 GIRLS

1. Victoria Wilkinson	Eng	18.58
2. Gail Adams	Eng	19.00
3. Sarah Gatford	Eng	20.46
4. Lianne Harrison	Scot	21.18
5. Melissa Leek	L&M	21.27
6. Emma Hopkinson	Eng	21.30
7. Sarah Dugdale	SkipAC	21.33
8. Claire Peck	Wales	21.33
9. Isabel Knox	Scot	22.42
10. Beverley McWade	CLEM	22.49
11. Susan McNaimey	Scot	23.03
12. Kate Bailey	S&M	23.05
13. Sherid Omed	Wales	23.34
14. Kiery O'Flaherty	N.I.	23.52
15. Jenny Walker	N.I.	24.13
16. Lean Hughes	Wales	24.29
17. Joanne Munnis	N.I.	26.06
18. Gwenllion Tomos	Wales	27.06
19. Caroline Husiey	N.I.	29.44

TEAMS

1. ENGLAND	6
Wilkinson Adams	Gatford
2. SCOTLAND	24
Harrison Knox	McNaimey
3. WALES	37
Peck Omed	Hughes
4. NORTHERN IRELAND	46
O'Flaherty Walker	Munnis

U16 BOYS

1. Simon Bailey	Eng	18.44
2. Chris Livesey	Eng	19.41
3. Andrew Symonds	Eng	19.51
4. Robert Slater	Eng	19.59
5. Michael Cay ton	Hor RMI	20.07
6. Stephen Savage	AmbAC	20.21
7. Duncan Hughes	Wales	20.28
8. Stuart Reid	KendAC	20.42
9. Geoff Slater	KeighHR	20.49
10. Mark Doyle	S.Ireland	20.52
11. Sam Haigh	Skyrac	21.03
12. Cai Pearce	Wales	21.24
13. Andrew Cassells	Scot	21.41
14. Ricky Graham	N.I.	21.43
15. David McNeilly	N.I.	22.06
16. Robert Neill	N.I.	22.18
17. Robin Powell	Wales	22.20
18. Jonathan Stewart	Scot	22.23
19. Gordon Mathieson	Scot	22.23
20. James Budde	N.I.	22.25
21. Gordon Bennell	Wales	24.23
22. Graham Brooks	Scot	25.25
23. Brian Lamb	S.Ireland	26.27
24. Gareth O'Gorman	S. Ireland	28.24
25. Mark Donnelan	S. Ireland	28.25

TEAMS

1. ENGLAND	6
Bailey Livesey	Symonds
2. WALES	36
Hughes Pearce	Powell
3. NORTHERN IRELAND	45
Graham McNeilly Neill	
4. SCOTLAND	50
Cassells Stewart	Mathieson
5. S. IRELAND	57
Doyle Lamb	O'Gorman

U18 BOYS

1. Alun Vaughan	Wales	27.48
2. Andrew Davies	Wales	28.34
3. Anthony Turner	Eng	28.35
4. Matthew Collins	Wales	29.00
5. Harry Matthews	Eng	29.29
6. Robert Thompson	Eng	30.11
7. David Greig	Scot	30.14
8. Keiran Lynch	S.Ireland	30.14
9. Pearse Hickey	S.Ireland	30.51
10. Stewart Atkinson	Scot	31.26
11. John Overton	Eng	31.30
12. John Herlihy	S.Ireland	32.15
13. Jamie McDonald	Scot	32.22
14. Sion Meredith	Wales	33.08
15. Gareth Hird	KeighHR	34.00
16. Andrew Neill	N.I.	34.03
17. Alasdair McLeod	Scot	35.15
18. Alex Donald	N.I.	36.37

TEAMS

1. WALES	7	
Vaughan	Davies	Collins
2. ENGLAND	14	
Turner	Matthews	Thompson
3. S. IRELAND	29	
Lynch	Hickey	Herlihy
4. SCOTLAND	30	

UNDER 14 MIXED

1. Ben Proctor	Kend	10.41
2. Mark Smith	Horw	10.47
3. Martin Swainson	Gras	10.51
4. Tony Livesey	Pres	11.11
5. Adam Wilkin	Oxen	11.12
6. Glen Sheill	Cam	11.17
7. Gareth Johns	Holm	11.19
8. Byron Tyson	Kend	11.23
9. Peter Harrison	Horw	11.35
10. Andrew Wilkin	Kend	11.37
11. Tom Kidger	Kend	11.49
12. Matthew Bums	Horw	12.00
13. Gareth Tapper	Wales	12.03
14. Luke Paget	UA	12.04
15. Adam Godwin	Ross	12.06
16. Robert Cryer	Kend	12.08
17. Natalie White	Holm	12.09
18. Simon Taylor	Alber	12.11
19. Marbeth Sheill	Cam	12.31
20. Sam. Waddington	Cam	12.31
21. Nicole Slater	Keigh	12.52
22. Keith Boardman	Horw	13.26
23. Helen Westworth	Kend	13.35
24. Jonathan Neill	Ballydrain	14.15
25. Naomi Squires	Buxton	14.39
26. Lyndau Lohman	Buxton	14.53
27. Nicola Akrigg	Chorley	15.01
28. Jade Astin	Roch	15.34
29. Christine Boardman	Horw	16.28
30. Amy-Joe Shiell	Cam	18.36
Freddie Cortvriend	Buxt Retired	

TEAMS

1. KENDAL AC	19
Proctor Tyson	Wilkin
2. HORWICH RMI	23
Smith Harrison Bums	
3. KENDAL AC	50
Kidger Cryer Westworth	



Glynda Cook, English LV35 Champion, pictured at Stretton Photo: John Cartwright

Junior Championships

UNDER 12 BOYS

1= Mark Smith	Horw	38
2= John Woodward	Wirr	38
3. Adam Godwin	Ross	27
4. Stew Glendinning	Telf	24
5. Matthew Bums	Horw	22
6. Tom Kidger	Kend	17
7. Keith Boardman	Horw	13
8= Giles Storey	ua	8
8= Martin Swainson	ua	8
10. M. Buckingham	Holm	6
11= D. Broomhead	u	3
11= Scott Boulton	Shrp	3
11= Jack Home	L&M	3
11= R. Sykes	ua	3
11= William Clark	ua	3
16= James Stoven	Wirr	2
16= J. Carter	Melt	2
16= Luke Padgett	ua	2
16= Guy Richardson	Helm	2
20= L. Bell	CFR	1
20= Martin Bennett	Chor	1
20= M. Thwaites	KHR	1
20= Mark Bridge	Hynd	1



A champion of the future? Junior race (Within's) winner (U/12) Nicholas Fryer Photo: Dave Woodhead

UNDER 12 GIRLS

1. Nichola Akrigg	Chor	40
2. Jade Astin		32
3. Lyndal Lohman	Buxt	27
4. Rhian Hansen	Telf	24
5. A. Bateson	ARat	17
6. Kerrie Gilbert	Telf	8
7. L. Hughes	Horw	7
8= Frankie Martin	Telf	6
8= Rebecca Tremlett	Rown	6
10= Jemma Home		5
10= Chari Bleasdale	Rown	5
12= Jen Whittingham	ua	4
12= T. Chadwick		4
12= Zoe Cardus	Skip	4
15= K. Griffin	Bury	3
15= Claire Spencer	ua	3
17. L. Furness	ua	2

UNDER 14 BOYS

1. Geof Slater	KHR	40
2. Ian Glendinning	Telf	34
3. David Huff	KHR	32
4. Gavin Cooper	Chor	27
5. Carl Swire	CLM	22
6. Stephen McCain	Wirr	20
7. Ben Procter	Kend	15
8. Lee Broadley	Bing	14
9= Tony Livesey	Pres	13
9= I. Ramsdale	Horw	13
11= Chris Miller		4
11= Darren Fletcher	Hfax	4
14. P. Harrison	Horw	3
15. Robert Allcock	Wirr	2
16= Ian Harvey		1
16= Sean Troth	KHR	1
16= John Harold	Horw	1

UNDER 14 GIRLS

1. Sarah Gatford	Telf	40
2= Sarah Jones	Chor	29
2= Natile White	Holm	29
4. Nichole Slater	KHR	25
6. Sam Waddington	KHR	22
7. Helen Wightman	Horw	16
8. Chris Boardman	Horw	11
9= Raelene Cowie	Pwch	7
9= J. McDonald	Kes	7
11. Saoirse Cowley	Sal	6
12. Sheryl Finan	Chor	4
13= Helen Briggs		3
13= S. Shepherd	Sett	3
15. Nina Burley	Horw	2
16. Catherine Hall	Wirr	1

UNDER 16 BOYS

1. Simon Bailey	SMor	40
2. Michael Cayton	Horw	29
3. Chris Livesey	Pres	26
4= John Robertson	Horw	23
4= Stephen Savage	Amb	23
6. Stuart Reid	Kend	22
7. Robert Slater	KHR	14
8. Andrew Norman	Altr	11
9. Adam Sutton	Pres	10
10. Jon Stewart	Hfax	8
11. Andrew Symons	Kend	6
12. Simon Wray	Oswe	5
13= Lee Loughlin		4
13= Kenny Den wood	CFR	4
13= Paul Greenwood	Hfax	4
16= Anthony Cramb	Telf	3
16= T. Donnelly	Pres	3
16= Stephen Asquith	Holm	3
19= A. Langron	Holm	2

19= James Swallow		2
19= R. Hughes	Horw	2
22= G. Topping	Pres	1
22= Will Hallas	Holm	1
22= A. Halahan	Horw	1

UNDER 16 GIRLS

1. Emma Hopkinson	Skip	40
2. Kate Bailey	SMor	34
3. Stefana Duniec	Wake	22
4. Nichola Bennett	Chor	14
5. Delia Hefford	Chm	13
6. Amy Green	Spn	11
7. Adrienne Murray	Horw	9
8. Sarah Dugdale	Skip	8
9= Nichola Jones	Chor	7
9= Jemma Phillips	Kend	7

UNDER 18 BOYS

1= Harry Matthews	Shrw	34
1= Anthony Turner	Buxt	34
3. Esmond Tressider	Buxt	32
4. Robert Thompson	Kesw	26
5. Ian Wellock	KHR	25
6. David Norman	Altr	13
7. Paul Savage	Amb	11
8. Andrew Davies	Merc	10
9. James Britton	Vik	9
10= Simon Firth	Hfax	8
10= Samuel Wadsworth	KHR	8
12= Stefan Briggs	Bing	7
12= John Overton	Telf	7
14= Owen Bielby	KHR	6
14= Neil Burbidge	Hfax	6
14= Lee Procter	Kend	6
17= Anthony Lye	Roch	5
17= Wayne Fletcher	Hfax	5
17= Adam Crossland		5
20. Martin Pearce	Spn	4
21= M. Tickle	Horw	3
21= Gareth Hird	KHR	3
23. Stephen Ashworth	Kesw	2
24= C. Hodgson	Wirr	1
24= Jonathan Sayer	Vik	1

UNDER 18 GIRLS

1. Viet Wilkinson	Bing	38
2. Gayle Adams	Bris	36
3. Beverley McWade	CLM	29
4. Emma Middleton	Chrn	28
5. Melissa Leek	L&M	22
6. Renee Heath	Chrn	17

INTER MEN

1. Lee Gibson	CFR	38
2. Matthew Wigmore	Hels	35
3. Andrew Leek	L&M	28
4. Tim Davies	Merc	26
5. Matthew Brindle	KHR	25
6. Simon Deakin	Pres	23
7. George Ehrhardt	Tod	14
8. James Wadsworth	KHR	11
9. Anthony Plummer	Vik	10
10. D. Walker	CLM	9
11. Dave Stewart	Pres	8
12= S. Cameron	ua	4
12= Mike Mason	Wirr	4
12= Lee Pascoe	CLM	4
15. Chris Woolsey	Gigg	1

INTER WOMEN

1. Lisa Lacon	Holm	40
2. Ros Murray	Horw	34
3. Catherine Ashton	CLM	7

Scottish Hill Running Championships**SENIOR MEN**

1. D. McGonigle	Shettleston	79
2. M. Rigby	Westerlands	72
3. J. Wilkinson	Shettleston	70
4. J. Hepburn	Lochaber	62
5. G. Bartlett	Camethy	59
6. D. Cummins	Shettleston	56
7= J. Robertson	Cambuslang	47
7= T. Griffin	Cosmic	47
7= A. Ward	Camethy	47
10= J. Brooks	Lochaber	42
10= M. Patterson	Shettleston	42
12. G. Barbour	Cosmic	41
13= J. Davies	Camethy	31
13= J. Coyle	Camethy	31
15. D. Crowe	Shettleston	30
16. D. Armitage	Cosmic	29
17. N. Martin	Lomond	27
18. B. Waldie	Camethy	25
19= J. Thin	Carnethy	23
19= M. Taviner	Camethy	23
19= N. Raitt	Dundee	23
22= E. Mackay	Ochil	21
22= A. Kitchin	Livingstone	21

SENIOR WOMEN

1.S. Armitage	Cosmic	42
2. T. Brindley	Cosmic	36
3= D. McDonald	HBT	23
3= J. Rae	Westerlands	23
5. A. Mudge	Camethy	22
6. A. Nimmo	Camethy	20
7= C. Lorimer	Cosmic	15
7= P. Blake	Perth	15
9. E. Scott	Westerlands	12
10. M. Todd	HBT	11

VETERAN MEN

1. J. Robertson	Cambuslang	44
2. B. Waldie	Camethy	32
3. F. Duguid	Deeside	31
4= D. Armitage	Cosmic	28
4= R. Wilby	Highland	28
6. G. Brooks	Lochaber	24
7. R. Ramsdale	Camethy	22
8. J. Blair-Fish	Camethy	18
9. J. Shields	Clydesdale	17
10= D. Bell	HELP	9
10= M. Laing	Fife	9
10= D. Duncan	Ochil	9

SUPERVETERAN MEN

1= B. Waldie	Camethy	42
1= R. Wilby	Highland	42
3. J. Shields	Clydesdale	32
4. C. Love	Dundee	28
5. B. Edridge	Clydesdale	23

TEAM OF 4 (Open)

1. Shettleston	42
2. Camethy	39
3. Cosmic	30
4. Ochil	27
5. Dundee	26

TEAM (WOMEN)

1. Cosmic	44
2. Camethy	40
3. Westerlands	18
4. Deeside	8

**RUNNING SHOP MORVEN
HILL RACE
Aberdeenshire
AS/5m/1700ft 21.9.96**

After a long dry spell, conditions were right for fast running. The first seven runners all beat the record set in 1995 by Neil Martin. Overhead conditions were a bit more uncertain with the cloud down on top of the hill and a cold wind blowing. I insisted that the runners carry full body cover and a whistle, aware of how bitter it had been the night before when I was marking the course. It was stated clearly in the entry form that these items would be required. Morven is a big isolated hill (almost three thousand feet) and receives the full blast of any bad weather thats going around. So I make no apology.

Eighty eight runners took part in the race and the feed back from them was very positive about the course. Dermot and Mark had a tremendous battle at the front of the field. Dermot may have had a minute in hand over Mark at the summit, but Mark 'flew' down the descent to whittle that lead down to two seconds by the end. Dermot held on grimly however, even the disconcerting arrival of a huge flock of sheep near the finish area did not phase him, and he was a worthy winner.

Sonia Armitage broke her own record to win the ladies race, and in doing so clinched the Scottish championship title. After a 1995 season troubled by injury, Sonia has run consistently well all season, and richly deserves the title. Interestingly, Tracey Brindles who took second place at Morven, was runner-up to Sonia in the championship, not bad for her first year in hill running. Thanks to all who helped.

B Laurie

1. I. McGonigle	Shett	36.33
2. M. Rigby	W'lands	36.35
3. J. Wilkinson	Shett	38.18
4. G. Bartlett	Cam	38.21
5. D. Cummins	Shett	38.54
6. J. Hepburn	Loch	39.05
7. A. Ward	Cam	39.27
8. G. Barbour	Cosmic	39.48
9. D. Crowe	Shett	40.07
10. D. Armitage V	Cosmic	40.23

VETERANS 0/40

1. D. Armitage	Cosmic	40.23
2. M. Laving	Fife	41.42
3. F. Duguid	Dees	41.52
4. J. Blair-Fish	Cam	43.02
5. K. Bateman	W of B	45.50

VETERANS 0/50

1. R. Willy	HHR	42.52
2. B. Waldie	Carn	43.06
3. J. Shields	Clydes	43.41
4. B. Edridge	Clydesk	46.25
5. C. Love	Dun Hwk	47.30

LADIES

1. S. Armitage	Cosmic	45.13
2. T. Brindley	Cosmic	48.57
3. J. Rae	W'lands	50.52
4. R. McKenzie	Dees	52.08
5. B. McDonald	HBT	52.40
6. C. Mangham	Cosmic	52.42
7. K. Jenkins	Cam	52.52
8. A. Nimino 0/35	Cam	52.53



*Dave Neil, 2nd at Lantern Pike, pictured winning Stretton
Photo: John Cartwright*

**THREE SHIRES RACE
Cumbria
AL/13m/4000ft 21.9.96**

Once again we were delighted to host the final Junior Championship race of the season, coupled with the trial for the British Junior Home International event. Thanks to Chris Brasher, we were able to give each Junior runner a commemorative mug and there will be something for everyone at next years event too! so tell your friends.

Top class competition in all age group with Anthony Turner triumphing over Harry Matthews in the under eighteens to leave them sharing the championship title. Victoria Wilkinson had thirty seconds in hand over Gayle Adams to take the title on the final race, while young Sarah Gatford proved the star of the day by finishing third overall and gaining selection for the under eighteen girls team. Not bad for a twelve year old.

Under sixteen, Simon Bailey already had the championship sewn up, but closest rival Chris Livesey (the only runner to beat him all season) ran him to a fairly comfortable twelve seconds on the day.

Oh! and there was a senior race as well - two hundred and sixty four runners were attracted to come and play second fiddle to the juniors. The Borrowdale trio of Andrew, Jim Davies and Jonny Bland all went close to Keith Andersons record, with Jim coming out on top in the end. Rumour had it that their fourth man, Ben Bardsley would have pushed the record even closer, but for a navigational mishap! Andrea Priestley came similarly close the the ladies record. Tony Bland, the first male over fifty, came within four seconds of finishing first over forty too, in thirteenth place overall.

Selwyn

1. J. Davies	Borr	1.47.33
2. J. Bland	Bon-	1.47.58
3. A. Davies	Bon-	1.48.08
4. G. Watson	Alt	1.50.34
5. B. Bardsley	Bon	1.52.28
6. P. Thompson	Black	1.59.25
7. D. Nuttall	Clay	1.59.51
8. S. Shuttleworth	Amble	2.00.40
9. J. Wright	Tod	2.00.54
10. T. Hobbs	Clay	2.00.58

VETERANS 0/40

1. A. Beck	Kend	2.04.14
2. J. Holt	Clay	2.04.24
3. S. Houghton	CalderV	2.05.55
4. N. Pearce	Ilk	2.06.15
5. C. Wilkinson	Bing	2.07.00

VETERANS 0/50

1. T. Bland	Bon	2.04.18
2. D. Keams	Bolt	2.10.22
3. J. Nuttall	Clay	2.10.55
4. J. Talbot	Tod	2.14.30
5. T. Peacock	Clay	2.17.10

VETERANS 0/60

1. B. Fielding	Fellan	2.39.14
2. D. Rigg	CFR	2.48.57
3. L. Pollard	AchRat	2.59/03

LADIES

1. A. Priestley	Fellan	2.10.06
2. N. Davies 0/35	Bon	2.16.59
3. G. Cook 0/35	Roch	2.21.46
4. J. Jones 0/35	Kesw	2.22.57
5. E. Moody	WCOC	2.24.42
6. P. Leach 0/35	Sutton	2.35.03
7. W. Dodds 0/35	Clay	2.35.45
8. L. Hayles 0/35	H'fax	2.38.44

JUNIOR RACE - BOYS U/18

1. S. Bailey U/16	Staff	13.48
2. C. Livesey U/16	Prest	14.00
3. R. Slater U/16	KHR	14.25
4. A. Symonds U/16	Kend	14.40
5. G. Slater U/14	KHR	14.55
6. S. Savage U/16	Amble	15.15
7. J. Robertson U/16	Horw	15.18
8. A. Sutton U/16	Prest	15.24

JUNIOR RACE - GIRLS U/18

1. V. Wilkinson U/18	Bing	15.50
2. G. Adams U/18	Brist	16.19
3. S. Gatford U/14	Telf	17.11
4. E. Hopkinson U/16	Skip	17.30
5. S. Dugdale U/16	Skip	18.04

JUNIOR RACE - BOYS U/12

1. J. Woodward	Win	9.50
2. M. Smith	Horw	9.53
3. S. Glendinning	Telf	10.26

JUNIOR RACE - GIRLS U/12

1. N. Akrigg	Chor	11.58
2. J. Astin		12.21
3. C. Fisk		12.54

JUNIOR RACE - BOYS U/18

1. A. Turner	Bux	25.22
2. H. Matthews	Shrew	25.35
3. J. Overton	Telf	25.52
4. R. Thompson	Kesw	26.27
5. A. Crossland		27.03



*R. Thompson (Keswick) Three Shires U/18 Boys
Photo: Peter Hartley*

**STANHOPE COMMON FELL RACE
Gwent
BM/9m/1368ft 22.9.96**

This was the second running of the Stanhope Common Fell Race and had a 'slight' course change from last year which added about a mile in length and an extra two hundred feet of climbing. In addition, going across the open moor and heather beds also made it more challenging than the previous race. With a bit of luck, all the runners should have enjoyed their endeavours and viewing parts of Weardale that they wouldn't normally see.

With fifty seven runners on the day, the race had a higher entry than last year. We must be doing something right to make it popular, maybe it's the free beer after the race?

Unfortunately, the race also produced its first controversy with the first eight runners home all missing the self clip at checkpoint four. This left me with a bit of a quandry. In light of the pre-race instructions and the fact that most of the other runners seemed to have no problem, some even retracing their steps to find the checkpoint, I had no other choice but to make these runners ineligible for prizes. Not an action I enjoyed taking, contrary to the rumours about my personality and parentage!

However, to their credit, without their honesty in owning up to missing the clipper, the mistake might never have been noticed, hopefully, this unfortunate incident has not caused any bad feeling and all the parties involved will come back again next year. They will be more than welcome if they do.

Next year, should, with a bit of luck, see our club, the Quakers RC, stage one or two other fell races, both in Weardale and neighbouring Teesdale. So keep your eyes open.

K Shevels

1. S. Lumb	Qkrs	73.45
2. R. Maynard	Qkrs	73.58
3. K. Maynard	Qkrs	75.41
4. T. Young 0/40	El vet	76.11
5. D. Armstrong	Tyne	77.15
6. A. Tail 0/40	Tyne	78.40
7. C. Valentine	Kesw	79.01
8. J. Humble 0/40	TYne	80.02
9. P. Scott	Tyne	83.15
10. C. Wright	Mand	84.09

FIRST VETERAN 0/50

1. P. Dawson	Bill'ham	147.40
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FIRST VETERAN 0/60

1. R. Laverick	C-le-S	95.30
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LADIES

1. A. Lenderyou	Dari	87.14
2. J. Young 0/35	Elvet	104.32
3. H. Young	Qkrs	104.36
4. S. Webb 0/35	Unatt	109.35
5. L. Hatton 0/35	Qkrs	139.38

TWO BREWERIES HILL RACE

Peebleshire
AL/18m/4900ft 28.9.96

1. D. McGonigle	Shett	2.43.29
2. M. Rigby	W'lands	2.49.24
3. A. Ward	Cam	2.49.53
4. M. Fleming	Amble	2.53.04
5. A. Davis	Cam	2.53.51
6. D. Crowe	Shett	2.54.06
7. J. Hepburn	Dun Hwk	2.54.51
8. D. Cummins	Shett	2.55.06
9. A. Lewsley V	Kesw	2.58.00
10. D. Rodwell	Hard	3.00.34

VETERANS 0/40

1. A. Lewsley	Kesw	2.58.00
2. D. Duncan	Ochil	3.13.04
3. R. McInroy	Clydes	3.13.10
4. A. Cassidy	Fife	3.13.37
5. J. Blair-Fish	Cam	3.18.56

VETERANS 0/50

1.B. Waldie	Cam	3.03.42
2. C. Love	Dun Hwk	3.23.59
3. J. Holden	Fife	3.33.38
4. D. Milligan	Sol	3.35.03
5. R. Bell	Amble	3.36.13

LADIES

1. N. Davies 0/35	Borr	3.23.46
2. J. Salvona 0/35	L'ston	3.37.30
3. E. Moody	WCOC	3.41.03
4. D. MacDonald 0/35	HBT	3.41.20
5. C. Cramer	Perth	3.45.41
6. K. Jenkins	Cam	3.55.05
7. H. Diamantides	W'lands	3.57.37
8. J. Robertson	W'lands	3.57.38

BLACK MOUNTAINS

Gwent
AL/17m/5200ft 28.9.96

Peter Maggs made it a double, after winning the Brecon Beacons race in August. A worthy winner as he and second placed Ifor Powell, managed to keep ahead of ladies winner, fifth placed, Menna Angharad. Menna and third placed Colin Donnelly, ran the long route between fourth and fifth checkpoints, the first two arrows were missing, vandals get everywhere! A few runners were worried about reaching my new cut off checkpoint 4A in three and a half hours, but super super veteran, John Battersby, came fifty second overall and only four runners were timed out eventually.

Thanks to all helpers. See you next year on Saturday, 27th September, blessed again I hope with good weather.

I'm tired now, Puffing Billy

1. P. Maggs	MDC	2.31.18
2.1. Powell	Read	2.35.20
3. C. Donnelly	Eryri	2.37.14
4. J. Bass	MDC	2.37.54
5. M. Angharad 0/50	Eryri	2.40.10
6. A. Orringe 0/40	MDC	2.41.32
7. J. Darby 0/40	MDC	2.48.45
8. M. Wynne 0/40	DkPk	2.50.20
9. T. Laney	Clay	2.52.05
10. R. Ruddle	MDC	2.54.30



Thieveley Pike: Jack Maitland and Andy Schofield.
Photo: Peter Hartley

VETERANS 0/40

1. A. Orringe	MDC	2.41.32
2. J. Darby	MDC	2.48.45
3. M. Wynne	DkPk	2.50.20
4. C. Fanning	Hard	2.57.06
5. R. Hopkinson	DkPk	3.01.09

VETERANS 0/50

1. G. Swinbin	N.Glos	3.02.20
2. R. Defane		3.16.35
3. E. Meredith	MIX:	3.18.25
4. R. Mason	Tot	3.23.51
5. D. Finch	Chep	3.24.50

LADIES

1. M. Angharad 0/35	Eryri	2.40.10
2. S. Woods 0/35	MDC	3.02.35
3. A. Bedwell	MDC	3.15.00
4. J. Harrison	MDC	3.47.06
5. C. Fulton 0/35	DVO	4.06.34
6. B. Gamblin	W'bui7	4.35.36

THIEVELEY PIKE FELL RACE

Lancashire
AS/3.5m/900ft 28.9.96

A good day and a large, highly competitive field, marred only by our failure to get results out on the day, and perform a traditional presentation. Computer error was to blame: the old sticky label method may be a bit old fashioned these days, but it works! Anyway, I'm sure we learned a lot from the experience. Anyone who was due a prize should have received it through the post: if you feel you should have got one, please contact me.

It was good to see the Borrowdale lads down, going head to head with Pudsey for the English team title on the day. Old Billy was worried when the Yorkshiremen led the way early on, but his boys pulled through to finish four in the top ten. Congratulations to Mark Kinch who showed himself to be a true champion and add his name to the prestigious list of winners, over thirty seven years of racing at Thieveley. Sarah Rowell was as majestic as ever in winning the Ladies Race, but speaking as one who has regularly been beaten by her, it was interesting to see Sarah finish not quite so high up the field as she does in the longer races. The only bright spot for host club Clayton, was the excellent win of Carl Swire in the under sixteens race, beating many others much older than him. Best wishes to B. Clay ton of Saddleworth, who suffered a horrendous looking thigh wound just before the start: I hope you are back running again soon.

Thanks to Clayton members and friends for helping to put the race on, and to all you runners for coming. I hope you enjoyed it.

Peter Browning

1. M. Kinch	Bing	24.24
2. M. Keys	Ross	24.37
3. S. Willis	Amble	24.57
4. M. Roberts	Borr	25.08
5. M. Amor	CFR	25.13
6. B. Bardsley	Borr	25.18
7. G. Bland	Borr	25.23
8. D. Neill V	Merc	25.27
9. T. Davies Int	Merc	25.37
10. J. Bland	Borr	25.49
11. G. Patten	P&B	25.53
12. J. Atkinson	Amble	25.55
13. C. Roberts	Kend	25.56
14. M. Horrocks	CalderV	26.02
15. S. Oldfield V	Bfd	26.05
16. G. Watson	Alt	26.06
17. J. Davies	Borr	26.12
18.1. Bootheoyd	CFR	26.16
19. N. Spence *	Kend	26.29
20. G. Devine	P&B	26.38
21. T. Okell	Stock	26.44
22. P. Sheard	P&B	26.47
23. A. Schofield	Borr	26.49
24. J. Blackett	Mand	26.51
25. M. Hayman	DkPK	26.56
26. G. Oldfield	Bfd	27.01
27. L. Gibson Int	CFR	27.01
28. S. Green	P&B	27.06
29. J. Maitland	P&B	27.06
30. A. Leek Int	Lane	27.08

VETERANS 0/40

1. D. Neill	Merc	25.27
2. S. Oldfield	Bfd	26.05
3. T. Hesketh	Horw	27.28
4. A. Hauser	P&B	27.53
5. B. Walton	Horw	27.56

VETERANS 0/50

1. A. Bland	Borr	28.40
2. B. Mitchell	Clay	28.54
3. P. Carr	Kly	229.37
4. K. Carr	Clay	30.04
5.1. Beverley	Clay	31.20

VETERANS 0/60

1. P. Duffy	Aber	33.40
2. J. Dearden	Hels	35.20
3. H. Catlow	N.Vets	35.55



Thieveley Pike: Mark Kinch
Photo: Peter Hartley

LADIES

1.S. Rowell	P&B	29.00
2. V. Wilkinson	Bing	30.50
3. G. Cook 0/35	Roch	31.40
4. L. Leavesev	LdsCity	33.00
5. J. Clark	P&B	33.04
6. J. Shotter	P&B	33.39
7. Y. Williams	Penn	34.30
8. L. Lacon Int	Holm	34.50

INTERMEDIATES

1. T. Davies	Merc	25.37
2. L. Gibson	CFR	27.01
3. A. Leek	Lane	27.08
4. M. Wigmore	Hels	27.36
5. M. Brindle	Kly	28.20

JUNIORS

1. M. Cay ton	Horw	27.38
2. W. Harrison	Chor	28.18
3. M. Tickle	Horw	32.19

JUNIOR RACE - BOYS U/16

1.C. Swire U/14	Clay	23.32
2. N. Samuels U/16	Bum	24.41
3. S. Leigh U/16	Giggle	25.08
4. P. Harrison U/14	Horw	26.38
5. T. Kidger U/14	Kend	27.53

JUNIOR RACE - GIRLS U/16

1.N. Slater U/14	Kly	30.36
2. N. Biddle U/12	Hynd	34.50
3. H. Corbishley U/12	Unatt	36.15

ECCLES PIKE

Cheshire
BS/3.5m/650ft 29.9.96

This race is reputed to be one of the oldest established fell races in the country, which probably accounts for the fact that it is short and sharp, basically a run straight to the top of a hill and back down.

This year's field of runners, though relatively small, included many high quality runners from a large number of clubs.

The race was headed all the way by last year's winner, Andy Wilton (Mercia) who managed to knock twenty one seconds off his own course record despite the worsening weather conditions to finish well ahead of the next man.

The womens race, also, was won by last year's winner, Kath Harvey (Altrincham).

Two notable performances on the day came from local junior runners, brother and sister, Simon and Kate Bailey (Staffs Moorland). Simon, who is sixteen, was a magnificent second overall, just over a minute behind Andy, whilst Kate (fifteen years) was second lady, only half a minute behind Kath.

S Stafford

1. A. Wilton	Merc	19.26
2. S. Bailey U/16	Staffs	20.46
3. G. Cudahy	Stock	20.55
4. G. Morson V	Bux	21.38
5. D. Gartley	Gloss	22.03
6. T. Hargreaves	Stock	22.46
7. M. Healey	S.S	23.04
8. F. Reilly	Stock	23.13
9. A. Gratten V	Staffs	23.46
10. G. Smith V	Unatt	24.51

LADIES

1. K. Harvey 0/35	Alt	27.34
2. K. Bailey J	Staffs	28.11
3. E. Richardson	Unatt	30.30
4. S. Mellor 0/35	Bux	31.02
5. D. Madden 0/50	Gloss	31.06

COMMEDAGH DONARD HORSESHOE Northern Ireland

It could not have been tighter going in to the final race of this years Northern Ireland Championships. Brian Ervine and Deon McNeilly were neck and neck and only a win would be good enough to clinch the crown.

The course was clear of cloud as the thirty eight runners set off and within minutes Ervine and McNeilly had already broken clear. Ervine went directly up Slieve Commedagh - Deon drifted right then left looking for the best line, then put in a big push as the summit beckoned which opened up a gap on Ervine. Brian clawed some of this back on the gallop down to the saddle between the mountains, then pushed hard on the one thousand foot climb to Donards summit, to open a small lead. Realising that Deon could out run him in the final stages, Brian charged down the bolder strewn slopes at a suicidal pace, opening up a twenty five second gap by the time he entered the forest. As he feared, the long striding McNeilly ate up the ground between them and once again they were neck and neck, with just a field of overgrown bracken and gorse to negotiate. As Deon thrashed his way through the ferns, Brian hopped over a fence and cut across a farmers field to finish ahead of Deon. Both runners had followed what they considered to be legitimate routes, so it was left to the organisers to sort the situation out. After considering all the facts then available, it was decided that Brian Ervine would be docked one minute. The result of this was that Deon won the race in a new record time, and is the new Northern Ireland Champion. Behind them, Neil Carty ran well for third, and new face Murray Cowen just beat the forever young, Jim Patterson.

Jim Brown

1. D. McNeilly	N'castle	63.53
2. B. Ervine	B'drain	64.28
3. N. Carty	N.Belf	66.38
4. M. Cowen	LVO	72.19
5. J. Patterson V	A'ville	72.21
6. P. Mawhirt	N'castle	73.30
7. B. McKay V	A'ville	73.59
8. D. Brannigan	N'castle	75.08
9. J. Mitchell	Unatt	75.59
10. J. Brown	BARF	76.32
11. J. Somerville	LVO	80.04
12. J. Weir	N'castle	80.09
13. R. Cowen	Unatt	80.21
14. D. Murray	Lame	81.22
15. C. Nicholl	BARF	81.39
16. V. McAlinden	BARF	82.05
17. P. McGuire	ACKC	85.01
18. R. Ferry V	Mid Uls	85.08
19. J. Sloan V	N.Down	86.38
20. B. Magee V	Lame	88.13

VETERANS 0/40

1. D. Watson	N'castle	91.39
2. J. McBride	BARF	93.16
3. D. Wilson	Unatt	93.59

VETERANS 0/45

1. J. Patterson	A'ville	72.21
2. B. McKay	A'ville	73.59
3. J. Sloan	N.Down	86.38

VETERANS 0/50

1. R. Ferry	Mid Uls	85.08
2. B. Magee	Lame	88.13
3. R. Donaldson	CIYMS	91.04

LADIES

1. N. McCullough	BARF	101.46
2. R. McConville	N.Down	101.46
3. S. Carson	BARF	112.25



John McGonigle and Keith Makin son, Clayton 'Z' team at the Ian Hodgson
Photo: Peter Hartley

IAN HODGSON MOUNTAIN RELAY Cumbria 25m/8500ft 6.10.96

The 1996 race was one of the best of the eleven Mountain Relay events we have held. The weather, so often a major problem, offered challenging navigational conditions without being severe. Competitors and friends were able to socialise and enjoy refreshments after the race without sheltering from the elements.

The race was fought out by arguably the two strongest fell running teams in Britain. Borrowdale and Bingley had a close battle, with the formers club's second and third leg runners gradually cutting back the first leg lead established by the Bingley pair of Ian*Holmes and Steve Hawkins. Both teams were together as they climbed Red Screes at the beginning of the last leg and were still locked together at the final control. However, the renowned descending ability of Gavin and Jonathan Bland opened a gap of over a minute on the very rough terrain down to the finish. The veterans award was also closely contested, with Kendal finishing one minute and thirteen seconds in front of Keswick in sixth, and seventh positions respectively. Ten teams contested the mixed category, with Keswick winning in a creditable twelfth overall position, whilst Pudsey & Bramley had an easy win in the ladies class.

Several teams lost time due to inability to cope with the poor visibility on the tops. The Leeds City mixed team containing four current internationals could only place forty sixth (sixth mixed) after a disaster on the first leg. Ambleside also had major problems on the first leg, but valiant efforts from the rest of the team pulled them from twenty seventh at the end of leg one, to fifth at the finish. Dark Peak slipped, or perhaps plunged would be a better word, from fourth at the end of leg three, to twenty second at the finish. We have reports of teams approaching the tarn on Caudale Moor from all directions, and some who thought themselves expert fourth leg runners - still went astray.

Kit checks carried out during the race were satisfactory, but the checking of control cards revealed a very poor standard of punching. Many teams would have been disqualified if orienteering standards had applied and team captains should emphasize the need to take more care.

The revised first leg route over St.Sunday Crag and Thomhow End was on the whole well received. It is a more natural line of descent to Patterdale and we shall be sticking to it in the future. We therefore, regard the 1996 times for legs one and two as inaugural records. Likewise, Borrowdale's time for the full race will be regarded as the new record. Legs three and four are unaffected by the route change and the existing records will stand.

Thank you to absolutely everyone involved.

Dave, Shirley, Michael, Chris and Sara Hodgson.

1. Borrowdale	3.35.15
2. Bingley	3.36.35
3. Pudsey & Bramley	3.45.54
4. Livingston	3.59.45
5. Ambleside	4.00.43
6. Kendal V	4.02.30
7. Keswick V	4.03.43
8. Clayton Le Moors	4.04.10
9. Calder Valley	4.04.24
10. Kendal	4.09.48

VETERAN TEAMS 0/40

1. Kendal	4.02.30
2. Keswick	4.03.43
3. Cumberland	4.14.22
4. Bingley	4.42.12
5. Bolton	4.43.50

MIXED TEAMS

Keswick	4.13.38
2. Dark Peak	4.43.32
3. Pennine	4.50.28

LADIES TEAMS

1. Pudsey & Bramley	4.50.19
2. Fellandale	5.15.19
3. Kendal	5.21.47

MANOR WATER HILL RACE Lothian BM/10m/2300ft 12.10.96

The fifth Manor Water Race, in conjunction with the Manor Water Sheepdog Trials and under the auspices of Tweeddale Athletic Club, took place in wet and windy weather but with mild temperatures. The ten mile course goes from Haswellsykes farm at six hundred foot elevation, to the summit of 'The Scrape' at two thousand three hundred and forty eight feet and back, and with intervening dips entails two thousand three hundred foot of climb. The course for Juniors is six and a half miles with one thousand three hundred foot of climb.

This year there were thirty four competitors. The previous men's and women's record times remain unbeaten. The record times are for men: seventy one minutes and four seconds in 1994 by R.Lee, and for women: eighty nine minutes and fifty eight seconds in 1995 by Susan Ridley.

There are many people to thank for permission to use their land, and to the people who kindly sponsored the event by donating prizes. I am also grateful to the British Red Cross for providing a First Aid service.

Any surplus from the race accounts will be passed to the Manor Water Sheepdog Trials committee and used to support the Christmas Party for the children of the Manor Valley.

D G Pyatt

1. P. Heath	Unatt	84.05
2. T. Ireland		85.27
3. G. Macinnes	Carn	85.45
4. J. Tullie	Teviot	88.34
5. A. Patience	Cam	89.06
6. J. Osborne	Dun Hwk	89.43
7. S. Knowles 0/40	Fife	94.06
8. K. Adams 0/40	W'lands	95.56
9. L. Stephenson 0/40	Kend	97.02
10. M. Macieod 0/40	W'lands	97.09

VETERANS 0/50

1.B. Kettles	Lass	104.45
2. B. Nicol	Irvine	106.29
3. C. Pritchard	Cam	112.44

FIRST LADY

1. C. Menhennet 0/35	W'lands	104.31
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Clear directions at Langdale
Photo: Peter Hartley

LANGDALE HORSESHOE FELL RACE Cumbria AL/14m/4000ft 12.10.96

Thanks to all concerned for making this event a success. Next years races' date is Saturday 11th October. Till then, good running.

Geoff Clayton

1.1. Holmes	Bing	29.09
2. J. Bland	Borr	2.10.00
3. M. Kinch	Bing	2.10.09
4. G. Bland	Borr	2.11.41
5. R.Jebb	Bing	2.11.48
6. M. Horrocks	CalderV	2.12.03
7. J. McQueen	Eryri	2.16.20
8. B. Whitfield 0/40	Bing	2.22.26
9. N. Jenkins	D'moor	2.22.34
10. D. Spedding 0/50	Kesw	2.22.52

VETERANS 0/40

1. B. Whitfield	Bing	2.22.26
2. J. Holt	Clay	2.24.54
3. S. Jones	Eryri	2.29.26
4. D. Ratcliff	Ross	2.29.47
5. M. Wynn	Little	2.31.53

VETERANS 0/50

1. D. Spedding	Kesw	2.22.52
2. K. Carr	Clay	2.37.39
3. J. Nuttall	Clay	2.38.20
4. T. Peacock	Clay	2.40.08
5. Y. Tridmas	Mersey	2.41.26

VETERANS 0/60

1.C. Henson	DkPk	3.34.38
2. L. Pollard	AchRat	3.43.39
3. H. Catlow	N.Vets	3.45.50

LADIES

1. M. Angharad 0/35	Eryri	2.38.09
2. N. Davies 0/35	Borr	2.44.31
3. S. Brown	Bowl	2.46.42
4. R. Hulley	Lds	2.47.22
5. S. Parkin 0/35	Kend2.48.51	
6. C. Crofts 0/35	DkPk	2.55.46
7. W. Dodds 0/45	Clay	2.58.46
8. G. Cook 0/35	Roch	3.04.23



F.R.A. RELAY CHAMPIONSHIPS Cumbria 20.10.96

"The 1996 race was one of the best mountain relays. The weather which is so often a major problem, offered challenging navigational conditions without being severe. Competitors and friends were able to socialise and enjoy refreshments after the race without sheltering from the elements"

If only! The above extract is from Ian Hodgson Relay report. Unfortunately the 1996 FRA Relay will be remembered for the ever worsening deluge and 'that* descent!'

Reactions to the courses on the day and since have been generally positive. Sedbergh and the Howgills were chosen because, despite the lack of rough terrain that is normally available in say, the Lake District or Scotland, hard courses can be provided by judicious use of the steep ridges and deep valleys. The absence of walls and availability of short runs out to the fell (i.e. no roads) were also important factors in that choice.

The navigational leg was intended to be, "a good test of route choice skills, taking into account the strength of your partner, rather than a test of fine navigation skills which could cause a nightmare in those conditions and is unnecessary in a fell relay" (quote Yvette Haighe), I also think that we got it right. The conditions proved a real test that most passed as nearly everyone finished. The marshals on Arant Haw however reported being asked "Is this Bram Rigg Top?" by lots of teams. Marshals on Knott also reported that "Teams were arriving from all directions!".

That descent from Winder will be forgotten by few. I have received a letter of complaint from a member of one of the less well known running clubs, saying that he was 'frightened for the first time in his life in a fell race'. It was not intended that it be dangerous, but steep and exciting just as fell running should be at times. Winder has recovered, I hope all of you who suffered bumps and cuts have too!

The estimated winning times were slightly out for the last two legs, but we had received hints of this as teams receiving leg D told of going round in ninety minutes. The end result was a few too many teams in a mass start (thirty six) than really desirable, but there did not appear to be too much opposition to setting off at two pm given the prevailing conditions. At least the first ladies were already away.

The races developed as anticipated, Borrowdale versus Bingley in the open, Horwich versus Kendal in the Vets and a 'Michael Johnson job*' by Pudsey and Bramley in the Ladies. Leg C was always going to be crucial and, after their fine start by Matt Whitfield, Bingley put great faith in Rob Lawrence's navigation skills, given Jebbies renowned prowess. Gavin Bland and Jim Davies seemed to get all the right lines, found the scree runs and were almost five minutes faster than Bingley. (Did Hugh Symonds take Jim Davies out fell funning when he was a Sedbergh schoolboy I wonder?) England stars Holmes and Hawkins posted the fastest leg D time, but by barely a minute and Borrowdale won easily.

I deny we put the race on so we could beat Horwich Vets, but it did feel good at last! A below par run by England over forty five cross country international, Duncan Overton, left Kendal four minutes behind Horwich as Graham Schofield ran brilliantly for eighth place overall on leg A. Billy Proctor negated that with his seventh overall using his BOFRA experience to the full; that descent is the Sedbergh Gala pro

race route! Kendal big guns Clarke and Symonds, (first vets in the KIMM elite this year), took eight minutes out of the Horwich pair of Lyons and Loftus, and that despite a poor route choice to Winder, (contouring was quicker!). They had pulled Kendal Vets up to fifth overall before that glitch. Horwich runners Hesketh and Jackson provided the days best leg placing by a veterans pair on leg D, with sixth overall but, like Borrowdale, Kendal were safe and clear.

Pudsey, with four internationals in their team predictably won the Ladies race. The lesser placings were not known until the mass start had finished with Dark Peak and Leeds causing disappointment for Eryri's and Keswick's last leg runners. The fastest woman on all legs placed in the thirties, Menna Angharad, thirty first on leg A, Tracey Brindley, thirty fifth on leg B, Yvette Haighe and Polly Gibb, thirty eighth on leg C, and Anne Buckley and Sarah Rowell, thirty seventh on leg D. Hard to split them but Tracey was five minutes ahead on leg B.

Thanks to everyone who helped in any way. Especially Jack Prince, recently retired from Kendal AC committee after twenty year service. He was the steadying influence in my moments of doubt.

Good Luck! (and better weather) to Clayton next year.

Jonathan Broxap

1. Borrowdale 'A'	4:14.57
2. Bingley 'A'	4:18.56
3. Pudsey 'A'	4:24.14
4. Ambleside *A'	4:33.28
5. Camethy 'A'	4:38.13
6. Clayton 'A'	4:40.37
7. Kendal Vets	4:40.56
8. Dark Peak 'A'	4:41.12
9. Glossopdale A'	4:42.49
10. Clayton 'B'	4:43.01
11. Horwich A*	4:43.48
12. Horwich Vets 'A'	4:44.06
13. Livingston 'A'	4:44.39
14. CFR* A'	4:44.56
15. Mercia 'A'	4:46.07
16. Kendal 'A'	4:46.20
17. Calder Valley 'A'	4:47.26
18. Howgill *A'	4:50.03
19. Clayton Vets	4:50.20
20. Pudsey B'	4:53.05
21. Leeds 'A'	4:55.40
22. Preston A'	4:56.47
23. Keswick 'A'	4:57.38
24. Notts 'A'	4:58.24
25. Shettleston 'A*	4:59.55
26. CFR Vets	5:02.00
27. Newcastle (NI) 'A'	5:02.27
28. Eryri 'A'	5:04.05
29. Cosmics 'A'	5:07.50
30. Macclesfield 'A*	5:08.34

LADIES

1. Pudsey	5:27.5
2. Dark Peak	5:55.50
3. Eryri	5:59.20
4. Livingston	6:03.15
5. Cosmics	6:07.51
6. Keswick	6:12.54
7. Macclesfield	6:15.39
8. Westies	6:23.03

BREIDEN HILL RACE Shropshire AM/7m/2300ft 20.10.96

It had to happen one year, RAIN, not a bad record though, only the third time in the twelve year history of the race. Still it made for some laughs on the initial climb to Buihlly Hill. Emma (The Emma Allen Fund) says many thanks for your donations, the money will be put to good use as always. So even if your time, like mine, may have been slower than last year because of the conditions, good excuse, your efforts are well appreciated. Thanks again to Mr Dawson, the start field farmer and others, Graham and his wife at the Admiral Rodney and especially the marshals for their help to test the waterproofness of the 'marshal bibs' and for counting runners!

Although the Andy Trigg course record remains at forty seven minutes and fifty seconds, the Junior record fell to Andrew Davies. It's also a race record that the same junior has won the race two years in succession, this year just over six minutes ahead of the second place! One marshal commented that after Andrew passed his checkpoint, looking all fresh, he thought the rest must have taken a wrong turning "no one else came for ages". Well done Andrew, can we expect the record to fall next year on Sunday 19th October ?

1. A. Davies	Merc	51.19
2. D. Wilde	B'north	57.21
3. B. Gregory 0/40	Stock	57.38
4. G. Cresswell 0/40	Penn	57.48
5. T. Longman 0/40	Hunc	58.26
6. C. Rivers	Wrek	59.27
7. M. Dann	1.00.51	
8. J. Coombs 0/40	N&P	1.00.53
9. R. Mapp	Merc	1.01.04
10. M. Clewes	Newp	1.01.06

LADIES

1. J. Hatton	ShropShuff	1.11.28
2. H. Tadcastle	B'north	1.13.09
3. J. Witterick	ShropShuff	1.13.20
4. H. Rutter	Ws.Cty	1.16.41
5. G. Roberts	Unatt	1.17.52
6. J. Jarvis	Osw	1.18.09
7. G. Cross	P'atyn	1.19.32
8. A. Cooper	Unatt	1.19.45

JUNIORS

1. A. Davies	Merc	51.19
2. A. Quentin	Unatt	1.09.10
3. R. George	HSG	3.10.38

SCREES FELL RACE Cumbria AS/5m/1560ft 26.10.96

Seventy five runners entered. Weather fine, going good but soft in places.

Alan Bowness of CFR set a new record taking one second off the old time.

A good day was nicely rounded off by a cracking selection of ales and music by the Bayou Rythm Kings jazz band.

1. A. Bowness	CFR	40.17
2. J. Atkinson	Amble	40.24
3. L. Gibson	CFR	41.57
4. M. Fleming	Amble	43.04
5. G. Bland	Borr	43.10
6. M. Raitt	Notts Uni	43.15
7. H. Jarrett	CFR	43.28
8. S. Bell	Notts Uni	43.30
9. S. Savage	Amble	43.45
10. W. Bell	CFR	43.57

VETERANS 0/40

1. H. Jarrett	CFR	43.28
2. W. Bell	CFR	43.57
3. R. Unwin	CFR	44.21
4. M. Litt	CFR	47.27
5. M. Richardson	Amble	48.24

VETERANS 0/50

1. K. Linley	Blk Cmbe	49.00
2. R. Bell	Amble	49.47
3. D. Simpson	Black	51.13
4. M. Pitchford	CFR	51.36
5. P. Dowker	Kend	53.07

VETERAN 0/60

1.B. Leathley	Clay	63.27
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LADIES

1.C. McCarthy	Hels	50.47
2. K. Beaty	CFR	51.19
3. L. Pyne	CalderV	53.40
4. T. Smith	CFR	57.53
5. J. Atkins	Chor	59.35
6. T. Hyde	CalderV	61.11
7. C. Kierman	Chor	66.47
8. E. Unsworth	Kend	72.40

WITHIN SKYLINE West Yorkshire AS/6m/1000ft 27.10.96

1.1. Holmes	Bing	42.03
2. S. Willis	RonHill	42.36
3. M.'Horrocks	CalderV	43.57
5. P. Oldfield 0/40	Bfd/Aire	44.01
4. S. White	Lds	44.06
6. G. Oldfield	Bfd/Aire	44.13
7. R. Lawrence	Bing	44.26
8. P. Sheard	P&B	44.33
9. R. Jebb	Bing	44.59
10. A. Schofield	Borr	45.11

VETERANS 0/40

1. S. Oldfield	Bfd/Aire	44.01
2. M. Pickering	Ilk	46.57
3. B. Goodison	Abbey	47.51
4. N. Pearce	Ilk	48.56
5. R. Crossland	Brd/Aire	48.58

VETERANS 0/50

1. R. Jaques	Clay	52.05
2. W. Stewart	H'fax	52.47
3. T. Knowles	KRR	53.07
4. N. Berry	Holm	53.36
5. T. Minikin	KRR	56.29

LADIES

1. S. Rowell	P&B	50.39
2. L. Batt	Unatt	55.41
3. Y. Williams	Penn	55.54
4. S. Newman 0/35	Gloss	57.27
5. S. Watson 0/40	V.Strds	57.41
6. E. Strachan 0/50	Stoke	58.22
7. A. Brentnall 0/50	Penn	58.51
8. L. Whittaker	Sadd	58.56

INTERMEDIATE U/18

1.S. Haigh	^kyrac	49.11
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JUNIOR RACE - U/16's - Two Miles

1. L. Loughlin	Sett	10.30
2. M. Hammer	Hynd	10.36
3. L. Broadley	Bing	11.16
4. V. Rusius F	Pend	11.43
5. N. Greenhalgh	Sett	12.05

JUNIOR RACE BOYS U/14 - One Mile

1.1. Harvey	Tod	5.42
2. J. Greenhalgh	Sett	5.52
3. M. Hudson	Bux	5.56

JUNIOR RACE GIRLS U/14 - One Mile

1. N. Biddle	Hynd	6.55
2. E. Hudson	Bux	7.04
3. A. Jagan	EPOC	7.10

Winter Weather



Arctic start of Ghost Auld Lang Syne '96. 175 Shaun Addison, 215 Liam Spencer, 195 Ian Holmes, 235 Richard Crossland, IH4 Julian Rank, well clad against the elements. Prolific race organisers Dave & Eileen Woodhead faced some seasonal problems with three of their events. Results are in usual date order. Photo: David Brett

WITHINS SKYLINE

A new exciting talent has emerged from the North Yorkshire Club of Settle Harriers in the shape of under twelve year old James Greenhalgh, who is a pupil at Catterall Hall. This being a private school, it tends to limit his racing due to the school studying six days a week, but under the guidance of Andy Hassel, he will race in several English Championship events in 1997, then his potential can be better gauged. James finished second here to Todmorden's Ian Harvey, two years his senior, as a very welcome twenty nine boys and girls ran the quarry run. Hyndbums Naomi Biddle deserves much praise for her new under twelve girls record of six minutes and fifty five seconds as she left the older girls in her wake.

Sarah Rowell, a winner in the inaugural race in 1992, along with 1995 has now completed her hat trick of victories. An amusing likeness made by a male runner was that "if she was a horse, she would be a thoroughbred, with her grace, poise and sheer speed, especially over the more runnable races". In second was Liz Batt, a thirty two year old from the Buxton area who given she wore road type shoes will certainly improve and find better traction once husband Jonathon buys her a pair of studs as a birthday present. She earlier this year won Great Longstone fell race in Derbyshire, but finds being a vet a very demanding and time consuming job, especially at weekends.

From a record of two hundred and twenty one runners, Ian Holmes dominated as he reigns supreme over the Bronte Countryside, which he regularly trains over. The thirty year old Bingley Harrier opened a slight lead on the first major climb up 'The Stoop', but succumbed to the strong winds on the ridge which enabled Sean Willis to get back on terms. Once the inspiration for Charlotte Brontes novels. Top Withins was reached at halfway, Holmes like the following wind sped away blowing everyone else out of contention. Of all the races that leave Penistone Hill this is the runners most favourite, since it takes in all the landmarks of Bronteland, Oxenhope Stoop, Top Withins, Bronte Bridge, Bronte Chair and finally a scramble up Bronte Waterfall. The terrain is a good mixture of track, open moorland, heather and a dash of mud on this seven mile clockwise circuit.

Probably the hardest job of the day was undertaken by a young lady called, Jenny Woods, who took on the task of handing out the chocolate treats to everyone who finished. She never deserted her post even when Dad, Matt, finished in thirteenth, exceedingly responsible for someone at the ripe old age of four...!

A raffle for Ilkley Harrier, Christine Porritt, raised fifty pounds, and on behalf of you the runners a border fine art "Otter in Bullrushes" ornament signed by the artist 'from Top Withins Skyline' was presented to her at her home. Chris will no doubt beat leukaemia as she's conquered Wadale, Ennerdale, Three Peaks, Bob Graham round and of course the Bunny run to name but a few.

Darby and Joan



James Rodgers, Withins Skyline Photo: Dave Woodhead



Mark Brown at The Stoop Photo: Peter Hartley

THE STOOP

From a record one hundred and ninety two starters, a new name entered the over sixties from Blackpool & Flyde, Ron Bray, he decimated John Newby's record by almost four minutes with a new time of thirty eight minutes and seven seconds. A retired school teacher, he's been in and out of the sport for around fifteen years, and only last year actually won a 10k in New York around Central Park outright. Five hundred runners took part there on a snowbound course, but Ron with his trusty studs found the traction that the rest could not, to take the winners laurels. Snow seems to be his forte as The Stoop course was also covered, slowing everyone to the extent that the overall winner Ian Holmes was three and a half minutes down on his own record. Ron will be challenging for the prestigious over sixty English Fell Championship title in 1997.

Running in a Santa Claus hat for the rest of the runners to use as a beacon. Holmes was only challenged in the early mile, and now has won this race for six successive times. Allan Whalley is the only other winner's name on The Stoop Sarah Rowell Trophy, which was kindly donated by Rowell after he silver medal performance in the 1992 world trophy in Italy. Rowell also won the open race in Italy, fortunately for the organisers she also donated this trophy. P.E. teacher, Glynda Cook collected this silverware finishing sixty fifth overall, and only missing Linda Bostock's veteran record by seventeen seconds.

A feature of this race is that Holmes, Cook and veteran winner Graham Schofield all collected the same appropriate seasonal prize bounty of a twenty four bottle case of lager, jar of roses, selection box, tin of biscuits and a vintage bottle of Christmas ale.

As always Cadbury's chocolate pudding were given to all finishers, and numerous packs flew around as spot prizes. Add to this free coffee and biscuits at registration, free soup and roll at the Old Sun Hotel, prizes to the first thirty men and fifteen ladies plus veteran prizes etc. We try to give value for money. A healthy seventeen kids skated round the under fourteens race with Nicholas Fryer home first for the chocolate, while second place was a dead heat between Adam Waites and Adam Godwin. Settles Lee Loughlin not only won the under sixteens race but kept his studs warmed up to finish one hundred and fourteenth in the senior race, just to get a feel of what it's like with the big boys and girls.

Seymour Hills

'GHOST' AULD LANG SYNE

In the inaugural race the route had to be shortened to Oxenhope Stoop and back, 5m/800ft. Last year although the course was covered in snow The Auld Lang Syne race route was run. This year the snow was here to haunt us again as across the whole country arctic weather condition prevailed. The race was actually called off at 8.30am with heavy snow falling yet again in the Keighley and Haworth area, in fact police and the AA issued a warning of "only undertake a journey if it's absolutely necessary", added to this local radio reported that the area was cut off by snow.

The organisers, the Woddentops, realised that hardened runners would still attempt the journey to Haworth and expect a race, hence the wording Ghost Auld Lang Syne.

The conditions on Penistone Hill were appalling with several runners leaving their vehicles in Haworth and jogging up to race HQ. The temperature there was minus three degrees with the wind chill factor pushing it a few notches lower still, while the race route was covered in snow drifting up to three feet on the three quarter mile section between The Stoop and Top of the Stairs. Regarding what race route to run a runners vote was taken on the start line, which overwhelmingly was carried in favour of the original route.

Sixty nine runners toed the line all clad in bundles of gear, Ian Holmes could not be recognised with his balaclava pulled over his face. One on looker said "This will sort the lunatics from the idiots out". Holmes of course won for the third year, but not before he was ambushed by Ian Ferguson and Colin Moses who pushed snow in to his every orifice and attempted to deprive him of one fell shoe. "If only he had one shoe we may have beaten him!", claimed his two team mates.

Thirty four year old, Sarah Rowell, described the race as 'great fun', but claimed the swirling snow hindered her because she wears contact lenses. In fact her race plan was to follow Shaun Addison, and by The Stoop checkpoint was right behind him, but the drifted section took its toll, "I fell into a rhythm like you do in races like that, its difficult to pass when either side is deep snow, but I enjoyed it."

As advertised there was beer to all finishers, and thirty beer pack prizes awarded even though the race had officially been called off. Due to the last postponement the beer pump trophies and casks will be engraved with the appropriate winners names, and an acknowledgement to this ghost race.

Interestingly enough the slowest person was actually ten minutes faster than the corresponding runner last year, while Holmes was ten minutes slower, was it because only the lunatics were out that day?

Seymour Hills



On yer bike. Andy Peace may not have been at the Harriers v Bike event but won the Three Peaks Cyclo cross
Photo: Peter Hartley

GALE FELL RACE Lancashire CS/4.5m/800ft 27.10.96

The thirtieth annual gale fell race was won for the third time by Rob Jackson of Horwich Harriers, Rob adding to his 1990 & 1991 victories here.

Rob Hope was second, with Tony Hesketh having the outstanding performance of the day to finish third overall and easily first veteran, despite being several years older than his closest rivals.

Horwich Harriers convincingly won the team race with their first four counters finishing in the top ten. The Ladies race was won in impressive style by newly crowned English under twenty champion Lisa Lacon of Holmthirh, who finished forty first overall.

1. R. Jackson	Horw	26.10
2. R. Hope	Horw	26.25
3. T. Hesketh 0/45	Horw	26.43
4.1. Greenwood	Clay	26.51
5. T. Taylor	Ross	26.58
6. J. Blackett	Mand	27.12
7. J. Helmsley	Ilk	27.19
8. A. Hauser 0/40	P&B	27.25
9. S. Jackson 0/40	Horw	27.35
10. P. Lyons 0/50	Ross	27.41

LADIES		
1. L. Lacon	Holm	33.02
2. L. Hayles 0/40	H'fax	34.51
3. P. Dore 0/40	Roch	35.39
4. J. Sandilands	Roch	38.42
5. S. McNulty 0/45	Radc	39.28

HARRIERS V CYCLISTS West Yorkshire CM/6m/650ft 2.11.96

This is an event with a difference!!

Races between runners and cyclists were probably a common thing in days gone by and in Bingley Harriers case are well documented in the clubs history during the 1920s.

It was in 1988 that the Harriers committee decided to challenge local cyclists to the first race in the present series. A course has now evolved which lends itself very much to the fell runner/cyclo cross rider, although mountain bikers are also permitted, and it was with this in mind that the decision was taken to include the race in the FRA calendar this year for the first time.

The results depict whether the competitor chose to run [H] or cycle [C], and many of the cyclists are well known fell runners or vice versa. The nature of the event is not so much a team competition between clubs but as a challenge between runners and cyclists. The score to date in the current series being six years to the Harriers and three years to the cyclists.

To round off the afternoon, a tub of water is provided in the yard of the local pub, The Fisherman, in traditional style, followed by a well deserved beverage and much knobling between riders and runners.

Peter Jebb

1. I. Holmes H	Bing	35.09
2. R. Jebb C	Helw	35.48
3. S. Smith C	Pace	36.05
4. R. Thackery C	Pace	36.58
5. J. Hemsley H	Ilk	38.40
6. M. McGlinchy H	Bing	39.31
7. B. Stephenson H	P&B	40.35
8. I. Hill H	Bing	41.32
9. M. Richardson C	Kly&Velo	41.40
10. C. Smith H	Eccles	41.55

VETERANS 0/40		
1. P. Corriss H	L&M	42.54
2. G. Schofield C	Helw	43.32
3. K. Robinson H	Bing	43.52
4. M. Gill C	Bfd RCC	45.09
5. M. Egner C	C.T.R.	46.17

LADIES		
1.C. Greenwood C	Helw	51.53
2. G. Egner C	C.T.R.	53.00
3. D. Barwick H 0/35	Bing	58.44
4. A. Hobbiss C 0/35	Bfd RCC	61.30
5. M. Green H 0/35	Bing	64.16
6. A. Jebb H 0/35	Bing	68.23
7. S. Gill C	Bfd RCC	79.28

FFORDD Y BRYNIAU Mid Glamorgan BM/9m/200ft 3.11.96

1. J. Bass	MDC	60.27
2. P. Holder	C'diff	61.07
3. M. Green	FofD	62.30
4. S. Nurse	MDC	63.22
5. C. Gildersleeve	Brych	63.38
6. L. Taylor V	Bath	64.00
7. J. Griffiths V	C'diff	65.48
8. B. Martin V	MDC	66.04
9. J. Reeve	SBOC	66.19
10. S. Jones	Islw	66.55

VETERANS 0/40		
1. L. Taylor	Bath	64.00
2. J. Griffiths	C'diff	65.48
3. C. Ryder	Brych	70.10
4. G. Parsons	Chep	72.32
5. M. Dury	Ips	77.24

VETERANS 0/50		
1. B. Martin	MDC	66.04
2. D. Finch	Chep	72.59
3. A. Morgan	C'diff	73.50
4. T. Smith	MDC	80.32
5. M. Famham	C'diff	82.07

LADIES		
1. V. Turnbull	Beddau	85.14
2. J. Harrison	MDC	89.06

COPELAND CHASE

Cumbria

0/10m/3000ft 10.11.96

As with last year, fine weather and clear visibility led to fast times. Despite a strong challenge from Andrew Davies, Phil Clark held on to claim his sixth successive victory, in the ladies race, Angela Brand-Barker was a clear winner as was husband, Tony, on the short course. Many thanks to all who gave up their time to help with the organisation of the race. Without them the event could simply not take place. I hope you all had enjoyable runs and that the quantity rather than quality experiment with the prizes was a success - it meant over half of you had something other than blisters to take home.

Colin Webb

RESULTS - LONG COURSE

1. P. Clark 0/40	Kend	1.41.54
2. A. Davies	Borr	1.42.56
3. P. Hemingway	CFR	1.55.27
4. H. Symonds 0/40	Kend	1.56.45
5. W. Harrison	CFR	1.58.41
6. C. Emerson 0/40	WCOC	2.00.41
7. B. Clough	Amble	2.02.48
8. D. Rosen 0/40	L&M	2.04.16
9. M. Walford 0/40	Kend	2.04.53
10. A. Brand-Barker 0/35 Kesw		2.06.45

LADIES

1. A. Brand-Barker 0/35 Kesw		2.06.45
2. S. Hodgson	Amble	2.26.34
3. N. Davies 0/35	Borr	2.28.40
4. J. Dyas	Aire	2.43.35
5. J. Hancock	BOK	3.02.15

RESULTS - LONG COURSE

1. T. Brand-Barker	Kesw	1.19.30
2. A. Dunn	Kend	1.25.32
3. H. Wood 0/40	Blk Cmb	1.29.59
4. J. Wilkinson	CalderV	1.31.39
5. S. Lewsley F 0/35	Kesw	1.31.52
6. C. McNeill F 0/40	Lake	1.33.48
7. B. Johnson 0/50	CFR	1.38.38
8. P. Oates 0/40	Herne.....	1.48.58
9. N. Moore	WCOC	1.48.59
10. M. Simpson 0/40	CFR	1.49.09

JUBILEE TOWER RACE Clwyd AM/10m/3100ft 3.11.96

The weather was in favour for the ninety four runners who competed in this annual fell race. The winner D.Neil returned to take part after not participating for the last four years and led a superb race.

This year the race attracted more ladies than previous years.

I feel that the Mountain Rescue are a must in races of this kind, as this year a runner had to be brought down off the mountain by the rescue team.

John M

1. D. Neill V	Merc	74.54
2. J. McQueen	Eryri	78.19
3. J. Hunt	Mersey	79.34
4. M. Weedall V	Penn	79.58
5. M. Hartell	M.H.	81.02
6. S. Burthem	Warr	81.53
7. S. Houghton V	CalderV	83.02
8. J. Hey	S.Striders	84.38
9. N. Ashcroft	Warr	86.09

VETERANS 0/40

1. D. Neil	Merc	74.54
2. M. Weedall	Penn	79.58
3. S. Houghton	CalderV	83.02
4. A. Duncan	Mersey	86.38
5. J. Birchenough	Blk Shp	86.39

VETERANS 0/50

1. Y. Tridimas	Mersey	93.54
2. M. Cochrane	DkPk	94.40
3. J. Clemens	Merc	95.08
4. I. Hilloitch	Hels	93.14
5. P. Henegan	Blk Shp	99.58

VETERANS 0/60

1. J. Dearden	Hels	101.55
2. G. Gartrell	Wrex	112.27

LADIES

1. A. Nixon 0/35	MDC	95.04
2. V. Musgrove 0/35	Wrex	100.22
3. J. Burthem	Warr	100.43
4. A. Stentford	Macc	104.56
5. C. Lorimer	Cosmic	106.13
6. A. Ashley 0/35	Wrex	115.41
7. J. Jarvis	Osw	119.26
8. G. Cross	P'atyn	120.16

CHESHIRE CHAMPIONSHIP RESULTS

1. M. Weedall V	Penn	79.58
2. M. Hartell	M.H.	81.02
3. S. Burthem	Warr	81.53
4. N. Ashcroft	S.Striders	85.44
5. G. Kenny	MFR	86.09

LADIES

1. J. Burthem	Warr	100.43
2. A. Stentford	Macc	104.56
3. J. Evans 0/40	Wrex	130.39



Tour of Pendle. Race start in Barley. Mark Horrocks (15) won Photo: Peter Hartley

TOUR OF PENDLE

Lancashire

AL/17m/4200ft 16.11.96

The runners were led along the road by the Res. to the start of the first climb by Mark Horrocks, obviously intent on bettering his last years second position and he had Paul Thompson at his shoulders. We left the road and climbed in to dense, soft, wet cloud, thankfully not cold and from this point I have little knowledge of what went on at the front, only bits relayed to me at various points.

At checkpoint four, I was told I was twenty eighthish, at checkpoint nine, fourteenth, and I cannot recall passing anyone. At the top of the climb, approaching checkpoint ten, fourteenth was confirmed and I was told Mark was in front, on his own with a big gap between him and the next runner.

I have crossed the fell between checkpoint ten and checkpoint eleven in all sorts of weather, visibility and every time of year, and I can only remember it being as bad once before, even when Ogden Brook came in to view, I was about forty metres too far to the right, with cloud down to the brook hiding the other side of the clough the image was very different, but I knew I was right and soon the wall and checkpoint came in to view as I dropped further. From there the path is well marked and it is just a matter of keeping going. I'm sure everyone else has a good story or memory of this race, made a bit different by the cloud.

Mark was a clear winner with an eight minute margin, first lady Vanessa Peacock, and Steve Taylor was first over forty. I missed it on results.

Thanks to all marshalls on the course and in Batley and also Rossendale Search and Rescue team. I found a red thermos flask if its yours, give me a ring.

Kieran Carr

1. M. Horrocks	CalderV	2.22.35
2. M. Procter	Clay	2.30.35
3. A. Life	Clay	2.30.45
4. B. Whalley	P&B	2.30.48
5. A. Sealy	DkPk	2.31.19
6. D. Hurton	Denby	2.31.23
7. S. Sweeney	Clay	2.31.27
8. M. Sandamas	Kly	2.31.37
9. T. Hobbs	Clay	2.32.08
10. S. Bell	Watf	2.32.17

VETERANS 0/40

1. S. Taylor	Clay	2.41.36
2. D. Bateson	AchRat	2.52.39
3. J. Birchenough	Blk Shp	2.55.17
4. M. Wardle	CalderV	2.56.33
5. S. Brand wood	Tod	2.59.15

VETERANS 0/45

1. J. Holt	Clay	2.39.03
2. P. Booth	Clay	2.48.06
3. D. Tait	DkPk	2.49.52
4. J. Dore	Roch	2.55.57
5. S. Furness	Black	2.56.06

VETERANS 0/50

1. K. Carr	Clay	2.38.10
2. J. Nuttall	Clay	2.42.37
3. I. Beverley	Clay	2.55.38
4. G. Murray	Clay	3.19.05
5. J. George	B'pool	3.24.10

VETERANS 0/55

1. J. Ross	Clay	2.49.42
2. G. Denver	Chor	3.07.02
3. R. Orr	Clay	3.10.54

VETERANS 0/60

1. B. Leathley	Clay	3.34.37
2. B. Smith	Clay	3.45.35
3. J. Newby	Tod	4.16.02

LADIES

1. V. Peacock 0/40	Clay	2.55.02
2. K. Slater	Kly	3.07.22
3. K. Thompson 0/40	Clay	3.18.47
4. D. Gowans	Acc	3.30.55
5. W. Dodds 0/40	Clay	3.33.01
6. M. Goth 0/35	Tod	3.38.44

PENMAENMAWR FELL RACE

Gwynedd

CL/12m/1400ft 16.11.96

RESULTS - SENIORS

1. S. Forster	Eryri	1.11.34
2. G. Williams	Eryri	1.12.31
3. J. McQueen	Eryri	1.13.41
4. S. Jones 0/40	Eryri	1.15.49
5. T. Jones	Eryri	1.17.06
6. K. Prydderch	Eryri	1.17.08
7. P. Jones 0/40	Eiyri	1.17.13
8. A. Gartside	Sadd	1.17.19
9. S. Barnard	Eryri	1.17.27
10. R. Hutton	DkPK	1.17.32

VETERANS 0/40

1. S. Jones	Eryri	1.15.49
2. P. Jones	Eryri	1.17.13
3. T. Hulme		1.22.42
4. P. Jones	Eryri	1.23.01
5. B. Wells	NWRRRC	1.23.06

VETERANS 0/50

1. R. Elliot	NWRRRC	1.22.07
2. J. Marsh	TarHen	1.23.16
3. M. Wark	Osw	1.25.36
4. I. Jones	Dees	1.26.54
5. E. Davies	Eryri	1.27.19

VETERANS 0/60

1. J. Dearden	Hels	1.32.42
2. G. Gartrell	Wrex	1.41.53
3. J. Pope	Eryri	2.08.03

LADIES

1. J. Lloyd	Eryri	1.30.24
2. L. Whittaker	Sadd	1.32.10
3. I. Redfern	C'Bay	1.34.31
4. S. Parker	Eryri	1.41.12
5. V. Ronald	C'Bay	1.42.07
6. A. Williams	L'illo	1.43.02
7. A. Talbot	Osw	1.43.24

LORDSTONES FELL RACE

Cleveland

AM/10m/2800ft 17.11.96

The race was run in the most severe weather conditions which resulted in nearly all athletes suffering from mild hypothermia and ten retirements. It is to the credit of competitors that there was only one serious case of hypothermia when a senior competitor was lost in the thick mist and driving rain. On arriving in to the finish area he was treated and after a couple of hours was much recovered. The race itself was significant in the number of reversals that occurred, so much so, that the eventual winner Robin Bergstrand did not realise that he had won, until an hour after his finishing time, as he had been overtaken on the penultimate climb by Marco Cara and did not see him again in the mist. The benefit of a previous day recce won him the North Eastern Counties Title!

In the ladies event Val Stephenson showed that she was a tough competitor and won by a clear margin of seven minutes having only had a short lead at Stone Intake (half way), from Ruth Fletcher, Alison Lenderyou and Sylvia Watson who were spread out at short intervals.

With the severe weather the presentation was moved to the pub at Carlton Village, where presentations will take place next year, this is as a result of this year experiences and the kind offer by the publican.

Many thanks for all the support I have had in this event. Best Wishes.

David Parry

1. R. Bergstrand	Mand	82.43
2. M. Cara	Mand	84.41
3. R. Bum V	T&S	93.37
4. J. Blackett	Mand	93.43
5. M. Bum	T&S	95.15
6. R. Firth V	Mand	95.54
7. C. Godridge	CalderV	95.55
8. G. Bumip	Mand	96.16
9. D. Collett	W&E	99.15
10. J. Williams V		99.18

VETERANS 0/40

1. R. Bum	T&S	93.37
2. R. Firth	Mand	95.54
3. R. Pollard	Mand	99.44
4. S. Davis	Mand	99.48
5. K. Wilson	Mand	107.10

VETERANS 0/50

1. J. Williams	Mand	99.18
2. R. Bell	Amble	107.15
3. A. Wikeley	T&S	110.08
4. J. Kettle	NMH	112.42
5. M. Hetherton	Rown	113.21

LADIES

1. V. Stephenson 0/35	BMH	111.11
2. R. Fletcher 0/45	Tyne	118.12
3. S. Watson 0/45	V.Stdrs	119.00
4. A. Lenderyou	Dari	120.00
5. J. Towse	Plax	140.00

SETTLE SCRAMBLE WINTER

CHALLENGE

North Yorkshire

CL/23m/2700ft 23.11.96

The event is usually held in January, but due to severe Weather has had to be re-routed or post-poned over the last two year. Organisers chose a November date to try and avoid such problems, however the 'scramble' would not be the same without snow, and competitors were not to be disappointed. Both Knowe Fell and Fountains Fell were covered in deep snow, which, combined with thick mist made route finding troublesome once again for some runners.

Despite this Steve Houghton of Calder Valley still managed to finish only just outside the record time on three hours, twenty six minutes and fifty seven seconds in three hours twenty eight minutes and ten seconds. In January 1996 Steve was actually first back but had missed a checkpoint and so was very pleased with his result this time, which put him a full twenty minutes in front of Januarys' winner Chris Smith.

Could runners please note that we have a pre-entry system with a limit of two hundred, which includes walkers. The event is proving very popular despite the weather problems and we advise runners to enter next years race early as we cannot guarantee entries on the day.

Sorry to have to finish on a moan, but unfortunately the weather was not the only difficulty organisers had to contend with. Tony Bain of Eccleshill decided that with no entries on the day he would still run the race, but as a 'guest' runner (his words). What actually happened was that he ran the full route from start to finish, calling in at all checkpoints, confusing the marshals, eating and drinking the race refreshments en route and we believe he also had the meal provided at the finish. It was explained during the race that we have no 'guest runners' and that the five pound entry fee was purely for Settle Primary School Funds. At this point he still did not retire from the event and at the finish still did not pay the entry fee.

Even though the 'scramble' is not the most difficult fell race in the world, we do tend to have a lot of bad weather conditions which makes the safety rules laid down by the FRA, even more important to stick to. As a warning to other 'guest' runners - next time we shall be much stricter enforcing retirement from the event once they are found out. Needless to say, Tony Bain will not be taking part in our race again.

Since writing this report, Eccleshill have said they are extremely sorry about the situation and understanding fully the problems caused will be reprimanding Tony Bain very shortly. They are also making a donation to school funds.

Andy Hassell

1. S. Houghton	CalderV	3.28.10
2. I. Hill	Bing	3.28.35
3. C. Hirst	Sett	3.36.20
4. C. Smith	Eccles	3.48.17
5. A. Hassell	Sett	3.53.06
6. S. Thompson	Bing	3.56.27
7. G. Bell	CalderV	3.57.29
7. D. Hawkins	M.K.	3.57.29
9. T. Spicer	Unatt	4.02.50
10. J. Sharpies	Clay	4.05.16



Forbes Duguid - Elrick Eightsome Relay.

Photo: Ewen Rennie

ELRICK EIGHTSOME RELAY 3.5m/675ft 24.11.96

Despite the course being covered by the remains of six inches of snow from earlier in the week the seventh running of the Elrick Relay saw the biggest ever entry of thirty four teams for this three person event involving three and a half miles and six hundred and seventy five feet on each leg. And this was despite several promised teams failing to appear.

Cosmic Hillbashers seemed to have established an unassailable lead over the first two legs as first Greg Barbour and then John Buchan each ran more than a minute faster than any one else on their legs to hand over an astonishing three minute and fifty second lead to Bob Sheridan. Behind them Deeside runners fielded British Orienteering International, Jonathan Musgrave, on the final leg with only a three second gap ahead of triathlete Steve Boyd of Fleetfeet Triathletes in the guise of Nelli's Mob.

Most of the spectators were interested to see if Boyd could be dragged round to a good time by Musgrave but the former course record holder had other ideas and attacked Sheridans's lead from the start. Yet it was not until the final hill that he heard shouts of encouragement for Sheridan ahead of him and recognised that the gap might be closeable. A superhuman effort saw him finally catch sight of Sheridan on the final descent and another supreme effort took him past a total shattered Sheridan to deprive the promoting team of the title yet again. (Cosmics have only managed to win it once).

Fourth place went to the first mixed team Fife & Friends who fielded their female runner, Helen Diamantides, on the first leg to confuse the officials. Fife & Friends last runner, Adrian Davies, managed to do enough to sneak past the Cosmic Veterans team but they were unchallenged for the old boys title.

A good opening leg from Scottish Women's Champion, Sonia Armitage, took the pressure off the rest of her team including Junior International, Hannah Smith, racing for the first time in several months and carrying the cosmic colours for the first time ever to good effect.

Overall, an excellent day despite the underfoot conditions and penetrating cold that had the officials with numb hands and feet even before the start of Musgrave's charge.

Ewen Rennie

1. Deeside Demons	74.34
2. Cosmics Comets	74.44
3. Nelli's Mob	75.57
4. Fife & Friends Mxd	81.04
5. Cosmic Crocks V	82.11
6. Paul's Pick	83.50
7. John's Mob Mxd	84.42
8. Uni Lads	85.35
9. Cosmic Cream F	87.52
10. Jolly Joggers Mxd	88.09

RIVOCK HILL FELL RACE West Yorkshire BM/10m/1 500ft 24.11.96

Cross country expert Kenny Stirrat took the snow, frost and Rivock Edge forestry in his stride but failed to come anywhere near Ian Holmes' sixty one minute record for the Silsden based ten mile race.

Conditions worsened considerably, but thankfully organisers Keighley Hill Runners were able to count all one hundred and forty entrants home, although some were out for almost two and a half hours.

1. K. Stirrat	H'fax	67.20
2. B. Whalley	P&B	68.39
3. M. Horrocks	CalderV	
4. S. Green	P&B	68.40
5. P. Sheard	P&B	68.44
6. G. Devine	P&B	69.11
7. S. Oldfield 0/40	Bfd/Aire	69.12
8. D. Woolley	KRR	69.44
9. A. Smith	KHR	70.47
10. J. Emmott 0/40	KHR	70.48
FIRST VETERAN 0/45		
1. S. Moss	Spn	77.50

FIRST VETERAN 0/50		
1.G. Howard	Ilk	82.49
FIRST LADY		
1. K. Drake 0/35	Spn	85.59
FIRST LADY 0/40		
1. J. Prowse	KHR	94.34

BOLTON BY BOWLAND Lancashire CM/8m/800ft 1.12.96

The usual heavy conditions provided a test of stamina for two hundred and three runners who contested this eight mile race through some of the loveliest countryside in the Forest of Bowland.

Graham Patten (who used to live within sight of the village) took an early lead which he maintained to the finish. Craig Roberts was comfortably in second position, with Phillip Sheard beating brother Paul for third, thereby reversing last years positions.

Graham Schofield seventh overall was first veteran over forty, with Rogher Hargreaves taking veteran over forty five. Ross Jaques was first veteran over fifty back and Harry Catlow won the veteran over sixty.

Vanessa Peacock retained her title being first over thirty five also in sixty fourth place overall.

Almost thirty prizes were handed out to various categories, and a profit of two hundred and eighty three pounds was handed over for village hall funds.

Thanks to al who helped, donated prizes and to the farmers whose land we ran over.

Roger Dewhurst

1. G. Patten	P&B	46.21
2. C. Roberts	Kend	47.00
3. P. Sheard	P&B	47.42
4. P. Sheard	P&B	48.12
5. M. Crosby	A'rinch	48.21
6. D. Hurton	Denby	48.26
7. G. Schofield V	Horw	48.30
8. A. Schofield	Borr	48.42
9. S. Thompson	Clay	48.57
10. T. Hobbs	Clay	49.11

VETERANS 0/40		
1. G. Schofield	Horw	48.30
2. T. Taylor	Ross	50.36
3. G. Cunliffe	Clay	50.56
4. M. O'Connor	Clay	51.09
5. P. Butterworth	Clay	54.05

VETERANS 0/45		
1. R. Hargreaves	Clay	51.24
2. A. Turner	Clay	51.53
3. J. Winder	Acc	53.16
4. P. Booth	Clay	54.15
5. P. Bramham	Craven	55.13

VETERANS 0/50		
1. R. Jaques	Clay	54.05
2. G. Howard	Ilk	55.18
3. I. Beverly	Clay	56.01
4. J. Nuttall	Clay	56.19
5. M. Coles	Skyrac	57.46

VETERANS 0/60		
1. R. Bray	B'pool	60.41
2. B. Smith	Clay	65.31
3. G. Arnold	Preston	68.37

LADIES		
1. V. Peacock 0/35	Clay	57.22
2. R. Bellaries 0/40	Clay	58.06
3. S. Brown	Bow	58.14
4. L. Pyne	Denby	60.58
5. E. Tomes 0/35	Kly	61.47
6. D. Thompson 0/35	Hard	61.55
7. K. McIntosh 0/35	Bury	62.59
8. K. Wallis 0/35	Clay	63.02

HEXAMSHIRE HOBBLE Northumberland CM/10.5m/1220ft 8.12.96

Once again the Hobble was blessed with good weather but previous snow and ice resulted in tricky conditions underfoot.

The circular route from Allendale Town alternates in direction from year to year and follows the old lead carriers way, over the large expanse of heather covered moorland between the East Allen Valley and Hexhamshire to the East.

A record field of sixty six took part, the ladies starting some fifteen minutes earlier, which in the event resulted in the leading ladies and gents finishing virtually at the same time.

Local Tynedale Harrier and only occasional fell runner, Barry Jameson fought off a determined effort by the experienced and in form Joe Blackett to win by twenty seconds.

Such was the keenness of the competition that the first five finished within forty seconds. Previous two years winner Tim Wylie - his record still in tact had to settle for fourth place.

Debbie Thompson had an impressive run shattering the record by almost eight minutes, giving her a Northumbrian double having won the tough seventeen mile Kielder Borderer Fell Race in the summer.

Stewart Beaty

1.B. Jameson V	Tyne	1.09.20
2. J. Blackett	Mand	1.09.40
3. S. Burkinshaw	Unatt	1.09.45
4. T. Wylie	Tyne	1.09.52
5. A. Clarke	Tyne	1.10.00
6. J. Bell	Elsw	1.11.39
7. N. Cassidy V	Tyne	1.12.00
8. M. Broadhurst	Tyne	1.12.23
9. J. Larkin	Unatt	1.12.55
10. C. Valentine	Kesw	1.14.12

VETERANS 0/40		
1.B. Jameson	Tyne	1.09.20
2. N. Cassidy	Tyne	1.12.00
3. J. Dickinson	Tyne	1.15.42
4. P. Jameson	Tyne	1.15.50
5. A. Wanless	B.B.	1.17.08

VETERANS 0/45		
1. J. Humble	Tyne	1.16.23
2. A. Tait	Tyne	1.16.38
3. D. Charlton	Tyne	1.17.54
4. R. Dawson	Tyne	1.18.35
5. B. Lowdon	Unatt	1.19.10

VETERANS 0/50		
1.C. Thornton	Tyne	1.19.41
2. D. Hunter	Tyne	1.20.47
3. N. Dyson	Mand	1.34.19
4. P. Latham	Tyne	1.41.28

VETERANS 0/55		
1. R. Hayes	Morp	1.26.50
2. R. Moore	Tyne	1.46.11

FIRST VETERAN 0/60		
1. D. Wright	Tyne	1.44.06

LADIES		
1. D. Thompson 0/40	Hard	1.25.21
2. R. Fletcher 0/45	Tyne	1.27.55
3. E. Moody	WCOG	1.28.48
4. E. Newman	Tyne	1.38.27
5. B. Broadhurst 0/35	Tyne	1.40.45
6. H. Graham 0/40	Tyne	1.41.16
7. T. O'Sullivan 0/45	Tyne	1.58.20
8. J. Buchanan 0/35	Tyne	1.59.31

SIMONSIDe CAIRNS FELL RACE Northumberland BM/11m/1400ft 15.12.96

First time under FRA takes on a route enjoyed by all of the fifty four starters.

A record time by Joe McCready who established an early lead from Joe Blackett who was second throughout.

Downhill pace by Colin Valentine moved him third spot ahead of strong running James Dickenson and Shaun Scott.

Veteran lady Ruth Fletcher set the record for the ladies. Soup and buffet at an excellent start/finish venue.

R Hayes

1. J. McCready	NewAyc	1.16.41
2. J. Blackett	Mand	1.20.36
3. C. Valentine	Kesw	1.22.54
4. J. Dickinson V	Tyne	1.23.07
5. S. Scott	Unatt	1.23.28
6. W. Lawrence	Norham	1.25.16
7. D. Henderson V	Ain	1.25.31
8. I. Mulvey	Tyne	1.27.11
9. P. Bradley	Morp	1.28.27
10. J. Rea V	CFR	1.29.08

VETERANS 0/40		
1. J. Dickinson	Tyne	1.23.07
2. D. Henderson	Ain	1.25.31
3. J. Rea	CFR	1.29.08

VETERANS 0/45		
1.J. Humble	Tyne	1.29.47
2. P. Embleton	Ain	1.30.47
3. R. Dawson	Tyne	1.31.41

VETERANS 0/50		
1. D. Cockburn	Morp	1.35.50
2. P. Winter	CleS	1.43.24
3. T. Ward	Morp	1.46.54
FIRST VETERAN 0/60		
1.D. Wright	Tyne	2.08.16
LADIES		
1.R. Fletcher 0/35	Tyne	1.45.25
2. P. Cooper 0/35	Morp	2.16.13
3. L. Brosnan 0/35	Blyth	2.23.14

4. T. Ambler	Tinley	39.39
5. H. Mayho	Bing	39.50
6. K. Thompson 0/40	Clay	41.50
7. C. Ashton	Clay	41.55
8. D. Kenwright 0/40	Sam	43.31

5. D. Woodhead	Horw	45.27
6.1. Ferguson	Bing	45.33
7. A. Jones	KRR	45.35
8. R. Crossland V	Bfd/Aire	45.52
9. S. Addison	Clay	45.55
10. J. Rank	Holm	46.00

VETERANS 0/40		
1. R. Crossland	Bfd/Aire	45.52
2. D. Beels	Roch	46.10
3. B. Walton	Horw	46.54
4. P. Corris	L&M	47.24
5. B. Goodison	Abbey	47.53

VETERANS 0/50		
1. P. Heneghan	Blk Shp	52.17
2. M. Coles	Skyrac	53.18
3. C. Drake	Spn	53.25

LADIES		
1. S. Rowell	P&B	46.51
2. K. Drake 0/35	Spn	51.57
3. J. Shotter	P&B	53.13

THE DAVID STAFF MEMORIAL FELL RACE Lancashire BS/5m/900ft 15.12.96

The second running of the David Staff Memorial Fell Race took place on Sunday 15th of December at Sunnyhirst Woods in Darwen. Following heavy rain on the previous day, Sunday brought fine weather with slight mist on the tops of Darwen moors.

There were one hundred and ninety one runners who took part in the race, with Darren Flatley of Horwich first home. The ladies race was won by Sarah Brown of Bowland Fell Runners, who also broke the course record.

All finishers received a t-shirt thanks to the support of Crown Paints and Blackburn Sports Council.

1. D. Flatley	Horw	33.37
2. B. Whalley	P&B	34.15
3. S. Sweeney	Clay	34.20
4. P. Thompson	Black	34.41
5. J. Wiczorek	Acc	34.42
6. A. Gartside	Sadd	34.45
7. N. Riding	Ross	34.58
8. D. Woodhead	Horw	35.12
9. P. Lyons V	Ross	35.54
10. D. Clamp	Bolt	35.57

FIRST VETERAN 0/40		
1. M. O'Conner	Clay	36.17

FIRST VETERAN 0/45		
1. R. Paul	Saif	39.09

FIRST VETERAN 0/50		
1. P. Jepson	Ross	40.06

FIRST VETERAN 0/55		
1. D. Ashbon	N.Vets	42.14

FIRST VETERAN 0/60		
1. R. Bray	B'pool	42.36

LADIES		
1.S. Brown	Bow	40.51
2. K. Thompson 0/40	Clay	45.18
3. H. Sandelands 0/35		45.30
4. C. Dewhurst	Clay	45.43
5. S. Taylor	Darwen	50.17
6.1. Holding 0/45	Darwen	50.45
7. C. Lyon	N'burgh	50.48
8. J. Derbyshire 0/35	Horw	52.30

THE STOOP West Yorkshire BS/5m/800ft 22.12.96

1.1. Holmes	Bing	30.07
2. G. Devine	P&B	31.16
3. M. Corbett	Ross	31.20
4. D. Flatley	Horw	31.25
5. G. Schofield V	Horw	31.28
6. P. White	LdsCty	31.31
7. M. Horrocks	CalderV	31.34
8. M. Woods	Clay	31.39
9. A. Gartside	Sadd	31.50
10. C. Moses	Bing	32.22

VETERANS 0/40		
1. G. Schofield	Horw	31.28
2. T. Hesketh	Horw	32.49
3. B. Goodison	Abbey	32.53
4. N. Pearce	Ilk	34.17
5. J. Eaton	Ross	34.51

VETERANS 0/50		
1. B. Mitchell	Clay	33.31
2. R. Jaques	Clay	36.58
3. G. Howard	Ilk	37.49
4. P. Heneghan	Blk Shp	38.31
5. T. Minmkin	KRR	38.40

VETERANS 0/60		
1. R. Bray	B'pool	38.07
2. M. Mahoney	St Bedes	41.04
3. B. Leathley	Clay	45.12

LADIES		
1. G. Cook	Roch	37.21
2. S. Newman 0/35	Gloss	39.05
3. W. Barnes	Bam	39.18

TURKEY TROT RACE REPORT County Down AS/5.5m/1500ft 26.12.96

Dermot McGonigle was so proud of the Martin McMahon Memorial trophy which he won at last years Turkey Trot and which resided beside his other minor successes that he did not bring it back for this years race. Despite this, former winners Brian Ervine and Neil Carty were keen to be crowned King Trotters and with loaded bellies from the day before were ready to let rip.

They surged up the trussy track in cold dry conditions crossing a small field en-route as generations of hill users have done, up and up in to the hills towards the first col with Brian Ervine holding a slight lead over Carty. McGonigle and Altringhams Graham Watson packed like stuffing in a Turkey's bum bag.

The marshalls cheered them on their way to the second Col and the icy start to the descent of the Happy Valley. The ever young Jim Patterson led the veterans at this stage with the really young Ricky Graham close behind in about fifteenth place overall.

Newcomer Nicky McMeekin was leading the ladies race ahead of the ex Joanne Boyle now a fugitive in Scotland with a thin husband!

Brian charged on holding his lead right to the finish and recording a new record time in the process, beating his 1992 record by fifteen seconds. Dermot was second closely followed by Neil Carty and Graham Watson.

In the ladies race Joanne gradually wound Nicky back and with a late sprint produced a cracker finish and a slender two second winning margin.

Jim Patterson held on to win the over fifty category and was top veteran overall despite wearing flat soled trainer and warm up kit. Young Ricky Graham was close behind him as top junior.

I finished to be informed that there was a problem with a field. I could not believe it as I had encountered all sorts of problems at the last race I organised regarding a field. This time it was the local farmer who was unhappy that as more and more people use the hills a path is being eroded across his field. The problem was easily resolved by assuring him that next year the field would be out of bounds and NIFRA would advise its members to refrain from racing or training across it in future.

Back at the Tollymore Mountain Centre the prizes were distributed and special thanks must be made to all the marshalls and helpers plus our sponsors, Jackson Sports, Surf Mountain and Tisos for their donations.

Jim Brown

1.B. Ervine	B'drain	42.47
2. D. McGonigle	N'castle	43.23
3. N. Carty	N.Belf	43.33
4. G. Watson	Alt	44.10
5. S. Prout	Unatt	48.08
6. G. Somerville	LVO	48.38
7. J. Thin	Cam	48.53
8. J. Mitchell	Unatt	49.07
9. R. Rodgers	N'castle	49.21
10. D. Brannigan	N'castle	49.22

VETERANS 0/40		
1. J. McBride	BARF	56.48
2. B. Simpson	BARF	60.29

VETERANS 0/45		
1. B. McKay	A'ville	50.51
2. K. Adams	W'lands	51.43

VETERANS 0/50		
1. J. Patterson	A'ville	50.28
2. R. Donaldson	CIYMS	57.56

LADIES		
1. J. Thin	BARF	63.11
2. N. McMeekin	CIYMS	63.13
3. N. McCullough	BARF	64.54
4. A. Sandford	B'drain	65.07
5. S. Carson	BARF	66.11

GHOST AULD LANG SYNE West Yorkshire BM/6m/100ft 31.12.96

1.1. Holmes	Bing	43.28
2. M. Woods	Clay	44.15
3. C. Moses	Bing	45.12
4. A. Maloney	Roch	45.16

Late entry.....

NEW GLOSSOP FELL RACE Sunday 6 October

It was back to the old days of small fields at Glossop when on a wet Sunday misty morning 35 hardy runners competed in the second New Glossop fell race which covered 24 miles of hill and dale.

First back to Manor Park after over three hours was Roger Woods, a 31 y.o. accountant from Sheffield. The Dark Peak Fell Runner had a two minute lead and was pleased to win the race. Woods thought the wet and windy weather was ideal for running. Unlike many others he did not go astray in the mist on the Kinder Edge. Woods said he knew the area through training there and was happy to win his first open fell race. He has won some closed club events, but this was his first big win.

Glossopdale Harriers supplied the marshalls. Their first man home was John Kewley. He was sixth overall and won the cup for the first local. The George Street Harrier went home with the Sun Pat Trophy, and a hard run in readiness for the Karimor Two Day Mountain Marathon two weeks away. John won the Elite class last year with fellow Harrier Mark Seddon. He took 3h 41m 12s for the seven checkpoint circuit of Shelf Moor, Alport, A57 Kinder Edge (2 cp), Mill Hill and Doctors Gate.

The only lady to complete the circuit was Jackie Bird of Biddulph who clocked 5h 38m 4s. Three men did not finish: one twisted an ankle on Shelf Moor and two missed out a C.P. but did a full round.

The tough circuit was lengthened at the last minute following negotiations with the Peak Park Planning Authority about some sensitive areas.

The prizes were presented by David Jones, the Editor of the Glossop Chronicle at the Duke of Norfolk School in Old Glossop.

The race was organised by Sue Hurrell who said after, "The race went off successfully and seems to have been thoroughly enjoyed by the runners. Our thanks must go to the runners, marshalls, Police and much appreciation too to the Land Owners at Mossy Lea and in the peak Park."

1. R. Woods	DPFR	3.18.35
2. A. King	UA	3.20.40
3. A. Duncan	MerseyFR	3.35.13
4. D. Tait	DPFR	3.37.30
5.1. Cowie	MerciaFR	3.39.59
6. J. Kewley	Glossop	3.41.12
7. Y. Tridmas	MerseyFR	3.52.45
8. C. Lancaster	Tel ford AC	3.53.46
9. J. Lawemson	DPFR	3.53.46
10. M. Cochrane	DPFR	3.54.23
11. D. McCabe	Royal Navy	3.54.36
12. G. Clegg	DPFR	3.55.13
13. O.C. Hird	DPFR	3.57.30
14. A. Powell	P&B	3.59.40
15. G. Smith		4.03.06
16. D. Longley	TotleyAC	4.03.31
17. R. Robson	MerciaFR	4.05.43
18. B. Horsley	CVFR	4.07.18
19. D. Lucas	RochdaleH	4.07.21
20. A. Illidge	MerseyFR	4.12.23

VETERAN 0/50		
1. Yannis Tridmas	Mersey	3.52.45

VETERAN 0/60		
1. Barry Thackery	DkPk	

TEAM		
1. Dark Peak	(1,4, 9)	14

LADY		
1. Jackie Bird	Biddulph	5.38.04

Calderdale Way Relay 8 December 1996



fastest time ever recorded on this leg of 1 hour 22 minutes. They held onto their lead until the finish with a creditable 49th position overall. Pudsey and Bramley finished second, 17 minutes behind, with a last leg record run by Sarah Rowell and Anne Buckley. Clayton-le-Moors were in third place 21 minutes later.

The enduring appeal of this event was amply demonstrated by the fact that there was the second highest entry level ever of 105 teams, of which 102 started the race. Every team must be commended for finishing what is the biggest relay event in the country over some arduous terrain. With excellent sponsors in Calderline Buses, and Yorkshire Television again on hand to film the event (did you see yourself in Calendar Sport on Monday 9th?) the Calderdale Way was once again a great success. Thanks are expressed to Calderdale Raynet for radio coverage and to the numerous members of Halifax Harriers, their friends and relatives who gave their time and effort out on the course, and in the kitchens providing much needed sustenance at the end of the race.

The 1997 event will be held as usual on Sunday 14 December and we hope to see you all again then.

There cannot be many events in the Athletics calendar where one of the organising committee getting out of bed at 7.10 a.m. results in a late start, but this is what happened in this year's Calderdale Way. However, a bit of initiative and some quick work meant that the start was only delayed by 12 minutes and the months of organisation soon began to tell on what was otherwise an entirely positive day.

Indeed, near perfect conditions had the records tumbling. Pudsey & Bramley took the initiative on the first three legs, building up a lead of 4 minutes 44 seconds. But with fourth leg record holder and British Fell champion Ian Holmes on leg 4 partnered by former British Fell champion

Mark Kinch, the tables were set to turn. Ian and Mark put up what was

probably the best run of the day to break Bingley's own 5-year old record by nearly 2 minutes to clock a stunning 57 minutes 41 seconds. From then on it was Bingley all the way and with the pairing of Three Peaks winner Andy Peace and international Keith Anderson on the last leg they took the course record by just 34 seconds from Pudsey & Bramley's excellent 1989 time. Pudsey and Bramley finished 8 minutes 17 seconds behind, and were followed by Clayton a further 8 minutes 2 seconds down. Over half an hour separated the first four teams, the largest spread since the first race in 1984.



Pudsey & Bramley's Paul and Phil Sheard hand over the lead to Alan Whalley and Jack Maitland at Cragg Vale.
Photo: Peter Hanley

Veterans category, Rossendale wrestled
with Vets record holders Clayton-Le-Moors
to clinch the title in (the third fastest vets
time ever, an impressive record run on leg
3 by Rete Lyons and Ray Rawlinson ef...
effectively sealing their victory by 4 minutes
35 seconds. Bridsh Mare 4Q Veteran's rd
champions Kendal were in third place a fur
ther 2 minutes back

In the Ladies section the Penning Pair of
Lucy Wright and Laura Wolfenden gave
Leeds the dream start they wanted coming
home in 28th position overall with the second

1. Bingley	5.34.16
2. Pudsey & Bramley	5.42.33
3. Clayton-le-Moors	5.50.35
4. Dark Peak	6.08.29
5. Rochdale	6.10.01
6. Horwich	6.10.47

VETERANS

1. Rossendale	6.13.36
2. Clayton-le-Moors	6.18.11
3. Kendal	6.30.20
4. Horwich	6.40.03

LADIES

1. Leeds	7.21.52
2. Pudsey & Bramley	7.39.25
3. Clayton-le-Moors	8.00.45
4. Dark Peak	8.06.46

"NO, THERE'S STILL NOBODY
IN SIGHT...."



FLEXIBILITY & MOBILITY FOR DISTANCE RUNNERS

The distance runner does not need the flexibility and mobility of the high hurdler but the range of movement ideally does include that of the efficient sprinter. Not only is it obviously useful for the distance runner to be able to sprint effectively at the end of a race, but working on these aspects of training helps to create an economy of movement which is helpful at all running speeds. Any runner who feels uncomfortable when trying to run fast is neglecting this area of preparation.

It is arguable that the degree of mobility and flexibility demanded by the event is best gained by practising the event, at event speeds. Proper warm-up should include jogging, easy running, fast strides and sprints. Training and target race preparation should include short interval sessions and short races. Hard sessions and races should be followed by easy running for a mile or so. New surfaces and shifts in training emphases should be adapted to gradually. In the spring the fell runner is likely to suffer sore quadriceps after the first race but this can be greatly reduced, even avoided, if descending practice is started in the preceding weeks, gradually increasing pace and severity of gradient, and Category B or C races are tried before the more severe Category A. All the above practices will develop the range of movement required and will limit the risk of soreness and injury. All athletes should do these things at least but even those who do would be well advised also to incorporate some specific exercises into their daily routine.

There is a range to the degree of desirable mobility. It may be an impressive party trick to put your head on your knees with your legs straight but it is not necessary to be able to do so as a distance runner, if useful for the high hurdler. Undue enthusiasm can actually be a disadvantage: ligaments and tendons which become 'over-stretched' can result in postural instability. Unduly 'slack' ligaments around the ankle are no great help to off-road running. A further problem is the 'it isn't doing me any good unless it hurts' attitude. This is a most unproductive way to approach stretching and mobility work. No more than a sensation of tension should be experienced. It is particularly important to be careful with damaged tissue or you can make matters worse. It is important to follow the right procedure after injury, and although this will include gentle stretching, it is safer prior to fast training or racing in particular simply to gently massage the affected area and warm up very carefully. Similarly, stretching fatigued muscles must be undertaken very gently.

Even the careful athlete will be unlikely to prevent soreness and tightness occurring from time to time. A stretch-mobility

routine is an aid to preventing and easing such problems. Also, not all tensions are caused by training: the physical and mental demands of work or life in general can produce their own muscular tensions which hinder best athletic performance.

The most commonly observed form of stretching is 'static stretching', in which relaxed muscles are stretched as far as is comfortable, held for 10-15 secs, and repeated. The degree of stretch, and the speed with which flexibility is gained, can be increased by preceding it with a muscular contraction of the muscle to be stretched. It is important to stretch 'opposing' muscles (eg the quadriceps and the hamstrings) as they will affect the function of each other. Similarly, all main muscle groups involved in running should be stretched as undue tightness in any part of the body will ultimately have a detrimental effect upon other parts. The athlete can play a more passive role if the stretch is effected by an experienced coach or partner. But this can be dangerous if the assistant is not very responsive to the athlete. Over enthusiastic coaches have been known to injure athletes!

The following exercises are essentially Yoga-based. They provide a good basis for flexibility, mobility and a modest degree of strength, largely for the legs and back. They are the recommendations of Remedial Masseur, Dave Stones, advisor to the England Fell and Hill Teams. The catch phrase which Dave emphasises is 'COAX DON'T STRAIN'. Ideally, all exercises are done in bare feet.

Exercise 1 - stand, feet together, bend to 90 degrees resting hands on knees and extending back, hold for 10 sec, tighten knees then extend spine further by looking further upwards, still holding legs/ankles and keeping legs straight, hold for 10 secs, then flex spine by pressing chin to chest bone and head towards knees, hold for 5 secs, return to upright position.

Exercise 2 - stand, feet together, bend left knee, with left hand take hold of left foot on outside, extend hip as far as possible backwards before extending knee (kicking back) whilst still holding foot (this is a strong, not max effort), hold 7 secs, release knee extension while still extending hip, then flex knee (heel to buttock) to stretch thigh, return to original position and repeat on opposite side (if balance is a problem, slight contact with an immovable object will help in the early days).

Exercise 3 - stand, feet together, raise arms above head, tilt pelvis forward (tightening buttocks), stretch up and back, look upwards and backwards as far as is comfortable, hold for 10 secs before slowly bending further, feeling the lower back stretch, don't hold this more extensive position but come back into the upright position.



*Stretch those legs! Ian Holmes descends
Pike of Blisco, Langdale 96.
Photo: Peter Hartley*

Exercise 4 - stand, feet together, move legs apart by jumping into position, feet parallel to each other, bend forward, looking upward, hold 7 secs before bending further, hold 7 secs, before moving hands towards (on, if possible) floor and looking upwards, hold 7 secs, then reach back between legs as far as possible with finger tips towards (on, if possible) floor, hold 7 secs, return to upright position.

Exercise 5 - stand, jump into position legs apart, turn right foot outwards 90 degrees and left foot inwards (same direction) as far as is comfortable, keeping heel on floor, raise arms vertical with emphasis backwards and upwards, keep arms straight, bend right knee, keeping left foot straight until you feel full stretch of left thigh, with weight taken under toes of left foot, stretch back of calf, hold for 10 secs, levering the stretch with backward/upward movement of arms, not by over-arching the lower back, repeat on opposite side.

One of the advantages of the above routine is that it can readily be done daily, either before or after running, though preferably both. It is best done daily as then it becomes an automatic part of training. As with all things worthwhile progress is not overnight, though benefits will be seen within 6-8 weeks only. All athletes have differing degrees of mobility in different parts of the body; those exercises which you find most difficult are the ones you need to concentrate upon the most. The more serious will use this as a platform and build on this valuable aspect of their preparation. If the Yoga approach suits you, there are many good books and innumerable classes.

*Dennis Quinlan
BAF Senior Coach Fell & Hill,
England Team Coach Fell & Hill,
Bingley Distance Coach*

Treadator

(The Truth is Out There)

1983. 29th February 1983 to be precise. An odd day in two senses of the word.

First of all, it was obvious that once every four circumnavigations of the sun, one day had to be added to the previous one thousand four hundred and sixty in order that we wouldn't have to live today again. Secondly, however, and more importantly on this occasion, a small number of people in the Lake District stood in spellbound amazement as what appeared to be a great green and blue ball of fire fell from the blood red and orange tinted skies above the eastern fells. Nothing was done of course, unusual sightings are commonplace nowadays and this was one more statistic on the UFO sighting record, likely to be used, no doubt, by an aspiring Moss Flaylor in the 'World's Biggest Liar Competition' held annually in these parts.

Something **had** landed this time though. I say landed because that is exactly what did happen. Meteoroids don't land, they fall to earth, bursting incandescently through the earth's atmosphere to create an appropriately sized crater on the surface, when they miss water that is. You might also get the odd piece of the American or Soviet space programme causing a stir, or a faulty satellite guided into the ocean for rescue by a waiting ship.

But enough of the background scene setting explanations. Let me tell you how I became involved in this story. I was the only person, to my knowledge, who witnessed the descent of the blue and green orb at close quarters. It actually lost speed before making contact with the earth's surface. This raised my suspicions immediately resulting in a detour from my predetermined route over Froswick to peer, some thirty minutes later, into Longsleddale. A tap on the shoulder began a chain of events that were to shake the quiet world of fell running to its roots.

My name, for the record, is Chefette Creatine, 'Chef' to my friends. An exile from Lancashire I came to the Lakes for the fells mainly. Fell running is THE sport - no question about it.

Since arriving I'd had a few discussions with local runners about forming a new club in Amblertide. One such was Handy Flip-flop. Well known for his daring solo traverse of the notorious Black Cuillin wearing only a pair of plastic seaside sandals and a T-shirt sporting the logo 'Cheer me up - Follow me down'. Handy owned a shop/cafe in Amblertide called 'Looking Glum' where tired fellrunners were always guaranteed a laugh and a joke. Another was Telemark Risky, renowned for his daredevil descending style where he trailed one leg behind the other as he flew down the scree ridden slopes of the Lake District. Risky had recently achieved a major circular traverse of one peak in Scotland in under twenty-four hours and called it 'Markies Round'. With two others, Sky Russet and Seldom Right (an enthusiastic runner who was unluckily prone to injury on the fells) we formed the nucleus of what was destined to become one of the most feared clubs in fell running history - Amblertide AC.

It was the tap on the shoulder that set things into motion. As I turned around, half expecting to see a fellow bemused runner, I looked at the eyes, or where the eyes usually are, of a strange apparition.

The height of a human but with a green lizard like skin it reminded me of those Sunday repeats of 'V'. Where its nose should have been there was one large lidless eye and it was looking straight at me. 'Ardrun mesabonked!' It uttered. I was dumbstruck. Had Bingley Harriers perfected space travel? If so, was this Inane Fleepeakson in person, or had an alien spaceship just landed on the other side of Shipman Knott? It must be the latter I thought (I was sure that Fleepeakson had nine fingers, this 'being' had ten - on each of its three hands). 'All right lad' I replied, and then more haltingly, 'Ardrun mesabonked' and held my hand out. A great smile came over the left shoulder of the Alien and it took me by my outstretched hand and led me toward the area where its ship had come down.

With the aid of the voice communicator/translator on the alien ship I managed to make the first tentative contacts with the aliens, there were three on board. 'My name is Chef, Chef Creatine' I introduced myself. 'What are your names?'. The alien that I had met first, spoke into the communicator. 'My name, given to me because of my fathers great speed in running down the High and Low Contours, is Kerith Sandys-son. My companions on this long journey to your planet are Highplane Darinmountinsidees and Supervete Alainevians. Highplane is the equivalent of a female in your species and Supervete is a representative from our Counsel of Elders, who allowed us to make this trip'.

Some sort of common bond appeared to be already springing up between us, and the more we conversed the stronger it got. 'Why have you come to our planet?' I asked. Kerith spoke again. 'We have come for sport. It has long been a legend that many years ago a visitor from Earth mysteriously came to our world and defeated all our best competitors over the High Contours. The High Contours are a desperately savage part of our planet where only the fittest can complete the set courses, and survive. That visitor's name was Blend, Wiley Blend.' I gasped. The Blendes were well known in fell running circles having recently established Lendingdale Fell Runners. They were attracting all types of members even down to Scruffer Crowsfeel, (Scruffer Blend to his friends). But intergalactic space travel? I knew Wiley's navigation was good, but are Asteroids painted different colours so that you can tell which side of the Galaxy you are in?

'What do you want me to do for you?', I asked, unsure about what they really had come for. 'We need help in gaining entry to competitions on your planet. We need to bring honour back to our race after the beating that the great Wiley Blend dealt out to us', replied the older Alien, Supervete Alainevians.

'But how?' I cried. 'You do not have the appearance of a normal fell runner (similar but not quite like a member of Livingdeadstown AC I smirked to myself).

'This is of no consequence to us. We can change our appearance by covering ourselves with a synthetic material called Skintex. It has revolutionised our sport because it can withstand the rigours of atmosphere and competition in the High Contours. It is a simple matter to give us the appearance of a man or woman from Earth'. Kerith's words set me wondering just how far this had gone already, Skintex sounded just too similar to a recently mooted new shoe material supposedly discovered by Normal Welsh, the fell running shoe producer who marketed his wares through another Blend, Prater. There was more to this than met the eye, especially when that eye was in the middle of each of the three faces looking at me now....

'And if I don't help you?' I asked.

'Then we report you to the Galactic NAFF BAF and you will be banned from shamateur competition forever'.

'How do you know about NAFF BAF?' ('Shamateur'! They had obviously heard of it, how silly of me not to realise that NAFF BAF had an intergalactic membership secretary, I thought to myself).

'Wiley Blend educated us in the somewhat complex and ambiguous ways of the governing bodies of your sport. He called it 'Shamateurism' and quoted us an example of an Earthling called Run Ineverdid who ran and was afraid to come forward for his cash prize, and also of Bandfa Fewphound who took just two of your Earth Pounds at a local gala race'.

'OK, OK. I'll think of something', I said. I was worried about what I could do but already my mind was moving ahead to a time when Amblertide AC would rule the World, nay the Universe, of fell running...

Post Script

It's only now after Thirteen years have passed that I feel I can safely reveal, without fear of recrimination, the secrets behind the unparalleled success of new fell running clubs in the Lake District.

First my own Amblertide. You may or may not recall the many individual successes of our elite athlete Kerith Sandys-son and

the smoke screen created by the supposed benefits of using a heart rate monitor in training. Remember the bitter scenes around his non selection for the Earth based World Cup and the almost sudden disappearance of Sandys-son from fell running.....? It's amazing what a bit of skintex and the physiology of an Alien life force can do. Unfortunately this was curtailed by the need for him to return to his home planet and join the counsel of elders.

Remember 'Amblertide AC - British fell Running Champions'? (Kerith Sandys-son et al....), the remarkable achievements of Highplane Darinmountinsidees....the anti-ageing feats of Alainevians.....and Roget Dingdong.

Fortunately, all this was made possible through the simple friendship made that night on Shipman Knott. Hence, the transformations of Alien into fell running superstar made possible by Skintex and the superior biophysioscientific knowledge passed onto our small band of club members. Unfortunately this was but only the periphery of what had been happening for many years in Central and Western Lakeland, Washdale and Lendingdole to be precise.

To cut a long story short. You may have wondered where Moss Flaylor got his outlandish tales for 'The World's Greatest Liar' competition?, the string of LDMT wins, the many wins around Washdale, the 72 peak BGR, the Wainwright traverse....need I go on?

Similarly, the success of Wiley Blend and the continuing success of younger Blends Gastric and Bonnie, the latters blonde hair the only indication that maybe, just maybe, there are, for once, more Human genes present than Alien. Perhaps I should have mentioned something at back at the beginning of this tale. Each of the three Aliens, in addition to just one eye, an 'off the shoulder'



Could this be the alien? Ian Holmes & Sean Willis, first & second at Ghost Auld Lang Syne.
Photo: Dave Woodhead

way of talking, three hands with ten fingers (great for delivering lambs and building dry stone walls) and green lizard like skin, had one big shock of RED hair tumbling around each of their two heads..... Oh, and Kerith had on the end of a lead an animal that looked just like a Kangaroo crossed with a Herdwick. But who would believe me if I told them that!

PPS. The current performance (and appearance) of Bingley Harriers can only be explained as a freak of nature.

Tim Kelly



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Mr X gives the thumbs up as he heads in the wrong direction!

'1996: The XXX Year' (An X-tremely X-asperating X-perience)

by Mr X

Looking through the pages of the October issue of *The Fellrunner*, I notice that its pages are liberally sprinkled with accounts of the amazing doings of the elite and superhuman exponents of our sport, such as Mighty Menna blowing away most of the male opposition in the Peris Horseshoe, or the Dynamic Duo knocking off the Irish Munros on their trans-Eire spin, or the incomparable SuperJos trotting over 60 peaks at 60 despite severe back trouble, and not forgetting Mad Trevor braving the darkness, bitter cold, and sheer loneliness of the winter BG. This is all mega. Truly mega. Very entertaining too, but too much of it can give us lesser mortals a severe inferiority complex.

What's needed is something to redress the balance. Something to reassure lesser runners that it's OK and quite normal to be human, mortal, and frankly a bit pathetic. It is OK, isn't it? Isn't it? Oh, tell me it is!

Having just enjoyed (!) a summer of the most dismal form I've ever displayed, I consider myself ideally qualified to write such a story. However, my embarrassment is such that I must insist that my identity be kept secret, along with the identities of my fellow characters in this tale of woe. Any similarity between the initials used to identify my various companions and those of any person living or dead is purely accidental.

I've always been a lazy git. Soft too. And cowardly. My training during the nasty,

wet, dark winter months has always been - er - 'light'. Not during the winter of 1995/96 though. I managed to dredge up masses of motivation from somewhere and put in my best ever winter's training. 1996 was surely going to be my best ever year. Was it 'eck.

It began well enough. The Rossendale Way Relay was a blast, with Mr. G.D. and myself passing 6 other teams on leg 5 and holding off Newburgh Nomads' Mr. A.Q. and partner. That was my first and last good run in 1996. Moderately bad performances at the Half Tour of Pendle and Fiendsdale were put down to tiredness from all this unaccustomed training. It would all come together later I told myself. Oh yeah?!

April failed to bring forth the sparkling form which I knew must be lurking within me, and even my beloved Coniston produced only a mediocre run; it would have been OK, but all those pesky championship contenders invaded the race and ran ridiculously fast times. I tried not to look up at the vast hoards ahead of me on the first climb, but I couldn't deny my lowly position when I was approaching the Old Man and Mr. I.R. (who was watching) shouted cheerily "You're about 170th".....

A chest infection laid me low at the time of the superb Sailbeck so I decided for some reason to enter the later, much hated, Fairfield Horseshoe - another championship race just made for demonstrating what a crap runner I am.

I lined up for the start, not yet over the infection properly and filled with a deep reluctance to run. What a complete wally! I should've known what would happen; I was puffing like a steam train before we'd even left the field and arch rivals, Messrs. G.D. and S.L., soon left me trailing on the run out to the fell. I tagged onto the delectable Ms. G.C. on the climb, thinking that a pair of feminine legs would give me an incentive to keep up, but she too soon dropped me, leaving me to chug grimly on, doing an unprecedented amount of walking and losing ground all the way to Fairfield.

On the long (long) drag to the summit I was caught and passed by the ever-consistent fellrunning oracle Mr. B.S., who seemed to enjoy the experience rather more than I was doing. I chuntered on, carrying my own personal black cloud with me, staggering over Hart Crag like a drunken man and strolling much of the way to Dove Crag where I retired, disgusted, dis-spirited, and full of all kinds of uncharitable thoughts about the people who were trotting (seemingly) easily by. I now took a slightly naughty direct descent route back to Rydal and thus was unable to offer my assistance to my friend Ms. N.D. who had a **much** worse day than me.....

The first of June was an improvement. I went to the fantastic Coniston Gullies race to watch Mr. K.D. give himself the heebie jeebies on the stupendous descent (a 'must do' for 1997), then drove over to Chapel Stile and managed to finish 10th (but only out of 25) at the Langdale Gala race. I was battling it out with a group of troublesome juniors on the climb, all of whom seemed to be spurred into incredible feats of uphill running whenever I tried to overtake them. Damn callow youths!

I had no problem with them on the descent though - they simply bounded off into the distance on legs which seemed to be fitted with a brand of shock absorber which was obviously not available to the manufacturers of my legs in 1959 _____

This performance was quite encouraging, and I began to think that the sparkling form lurking within me (somewhere) might yet burst forth, enabling me to wreak a terrible revenge on all the manky old vets who had been blowing me away every weekend up to now. I should have known better.

The Mell Fell Dash restored my status as a bumbling incompetent buffoon. I arrived without my fell shoes, and had to run in a pair of 12 month old Saucony Jazz 4000s, the ones which fall apart after about 10 months. I would have been faster in bare feet!

My June campaign was about to come to an abrupt end. A resounding Personal Worst at Buckden Pike maintained my consistent (lack of) form, but it was a simple training run which was my undoing. The hot weather (which certainly wasn't helping my performance) inspired a trip to Langstrath for a day of swimming and general loafing, and it went swimmingly (!) until mid afternoon when I decided to go for a 'little run up Sergeant's Crag'. The run was good - amazingly. I had a good strong climb and imagined I was running smooth and easy on the descent - easy to do when there's no-one around to overtake you - but on the steep slope back down to the valley bottom, I jumped down a little rock step and went over on my ankle, heavily. Typical. Just Typical. That's all I piggin' needed! I was out of action for over a month and the ankle still gives me trouble at the time of writing, five months later.

My comeback (ha ha) race was the Kentmere Horseshoe at the end of July, which proved that my lay off had not improved my fitness. I pressed on as best I could, but fell victim to the 'encouragement' of a spectating friend again when I was struggling up Kentmere Pike (filled with fatigue, embarrassment and self pity) and K.D. saw fit to tell me that "T.K. is having a terrible run, he's about where **you** would normally be." Oh, cheers. The descent was a trial, with a blister on my

left heel, my injured ankle aching horribly and my legs like sticks of liquorice. I must have looked pathetic because Ms. W.D. was moved to ask if I was OK as she sped by. Fine, just fine.

I decided to focus on the Ben Nevis Race, which I had entered while the balance of my mind was disturbed, and treat everything else as training. I was convinced that the sparkling form which was lurking within me would (finally) burst forth at the Ben race enabling me to smash my dismal P.B. - which was set during an earlier bout of running-like-a-donkey. And all this without taking a single mind-altering substance! I don't need L.S.D., but a bit of speed wouldn't go amiss....

The build up to the Ben can be summarised thus: Lattrigg, Downham, Dufton Pike - all crap.

Race day at Fort Bill: Hoards of people, very hot weather (!****!), zilch psyche, and a whacking great mountain lurking around the corner. Pipe band, some waffle from the organiser, kit check, then we're off. Along the road, felling only moderately dead, surprisingly, but by the aluminium bridge moderately dead had become totally inanimate, and the remainder of my ascent to Red Bum was accomplished virtually without discernable movement. I retired. Jacked it in. Threw in the towel - well, the bum bag anyway. Mr. G.T. (inappropriate initials on this occasion) but fiddling with a blister and seemed almost as inert as me, but more bloody minded; he decided to carry on.

I descended in a series of two-minute jogs with lots of loitering around and walking in between, and had to endure the undeserved applause and encouragement of those poor unenlightened souls who saw me and mistook me for a fellrunner.

The torture continued at Dale Head the following week. I was late arriving, and had to run from the car to the stand with only two minutes to spare - it was the fastest I ran all day, but I **did** finish.

There is a light at the end of this tunnel. For most of the year, it has only been detectable with the aid of a radio-telescope, but October has seen it grow into a dim yellowish glow, visible to the naked eye. It has a long way to go before it regains the brightness of a Petzl Zoom headtorch with halogen bulb, but the Ian Hodgson relay (where we finished 17th and I managed not to be a burden to my partner K.D.) was a definite step forward.

The Langdale Horseshoe was also better than expected. Navigation weather proved that lots of people are good at

running fast in the wrong direction. Unfortunately for me, even more are capable of running fast **and** finding the way. I teamed up with the wily Mr. G.E. at Three Tarns and although he abandoned me gleefully as I dithered at the Crinkle Crag 'Bad Step' I was happy to be able to keep up with him for so long. In fact, I didn't die horribly until the final descent, which usually happens to me at Langdale anyway. Yes, I was 36 minutes slower than in 1995. but after some of the black days I've had this year, that is acceptable.

That sparkling form which is (I hope) still lurking within me (somewhere), will no doubt burst forth (finally) some time in 1997. It will for sure. Surely it will. Oh tell me it will! Please.....

- Anon(ish)



Gary Wilkinson, Steve Burns and Dave Cummins doing the right thing at the Ben - running!
Photo: Peter Hartley

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John shows fierce determination to overhaul Steve Carr at Kilnsey Crag.

Photo: Bill Smith Collection

JOHN ATKINSON

A Furness Fell Runner

By Bill Smith

The Furness district of Cumbria, though formerly in Lancashire prior to the 1974 boundary changes, lies to the west and northwest of Morecambe Bay and has produced many top-class fell runners over the years, going back well over a century. Most of these have been guides racers specialising on short, steep courses, such as John Dwyer of Ireleth, an outstanding athlete of the 1870s; and two Dalton men, Edward Collins and Daniel Mossop, who were prominent during the following decade, though somewhat overshadowed by Robert Lancaster from the southern reaches of Grizedale Forest, a treble Grasmere winner; Jim Fleming of Backbarrow, who was perhaps Ernest Dalzell's greatest rival in the early years of the 20th century leading up to the First World War; Ronnie Robinson of Newby Bridge, regarded by many as the best fell runner of the 1920s and trained by another Backbarrow runner, Charlie Dixon; Reg Harrison of Oxenpark, who was probably Bill Teasdale's main rival of the late '50s and '60s; and Fred Reeves, champion guides racer of the 1970s, who was born in Birmingham but moved to Barrow at the age of four and then to Coniston as a grown man.

Reeves had originally been an amateur runner with Barrow AC during the early and mid-60s when that club was prominent on the amateur fell racing scene, boasting such members as Bob Lewney, Jos Naylor, Dave Spencer and, best of all at that time, Peter Hall, whose tremendous success in events like the Ben Nevis Race, Bumsall, Pendle and

the Mountain Trial curiously did not continue when he turned professional, though he did regain his winning ways as a reinstated veteran to achieve the 1985 0/40s championship. Nowadays the only amateur fell running club of the Furness area is Black Combe Runners, which organises such cracking races as Dunnerdale, Caw, Kirkby Moor and, of course, the Black Combe event in March.

The subject of this profile has, like Reeves and Hall, experienced fell racing under both codes. John Atkinson was born at Paradise, near Ireleth on January 1st, 1967, but after marrying in 1993, moved some five miles further north to Chapels, near Grizebeck. These places all lie close to the rural coastline north of Barrow, with the whole area being dominated by the imposing peak of Black Combe north westward across Duddon Sands.

John works as a packing supervisor for the Burlington Slate Company, formerly the employer of Fred Reeves, though unlike Reeves, John has not received regular sponsorship from the company, preferring to keep his running wholly separate from his work. His parents, Keith and Dorothy have been familiar figures helping out at BOFRA events over the years and also gives some support to the Furness Fell Runners, a club dedicated to the training and transportation of junior competitors in "open" events.

Selwyn Wright of Ambleside AC, who lives at Broughton-in-Furness, got to know Keith from their drinking sessions in the Blacksmith's Arms at Broughton Mills, venue for

both the Dunnerdale and Caw races, and says: "He is very much a larger-than-life character who's pretty famous for miles around. He loves a good sing-song and a chance to show off his party trick: a hunting whistle that breaks glasses at thirty paces." Keith was quite a successful competitor at local junior fell races which he could reach on his bike, but packed it in when he took up farming. Contrasting John's nature with his father's, Selwyn says: "He seems to hate the limelight and is very modest and unassuming - a real quiet guy."

One of the events which Keith won as a lad was the Burney Fell Race at Grizebeck Sports in the Coronation Year of 1953 and by a strange coincidence John's first victory was achieved over this same course in the Jubilee Year of 1977. (These two years are also significant for Bill Teasdale's unsuccessful attempt to break the Dalzell Record at Bumsall and for Fred Reeves' triumphant effort, on which occasion John competed in the junior race, along with Steve Hawkins, among others).

John began running when he was eight, using the steep fields behind his parents' house for training: "From a very early age, I had a great talent for descending. The qualities of a good descender are perhaps good balance and a strong nerve. At that tender age, I suppose I had plenty of both, so I therefore came across my talent quite by accident. I bought a Unicycle as a teenager and mastered that quickly, and I'm sure it helped my balance for descending.

CHAMPION GUIDES RACER

In 1980, John Atkinson won the Northern Sports Promoters Association (forerunner of BOFRA) Under-14s championship, with Roger Ingham reporting in his annual review that "... one of the smallest lads, John Atkinson of Ireleth, proved to be the biggest hit in the U/14 age group....", while in the U/17s the following year he ".... never won a championship race but invariably finished high in the order." John also won the Kendal Winter League U/12s championship in 1978 and the U/14s in 1980. He himself feels that he was at his best as a 14-year-old but that he "seemed to go downhill around the age of 16.1 lost a lot of my interest but carried on competing, often coming last. I felt that all my running was preventing my body from developing." When he moved up to the senior ranks in 1986, he finished joint 7th in the championship with Colin Schofield, Fountains Abbey and Brian Howell, Skipton.

The following year, at the age of 20, John achieved his first big victory in "Yorkshire's most spectacular and dangerous foot race," to use Trevor Batchelor's description of the Kilnsey Crag Race in that year's **Guides Book**: "As the stampede got under way, Fran Batchelor led over the beck and up the bank, then Drinkall stormed to the front only to be overtaken by Graham Hawkins after the wall Carr though had his own ideas on who should be up front and it was he that then nosed into the lead, with Batchelor, regaining his wind, also moving up. Into the Chimney, Carr led from Batchelor and from nowhere Atkinson appeared in third. By the time they emerged from the trees, Atkinson was in second and the race was truly on John's long wait for a major win soon came to an end as he defiantly thwarted Carr right on the last stride of the race, much to the delight of the crowd if not the bookies" John, incidentally, describes the descent of the Kilnsey Chimney as being "like jumping out of a tree."

His first BOFRA senior championship win came a year later when he again triumphed at Kilnsey and also at Grasmere, Ambleside and Alva, among other venues. Trevor Batchelor, who like his predecessor Roger Ingham has been one of the most skilled and knowledgeable of fell racing journalists, summarized his achievement with this tribute, headed "Masses of Respect", in the 1988 **Guides Book**: "John Atkinson's love of fell racing started way back when he was nothing more than an undersized nine-year-old. Throughout all those years, it's true to say that John was more often than not overshadowed by bigger and stronger opponents but in the true spirit of sport he has turned out thick and thin, fine weather or foul, gaining masses of experience and more importantly, masses of respect from those competing alongside him Now the time has come for John to overshadow his former masters All of those junior competitors who never quite make it to the winners' rostrum should take a look at John's long career for they too may find

themselves at the very top in the not-too-distant future Congratulations, John, not just for being Number One but for being a truly dedicated sportsman and a charming personality to boot."

Applying himself with typical dedication to the 1989 campaign resulted in a second championship triumph for John, with further wins in the "big" events at Alva, Ambleside, Grasmere and Kilnsey. The second championship race at Cracoe in May provided an unpleasant experience for him, however, as he fell and spiked himself on the descent from Watt Crag, the injury afterwards requiring five stitches. Despite this set-back, he still managed to ward off the strong challenge of Brian Rycroft, Kendal, Steve Carr, Oxenholme, and reigning Kendal Winter League cham-



Collecting yet more silverware for those stunning descents, here at Grasmere.

Photo: Dave Woodhead

pion, Roger Gibson, Long Preston, finishing four seconds clear with a time of 20:23.

John's winning streak continued into the 1990 season, with a third championship title and repeat successes at Northern England's three premier meetings, also at the prestigious Braemar Highland Gathering and in the steeply severe Wasdale and Coniston Gullies races. He did not race as prolifically as usual, however, and contested very few non-championship events: "There were several reasons why I raced sparingly," says John. "I was very busy renovating the cottage which we now live in. It was totally gutted, then rebuilt, so this put a great strain on the time I could spend racing and training." He also felt that he may have been "lacking in enthusiasm, having gone to the same events year in, year out since the age of ten It could be noted that the races I did target would be the more lucrative events regarding prize money, which came in very handy for all the work on our house...."

1991 was John's last season on the BOFRA circuit and saw him clinch his fourth title.

The staleness which he'd experienced the previous year eventually inspired a need for fresh competition in new races against new rivals, leading him to seek "reinstatement" as an amateur, which was arranged with the help of his not-too-distant neighbour, Selwyn Wright. Consequently, John decided to join Selwyn's club, Ambleside AC, rather than the more local Black Combe Runners. This staleness, incidentally, was no doubt caused by growing accustomed to so much success, which was probably the same reason why Kenny Stuart left the sport to seek new challenges in road racing after achieving a brace of NSPA championship titles and a hat-trick of FRA championships.

Without this continual success. John may well have been quite happy to continue competing year after year in the same events, just as many other BOFRA competitors do and indeed an even greater number of FRA members do in our own events. Another factor which probably contributed in a small way to John's need for a change was his quiet, modest character: "I never really enjoyed the big races like Grasmere and Ambleside as they involved too much pressure, and I much prefer low-key events. I liked the Kilnsey course, for instance, but the whole event (Kilnsey Show) was so big it used to scare me. I find most FRA events, when you're not running in front of big crowds, more enjoyable."

DEMON DESCENDER

Before going on to discuss John Atkinson's amateur career, a further word on his professional reputation may be of interest. In a sport where daring, near-suicidal descenders are admired just that little bit more than powerful climbers, his name may justifiably be added to a long list of legendary "falling stones" stretching back a hundred years or more, from Ernest Dalzell and George Woolcock to Reg Harrison and Tommy Sedgwick.

Says John: "I now feel that I'm not as fast downhill as I was in my late teens. It was then not uncommon for me to pass maybe ten people on a descent. However, I would admit to being regularly frightened on descents. I remember once jumping off the vertical top section of the Hawswick Dash and actually doing a somersault in mid-air. I somehow landed back on my feet without any other part of my body hitting the ground. All of this was, of course, totally unintentional and basically frightened the life out of me. I think this emphasises the point that if you're descending fast enough, many potentially bad falls are avoided because momentum keeps you upright.

"I personally try to 'attack' the descent regardless of terrain. The only time this feels unsafe is when I try to ease off: as soon as you're leaning back, you tend to fall. My favourite descents are of the rough technical type: Burnsall, Grasmere, Coniston Gullies, etc.... Up until 1988, I was still only climbing so-so and relying on a good descent. This meant that most races I entered would have a 'hairy' descent. Even later, when I was running so much better



On his way to victory, 1992 Thievally Pike Race.

Photo: Bill Smith

generally, many of my races were won purely on descending talent. At Braemar in 1990, for instance, I was a distant 5th at the top, yet I actually won by a lap of the finishing track. I would like to think that on my day I could descend with the best, ancient or modern." John feels that he has developed more basic speed as a senior and now prefers more 'runnable' courses.

A DIFFERENT TECHNIQUE

1992 was John's first season of amateur competition and he quickly came to realise the difference between the racing and training techniques of the respective codes: "Like most guides racers, my training in the old days would be speed-based, probably 25 miles a week. The longest race we ever ran would be about five miles. The biggest change I noticed when coming over to amateur races was the number of climbs in one race. As a pro, it was kill yourself on the climb and then turn and have a demon descent. Now I have to learn to spread my effort throughout the race, using the descent as a recovery for the next climb. BOFRA events require a different technique."

In April of that first year, John entered the Pen-y-Fan Race, a British championship counter near Brecon in South Wales (3h miles: 1900 feet) and finished 19th, nearly four minutes behind the winner, Keith Anderson, then an Ambleside clubmate. A fortnight later, he progressed to 9th at Coniston, an English championship race, though over four minutes adrift of Anderson, a runner he particularly admires, incidentally. As the summer progressed, so John's results began to improve. He placed 4th at Buckden Pike, 1.27 behind his victorious old BOFRA adversary, Steve Hawkins, who was now representing Bingley Harriers; 2nd to another former BOFRA junior competitor, Gavin Bland, in the Mell Fell Dash, Skiddaw and Butter Craggs (of which more later); also runner-up to Mark Croasdale at Lattrigg and three days later to his Ambleside clubmate, Mark

Fleming, at Broughton Mills in the race to Caw summit and back.

His first amateur victory came at the end of August over the old guides race course up Dufton Pike at Dufton Agricultural Show, where his time of 15.56 was a mere second adrift of Steve Hawkins' 1991 record and eight seconds faster than runner-up Brian Thompson (Cumberland FR). His second came a month later at Cliviger Sheepdog Trials near Burnley where he defeated local favourite Gary Wilkinson (Clayton-le-Moors) by 19 seconds, though his time of 25.28 was some 2h minutes outside of Kenny Stuart's record from nine years earlier when he'd defeated John Wild to clinch his first FRA championship title and in so doing put paid to Wild's potential hat-trick.

The aforementioned Butter Craggs race traverses the same course as the Grasmere Guides Race and is organised by ex-guides racer Pete Bland. This particular race in 1992 has already been mentioned in the profile of Gavin and Jonathan Bland in the February, 1993 *Fellrunner*, but was such a thrilling spectacle that it merits further mention here. Mark and Craig Roberts had led on the ascent but John Atkinson characteristically swooped into the lead coming down, only for his dashing style to be recklessly matched by Gavin Bland, and though this pair crossed the line together with the same time of 12.43, Gavin was given the verdict. John considers Gavin to be a very similar type of runner to himself, incidentally, as they both like to walk a lot on climbs but then cut loose with a flying headlong descent.

At Broughton Mills in November, John turned the tables on Mark Fleming following his defeat in the Caw race from that venue three months earlier by winning the Dunnerdale Fell Race in 37.51, despite a fall on the final part of the descent. He had some top-class opposition behind him, too, comprising Brian Thompson 2nd, Mark Rigby 3rd, Mark Fleming 4th, John Hey

(Warrington) 5th and Gavin Bland 6th. John and Mark Rigby had recorded the fastest time on leg one of the Ian Hodgson Relay the previous month, in which their club, Ambleside, had been outright winners. He finished joint 12th with Gary Devine in the British championship that year: not a bad debut season for someone who had previously been used to only short up-and-down races.

FINEST HOUR

John's second season as an amateur was not so successful, partly because he got married to Vicky that year, but also because he had "too many other things to do" and his interest in running waned somewhat. One of his early outings was in the Criffell Hill Race from New Abbey, near Dumfries, in March, a British championship counter on this occasion in which he finished a distant 30th, almost 5 minutes behind the winner, Mark Croasdale. During the summer, he was 8th in the Coniston Water Festival Fell Race, 3rd in the Blisco Dash, 7th at Burnsall and 3rd at Dufton, with his only victory coming in the Caw Fell Race, where he defeated another Furness athlete, Nigel Lanaghan, by over two minutes. His season terminated with a 2nd placing (20.12) to Ian Holmes (19.29) over a snow-covered Wansfell course, ahead of Gavin Bland and Mark Rigby.

In 1994, John turned his attention to mountain biking and competed on a regular basis, though without achieving any success: "I was above average but never a winner due to shortage of time to devote to training. I enjoy cycling as it prevents me going stale on running." He did, however, achieve his fourth victory in the Grasmere Guides Race that year, catching the early leader, Mike McGovern, Walkerbum, near the top of the climb and opening up a decisive lead coming down. This was McGovern's fifth consecutive runner-up placing in the event. A return to more regular fell racing the following year saw John gain victories in the South Stainmore Sports fell race with a new record of 29.12, a minute-and-a-half clear of another former guides racer, Graham Moffat of Howgill Harriers; Ingleborough, where his time of 47.40 bested runner-up Steve Barlow's (Horwich) by 20 seconds; Caw, where he sliced 20 seconds off the old record with a 48.28 clocking, 17 seconds ahead of the highly-regarded Ian Postlethwaite (Cumberland FR); and his local Kirkby Moor race in 48.09, nearly five minutes ahead of runner-up Gary Regan (Cumberland FR).

Last season, John finished a highly-creditable 7th in the English championship counter over the Fairfield Horseshoe (1.19.53 as compared to winner Ian Holmes' 1.15.40), which at 9 miles and 3,000 feet was the longest race he had so far tackled. He achieved victories at South Stainmore, Dunnerdale, Kirkby Moor, and in the new 111 Bell race from Troutbeck, and gained a praiseworthy 5th placing in the Kentmere Horseshoe, in which he felt quite comfortable being out running for 1.30.11,

six minutes adrift of the winner, Mark Roberts.

However, his finest hour (or two or three) came a week later at Borrowdale, where he really did venture into uncharted territory, both physically and topographically. The weather was very warm with clear visibility, and while traversing the Corridor Route between the Scafell Pike and Great Gable checkpoints, John marvelled that he was still in touch with such experienced rivals in this type of event as Ian Holmes, Ben Bardsley, Jim Davies, Simon Booth and the Blands, Jonathan and Gavin, and he was determined not to lose contact as he had no idea where he was going and was relying on them as route-finders. He reached Dale Head summit in an isolated 4th position and here strayed off-course, having no-one to follow, allowing Jim Davies to move up one place. John was, however, more than satisfied with his final position of 5th, nearly six minutes behind Ian Holmes' winning time of 2.45.56, and rates this as his best-ever run.

It was also on the Corridor Route, incidentally, that John picked up his first-ever fell running injury, apart from cuts and scrapes, in torn ankle ligaments: "It was a tricky situation. I could have dropped out, proving to everyone that I didn't have what it takes to complete a long race, so decided to carry on and ignore the pain, but in doing so, virtually wiped out the remainder of my season."

John's father, Keith, gave him some coaching during his early years of running, from age 10 to 15, but he has since had no-one to advise him: "I've always adopted an open mind regarding coaching but prefer to absorb a lot of information from fellow-athletes and magazine articles, then see what works for me. I'm an average 40/60 miles a week man, both summer and winter, though I did experiment with twice-a-day training when under the influence of my friend and former Ambleside clubmate, Keith Anderson. I had to go out for my morning run at 5.45am to get back in time for work and I'm afraid I just didn't have the commitment to keep to this kind of schedule.

"I always aim to have one easy day a week, one long run or bike-ride, and a couple of fast sessions involving reps or fartleck, while any other runs will be at a nice steady pace. The reps will be either 10x1 minute climbs or 400m on the flat. I do my hill reps on the fields behind our house or occasionally on the road. There are very few flat fields or roads near home, so even a steady run on the road can involve quite a lot of climbing. I would say that about 80% of my training is done on the road, summer and winter. Unlike most fell runners, I do actually like running on the road. My regular fell training routes take in the area of the Kirkby Moor Fell Race, which also covers the route of the professional Kirkby Gala Race. I've won both three times and hold both records, though I would consider neither as being my type of course: more of a hilly cross-country than a true fell race.

"Over the past few years I've been doing a lot of cycling, which hasn't hampered my running performances. And it works well for others, too: Andy Peace and Rob Jebb springing to mind. At the moment, I'm cycling 8/10 hours a week, then fitting in a few runs in between. My ankle still gives trouble, not having completely healed, but it's not aggravated by cycling.

"Kenny Stuart was probably a major influence on my running throughout my teens: A top-class runner and down-to-earth bloke." Of his contemporary rivals, John has particularly great respect for Ian Holmes, Andy Peace, Rob Jebb and Gavin

Bland. Of the Bingley lads, he wryly comments: "They'll drink lots of beer, be sick, and then still beat me in a race!"

"After Borrowdale, I'd like to try a few more longer races, but I may decide to have another go at mountain biking this year, fitting in a few fell races in between. On the other hand, my Ambleside clubmates can be pretty persuasive, so I may find myself running British and English championship events and selection races. I know time is running out on me - I've just turned 30! - and it's important to use my ability while I've still got it."

AUTUMN COURSE 1997



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Bob Graham Round - the hard way - Rob Woodall

Many runners entering the hallowed ranks of the 24-hour Club have a good deal of fell support: navigators, kit carriers. (A notable exception being Martin Stone's unsupported winter Round in 1987). However you do the BGR, it's a big achievement. 72 miles over 42 Cumbrian fells in 24 hours is never going to be easy.

This is the story of a scratch-built BGR.

July 1995. After a 10-year assault on the Munros & Corbetts, I join the Wellingborough Mountaineering Club - based in flat Northamptonshire ("We have an Altitude Problem"). Meet Dave Gordon, who makes me run the Welsh 3000s. After nearly dying on the first attempt, by the end of the season I've got it down to under 8 hours. "How about the Bob Graham Round", says Dave. Then he promptly hangs up his ETAs and goes back to rock climbing.

How does a Southerner get round the Bob? The chances of an unsupported round are slim. And you need corroboration if you want entry into the Club. What's the chance of finding companions?

Peris Horseshoe. The first fellrace. Typical novice performance - fly to Pen y Pass, die on Miners Track, somehow finish in 3h 55m. I think I'm ahead of the first Lady home - until I see the Ladies' prize go to Menna someone-or-other who apparently was a couple of hours ahead of me.

Winter 1996. Run the 40mi Greensand Ridge Walk - Bedfordshire's premier LDP, which traverses its only mountain range. At the end, a friend scrapes me up and takes me back to my car at Leighton Buzzard. The quads are like jelly for a week afterwards. Too far too soon. Rest then run a bit. Back to Wales: Bethesda to Capel Curig and back, over the snowy Glyders and Carneddau. First Welsh 3000s of the year: Crib y ddyssl is faster and safer in snow. I'm on to beat 7 hours, till the weather changes and driving rain chases me off Carnedd Dafydd.

Time to sit down with the FRA fixtures calendar and map out a few long races:- Mercia FRC's Trig Point Race (15M), Settle Scramble (23M), Long Mynd Valleys (10.5M), Wadsworth Trog (20M), Wuthering Hike (33M), Manx Mountain Marathon (30M). Then spend as much time as possible in the Lakes, learning the route, getting in some long circuits, maybe doing the Lakeland 3000s.

The Trig Point Race on Cannock Chase gets me off to a good start. Then I develop a footstrain. This means I can't do the Settle Scramble (in the rain). Or the Long Mynd (in the rain). Or the Wadsworth Trog (in the rain). Long live footstrains.



The team still going strong as the mist falls.

Photo: Rob Woodall

I get talking to several people with knowledge of the BGR. They'll send me some schedules (but never do)...

Enter Mick Saunders of Mercia FRC. He's been fellrunning for 5 years, and rashly mentions, via the *Mercia News*, that he's thinking of doing the Bob. With a 2-year VSO stint in Kenya coming up, it's now or never. His mate Andy Illidge (Mersey FR) is also interested, and has been doing all the long races he can lay his feet on. I mention that there's a full moon on Sat June 29, and suddenly we have a plan. We agree to meet up after the Ennerdale Horseshoe, June 8.

Meanwhile, the training is going as badly as ever. March 30, I take a knock while receiving the Keswick-Dunmail section. Next weekend, at the start of the Manx Mountain Marathon, I discover the injury is still there. 30 miles later, I have a text-book shin-splint. 2 months pass: rest, physio, a crash course in sports injury treatment. After a 2-week birdwatching holiday in Poland, the problem appears to be cured. Immediately upon my return to the UK, I have a long-standing date with the Cuillin Main Ridge. Hardly an ideal re-introduction to the fells, but the weather is perfect and I go for it - 8 hr solo traverse. More by luck than judgement, I've got away with it.

June 8. 3 weeks to BGR-Day. The trio sit outside the Swinside Inn, downing pints of Cocker Hoop, surrounded by an amphitheatre of fells from Blencathra to Robinson. Mick and Andy have completed a hot gruelling Ennerdale. I've had a day's receiving. We go through the route, checking out the short cuts, identifying areas needing further work, discussing what hill support if any we can scrape together. We retire to the equally scenic Castlerigg campsite for the night. The following day we have a pleasant but inconclusive traverse of Skiddaw & Great Calva. We fail to find a sensible route between them - but at least the heather has been

burnt, en masse. This massive defoliation is intriguing: good conservation and red grouse husbandry demand that heather is burnt in small patches. Could it be that this blackened hillside is the work of a frustrated BGR contender?

June 28. BGR minus one. The weather is bad - rain and westerly gales. But we're psyched up and we're having a go. Early to Castlerigg campsite, then the Crag Bar for just enough Guinness to make us sleep. Another party have left at 9 pm, for a clockwise round, in appalling conditions. Much later, Jan McCabe arrives: she and Martin Potter are our roadside support.

June 29. The Big Day. 5 am. Wind-driven rain is persisting down. Mick is wandering about dejectedly. I've slept in the car, and am cosy in my sleeping bag, breakfasting, wondering what the fuss is about. The weather forecast talks of it clearing later.

6.55 am. Mick, Andy, Roy (Williamson - was support, now going for the full Round) and Rob stretch and shiver outside Moot Hall, photos, 7 am start. Shoechange at Littleton Bridge, up Robinson into the teeth of the gale. Jan has sweet-talked the warden of Honister Youth Hostel into letting her use the foyer: hot tea and pasta. By Kirk Fell we're really up against it: too windy to stand up. "After Steeple, the wind will be behind us", I promise, "and it's going to clear up this afternoon". A bone-jarring direct descent from Yewbarrow into Wasdale for more tea and pasta. Roy and Andy bow to the inevitable - Roy with knee problems. After a 40 min break, Mick & I head up Scafell, just an hour behind our 22hr schedule, with Colin & Viv in support. Our micro-navigation is no match for Scafell in a Mood. We're just about to give way in the face of Futility when we're caught by the ruthlessly efficient Clayton le Moors BGR Machine. We allow ourselves to be swept over Scafell Pikes and onto III Crag. We pause to check our schedule, and before we know it the

Machine has chattered away into the murk. By common consent we make a short-cut beeline for Dunmail Raise and the warm oblivion of the Crag Bar. But not before we've indulged in an on-schedule dash down the slopes of Steel Fell, soaked up a few congratulations, and got Andy toggled up ready to support us over a mythical night section....

Midnight: Keswick: eating a Chinese takeaway under that damned full moon - which has risen over Helvellyn to taunt us. Next morning as the rain pours down, over a greasy breakfast in the Co-Op restaurant we make a solemn pledge to return in a month's time.

Fri 26 July: duly assemble Andy, Mick, Rob and, in support, in the black works Meres, Jan. The old boy at Castlerigg Campsite recognises me: "You're not doing that run again?"

Practical arrangements as before (why change a losing formula?): 7 am start, anticlockwise round, 22-hr schedule, Jan meeting us at the road crossings. Only this time, Andy is nursing an ankle problem which puts him out of the running, so to speak. He'll be back-packing through from Buttermere to meet Mick and I at Black Sail Pass with energy drinks: there's no water to be had on the 4 hour Honister - Wasdale section. The major difference today is the weather - high cloud, meaning good visibility without the heat. Perfect.

We trot along the flower-decked lanes of Newlands, conscientiously walking the uphill, feeling lethargic, contemplating our futures. 3 minute shoe-change stop at Littletown, then onto the fells. 10 mins ahead by Honister. On the approach to Great Gable summit we're discussing Joss Naylor's "60 at 60" round: a walker resting at the summit confirms that The Boss got round - of course. Drinks at Black Sail Pass as planned. On the way up Pillar we're passed by a big clockwise Bob Machine making its inexorable way Moot Hallwards. I visit the summits of Little and Great Scoat Fells: I may need a couple of spare fells later on... This leg is superb: top-rate scenery, with the alertness to enjoy it to the full. Mick's round nearly comes to a premature end when we meet a lone blonde walker on Red Pike. We take the long route off Yewbarrow - nearly as bad as the direct route, and 5-10 mins slower. Along with Jan and Andy at the campsite car park, another BGR party awaits. They are supporting Ian from Scarborough. We have the offer of a rope on Broad Stand. After the Scafells, peaks pass quickly, although tiredness is beginning to show: stubbed toes, unforced errors. Mick leads the obscure time-saving traverse off Bow Fell, and the traverse beneath Rossett Crag to Stake Gill. The latter misses out the mind-numbing grassy plod round the watershed, and gives us a good water source.

After the Langdale Pikes, the best is over. At Dunmail Raise the overnight section

BGR on a shoestring: the basics

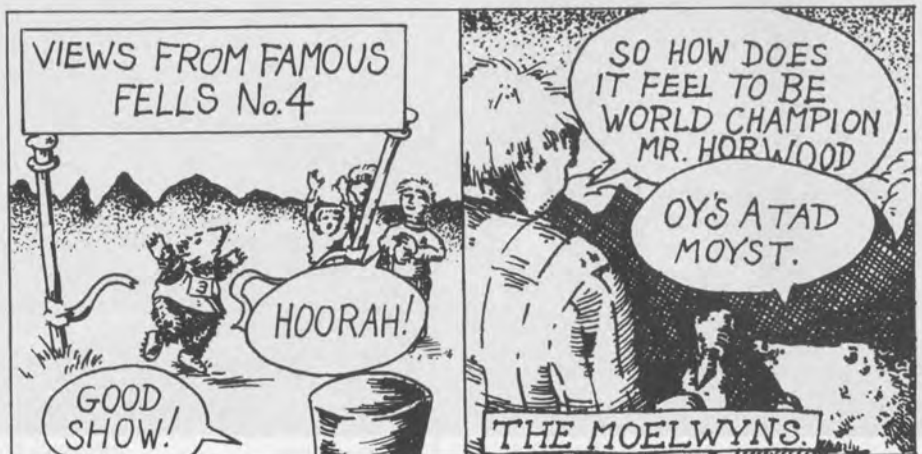
- **Support?:** Being southerners, without the luxury of a club BGR Machine, we had to organise a DIY round. We enjoyed the challenge of planning, recceing and routefinding - it was 'our' Round. We had no pacers or porters (except, opportunistically, a little expert navigation on the Helvellyn range). But roadside support was crucial: all thanks to Jan, Andy & Co for being there - at every road crossing (even Black Sail!) - on time and organised, with food and drink ready.
- **Schedule:** 22 hours, produced by Mick Saunders after painstaking historical research... Allows time for slowing down at Threlkeld.
- **Rests:** rests totalled 2h 22m, mainly for food and drink.
- **Anticlockwise round?** Gets the tarmac over early. Allows a good sleep beforehand. Threlkeld onwards is heli-sh. Clockwise could be better (the grass is always greener...).
- **Feet:** plenty of Vaseline at the start. Not a blister in sight. Could be a problem Clockwise, with wet feet early on.
- **Food at the roadside:** Lots - soup-with-pasta, tea. Impressive quantities of Hi-5 powder.
- **Food on the fells:** energy bars, raisins, dried apricots, dried bananas.
- **Drink on the fells:** 0.75 litre bottle carried: energy drink, supplemented with water from Stake Gill. Energy drink was carried up to Black Sail by Andy, although water can be had via a modest descent on the Ennerdale side. Water is also easily available at Scope Beck (before Robinson), Foxes Tarn (Scafell) and Wyth Bum (W of Calf Crag). We remained fully hydrated, but would have struggled on a hot day.

looms. Mick, never at his best today, is suffering, and after a big struggle with himself, decides to pull out. Ian catches up here, and after his 10 min break (I've taken my usual half an hour) sets off again, supported by Ian and Stuart (Bingley). I gratefully accept their offer of company. Actually I'm a big fan of club-organised BGR attempts... The clouds which have provided welcome sunscreen all day, stay on overnight to obscure the moon. There's still sufficient diffused light, and my head torch remains unused until the tricky descent off Clough Head - where our navigators' experience pays off. Our respective support parties are waiting at the road end at Threlkeld. I'm just 42 mins down on the 22 hr schedule. Andy tells me it's in the bag. I'm trying not to think about what comes next. Even my appetite has deserted me. All I want is sleep.

Ian's party is quickly away again. They offer to take me, but I'm flat on my back. After a 35 min break I scrape myself off the ground & continue, heroically supported by

a barely-recovered Mick. We grope and stumble our way up Hall's Fell Ridge by head torch, drunk with tiredness {and Guinness in the case of Mick!}. After the heartbreak tussock-and-heather wilderness of Mungrisdale Common and Great Calva, the long night is over at last. Mick sneaks back to Keswick round the foot of Skiddaw, unable to face the 1500 ft reascent. Time is getting critical, but I'm unable to run the level track to Whitewater Dash. Only Skiddaw remains... I'm soon flat on my back in the soft heather again. At Bakestall, an angel is waiting, in the novel form of Andy Illidge. We tramp to the top, and trot easily down into Keswick, reaching the Moot Hall to finish in 23h33m.

Back at Castlerigg, we sleep till 1000, laze, decamp, then adjourn to the Swin-side Inn for a celebratory drink & Sunday Lunch, surrounded by immaculate sunlit fells. Thanks Jan, thanks lads, thanks to the Bingley crew, thanks to our many advisers...



The UK 4 Peaks in 24 Hours

I think 24 hour hill challenges are fun. Many of my friends disagree. Usually, however, a few adventurous souls (idiots?) can be found to have a bash at the latest plan, especially when it's original and rather odd!

This was to be an attempt to expand on the famous '3 Peaks of Britain' outing via Ben Nevis, Scafell Pike, Snowdon, into the UK 4 Peaks, by simply adding Slieve Donard - the highest peak in Northern Ireland to the outing. Not so simple was the aim to do them all within 24 hours, sea level to sea level!

Impossible, most said! Can't be done, won't be done. True there were a few difficulties like having to run like the clappers up and down each mountain, and rather a lot of driving between each peak and of course the rather wide problem of the Irish Sea to cross. The route involved 600 miles of driving, 23 miles of running and 1300 feet of ascent.

Still, we'd never let common sense get in the way of a good plan before, hence the team duly arrived in Northern Ireland armed with large amounts of planning and optimism in our quest for success.

The start just South of the coastal town of Newcastle, below the Moume Mountain was timed to give us only a slight safety margin for delays that we may encounter on our ascent of Slieve Donard but more likely on the 100 mile drive South to Dublin and the critical ferry connection access to Holyhead. If we got to the ferry too early we would be wasting precious time, too late and we could wave goodbye to both the ferry and our chance of success.

3-2-1 - GO GO GO We're off! Sprinting across the seaweed and rock pools. Up the path from Bloody Bridge flat out, adrenalin pumping, maximum effort, coming to terms with the fact that something that has been in the pipeline for 2 years,



Still smiling at 5.30 a.m. on Scafell Pike.

and after all the planning and speculating, is now actually, yes actually at last happening.

Despite settling down into a more sensible rhythm Martin decided he was not on the pace and volunteered himself as a dedicated driver, this was good news for all but Martin, as he is a class one police driver and he used his skills to the full during the attempt, despite the disappointing power under the bonnet of the hire care that we used for the event. Retrospectively I am convinced that driving is the hardest role in the team, anyone with determination can run up mountains, but concentrating on driving safely over 24 hours requires special skills.

After a good start on Slieve Donard 56 minutes up, 37 minutes down, despite a challenging mantleshelf to gain the summit trig pillar, we were on the road and ferry bound with fingers crossed. Crossing the Mourne Mountains on back lanes went fine, as did crossing the border, by-passing the checkpoint fortifications at Newry at the time mothballed as a result of the peace-process. Once in Ireland though our luck changed with traffic jams and red lights and a woefully inadequate main road trying to cope with the Belfast to Dublin traffic.

Things became frantic as the ferry departure time approached and we didn't. Martin even contemplated saving time by peeing into a bottle whilst driving, but fortunately we couldn't find a suitable bottle, so a quick comfort stop was in order.

Eventually we ground to a halt in the middle of Dublin in the rush hour. A maze of one-way-streets and grid-lock. In scenes reminiscent of the 'Italian Job', we took to back alleys at random in a desperate attempt to escape the congestion.

At one point we came close to driving right through a tyre repair workshop, in the front, out the back!

Despite some dubious lane changing and waving our arms out of the windows to confuse other drivers it was all to no avail



The end, at last!

and we arrived at the port one hour after the sailing. We'd blown it!

BUT WAIT ... what was the Sealink man saying?

Apparently the ferry was delayed by 3 hours due to engine problems and therefore would not sail for **another** 2 hours. Relief at this news was followed by dejection at the extent of the delay.

We retired to a local tea shop to have a rethink. Various ideas were discussed from a weekend on the Guinness in Dublin, through packing in completely, to going back and starting again and catching a subsequent ferry. After discussion with Sealink who had kindly given us a half price ticket for this venture, it transpired that the ferry timetable was so badly affected by the delay that we had only two choices, either catch our original but delayed ferry with only three engines working, or swim. We caught the ferry.

Crafty negotiations with the loading crew who were puzzled but interested in our mission, saw us given royal treatment as we were moved to the front of a very long bored queue so that we could be first car on and thus first car off, once we hit the other side, figuratively speaking.

Sealink operate a sea-lynx catamaran ferry which crosses the Irish Sea in a mere 1 hour 50 minutes.

It was this fact that had alerted us to the possibility of a sub 24 hour attempt in the first place.

Alas, on this occasion with its engine problems it limped across in 2 hours 50 minutes.

Arriving at Holyhead we were 'only' 4 hours behind schedule. It was 10.15pm, dusk was becoming dark. We had 14 hours to go to hit the deadline!

Paradoxically the delayed ferry had given us the best time possible for driving the roads across Wales and up to the Lake District during the wee small hours.

We had everything to play for, the excitement returned.

Running up Snowdon in the dark was no problem with the massive railway path to follow gained from the car which had been urged along the 'Cloggy' road. We reached the clammy misty top rather neatly spot on midnight then fled flat out down through the mist, our speed slowed by headtorch light being bounced back off the enveloping mist, resulting in our carrying our headtorches at waist level to pick out the path (perhaps someone should design knee torches?!)

As we dozed on the next car stage Martin performed heroics getting us to Wasdale Head in a shade under 4 hours.

A grey dawn at four thirty in the morning saw the runners starting to climb Scafell Pike. Rob and I felt bad, Mark felt worse and proved it by throwing up within 100 metres of leaving the car (this was nothing to worry about as Mark has a rich history of doing this on events).

The top was shrouded in damp cold cloud but the summit was located by careful navigation. We then charged off in the wrong direction, coming out of the clag in Mickledoor rather than the intended Lingmell Col! A real rookie mistake. Luckily we could adapt our mistake without any loss in time, 69 minutes up, 40 minutes down.

The drive to Scotland was eventful on two accounts. First was when the bottom dropped out of one of Mr. Kipling's exceedingly sticky apple pies whilst being passed to the driver, depositing a sticky goo all over his lap, very messy. Secondly was when we got stuck behind a VW Camper and ten cars on the banks of Loch Lomond.

Fortunately a set of temporary traffic lights gave Mark an opportunity for some fast thinking. He leapt from the car to the head of the queue, persuaded the VW driver to wait when the lights went green, waved us to the head of the queue and jumped in as we sped away, leaving the rest of the queue standing and somewhat surprised.

Arriving at the Nevis Youth Hostel we set off for the summit of Ben Nevis with 53 minutes to go till the 24 hour deadline, such had been our rapid progress overnight since Holyhead. Fired up with adrenalin and assisted by beautiful weather and a sense of satisfaction in storming past hundreds of charity walkers who were making a day of it, we reached the top of the United Kingdom, in 23 hours 50 minutes since leaving the summit of Slieve Donard - a small consolation prize (summit to summit in under 24 hours!)

YEWBARROW

With defiant steepness you guard the long lake's head,
yet you are least among the clustered giants
who look disdainful from their lofty crags.

I have climbed your broken side
and cursed the sliding screes that hides
beneath the springing heather, which roots
below the jagged boulder to tip the un-
wary foot.

I have run your steepness, and had the taste
of victory, when on your summit
I have drunk deeply as the vanquisher.
And beyond, those higher fells.
My spirit mellows, for now I recognise
that victory is only but half won.

Red Pike, Steeple, Pillar - names that
are as magical as the beauty they impart.

My mind, surrounded by such grandeur,
is tinged with sadness, for you remind me
of a child of insignificance; does not
stand out in a crowd, yet is a person,
but feels a loneliness that cannot be ex-
plained,
and hides a solitariness that is but thinly
endured.

But your name has the ingredient of
magic
that others bear; you are 'the fell where
ewes are left to graze',
you have sustained life which has from
ancient time roamed this rocky wilderness
and you are not overshadowed by the pas-
sage of time.

Peter Travis

A furious descent down the awful rocks and screes (this is not a runners route) and four faithful driver shuttled us to the salty water of Lock Lhinne into which we splashed, grinning like fools.

Our total time, sea-level to sea-level 25 hours, 46 minutes, 15 seconds.

So, we'd done it! True not within the 24 hours as the critics predicted, but boy we'd come surprisingly close, and given our ferry difficulties were pretty well chuffed with what as expected had been quite an adventure.

Since our attempt a lady's team from Sheffield has also tried to do a sub 24 hour trip.

After climbing Slieve Donard they flew from Belfast to Glasgow (we're still arguing about the ethics of this!) then climbed Ben Nevis, Scafell Pike and finished in Snowdon, clocking up an impressive 24 hours 57 minutes.

The sub 24 hours still await. Any takers? We're planning going back this summer for a head-to-head against the ladies, each taking our original route and method of crossing the Irish Sea.

Should be interesting?

Chris Pearson

THE BOB GRAHAM 24 HOUR CLUB BIENNIAL DINNER



Russell Thomas receives certificate from A. Harry Griffin
Photo: B. Covell

The year 1996 was a landmark in the history of the Bob Graham Round when the club welcomed its 1000th member. At the formation of the club in 1971 nobody ever imagined that such a number would be attained, but the magic figure was realised by Russell Thomas of Bradford.

At the reunion dinner held last October at the Shap Wells Hotel, and attended by over 400 members and guests, a special presentation was made to Russell by the distinguished author Harry Griffin. Harry's researches and articles in the 1960s were the inspiration for the Bob Graham Round, and he himself is a founder member of the club. In a moving and inspiring address Harry recalled his meetings with Bob Graham and the early modest attempts on the round. He then paid a warm tribute to Fred Rogerson, the club chairman and organiser of the reunion for his commitment to the club, and the energy and enthusiasm he always brings to this occasion. His words were followed by a prolonged standing ovation for Fred.

New members from the past two years were presented with certificates by Alan Heaton and Stan Bradshaw, the first two members of the club. The total membership is now 1023, 956 males and 67 females.

The "Achievement of the Year" award for 1995 went to Ronald Turnbull of Thornhill, Dumfriesshire for his record traverse of the "Donalds," the hills and tops in the Scottish Lowlands of 2000 feet and above. Ronald's tremendous undertaking covered 390 miles with 83,000 feet of ascent and lasted 9 days, 14 hours, 25 minutes.

This memorable and thoroughly enjoyable evening was completed by country-style dancing led by Fiona Lloynes and the music of Thunderbox.

Brian Covell

The Samaria Gorge

Holidaying abroad I've often expected to come across European mountain races. In their absence would I find a Dave and Eileen Woodhead production with free tapas for all finishers? Perhaps Allan and Carol Greenwood testing out a new paraglider in a bumbag for descents at the end of uphill only races or trying out helly hansen's new romper suit for Katie.

Left to my own devices I have had to resort to finding my own way to the top of the island's highest peaks. On Kalynmos this wasn't too difficult, despite the lack of maps. On a clear day the 2000' peak was almost visible from the village and having found a way though a gorge it was a bee line to the top for a panoramic view of the whole island and Turkey in the distance,

Samos was rather more of a challenge at 5000'. Fortunately the kind Greeks had waymarked the route with blue dots. Up past the Convent perched at nearly 3000', a chapel at 4000' and a few surprised goats to see islands all around. The early morning run avoided the heat so it was a rocky crashing descent in 3 and a half hours.

Crete in '96 was more of a challenge. The peaks rise to 2500 metres and the only maps are 1:100,000. so I decided on running the Samaria gorge, al 18.5k Europe's longest with a drop of 1300 metres. The only road leads to the top and the gorge finishes at the sea at a tiny port which is the only way out. Marcia tried out a little Gorge and decided Samaria was one step too far so I decided to run to the coast and back.

Carbo loading on the local pizza was fine as the Cretian food is lovely. Less so the local wine which vied with the state of the roads for the worst thing about the island. Off at 6.30 am for the 66k drive which takes 1 hr45min!

I pay my 1200 drachmas to enter the National park which covers the first 16k of the gorge and decide to go to the other end of the park only. 8.35 and off - not so fast! The first part of the gorge is a spectacular zig zag path dropping almost vertically down the cliff. I'd underestimated the effect of getting past the early starters amongst the 1500 people walking down the gorge. The youngsters in Bermuda shorts and designer rucksacks from Bennetton were no problem, although their new white trainers showed up my decrepit but reliable Wash raids.

It was the people my age who knew the boat out didn't leave till 4.30 and were going to make a full day of the walk. The women were in cycling shorts and XL T shirts that just fitted and being large went

down sideways, their eyes shielded from the rising sun by green Directors peaks. The men were in leather sandals and swinging 6 pack camcorders into which they boomed out a commentary destroying the peace of the valley. Past the steepest part of the initial path I jumped the fence and took the fell runners direct line and made faster progress.

The gorge is spectacular. As you start you look down into the seemingly bottomless pit of the wood covered gorge and then your eyes are drawn up to the white stoned mountains rising to 2500 metres all around. Resting places came and went and I realised I'd passed the site of a battle with Turkish invaders. There didn't seem enough room for a fight or even much chance of finding each other in the dense woods!

By now I was catching the 'walkers' in light weight walking boots or trail sandals, those shorts with zips and pockets everywhere and swinging along with ski sticks. You know the sort - they can walk, talk and shoot pictures on their zoom compacts at the same time.

After about 6k and 1000 ms descent you enter the gorge itself with a more gradual descent. At the beginning of the section is Samaria itself a village abandoned in 1962 but now preserved. Now the rocks rise up almost straight into the sky around you. The gorge is quite wide at this point with a stony base which you criss cross but at the end of the section narrow to only 9 metres by which time the stream has emerged from it's subterranean depths.

On to the exit warden station where I decided to go on to the sea. A perverse mistake. Past the huts, waiting to disperse refreshments to the descending hordes and a series of small farms, it was a treeless route to the sea in over 80 degrees and I suffered in the heat. Turning straight round the long haul back started. Past the 9 people walking up. Filled my camel bac with a second litre of staminade at the 'natural spring' - which came complete with water pumped in via a not very well hidden black pipe.

Talked to 2 Americans about a 100 mile Colorado mountain run and to a German middle distance runner. As the gorge steepened I realise I'd tom a calf muscle and now quite tired I was battling up through the woods past the later starters staring at descending knees. By the steepest part I had to admit defeat and walk. Reaching the top in 4hr 20min a women was just starting down in high heel clogs.

The gorge was well worth the day out but it got me to thinking about next year. Any suggestions for worth while holiday runs?

*Nick Harris
Rossendale Harrier*

Defi Des Muverans

July 27th, 1996, saw the first running of a new race on the Swiss Calendar; at 60km and 4,650 metres of ascent (& descent) one of the toughest endurance tests to be found. Much is written in the British Press about the Sierre-Zinal race - and for it's carnival like atmosphere there may be nothing quite to match it. But if you're seeking a real mountain race through remote mountain valleys to test your stamina then start training for the next Defi Des Muversan, to be run in the summer of 1998.

Starting and finishing from the small ski resort of Ovronnaz, (1400m), high above Martigny and the Rhone valley, the route rises to over 2600m twice, passing through small hamlets down at 1200m around half-way. Like all Swiss Mountain Races the refreshments laid on at regular intervals were superb; it would be a waste of energy and unnecessary to carry much yourself.

With a 5am start, the first hour was run before dawn, but well defined tracks and paths throughout the circuit made navigation relatively easy. Potential entrants from the UK would still be well advised to study the route carefully in advance: the only section I hadn't checked in advance proved to be something of a sting in the tail, which after over 8 hours on my feet was a little demoralising!

In total, some 80 competitors completed the full circuit with Christophe Jacquered coming home in 7:22:20, a full 52 minutes ahead of his nearest rival. For the less ambitious, a relay class for teams of 2 was on offer, each to ran half of the full circuit.

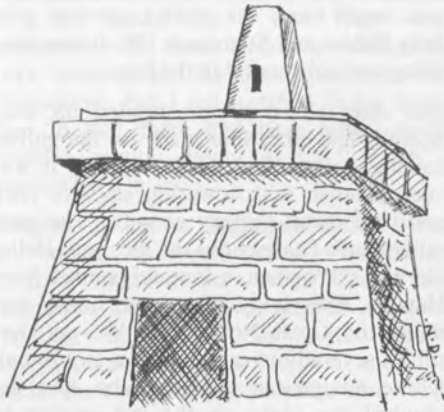
Certainly a day to remember, not least for the tremendous thunder storm we got caught in. I'm just glad we weren't up high when it passed through.

David Atiyah

FOUR PEAKS

Joss Naylor is all set to take part in yet another charity challenge - this time just four peaks - Ben Nevis, Snowdon, Scafell Pike and Caruntuohill in Ireland. The team event (Jos is teamed with Nigel Hetherington and Richard Coe - and they still need a driver -) will be more fully reported on in a later issue.

DONARD - COMMEDAGH HORSESHOE



— The odd raised trig on Slieve Donard.

COURSE DETAILS:

Start and Finish:	Grid Ref
Donard Park Playing Fields	373 306

Checkpoint

1. Quarry	370 292
2. Great Cairn - Slieve Donard	357 277
3. Tower - Slieve Commedagh	343 284
4. Cairn - Slieve Commedagh	346 286
5. Cairn - Shanslieve	347 291
6. Stile - Edge of Forest	362 296

The marked route from the start to checkpoint 1. and from checkpoint 6. to the finish must be followed. Navigational skills are required.

MAP:

Mourne Country Outdoor Pursuits Map 1:2500. Published by Ordnance Survey Northern Ireland.

VENUE:

Newcastle on the County Down coast is approximately 30 miles south of Belfast and a popular summer holiday destination. It is on the north east side of the Mourne Mountains which contain 12 peaks over 2,000 ft.

TERRAIN:

The course takes in N.I.'s highest mountain Slieve Donard (2796 ft), the neighbouring peak of Slieve Commedagh and its subsidiary Shan Slieve. There are already two existing races on these peaks. The Slieve Donard event started in 1945 and is N.I.'s oldest fell race while the Commedagh - Donard Horseshoe started in 1985. Slieve Commedagh is also the second peak of five in the 13 mile Annalong Horseshoe.

However, this year's Donard-Commedagh British Championship event is on an entirely new course using the terrain to the best advantage with a natural horseshoe circuit.

The playing field at Donard Park provides ample space for the start and finish with adjacent car parking, toilets and a small pavilion with showers. Donard Park at the south end of the main street and

promenade lies between the town and the forested lower slopes.

COURSE DESCRIPTION:

The course initially climbs through Donard Forest on a mixture of forest, road, track and a small path directly through the trees to a granite quarry. This section of the route will be clearly marked with tapes and flags which must be followed and in approx. 1/4 miles with 800ft climb.

The main climb to the summit of Slieve Donard is next - almost 2000ft in 2km. Underfoot is mostly heather turning to grass and patches of boulders as the ground steepens towards the summit. You will first see the lesser cairn which is 250 metres before and 100 ft below the checkpoint at the great cairn on the summit at the corner of the Mourne Wall.

From here to Slieve Commedagh is around 1 mile and presents no navigational problems as the Mourne Wall is followed right to the checkpoint at the Tower built into the wall on top of Commedagh. There is a 900ft descent to a col and 600ft climb up to the Tower.

The Mourne Wall is a 20 mile long dry stone wall which runs over many of the major summits in the high mounes. It was built around 90 years ago by the Belfast Water Commissioners to enclose their catchment area of the Annalong and Silent Valleys. There are two dams in Silent Valley and water from the Annalong Valley is diverted to Silent Valley via a tunnel under Slieve Binnian. This is the main water supply for Belfast. The Mourne Wall is a great handrail for training. Not only does it save having to navigate in misty conditions but it also gives good shelter from wind and weather.

The next checkpoint at the cairn on Commedagh is just 250 mtr across the flattish summit. It is a short run along the top edge of the Pot of Pulgarve to the next checkpoint at the cairn on Shanslieve - 700 metres with 250ft descent.

It is down hill all the way to the finish at sea level - almost 2,200 ft of descent in 4km. The section to the checkpoint at a stile on the edge of the forest is a mixture of grass and short heather with stony patches, becoming steeper with some rock approaching the forest. Take care on this descent in mist - you will need a compass bearing.

From the stile, the route to the finish will be clearly marked with tapes and flags which must be followed. A firebreak leads to a forest road, then a short section of small rough path descends to another forest road which leads into Donard Park and the finish.

Some brief travel details:

Ferry Crossings:

Stranraer - Larne. P & O European Ferries. Crossing time 2h hrs. Distance to Newcastle: 50 miles.

Stranraer - Belfast. Stena HSS. Seacat. Crossing time 1 h 1/4 hrs. Belfast - Newcastle: 30 minutes.

Holyhead - Dun Laoghaire/Dublin. Stena HSS. B & I Line. Crossing 3/4 - 3^ hrs. Dublin - Newcastle: 90 miles.

Airports:

Belfast Harbour. Belfast International (15 miles north of Belfast).

THE JOSS NAYLOR LAKELAND CHALLENGE

Since the last publication, successful runs have risen to 17. In addition to these there have, during 1996, been several runners who were beaten by the clock, the conditions, or by lack of familiarity with the rough and rocky mountain terrain from Bowfell to Steeple. They are sure to be back and have helped to raise the charity money to a total of 3,824.

One tankard was claimed by John Coope, who made the earliest run so far, in April. He had to contend with hard packed snow after Rossett Pike, necessitating a diversion to Ore Gap to reach Bowfell and again from Great End to Esk Hause to reach Sty Head.

It is a pleasure to record a second lady in the list of successes, with Sue Walsh making good use of the extra 2 hours allowed to ladies in the V50 class. In July she was paced by Wendy Dodds, who is surely wishing her life away until she can join the grown ups and do it for herself! The first Scot to make a successful raid from over the border is Dougie Milligan, from Castle Douglas.

The presentation of these five tankards took place at Santon Bridge on January 18th, in conjunction with Joss Naylor's '60 at 60' M.S. Dinner. A good evening at which 39 'Challengers' and their guests were present.

SUCCESSSES SINCE

'THE FELLRUNNER', FEB. 96.

13. John Coope, v60. Apr.20
14. Neville Griffiths, v50. May 19
15. Sue Walsh, L v50. July 12
16. Brian Leathley, v65. Aug.3.
17. Dougie Milligan, v50. Sep.8.

INFORMATION.

S.A.E. please, to:- Monica Shone, 21 Woburn Drive, Hale, Altrincham, Cheshire. WA15 8LZ 0161 980 4875.

The Reebok Lake District Mountain Trial - *Mike Fry*

Sunday 15 September 1996

Despite all my precautions I was late into the farmyard. I'd badly underestimated the time it would take to get from the camp site and over the field to Stool End, at the foot of the Band. I'd done the journey in July with the school kids and it seemed an easy jaunt. Today I just seemed to get more and more behind. I got to the farm at 9. Not really enough time to register and be ready for a 9.27 start. Registration was in a well converted barn. I was able to leave the tent and rucksack in a cleaned up stall, but further along three people had been sleeping in another. I got the map instructions from a further table, noticing that the area of the competition went down as far as Wasdale and that there were no out of bounds areas. I went to have a good stretch and spotted Joss Naylor's back. Then went for my kit check - no whistle - I rushed back to find the thing in the other running sack and got the OK. Down to the start line with an independent runner and we were whistled off. A brisk run over the blue flagged knoll brought us back to the grass at the foot of the Band. Here we were given the list of 7 grid refs that were the places we had to visit and here were the white squares of formica that allowed us to plot our course. It looked a fabulous course - a bit down to Mosedale and up to Wasdale (Hollow Stones), Lingmell, Langstrath and a pleasant return back to base.

CHECKPOINT ONE

Tarn Outlet 275 056

As soon as I'd learned that we were to be based in Great Langdale I'd been guessing where we might go, so the first part of the route was well known, straight over the footbridge and up to the Red Tarn. A well (stone) flagged path give us a chance for a bit of navigation. At the top should I contour round with the path or go to the top of the col and then work down. Part of my decision to go to the top was based on peer pressure, everybody else was doing it. A swift run to the stony col and I jerked my leg as my ankle fell between two stones and I fell into a stone rabbit hole. It didn't hurt, but it did rattle me. I'm not normally good at descending anyway, but now I was super-conscious of the risks and I positively crept down the side of Swinesty Burn before enjoying the run over the moss and the hard ascent of Hard Knott to the tarn, where all the people in front of us just vanished. We scouted round from some rocks, then moving round, found the two controllers and their tent the other side of a muddy tarn bed. Wrecking socks we had reached Checkpoint One.

It had been a simple route, once you got going, but lots of ascent.

CHECKPOINT TWO

Stream Junction 234 029

I moved over and sat on a stone and took a compass bearing on the next port of call. I

tried to avoid following anyone else, who suddenly arrived at the check point full of energy and laughter and headed off in an odd direction (too far to the left, I thought). I found out why when I got up and followed my bearing over to the right and found a cliff. I got down that, through boulder fields and bracken to the bottom of Eskdale. I splashed (and drank) across the river and headed for the path. I aimed to follow the path over Mickledore and down the other side to near Wasdale where the next check-point was. I climbed up through some very Jungley bracken as a) it seemed to be on the route and b) everybody else was doing it - peer pressure again. Then I turned right and headed along the Eskdale path to Cam Spout. The air was fresh, the grass was that lovely African tawny colour and ahead was the massif of the Scafells, the two mountains rising up like a southern Sullivan. Then it hit me, why go over with all that lost height, when you could save height by going round. It might be slightly further, but it wouldn't involve climbing over stony Mickledore. I thought this more and more when I saw others heading off to the Slight Side path to head round Scafell and come out above Hollow Stones. Looked great on paper, so annoyed at the waste of time so far, I headed off and got back on course, though it still took ages of crossing the Eskdale grasslands to see any sign of Wasdale. I got a good fix on a possible bivvy site for the school camp next summer, but felt the race slipping away from me as no-one else appeared from anywhere to join our little band (maybe the others had all gone over Mickledore). Eventually, about 3 hours out we got in sight of Wasdale and the Screees and the Scafell path and dropped down to Hollow Stones. One of our group enjoyed scree running down. "Yahoo" he yelled out like a surfer. We still had to go some way down to the streamjunction where sat jolly outdoor types and their radio mast and their dogs, and one other - a chap in a plum top looking spent and shattered. I wondered seriously if, having got there, I shouldn't jack it in - maybe this bloke had.

The navigation errors are fairly gross here - but we got there in the end, even if we lost our competitive edge.

CHECKPOINT THREE

Ring Contour/Cairn 236 070

I decided not to retire as if I dropped out I'd still have to do the same route to return. Might as well head off. So up the stones I went, scoffing Jelly Babies as I went, washed down with Staminade.

At first the ascent on a well flagged path went well and fast. I conserved all the energy I could, even refusing to say hello to passers by or to pick up stray sweet papers. But at the junction of paths my energy suddenly went. I saw the happy climbers heading for the cloud capp'd towers of Scafell and the Pike, whose prows jutted

through vapours, but they had no comfort for me as I bashed over stones, only to find that I had gone too high and the people behind me were ahead of me as well as below me. My body clock thought it was lunch time, and wasn't satisfied with Jelly Babies and Staminade '96. It was very tiring and quite awful in the heat.

The chap ahead of me headed up over Scafell. The other four made for the gullies leading up to a col by Great End. It was very Scottish with lowering slabs of rock and cool damp midgey coombs. The only other North Easterner in the race said Hello. He was Ed Watson, a lone fell runner from Heaton. Everybody else back home was doing the Great North Run. We got ourselves severally over the pass, a guy in red, whose navigation seemed to be spot on, climbed the rocks on the last section to avoid the scree. And then we saw an encouraging sight - the silhouette of Esk Pike with the check point at the far end.

You knew it was the checkpoint, as you could see the radio pole sticking up at the far end - like the mast of a fishing boat. It was disheartening to have to descent back to Esk Hause then run up over the rocks - or walk purposefully which is what I'd been doing since the Esk Valley. As we went up, lots of runners came down, which encouraged you - we weren't so far back, anyhow. Someone else pointed out that we'd got through here with an hour to spare as the checkpoint closed at 3.30. So we could walk from now on. I sat down, ate a Jelly Baby and drank some Staminade and considered the options for getting to Langrath half way up Glaramara. The Man in Red headed down to Ore Gap, rather than run back over the mountain, and I followed him - as I hate repeating routes. But as I stood up the most awful headache and nausea hit me, so much so that I had to hold my head as I ran, till I stopped. Was this the end? After all home was only a bit further down this slope. Some people can't say goodbye (see that episode of Frasier when he and Kate can't part?) and I seem to have a problem telling a race official that I'm quitting. I've completed the Fellsman twice but last year I gave up and had to sit around for hours (I heard the cup final in the back of the van). I thought that it is often just as painful to jack it in as to bash ahead. And I got the bit between my teeth as we headed for Langstrath, land of Belfairs School Easter camps under Mike Imms, where Daniel Webb got hit on the head with an ice axe by accident. (He was OK).

CHECKPOINT FOUR

Stream Junction 249 096

Above Angle Tarn I then headed down to Langstrath as I preferred to approach a gully going up rather than going down. Langstrath was lovely. I'd only ever been in bitter winter or early Easter before so it was quite a surprise to realise how lovely it was. There was one particularly idyllic bathing pool, which I nearly jumped into. But onward (and upward). I contoured through more bracken and more boulders, and still couldn't see anyone at a checkpoint or leaving a checkpoint or even looking for anyone

else. There was none else around. Very idyllic and totally unhelpful. Then the Man in Red came over the hill and headed off, pointing out the checkpoint in a gully behind the rock. And there in the boulders of a dry stream bed, it was. They were amazed that I'd come up to the checkpoint (like Jonathan and his armourbearer on the Philistines). But I felt justified in my decision in that there had been some nasty tumbles coming down. A quick snack - guess what - jb and s.

Despite my joy in Langstrath which lifted my morale, I would have done better to have motored over Allen Craggs and Glaramara and got down, quicker and less running - though the Man in Red whose navigation and speed put him well ahead of me hit the checkpoint at the same time - and he had set off before me.

CHECKPOINT FIVE

Moraine within stream bend 262 084

Then a quick leg - down the brackenny boulder field and up the other side and then drop down into Langdale Combe. Navigationally OK. But in need of a lot of motivation. The stream had a lovely pool in it (the two behind me did actually stop for a dip). But the slope ahead was like the ones that John Matthews and I tackle in the Highlands, usually when they are covered in snow and we're in crampons. I kept thinking back to Glen Affric and climbing up the sides of Mam Sodhail. It got me there when the energy failed half way up. There were a number of people walking a dog on top - an odd return to a kind of normality I'd forgotten all about. (Most people that day just ignored us as we raced around in our vest and shorts with colourful club messages on them).

Anyway, down to the moraines in the stream valley, little bumps like the top of a rather enticing cake mixture in the oven. On one of them grouped round the obligatory radio mast was a party of rather laid back people. One, a saint in curly hair, came down the bump to check my number. She seemed a princess among check point controllers. I sat down by a bump for snacks (no, you know by now).

I got this one right. Maybe we're improving.

CHECKPOINT SIX

Stream bend below path 260 058

Then down by Sticks Pass, thinking of Victoria Wood sketches. She was on the South Bank show tonight - if I got home in time to see her. And if I'd set the VCR correctly. (I hadn't). The weather was sunny and glorious, evening sunlight streaming off everything, through the rocks of Bowfell. There was only one thing wrong. We hadn't finished yet. There was no transport down Langdale, back to Ambleside and the trains. If I didn't retire now I might not be at work in time in the morning. But I simply couldn't face retiring. I'd planned to get out at Esk Pike, but couldn't bring myself to do it. And I couldn't do it here. Maybe there would be a lift back to Carlisle. Maybe the Heaton runner behind me could give me a lift. Maybe I could get to Carlisle and camp

in Sue and Angus' back garden. Maybe Hoppy could explain at school why I would be a bit late. But I couldn't stop now, not after all that work and effort.

But to get to the penultimate checkpoint we didn't have to just ascend a bit of Bowfell, but all of it. I'd tried to cut my losses by aiming for a shoulder to help me up, but it still took me 40 mins to get myself up there, and I don't know how it was done. When up (the last of the climbing) I found the Band path but no checkpoint. I examined a farmer's sheep bag in case that was it. Then I saw a man in a red sports shirt. I waved at him, he waved at me. He was standing in a ditch, which presumably was the dry stream bed. I joined him and his mates (two more types in plum coloured shirts like the chap way back at Hollow Stones below Scaffell).

I'm sure there must be a better way up than this - maybe contour round from the head of Rosset Gill and up Bowfell, but that is extra distance. It was a nasty sting in the tail, on a par with the end of the Alwinton fell race - only upwarder and onwarder.

CHECKPOINT SEVEN

Wall Corner 275 056

All I had to do now was descend a thousand feet or so on an eroded (ie stony) path. It seemed to take ages, though I was able to take advantage of some grassy bits and follow a sort of runners' expressway. And as I went down I saw lots of cars in the farm field. And I heard the prize ceremony wafting up to me. All these great runners here and I never get to see them. The last checkpoint where we'd used the formica boards was gone, replaced by one man and his dog. Then the blue flagged route back to the finish.

Wide screen shot. The farm buildings and the green field in front. Tapes and Pete Bland boxes to one side. Across the view scattered groups of people. "And here comes number 94 after 8 hours and 27 mins. A day in the hills he is not likely to forget." The view contracts and soon I am handing over my check list and heading towards a barrel of water (empty). I find tea - soup, salad and fruit and cream. I try to sit down and eat but I'm just too tired and haven't eaten properly since 7.30 that morning. There are coffee urns but no coffee.

And of course, how on earth am I going to get home. I seem to lack the moral courage to stand up, bang the table with a spoon and ask for a lift. Mr. Heaton arrives, one of the 6 or so people behind me (the rest will have retired). After two ineffective "Excuse me's", he sees me and virtually offers me a lift on the spot. (It turns out he'd seen me at fell races with the Tynedale crowd). So I'm safe - I can enjoy my salad, but all I can do is scrape the spoon over the grated cheese and pick at the cucumber, watching the Fell rescue van and the Pete Bland caravan depart. The fruit in cream is excellent.

Half an hour later we are on the road. Ed drops me at the bottom of the hill in Haydon Bridge and I only just about make it up to get back home.

There was much discussion over the grated cheese. Ed and his partner had pooled resources, Ed having lost his map in Eskdale (probably eaten by all that bracken), had joined forces with a Kendal club runner from Penrith. At the time both of them were for the change in the rules which would allow women to do the same course as the men, and the wimpish men to do the short course (now reserved for the fairer sex). I felt I ought to do the short course - I can't have any more panics about transport - but the lure of all that distance - all that adventure - being out in the fells....

As I'd set off that morning the guy with me had been challenged about why he wasn't in a club - "Freedom, I'm a rock climber" he said. Then added as he went, "Independent." Obviously we're not independent - controllers, course setters, other runners all have a part to play - but that sense of freedom is still there as on a glorious sunny September day we ran over the Lake District Fells.

Mike Fry

SOS - SAVE OUR SAFETY-PINS

Being green conscious we are in the red, so to speak, for your defunct/redundant race safety-pins. So how about digging around on the dashboard, sports bag or other orifice that might have them lurking around. A few make a many, so envelope them today, for us to use tomorrow.

Dave Woodhead,

166 Hainworth Wood Road,
Keighley, W. Yorks. BD21 5DF.
Tel: 01535 669100.

Rumour has it.....

that Phil Wallace and John Richardson (yes, he who nearly incinerated the KIMM car park in 1994!) of Pennine fellrunners, took John's mobile phone with them on a recent run over Kentmere so they could order a takeaway pizza from Kendal to be delivered to them when they arrived back at the car in Stavelay. Men of iron, these fellrunners!!!

Rumour has it....

Red at night, shepherds delight
Bright wire, balls on fire
Steady over that electric stock fence!

CUTTING A LONG SHORTIE - KIMM 96

The Worst Journey in the World?

The human species is unique in the animal kingdom for undertaking unnecessary journeys, trips not essential for survival, sexual or feeding requirements. Most other animals have a healthy reluctance to travel without purpose, especially in adverse conditions. We still have a long way to go on the evolutionary ladder!

KIMM 96 returned to Galloway after having been washed out of the area in 1986: and the weather returned with a savage vengeance. In a lead-up week which had us basking in summer temperatures before plunging to autumnal cold as the weekend approached, it was as if the weather was playing trick or treat.

After a few malevolent practice showers the skies opened on the Friday evening, and pitching the overnight tent in an overcrowded campsite in pouring rain and gusting wind gave a foreboding of things to come. In the confusion and under cover of darkness the rain took the opportunity to sneak into the tent while we were fighting poles and flysheets. As the tent took shape we heard sinister gloopings as water sloshed around the swimming pool liner which doubles as a sewn in groundsheet. We were sodden by the time we crawled into the tent, to be met by a tidal wave of water trying to get out! Sleep was spoilt by the kettle drum effect of weather continuing to try to get into the tent: escaping into rain squalls in the early morning gloom did little to cheer drooping spirits.

Trudging through the remains of a dead forest to reach the start wasn't a high point. Tugged up in seriously waterproof gear we felt ill-prepared for a day of running; so much so that we had little enthusiasm for running the last mile of road. Time dripped waterily away and we were not surprised to find ourselves late by some ten minutes at the start. Depression was setting in, climatically and cerebrally.

The rain was now falling steadily as we did the first, and as it transpired, almost the last, run of the day, down to pick up control description sheets under dripping trees. The burn cascaded in torrents below the bridge, an apposite warning that stream crossings were not to be lightly undertaken. Marking the map became a race against the paper becoming sodden and the pen expiring. We failed to mark the last three controls and several others were horribly blurred! Leaving the refuge of the trees and out into the proper weather, there was little sense of joy at being there, at the start of KIMM 96, and judging from the faces and comments around this appears to have been a low spot widely experienced. There is a school of thought which says that just when you think that things can't get worse...they usually do. It was one of those weekends. The Scottish phenomena of gravity-defying bogs on steep hillsides was present with a vengeance and we didn't find two consecutive dry steps all day. We tackled the first deep stream crossing early on and thereafter we were soaked from the waist down. Runnable terrain was scarce and disappeared completely halfway through the day, as discovered at great cost to so many teams who misjudged the time needed to reach the finish. As we realised the truth about the terrain we settled into a boggy rut as part of a KIMM crocodile and squelched knee deep for seven kilometres. The low point, quite literally, was reached at the stream crossing by Loch Dee. With the campsite in view we were faced with a leap over the swollen burn, followed by more bog. Depressing doesn't come into it.

At the Day One finish we handed over our well-punched card to the nice marshals who shook their heads sadly and sent it away into a dark corner to be seriously penalised. The White Laggan campsite provided challenging tent-pitching opportunities in the expectation of very big weather promised overnight. We were fortunate, choosing a free-draining island in the old stream bed rather than the marshes. As dusk approached on the longest night of the year, the weather was dry for a time, if threateningly overcast. When the wind and rain returned in the wee hours they came with venom and intent to cause maximum distress. The latrine screens were an early victim! Later came and went several tents and their occupants were forced to effect a retreat down the track to retirement and shelter.

Sleep came fitfully, interrupted by gusts and squalls, by the hammering of gale-lashed rain, and by the normal difficulties of sleeping in a grossly undersized tent for longer than is necessary. From a fourteen-hour night we creaked back into the vertical world to be greeted by...gloom. Dawn saw no improvement and some unenthusiastic preparations for an unpromising day. Already burdened by penalties and in full knowledge that runnable terrain was unlikely, the portent for the day panned out as being so much bog and tussock stumbling and not a great deal of joy. As we struggled with the wind and driving rain we took a straw poll of enthusiasm from those nearby. On a scale of happiness 1-10, scores were digitally challenged. And so it was, in the face of driving rain, wind, piteously low points and thorough misery, after clipping the first two controls, that we found ourselves on the only runnable track of the weekend! And there we were with 4.5 hours of the Long Score Day 2 to kill, on a track leading in 1.5 hours to the finish. So we cut a long shortie. It made a lot of sense! On the slow evolutionary ladder we felt that a step towards the age of reason had been taken.

Mike F Browell

Martin Stone's

Long Distance News Summary

No news so far of any Winter exploits. Do please keep sending me details of long runs for the record books.

LONG DISTANCE AWARD 1996

The panel of long distance 'enthusiasts' voted for Joss Naylor who celebrated his 60th birthday by traversing the 60 Lakeland Peaks which exceed 2,500ft. His run took place last June and was a linear route from Walna Scar to Glenridding. It included ascent/descent of 40,000ft and was completed in 36 hours. The award was presented to Joss at the King's Head, Thirlspot last November 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, Sleagill Head Farm,
SLEAGILL, PENRITH CA10 3HD,
Tel: 01931 714106/107 Fax,
Email: martin.stone.staminade@compuserve.com

BOB GRAHAM CLUB ACHIEVEMENT OF THE YEAR AWARD 1995/6

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 1995/96 award is **Ronald Turnbull** who in May 1995 traversed the 150 major hills in Southern Scotland & the Borders starting in the Ochils and finishing in Galloway. His run of about 450 miles and 97,000ft ascent took 9 days 14 hours.

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 1996/97 award should be sent by June 1997 to:

Mr Fred Rogerson,
Tethers End, Lindeth, Windermere, Cumbria.
Tel: 015394 44586

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Up and Running - Hyde, Cheshire

Yorkshire and the North East

Bedale Sports - Bedale, N. Yorks (01677) 423746
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Trekitt - Hereford (01432) 263335
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Total Fitness - Swindon, Wiltshire (01793) 644185

London

Cheam Sports - Cheam, London (0181) 6438811
Knight Sports - Chingford, London (0181) 5292693
Run and Become - Victoria, London (0171) 2221314
Runners Need - Camden Town, London (0171) 2677525

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P.S. These should have been Beartracks but someone forgot to change them.

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Background Photo:

The Man from Adidas modelling 3 Stripe Long Sleeve T Shirt £19.95. Running Tights fleecy lined, with reflectors and zips £49.95. Terrain Lite 2 Shoes. They must be good if he can run fast in those conditions.