

The Fellrunner

June 1997

Including Comprehensive Reports & Results



Fiensdale was a scorer for the Ladies' Championship.

*L-R: Linda Lord (Clayton),
Lesley Leavesley (Leeds City),
Jacky Smith (Dark Peak).*

Photos: Peter Hartley.

*Main picture - a lone runner on the tops
at Noonstone.*

Photo: Steve Bateson.



Junior Championship contenders at the Hebden Moor Race.

L-R: Andrew Davies (Mercia) leads Simon Bailey (Staff. Mlds) on the climb; also in the U/18 event, John Robertson (Horwich), Max Brear (Bingley) in the U/16 event.

Photos: Peter Hartley.

Championships



British & English Championship contenders vie for position at Stuc a'Chroin (photos: Peter Hartley) and Black Combe (photos: Steve Bateson)

Clockwise: Neil Carty of North Belfast Harriers at Stuc a'Chroin. Gary Devine (Pud/Bramley) on the first climb at Black Combe; Jim Davis of Borrowdale descends; Glynda Cook (Rochdale) leads a group at Stuc a'Chroin.



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**Secretary and Treasurer
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**FRA Representative to International Committee
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Selwyn Wright, Craighouse, Foxfield Road,
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Members who have changed their address or telephone number or first claim club during the past 12 months should notify the Secretary or Membership Secretary as soon as possible (officers are listed on page 2).

APPLICATION FOR MEMBERSHIP OF THE FELL RUNNERS ASSOCIATION.

This form is for the use of new members only. Members re-joining the association are asked to contact the membership secretary.

The FRA was formed on 4th April 1970 to look after the interests of fellrunning throughout the British Isles. It is a constituent member of BAF

MEMBERSHIP BENEFITS INCLUDE

- Three magazines per calendar year, published in February, June and October containing reports, photographs, fixtures, articles, profiles, competitions and comprehensive race results and reports.
- An annual fixtures calendar and handbook listing over 200 events.
- Membership runs from January 1st to December 31st.

Anyone joining after October 1st receives 15 months membership.

Please consider paying by standing order, it helps us to keep our costs, and thus your subscriptions, down.

Standing orders can only be accepted from bank accounts, not Giro or building society accounts.

Name Date Of Birth.....

Address

Post Code Tel.....

Club.....

Fee..... Donation Amount Enclosed

**Annual senior membership : £9.00; Juniors (u/20) £6.00
Life membership : £100**

Signature

Please send details of how to pay by standing order.

Return to : Membership Secretary, Pete Bland, PETE BLAND SPORTS, 34a Kirkland, Kendal, Cumbria LA9 5AD marking envelopes 'FRA'.

NOTICE OF ANNUAL GENERAL MEETING

The Annual General Meeting of THE FELL RUNNERS ASSOCIATION will take place after the Langdale Fell Race on Saturday 11 October 1997 at 4pm in the Lecture Theatre at Charlotte Mason College, Ambleside.

1. MOTIONS FOR THE AGENDA should be notified to the Secretary by 11 September 1997.

2. ELECTION OF EXECUTIVE COMMITTEE

a) Nominations for Officers should be notified to the Secretary by 30 September 1997.

b) Nominations for Club Representatives should be notified to the Secretary by 30 September 1997. (4 seats)

c) Nominations for Individual Membership Representatives may be made at the meeting (4 seats).

3. VOTING

a) Individual members of the Association who are present at the meeting have one vote each.

b) Clubs affiliated to the FRA and to the BAF for Fell Running which are represented at the meeting are entitled to two votes each. Club appointees for this purpose should be notified to the Secretary in writing by 30 September 1997.

4. OPEN DISCUSSION follows the formal business and is an opportunity to give us your views on fellrunning topics.

MIKE ROSE - General Secretary

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The Fellrunner is published 3 times a year

1st week in June, October and February.

Deadline for articles, letters etc. for the next issue is

September 8th

Neil Denby, 13 Greenside, Denby Dale,
 W. Yorks HD8 8QY Tel/Fax: (01484 861812)

Results and Race Reports to:

David Weatherhead, 16 Birchlands Grove,
 Wilsden, W. Yorkshire BD15 0HD (01535) 273508

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COMPUTERS

Please provide copy on disc wherever possible. ASCII format, Word, Write or almost any common format are acceptable. This saves us both **TIME and MONEY !!!**

CALENDAR UPDATE

WED. JUNE 4. CHEVIN FELL RACE. AS. 7.30 p.m. 3m/900' from the Jubilee Clock, Market Square, Otley, W. Yorkshire. £2 to organiser or on night. Teams free. PM. Over 17. Records: 16.28 J.Sherban 1986; f. 18.11 C.Greenwood 1984. Details: Neil Clayton, 43 Coal Hill Lane, Farsley, Leeds, LS28 5NA. Tel: 0113 2290924.

THURS. JUNE 26. GADDINGS FELL. This race has been **cancelled**.

SAT. JUNE 28. COTSWOLD WAY RELAY. CL. 7.00 a.m. 103m/10,900' from Chipping Camden. £30 per team (10 legs) to organiser by June 14th. LK/NS. Over 18. No toilet facilities at start venue. Mixed teams to contain at least three ladies. Records: Open, 11.55.00, Stroud & District 1995; Ladies, 15.19.33, Mendip Mudlarks 1996; Vets, 12.56.21, Cross Keys 1996; Mixed, 13.11.50, Bristol Orienteers 1996. Details: David Hughes, Flat 2, West Brow, Belmont Road, Combe Down, Bath, BA2 5JR. Tel: 01225 836076.

SAT. JULY 5. BROWN CLEE TWIN PEAKS. BM. 11.00 a.m. 10.8m/2160' from Ditton Priors Village Hall, between Bridgnorth (Church Stretton) and

Bit at The Front - Neil Denby

Teamwork, packing well, as it were, is the key to success in many races. Just so with The Fellrunners Association and with *The Fellrunner* itself. Without the FRA, would the sport even exist? However, from time to time the members of the team need to change - all members of both the FRA and *The Fellrunner* teams are volunteers and all unremunerated for the effort that they put in. Currently we are seeking an auditor, a treasurer and someone to run Membership Services (this is remunerated) as well as enthusiastic individuals to put their names forward for posts at the AGM. *The Fellrunner* team is seeking an advertising manager, Francis Uhlman has been sterling in this over the years, presiding over the successful introduc-

tion of colour and building up a substantial client list, many of them regular and repeat advertisers. (The benefits of the job can be seen in how well kitted out he is, as many advertisers also use us for product testing.) Please contact him and he will happily talk you through what is involved.

One of our other volunteers, David Weatherhead, has not expressed his intention to cease collecting and collating results (another mammoth task) but has asked me to raise the point as to whether the membership still looks to our results service in the same way as it did before Athletics Weekly started reporting on races. We would like to give the membership what it wants, so please make your views known to either David or me.

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Ludlow, Shropshire (GR SO613894 on Landranger 138). £3 to organiser or on day - cheques payable to "Brown Clee Twin Peaks Race". Teams free. PM. Over 16. Details: Charlie Fowler, Windmill Cottage, Hillside, Ditton Priors, Bridgnorth, Shropshire, WV16 6TP. Tel: 01746 712281.

SAT. AUG 9. DWYGFYLCHI. AM. 12.00 noon. 11.5m/3500' from the Legend Inn, Dwygfyfychi, Conwy (GR SH772977a). £3 on day only. Teams free. PM. Over 18. Details: Steve Hurdman, 20 Plas Newydd, Deganwy, Conwy, LL31 9UF. Tel: 01492 592643.

SAT. AUG 16. BRECON BEACONS. AL. 10.30 a.m. 19m/4500' from Talybont Reservoir Dam, near Brecon. £3 to organiser or on day. Teams free. ER/NS/LK. Over 18. Details: Tom Gibbs, 2 Doone Road, Horfield, Bristol, BS7 0JG. Tel: 0117 9073757.

SAT. AUG 16. WHALEY BRIDGE FESTIVAL OF SPORT FELL RACE. BM. 2.30 p.m. 6.8m/1000' from Whaley Bridge Memorial Park (GR 009813). £3 to organiser or on day - cheques payable to "Goyt Valley Round Table". Teams free. PM. Over 16. Various other sporting and competitive events, stalls, etc. Details: Ralph Pettengell, 40 Hill Drive, Whaley Bridge, High Peak, Derbyshire, SK23 7BH. Tel: 01663 735382.

SUN. SEP 7. PADFIELD PLUM FAIR TORSIDE SCAMPER. BM. 1.15 p.m. 6.5m/1050' from the Recreation Ground, Padfield, Hadfield, near Glossop, Derbyshire (GR 031962). £2 on day only. Teams free. ER/LK/NS/PM. Over 18. There is also the possibility of entering the Redgate Coal Race on the same day. Details: Ted Woodhouse, 14 Platt Street, Padfield, Hadfield, Glossop, Derbyshire, SK14 7EJ. Tel: 01457 855077.

SUN. SEP 28. ECCLES PIKE FELL RACE. BS. 11.00 a.m. 3.5m/650' from the Navigation Inn, Buxworth (GR 023821). £2 on day only. PM. Over 14. No toilet facilities at this venue - unless the pub opens in time !! Records: 19.26 A.Wilton 1996; f. 25.12 S.Newman 1995. Details: Sue Stafford, 24A Elnor Lane, Whaley Bridge, SK23 7EX. Tel: 01663 732793.

SAT./SUN. OCT 26/27. KAR-RIMOR INTERNATIONAL MOUNTAIN MARATHON. O. Two-day pairs event from somewhere in Northern England, venue disclosed to competitors shortly before the event. Six classes - Elite, A, B, C, Long Score, Short Score. Entry forms available in June. Details: Verena Johnston, The Alders, Blencowe, Penrith, Cumbria, CA11 0DB. Tel: 017684 83495.

SECRETARY'S CORNER

Two committee meetings have taken place since the last magazine reports.

SETTLE, SUNDAY 19 JANUARY 1997

1. Scotland has suggested that the British Championship medals be presented on the night before the British Relay Champs. Although the FRA are quite willing to continue with the presentations at our annual dinner, we have no objection to suitable alternative arrangements. We shall be telling the FHRC that we do not consider the night before the British Relay is appropriate.

2. Our thanks are due to Dave and Eileen Woodhead for arranging the several Morecambe dinners. Dave agrees with us that it is time for a change, and we welcome his initiative in booking this year's event at Randall's, Skipton. This is an excellent location and we hope those members who had misgivings about Morecambe will support the 1997 dinner.

3. The FHRC are incorporating a Senior Home International competition into an established end of season long category A race. The Three Shires Race has been chosen for this year.

4. The organiser of the Buttermere Sail Beck Horseshoe has agreed to incorporate an Inter County Fell Running Championship. This is being masterminded by a small sub-committee led by Dave Hodgson, and is supported by the Inter County Athletic Union who will provide medals for winning teams and individuals.

5. Junior Matters. We are still having difficulty identifying suitable races for Junior Championships. Any ideas to Dave Richardson please. The Junior Home International Champs will be hosted by Wales at Llanberis in October. Dave Richardson is exploring the possibility of a training weekend for Juniors. The committee is very supportive of this initiative and agreed to subsidise 50% of the cost. Pete Bland will take an English Junior Squad to an International competition in Germany in July. The selection committee have arranged a trial race, uphill only, at Keswick on 15 July 1997.

BARLEY, SATURDAY 5 APRIL 1997

1. For some time now Chris Knox has been field testing better radio sets than those we currently make available to race organisers. Following his report six sets will be purchased to replace our obsolete sets. Pete Bland is taking on the role of Radio Officer, and a charge of £10 per hire is being introduced to cover expenses and transport costs. Our thanks to Willie Gaunt who has undertaken this mundane task for a number of years.

2. The FHRC advise us that the British medals have been redesigned and will come with presentation boxes. They have also confirmed that the venue for the

presentation of the 1997 British awards will be the FRA dinner at Skipton.

3. Pete Browning of Clayton-le-Moors outlined the arrangements for the 1997 British Fell/Hill Relay Champs to be held at Barley in October. Details and Entry Form in this issue.

4. BeeLine Computer Services have advised us that they are unable to continue managing our Membership Records and Members Services, though they will carry on until alternative arrangements are in place. The committee are exploring several avenues, please see separate notice. Our treasurer has indicated that due to other commitments, he will not be seeking re-election at the next AGM, please see separate notice seeking a successor.

5. 34 youngsters will be attending the Training Weekend at Coniston, and we are pleased to note there is the excellent support of 11 helpers including FRA Coach, Norman Matthews. Agreed to £310 subsidy.

6. Many race organisers choose not to divulge their phone numbers. Dave Woodhead points out that when winter weather sets in it is impossible to find out whether the race has been cancelled prior to setting out to the venue. We believe there is little the FRA can do in these circumstances except ask our Fixtures Secretary to encourage organisers to provide a contact phone number.

7. The Knockdhu International now includes a men's veteran team competition, 4 to run, 3 to count. England will be taking a team to compete against Scotland, Wales and our hosts, N. Ireland.

8. The FHRC have decided that from 1998 lady fellrunners will fall in line with the men and assume veteran status on their 40th birthday. Just like the Scots to unilaterally implement the change this year while we have patiently waited for national agreement!

FRA TREASURER

Martin Clarke, our treasurer for the past 3 years is not standing for re-election at the AGM in October. A volunteer to take on this essential task is sought urgently. We are looking for a banker or an accountant but don't expect to get one. What really matters is to be able to handle payments and receipts and prepare simple balance sheets. If necessary, we can probably arrange for assistance in preparing end of year accounts. (31 July each year).

Our turnover is around £45,000 pa.

Subscription income, around £38,000 is handled by the Membership Secretary and Management Services. The treasurer merely spends and accounts for it.

The treasurer is financial advisor to the Executive Committee and there are usually 8 meetings each year. A current balance sheet is presented to each meeting.

Keeping records on computer, though not essential, would be a distinct advantage.

All expenses are reimbursed. But we can't afford to pay you as well!

Mike Rose, General Secretary, would be pleased to hear from volunteers. Further detailed information as to what is involved can be had from Martin Clarke or Dave Hodgson, phone numbers on page 2.

FRA RADIOS

The FRA has purchased six more powerful radios to replace our obsolete sets. These are available to race organisers at a charge of £10 per hire to cover expenses and transport costs.

Contact Pete Bland for further information and bookings: Pete Bland Sports, 34A Kirkland, Kendal, Cumbria LA9 5AD. Phone 01539 731012.

The FRA provides this service to help organisers to monitor competitors progress in long and medium races in accordance with FRA Safety Requirements.



Wardle Skyline: The leaders begin the climb up to Brown Wardle

Photo: Bill Smith



Stuc a'Chroin - Louise Osborn of Keswick
Photo: Peter Hartley

Grateful thanks. (1)

Dear Sir,

May I, through the medium of *The Fellrunner*, commend and thank the organisers and members of Todmorden Harriers whose excellent safety and marshalling procedures in the Stoodley Pike Fell race came to my assistance when I suffered a heart attack near the end of the race. I would particularly like to mention Gerry Williams and Andrew Wrench, who kept me alive until the arrival of the helicopter which took me from the fell side to a waiting ambulance which then took me to Halifax Coronary Care unit. I am now recovering well and hope eventually to get back into training and running on the fells.

Yours in sport,

Brian Hughes

Liverpool Pembroke & Sefton A.C.
(See further details on page 14)

Grateful thanks. (2)

Dear Sir,

May I thank all the runners and their families who have helped me through the past few months whilst I have had leukaemia.

Many of the people I like best I have met at fell races and I could have lost touch without their efforts - realising that often I only knew the clubs they belonged to, even after several years.

I continue to progress with determination through the treatments and the rest periods between and hope to see more races as I get fitter.

Thank you all for contributing to the 'Withens Otter' sculpture, which I cherish,

Yours in sport,

Chris Porritt
Ilkley Harriers

Championship Conundrum

Dear Sir,

I was hoping to complete the British Champs. Last year but had to pull out of the Peris on the Thursday night, coming down with a feverish cold.

Through the year I monitored the results to see how I was doing and I agree with the first three but have J. Morris with 10 points finishing fourth - he being the only other runner who competed in the required number of races ie the short and long and one of the mediums. I think the fitness and commitment of J.Morris should be recognised.

I think runners who were unable to compete in the required number of races should be referred to separately as 'Runners who also scored points in the Championship'.

I assume that if you take part in the required number of races but only score one point, it is possible to be champion with only one point even though somebody else has 36 points but missed the short or the long.

I know that's a bit over the top but it is possible for it to happen - injuries, illness, holidays, couldn't be arsed, etc. The main point I am trying to make is that J.Morris was fourth and Great Britain should know.

Yours in sport,

Kieran Carr
Clayton-le-Moors

Mountain Trial

Dear Sir,

I enjoyed reading the article on the Reebok Mountain Trial by Mike Fry in the February edition of *The Fellrunner*. He gives an excellent description of the

challenging nature of the event which is one of the oldest (and toughest?) in the calendar.

Over the years there have been requests to have the long and short courses 'open', to allow women to do the long course and give the men, particularly the supervets, the opportunity of running on the short course. With this in mind, a questionnaire was sent out last year to canvas the views of runners and all members of the LDTMA.

Among the 98 respondents (a relatively low return rate, there was strong support for change of some sort but when the committee considered the many comments on the questionnaire papers and later correspondence from some who had revised their views after further thought, it was clear that many more wished to retain the Women's Race in its current form and felt that the opening of both races to both sexes would devalue the Mountain Trial.

The committee finally decided unanimously to keep the event unaltered: 20 miles, 7,000 ft for men and 15 miles, 5,000 ft for women.

I would like to bring to the attention of readers that there will be special prizes for novices in the 1997 Trial, so if you haven't entered before, now is the time to send off for an entry form (automatically sent to all 1996 entrants).

Yours in sport,

Wendy Dodds
Life member FRA



Wrekin Fell Race - Jackie Sayer, Telford A C
1st Lady time 54.33
Photo: Steve Bateson

Letter to the Three Peaks Organisers

Dear Committee

Firstly many thanks to all those involved for once again the excellent organisation enjoyed by runners in the Three Peaks race this year - and even getting the weather to go with it!

Being a relative newcomer to the Three Peaks race (this was only my third time) I was very concerned this year to notice a fair amount of litter dropped along the route, obviously intentionally and by runners, the prime offender being those collapsible bottles of energy drink. Maybe it was because of the cramp that slowed me down over the final hill that I had more time to notice it this year. With a finishing position of around 120 I was only observing the litter from one quarter of the field, but my wife who finished somewhat after me confirmed what I had noticed and it seems that there was a lot more later on.

As a fell runner I really enjoy the complete freedom that this type of running offers and am used to setting out on training runs and most races nutritionally self sufficient with all that I need in my bumbag. As with the huge majority of fell runners all that I would wish to add to the landscape are a few stud marks - certainly no litter.

Why it is then that some Three Peaks competitors feel that they can just discard drinks containers and wrappers for someone else to pick up, if the wind does not take them away first? OK at the official drinks stations but not on the open fell or farmland. Is it related to the fact that personal drinks can be left at Ribbleshead and the Hill Inn for collection en route?

Maybe this point could be brought to light in next year's entry form as it does seem a shame that such a classic race is spoiling the countryside.

Yours faithfully
Mike Wynn (Dark Peak Fell Runners)



3 Peaks Race - Vanessa Peacock (Clayton)
in sight of the finish
Photo: Peter Hartley

"... CERTAINLY A WELL MARKED COURSE..."



INTERNATIONAL TEAMS INVITED TO THE THREE SHIRES RACE

Following positive responses from right across the fellrunning community Elaine and Selwyn Wright have proceeded with their plans to invite teams from all the Home Countries to this year's event. There has never before been an international competition over a true A category long race, and it is hoped that the idea will appeal to top runners who excel over rough ground where route finding is essential.

Invitations will unfortunately be limited to male athletes because of available funding this year but it is hoped that the competition may eventually be extended to women and vets. Financial support has kindly been offered by Chris Brasher, a fellow member of Ambleside A.C.

Apart from the 16 international runners the arrangements for the race will remain as ever and Elaine and Selwyn looking forward to welcoming back the many regular 'customers' who return year after year. 1997 will see the fifteenth running of the race which for the second time incorporates the English Championship decider.

B.A.F. NEWS

The following items referring to the British fell/hill championships were agreed at the last commission meeting.

- In the event of a tie between individuals or teams in the final results, then the one with the best position out of the three counting results would take precedence. If both had the same best positions then the next best would be used, and finally, if a tie still existed, then the best third result would be used. This rule will be operative for the 1997 championship.
- Starting in 1998, the age point for the ladies veterans would be 40 years old on the day of the race.

Selwyn Wright was elected as the new chairman of the commission following Norman Berry's decision to stand down. Norman continues as a member of the commission representing England.

Danny Hughes
Honorary Secretary



The Lakeland Sports Promoters Association

1997 List of Events affiliated to LSPA. Eligible for Sports Persons Awards. The LSPA awards Trophies to boys, girls, ladies and men, who compete in Track, C & W Wrestling and Fell Racing, and who have achieved outstanding performance and sportsmanship in their events.

The Sports Persons Awards will be presented at the Waterhead Hotel, Ambleside, on Sunday the 30th November. LSPA Secretary is Mr. John Morgan, 38 Low Mead, Kendal. Tel: 01539 724570. Junior events under BAF and LSPA rules. Senior events under LSPA rules.

Oxenholme Fell Races

Saturday 28th June, 12 noon
Ken Shuttleworth, 01539 724720

Farleton Knott Fell Races

Sunday 27th July, 12 noon
Ken Shuttleworth, 01539 724720

Ambleside Sports (PE) T F C CW

Thursday 31st July
Christine Laidler, 8 Oldfield Court,
Windermere, 015394 45531

Beetham Sports T F CW

Saturday 2nd August, 2pm
Fred Robinson, 015395 63110

Rusland Sports TF

Saturday 16th August, 1pm
Jean Crabtree, 01229 860021

Grasmere Sports (PE) T FC CW

Thursday 21st August
Mr CJ Lane, Slack Cottage,
High Wray, Ambleside, LA22 0JQ

Kilnsey Show (PE) T F

Tuesday 26th August
(PE) Mr P Dean, 18 Wood Lane,
Grassington, N. Yorks

Broughton Show F CW

Saturday 30th August, 2pm
Mr J Maddocks, 01229 772556

Lowick Show F CW

Saturday 6th September, 3pm
Mrs Dorothy Grave, 01229 861420

Egremont Sports T F C CW

Saturday 20th September, 2pm
Bob Spiers, 01946 821177

Kendal Winter League

Fell Races January - May
Ken Shuttleworth, 25 Helme Drive,
Kendal

Keighley Hill Runners

Fell Races November - May
Mr D Hird, 24 Braemoor Avenue,
Silsden, W. Yorks

T indicates Track Events

F indicates Fell Races

C indicates Cycling

CW indicates Cumberland & Westmorland Wrestling

(PE) indicates pre-entry for Ambleside, Grasmere and Kilnsey Sports.

SAE please, 9" x 4", to relevant secretaries. All other events entry on the day.

FRA MEMBERSHIP RECORDS AND MEMBERS SERVICES

"Beeline Computer Services" (Norman and Hilary Berry) has looked after the FRA membership records since 1981. The Beeline business is being passed to another party, but we believe that the FRA requirements should be handled by someone with an interest in our sport, and able to work closely with our Membership Secretary.

Are any of our members in the business of Computer Services, or is there someone out there who can point us in the right direction. We are urgently seeking offers to undertake this important and essential work.

Expenses will be reimbursed and a modest rate of remuneration will be negotiated. For further information, contact the General Secretary, Mike Rose or Chairman, Alan Judd. A detailed discussion with Norman Berry can be arranged.

A brief outline of our requirements:

1. Close liaison with Membership Secretary (based in Kendal), to maintain details of members. Print and post renewal notices (November). Print and post reminder to defaulters (March).

Frequent up-dating of records as renewal subscriptions are received (November to February), and from lists of Standing Order payments (operative date of SOs is 10 January). Members not renewing by 30 June are struck off.

2. Close liaison with BAF Regions to maintain records of FRA and BAF affiliated clubs. Print and post notice of AGM to all clubs (July).

3. Close liaison with Fixtures Secretary to maintain list of current race organisers. Provide address labels for all members, organisers and clubs for distribution (by Membership Secretary) of annual Handbook and Calendar (November).

4. Provide address list of paid-up members for distribution (by mailing house) of The Fellrunner (February, June and October).

5. Supply a full membership and club address lists in booklet form (approx 30 copies) for use by FRA Committee and Officers.

6. There are currently around 4000 individual members, 250 affiliated clubs and 300 race organisers.



D. Bateson & H. Smith - Rossendale Way Relay, Start of leg 3

Photo: Steve Bateson



Anthony Cramb - Junior winner at The Wrekin Photo: Steve Bateson

JUNIOR UPDATE

The season has now got underway and there were record turnouts at the first junior championship races at Hebden in all the age groups except the under 18's. But here the quantity was most certainly replaced by the quality of the runners in both the boys and the girls races. It was also really nice to see so many familiar faces there and I hope you will all carry on your support for the rest of the races throughout the season.

Prior to the start of the season we had a new activity, as some of you may well be aware. We had the first Junior Training Weekend which took place at Coniston, based at the Youth Hostel there. When I first thought of the idea I was not sure how successful it would be and if there would be enough interest to put it on. But my fears were soon allayed as we had a full course with 35 youngsters attending and quite a number not being able to get a place. For those who were there, we were blessed with wonderful weather and everything ran smoothly.

Friday evening was spent with an introductory talk and then looking at some videos, with commentary and advice from coach Norman

Matthews. Saturday dawned bright and sunny and after breakfast and a talk and exercise on how to use a map, it was up onto the fell for a demonstration and session of different types of hill reps, which included seeing what some of the lads had had for breakfast earlier!! This was followed by a talk from Angela Brand-Barker on injuries and how to prevent them. After lunch it was time to learn how to use a compass and then off on a practical navigation exercise which ended up with a chocolate egg for everyone. This part of the weekend owed its success to the number of helpers who provided a 3 to 1 tuition on the basic aspects of navigating and finding a specific point. After a break there were talks on equipment and a circuit training demonstration on how to adapt this for fell runners. The evening was again spent looking at more videos on running.

Sunday dawned dry but overcast and after talks on breathing, race techniques and a stretching demonstration session, it was off out onto the fells for a longer run. The older members of the group were accompanied by international fell runner Mark Roberts and took a trip up The Old Man Of Coniston and the rest went for a run around the head of the Coppermines Valley, including a run through

an old mining tunnel which seemed to be enjoyed by everyone.

After lunch a tired group took part in some measurement exercises set up by Norman to determine upper body and leg strength and then it was back to the hostel for a debrief and farewell.

The aim of the weekend was for youngsters to get together, learn something about fell running and most importantly have a good time. Everyone enjoyed the weekend and it is hoped to repeat it again in the future. My thanks to everyone who came along for responding so well and thanks to all the helpers, particularly Sue my wife, Norman Matthews, Billy and Yvonne Procter, Angela Brand-Barker, John Kidger, Jane Ridings, Rosie Dunk, Chris Lumb, Steve and Emma Priestley and Ian Pettman.

Future championship races this season are Winter Hill from Rivington Barn which is the same race we used prior to the presentation a couple of years ago only this time it is being held at the end of June. Crow Hill which is a new event, Sedbergh which has been used before, and Lantern Pike which is again a new one for the championship. Lantern Pike will also be used as a selection race for the British Junior Home International which is this year being held in Wales. There is also an International selection race on June 15th at Keswick, for the Black Forest Junior Games in Germany on July 11-13th (further details from Pete Bland) so there is plenty to go at this season.

Have a good season. Yours in Sport.

Dave Richardson
FRA Junior Co-ordinator

Notice for Juniors: Championship Change!

This year one of the rounds of the English Junior Championship will be held at Lantern Pike on September 20th. The start time for this race will be 1.00 p.m. NOT 2.45 as advertised in the Calendar. This is in order to enable parents who wish to watch and then run in the main race to do so as well as providing for better use of marshalls. The Junior presentation will be at 4.30 p.m.

THREE SHIRES JUNIOR RACES

It has reluctantly been decided to cancel the Junior events which have become a central part of the whole day. Unfortunately this year the races would have clashed with the final English Junior Championship race at Lantern Pike which also forms the Trial event for the Junior Home Internationals in Wales. The organisers hope that all intending competitors will go to Lantern Pike instead.

"HORSE COMING THROUGH!"

We all know that feeling when your tackling a seemingly endless climb and your heart wants to pump right through your chest and your legs feel like their going to explode or the white-knuckle excitement of running eyeballs out down the other side but when the other competitors include horses and you can also hear the clatter of hooves coming up behind, well that's something else.

And the **William Hill Man V Horse Marathon** really is a totally different experience. For a start it is a weekend away for most of us, staying in the heart of the Cambrian Hills in mid-Powys. Llanwrtyd Wells, classified as the smallest town in Britain, is transformed from its relaxed, tranquil state to a bustling mass of runners and horses (and up to a couple of years ago, Mountain Bikers). Most of these descend on the Neuadd Arms Hotel. Not only is this the race HQ but the centre of all the weekends activities. These include the pre-race Pasta Party, which often doesn't finish until the early hours and the post race rave which always includes a show by Britain's best known politician, Screaming Lord Sutch. The Neuadd Arms is perhaps due a place in the sporting history books alongside places like Rugby School and the Athens-Marathon main road for this is where this unique event was conceived.

Chatting over a pint one night, Landlord Gordon Green overheard two men discussing the relative merits of man and horse. After several pints, one was brave (or foolish!) enough to suggest that over a significant distance across country, a man was equal to any horse. After several more pints, the inevitable challenge was made, at which point Gordon decided that rather than this be a private argument, it should be put to the test in full public view. And so on 14th June over 200 runners will be trying to prove the brave/foolish man right in the 18th running of the William Hill Man V Horse Marathon, a 20 mile race with approx. 3500' of climb through the hills of mid-Wales.

With William Hill offering a £10,000 bonus for the first individual runner to beat the first horse there's no lack of incentive to get training! Paul Brownson (Altrincham AC) has been the closest to grabbing the loot finishing within 4 minutes of the first horse back in 1982. More recently Mark Croasdale and Paul Cadwallader have lead the challenge.

To see if 8 human legs were better than 4 equine ones in 1995 a 4 leg-relay was introduced. And the horses finally got their comeuppance as Croasdale's Crusaders beat the horse by 4 minutes. Still it took a team of supreme quality to do so - Mark Croasdale, Keith Anderson,

Mick Hawkins and Paul Dugdale. A team of Kenyans had also travelled over for the first time but their arrival in the early hours was something they probably regretted as with no time to recce the route one of their runners went off course whilst in the lead.

To help the horses get over the shock, for the following year the relay was cut down to 3 stages. Still Mark put together a horse-beater with Steve Hawkins and Mark Kinch galloping in a Desert Orchid-like 3 minutes ahead of Ahmaar.

So what will happen this year? For a start there is the remote possibility of mountain-bikes being allowed to compete again. They were first introduced in 1985 and 4 years later Tim Gould became the first human to beat the horse. However since 1994 they have not been allowed because of the anomaly in the law which states that bikes cannot race on bridledways (although cars can!). The organisers had hoped the law would be changed in time for this years race although at the time of writing with the Election in the way it seems very unlikely this will now happen.

I still believe that with some of our best fell runners all taking part and pushing each other at a good pace it is possible for an individual runner to win. And what more incentive do they need with a £10,000 bounty!. Even if they don't beat the horse there is still a £500 cheque for the winner. This must surely rank as one of the best prizes in fell running.

What can us lesser mortals expect?

For a start it's a great weekend with a wonderful atmosphere. The whole town welcomes the competitors, there's free food at the pre-event pasta party and at the end of the race, the pre and post event partying finishes when the last one goes to bed - often as the sun is rising! - and there's the unique camaraderie that always occurs when runners from across the country converge and discuss previous races, old injuries etc.! The fact that the majority of the runners return year after year says a lot about this atmosphere and enjoyment level. If you can make a weekend of it then there's some excellent countryside to be explored the following day.

In terms of running it is certainly a tough challenge although not in the same severity as a Langdale et al. It is all runnable and doesn't require any technical ability - unless you decide to enter on a horse! Most runners will in fact wear trail shoes.

The runners set off in a mass start followed 15 minutes later by the horses (at 1 minute intervals). For us mere mortals it therefore becomes a case of seeing how far we can get before the clop-clop sound tells us we won't win the loot! It certainly is a thrill though to be running eyeballs



Mark Kinch - next stop the Derby?
Photo: Peter Hartley

out and hear 1/2tonne of thoroughbred galloping up behind.

If you get a good team together there is the chance of a relay prize. Keighley Hill Runners have made the journey in the last couple of years and come away with a 2nd and 3rd place worth a total of £200 in free bets. This lead to Andy Smith becoming even richer courtesy of Frank Bruno!

Finish marshals who think it's bad enough dealing with runners sprinting for the line should spare a thought for those at this event who have to cope with horses charging in as well - you can't just stand there with arms outstretched!

Screaming Lord Sutch performs the honours with the start and has been known to even run a few yards! His best performance though comes at the post event party when he takes to the stage with his band.

The William Hill Man v Horse Marathon is pre-entry so contact Gordon Green at the Neuadd Arms Hotel for an entry form - tel. no. 01591 610236.

Mark Sandamas



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THE JOSS NAYLOR LAKELAND CHALLENGE

In January, the 2nd Presentation Dinner at The Bridge Inn, Santon Bridge was ratalial, including as it did, the presentation of a cheque for £22,000 from Joss Naylor himself to the Multiple Sclerosis Appeal after his successful '60 at 60' run in June of last year. Over 100 guests attended, making a convivial mixture of local supporters and fell runners.

13 of the 17 successful 'Challengers' were present and five new recipients received their tankards. Chris Brasher was unable to attend this time, but has added to his generous sponsorship with another 15 tankards to be awarded as the claims come in. This means that, as there are still 5 of the originals to be won, there is now a total of another 20 to go. So, roll up all those who have enquired after details of the run.

During the evening, as a further boost to Joss's M.S. appeal, the video of his run was on sale for £9.99, as was a signed print by local artist Philip Allder, depicting Joss and his dog 'Fly' running on the fells., costing £35. Copies of both of these may still be available. Interested parties should contact Mary Naylor.

On the Sunday morning many joined Joss and Fly for walk in the Middlefell area and enjoyed having the time on a beautiful morning actually to talk to each other instead of having their minds fixed on the next top in a set schedule. There have been no new runs reported as yet this year and the total raised for charity to date stands at £4,127. Anonymous schedules of successful runs are available for each age group on request - but it does mean that your age group must be revealed! SAE to:-

Monica Shone, 21 Woburn Drive, Hale, Altrincham, Cheshire. WA15 8LZ.
0161 980 4875.



ARE CHIPS GOOD FOR FELL RUNNERS

I recently competed in the Noonstone Race, the venue being the High Brinks Pub, Lumbutts, in Calderdale. What a splendid idea of Halifax Harriers to include a chip butty in the entry fee. Just the thing after a hard fell race on a winter's day. I don't know if it was a coincidence or not, but this delicious offering was made at the beginning of National Chip Week.

I devoured mine, held in both hands, butter dripping down my chin, with great eagerness. Most satisfying and well received, until in my Company monthly newsheet I read the following article written by the Environmental and Medical Officer:

JANE'S HEALTH COLUMN

Do you know that this week is National Chip Week? (The ones you put in butties, not in PCs!).

You may be expecting a lecture from me about the sins of eating chips. But chips are not as bad for you as some people would have us believe.

Potatoes are good for us; they are a good source of carbohydrate and certain vitamins. The healthiest way of eating them is cooked in their jacket (most of the goodness is just under the skin). But if you just can't resist chips, here are a few tips to help make them healthier than they might be.

Cut the chips thick and straight. This reduces the total surface area per potato to be coated in the frying fat.

"Fry them in oils which are high in polyunsaturates, eg. sunflower, soya or corn oil rather than those high in saturated fats, eg. dripping or lard. Better for your heart." Avoid putting too much salt onto your chips; too much salt can raise your blood pressure."

If you are a chip buttie fan, it would be better to put the chips onto unbuttered bread there's already enough fat in the chips, so you don't need to spread any more onto the bread. What was I to do? Had I broken a company rule. Might I face disciplinary action for eating greasy chips? Or worse still, a compulsory lifetime diet lettuce?

After a few hours of heart searching I decided the best course of action was to own up and face the music. I wrote Jane the following confession:

Dear Jane,

Your article on chips prompted me to recall my last fell race which started from High Brinks Pub in Lumbutts, Calderdale, and included in the entry fee was a locally renowned "High Brinks Chip Butty".

After the race I eagerly collected my culinary delicacy which was downed in 3 mins flat, swilled by a pint of Timothy Taylors Best.

The chips were cooked in dripping, and covered in salt. The bread cake was liberally buttered and packed with so many chips that melted butter dripped from those which protruded. It was lovely! It should be National Chip every week for tired fell runners. On the basis that I had covered 9 miles and 2100ft of climb over mainly virgin moorland in 1.1/4hrs, and had lost several pounds in sweat, do you think I will survive?

I promise never to have another.

Kind regards,
Colin

Luck was on my side. I seems that Jane is a secret chip freak too. The following day I received the following E Mail:

Dear Colin,
All I can say is where is that Pub?
Sounds delicious!!
Jane

So keep up the good work Halifax Harriers. You have the green light from a leading medical, environmental and dietary practitioner. We will all be back next year.



S. Woolsthalpe climbs up on to the moor at Noonstone
Photo: Steve Bateson

Background photo: Noonstone Stars

WIN WIN WIN THREE COPIES OF THIS BRILLIANT VIDEO TO BE WON WIN WIN WIN



WIN!!

Enter on the form or plain paper - as many times as you like - to the nearest half mile, how far did Jos run? If there are more than 3 correct entries then winners will be drawn from the editorial bum-bag. Or forget the competition and use the order form.

To celebrate his sixtieth birthday, Lakeland shepherd and legendary fellrunner Jos Naylor traversed the 60 highest Lakeland Peaks in an attempt to raise £60,000 for Multiple Sclerosis Research. Here is your chance to add to that total and to win this Naylor's Run video - a specially extended version of an ITV documentary.

Normally, we wouldn't charge a fee for a competition but, on this occasion, each entry needs to be accompanied by a cheque or PO for £1: made out to Account 31075888 at Midland Bank Branch 40-22-16. **Striding Edge will match this donation.** Or just order the video anyway - £9.99 from Striding Edge Ltd., Crag House Farm, Wasdale, Cumbria CA19 1UT.

Striding Edge Ltd. will make a donation to the Fund for each video bought.



ENTRY

Name

Address

.....

.....

I estimate that Jos ran miles
I enclose £1 for each entry - made out to account 31075888.
Entries to:
Naylor's Run, 13 Greenside, Denby Dale HD8 8QY

ORDER

Name

Address

.....

.....

I would like videos at £9.99.
I enclose a cheque made out to Striding Edge Ltd.
Post to: Naylor's Run, Striding Edge Ltd., Crag House Farm, Wasdale, Cumbria CA19 1UT

Please tick if you do not wish to receive future offers from Striding Edge.

JUNGLE RUN

Almost ten years ago, in the days of single youth before finding a magnificent wife and perfect son (13 weeks old as I write), sleepless nights and rapidly receding hair-line, I was fortunate to live in the small North Yorkshire market town of Thirsk.

There were essentially two reasonable things to do in Thirsk; one was to run on a regular basis around the woods and hillsides around Sutton Bank and the nearby Lake Gormire, reputed by the locals to be bottomless and full of giant pike and innumerable leaches. The second was to frequent the various pubs and enjoy delicious pints of real ale.

There were also two unreasonable things to do in Thirsk. The first I blame on a combination of alcohol and spirited pals and involved a regular swim across Lake Gormire after a gallon of Friday evening beer. The second, for which I have no rational explanation, was to write the occasional poem.

This attempt at joining Wordsworth et al was written 10 years ago and was inspired by a race which three of us named 'The Jungle Run' and involved a 5 mile circular from Sutton Bank Top car park along the ridge to Kilburns' White Horse, a descent

into the nettle-bound woods, a circuit of the terrible afore-mentioned lake and a lung-stretching ascent of the bank via a steep woodland path.

I guess that poetry is like fell-running: most sane people steer clear of it whenever possible. However, for the involved, here follows an inspirational ballad with inbuilt jogging rhythm which perhaps captures the spirit of a Springtime run.

Who knows, if you're really stuck for company on a long training bash you might even like to memorise the words and sing along to yourself!

May I say, however, that even in Thirsk I didn't stoop that low!

Here goes.....

JUNGLE RUN BALLAD
- Tony Lee

In the depths of the woods where the fox cubs play
And the song of the thrush greets a new Spring day
There, in the fern, the roe deer lay
And the leafy boughs enchant me.

On down a track in the midst of the trees
Where the midges swarm and the buzz of the bees

There's a sleepy pleasure as I run with ease
And the dancing sunrays please me.

Two miles gone and I'm feeling 'tuned in';
Beads of sweat on my brow, bramble cuts on my shin,
With deep, clear breathing, my heart set to win
And the thrill of the race contents me.

Past a still, blue lake where the brown trout feeds
And a hungry old Pike waits to strike in the reeds,
To the food of the hill, I am still in the lead
And the pain to be felt now goads me.

So it's down with the eyes and hard on the feet,
One mile to the top and the race is complete,
Then it's off to the pub, four pints as a treat
And the thought of the end now speeds me.

A hundred yard sprint and I rest on the ground,
My muscles are aching, my heart and head pound,
But five minutes later and I've once again found
The rush of the race fulfils me.



Brian Hughes crossing Lingmoor in the 1995 Three Shires Race
Photo: Bill Smith

HEART ATTACK AT NOON STONE

A Profile of Brian Hughes

by Bill Smith

On the afternoon of Saturday, February 15th this year, in the Noon Stone Fell Race near Todmorden in the South Pennines, 59-years-old Brian Hughes of Liverpool Pembroke & Sefton AC suffered a heart attack at the last checkpoint on Coldwell Hill, with only the final descent to Mankinholes left to negotiate.

Brian is not the first fell runner to thus stricken, there having been at least three cases prior to his. The January, 1980 issue of *The Fellrunner* carried a four-page feature entitled, "Heart Attack - Is No One Immune?", which covered two separate accounts of heart attacks experienced by the veteran athletes, Peter Knott (Blackpool & Fylde AC) and John Hubbard (Longwood Harriers). Both make very interesting reading, but let it suffice to state here that Peter and John did eventually return to running, the former competitively and the latter, a training partner of Andy Styan's, purely for leisure. Peter, a former editor of *The Fellrunner*, has since had two further heart attacks but continues to compete regularly, now fitted with a pacemaker. He has also done some triath-

lons, orienteering and rock-climbing, besides completing the Bob Graham Round three years after his first attack, and until recently was a major co-ordinator with Jen Longbottom in organising the Karrimor.

The July, 1980 issue of *The Fellrunner* included a further five pages on the subject, headed by an essay simply entitled, "Heart Attacks", by Dave Makin of Bingley Harriers, followed by a shorter piece, "Heart Attack - The Road To Recovery" by Peter Knott, and a brief report by John Hubbard which concluded thus: "I do not expect to race in the future, but the enjoyment of regaining my fitness and the knowledge that running need not, after all, disappear from my life is, for the moment, satisfaction enough." Another veteran athlete and outstanding orienteer, Alistair Patten of Clayton-le-Moors Harriers, is one more who has ceased to compete because of heart trouble, though he does continue to walk the fells. A fifth victim was 55-years-old Tony Trowbridge of Dark Peak Fell Runners who tragically died in his sleep during mid-March of this year and to whom a separate tribute appears in this issue. Brian Hughes, fortunately, is making good recovery from his attack and what follows is a short history of his sporting career and lifestyle leading up to the Noon Stone race.

LAKELAND BOYHOOD

Brian was born on July 8th, 1937 at West Kirby on the Wirral peninsula. He developed his love of the fells at an early age, going to live in 1945 at Hawse End, an orphanage for Liverpool lads, situated on the west side of Derwentwater below Cat Bells. Here he gained plenty of fellwalking experience, particularly during the summer months when the lads would be led on group rambles. While there, he attended Crosthwaite School, near Keswick, and later Lairthwaite School, where he was by no means the only pupil to later become a fell runner, others having included Colin Valentine and both Kenny and Duncan Stuart. Brian did do some cross-country running while there, but as he wryly comments, "It wasn't voluntary."

He left school in 1952 and then embarked on a ten year stint in the Royal Navy, during which he took up "the noble art" of boxing. He enjoyed a moderately successful career as a light-middleweight, fighting mainly for his ship, but also representing the Royal Navy in the Imperial Services Championship at Hong Kong.

He was also a member of one of the teams that competed in the Royal Tournament for Field Guns Crews at Earl's Court, London, first with the Chatham Division, Kent, till this camp was disbanded in 1959, and then with the Davenport Division up to 1962. This long-established event, held in June, involved dismantling the gun and carrying the parts separately over a type of assault course,

then reassembling it and sprinting back to the finish. There was a quite intensive training course held over six months prior to the event, which included circuit training and both long runs and sprints. Brian lost the tip of one finger at one of these tournaments in an accident while reassembling the gun.

On leaving the Navy in 1962, Brian joined Willaston Boxing Club in Birkenhead, just across the River Mersey from Liverpool, and continued to achieve a fair amount of success. When he got married to Irene in 1964 and went to live in Liverpool, however, his interest in boxing began to wane as his working hours for the GPO, as both a postman and driver, often preventing him from attending the gym regularly during its opening hours.

RETURN TO THE FELLS

In 1970, Brian began running to keep fit and met some members of Liverpool Pembroke AC at a local sports centre, Bootle Stadium, and eventually joined their club two years later, competing in road and cross-country races. It was around this time that I met him and we often went on long training runs over footpaths, farm tracks and country lanes in the rural areas north and northeast of Liverpool, sometimes along the towpath of the Leeds Canal and other times taking in the local highspots (at around 500 feet!) of Billinge Hill and Ashurst Beacon, the latter top now featuring in a good hilly cross-country event, the Ashurst Beacon Race (5.9m: 950'), which is included in the FRA Calendar.

Brian left the GPO in 1973 to become a Customs and Excise Officer, an occupation involving considerable stress, not least because of its highly irregular working hours. From hilly cross-country runs, it was but a short step to entering his first fell race the following year. This was the first Pendle Fell Race to be run from Barley, it having previously taken a quite different route from Roughlee. He enjoyed it and began to compete regularly, mainly in short and medium races, though also

occasionally tackling the longer and more rugged courses such as the Langdale Horseshoe, Grisedale Horseshoe, Three Shires Race and the old Chew Valley Skyline. He expresses a preference for grassy courses rather than rough, rocky ones, but includes Coniston among his favourite events, along with milder - though highly enjoyable - races like Kinniside, Dunnerdale, Clougha Pike and Hutton Roof Crag.

In the early Spring of 1985, Brian introduced to fell racing his close neighbour, John Francis, an ex-skin diver and school-boy athlete with Liverpool Harriers who had lately been running road races for Pembroke. His first race was at Rivingdon Pike, followed by the Wardle Skyline, which really got John hooked on the sport, despite turning an ankle jumping off a wall (no longer part of the course) on the way out to Brown Wardle. John became that deeply smitten by fell racing that he transferred from Pembroke to join Clayton-le-Moors Harriers' small Merseyside contingent, though Brian himself has continued to feel that he should remain loyal to Pembroke, a strictly road, track and country club whose only other fell runners have been Steve Cliff (now of Lancaster & Morecambe AC) and super-vet Tony Ball (now of Clayton), though another recent convert is Brian Davey of the old Sefton Harriers club which has newly amalgamated with Pembroke.

Brian has often trained with John after work on weekday evenings, while in recent years the three of us have occasionally trained together on the West Pennine Moors, particularly Winter Hill, and sometimes in the Lake District, Pendle and Bowland. Brian's training has for many years averaged around 30/40mpw, including runs with John through the pinewoods at Freshfield, on the coastline near Southport, and hill reps on a high sandhill. This is, incidentally, an area very close to the late Gerry Charnley's training ground when he was the village constable at nearby Hightown during the late 1950s. (Gerry, for the

benefit of newer FRA members, was a Clayton-le-Moors Harrier and co-founder and chief organiser of the Karrimor Mountain Marathon till his untimely death in December, 1982 when a cornice collapsed beneath him as he led a party of police cadets along Swirral Edge, below Helvellyn).

THE NOON STONE RACE

Brian's last race of 1996 was Hutton Roof at the end of May, after which he was plagued by a succession of injuries. He points out that he was often inactive as a runner during this period and could therefore not use training to offset the stresses of his job, and furthermore he faced the prospect of a house move looming before him. He next raced over the revised Oven-den course from Ogden Reservoir on the South Pennines on January 4th. The West Yorkshire moors were covered with snow and organiser Allan Greenwood decided not to use the normal route as some parts were blocked by huge snowdrifts. The milder alternative was still challenging in its own way, being wholly on snow and ice, with fairly deep snow in parts and a bleak north wind to contend with at its highest point. Brian got off to a slow start after his long lay-off but grew stronger as the race progressed.

Six weeks later, he entered the Noon Stone Fell Race (A: 9m:2300') from Makinholes above Todmorden, which had previously been run in August. For years on this particular day we had always run the Parbold Hill Race, a 7-mile traditional cross-country course in West Lancashire, just to the north of Ashurst Beacon, but this year I decided to run Noon Stone instead as a warm-up for the English Championship event up Black Combe three weeks later, and both Brian and John thought they'd give it a try, too. Brian says his motive for entertaining was "just to get fit again."

The day was cold, clear and sunny and the course a quite gruelling one, with several steep climbs and descents and a strength-sapping middle section of open rough moorland between Withens Clough Reservoir and Warland Reservoir, with checkpoints at Two Lads and Little Holder Stones en route. "I felt quite good after a couple of miles," Brian recalls, "better than I'd expected to. Between Two Lads and Little Holder Stones, I noticed John Newby [Todmorden Harriers' O/60 stalwart] catching me up. He seemed to be taking a more direct line than me and so, knowing him to be a local, I decided to follow him. I was about twenty yards behind John at the next checkpoint at the north end of Warland Reservoir."

Shortly after leaving this control, Brian became aware of a pain in his chest: "It did occur to me that it might be my heart, but I disregarded it, hoping it was just exhaustion, and also because I knew my cholesterol level and blood pressure were okay. I completed the first descent

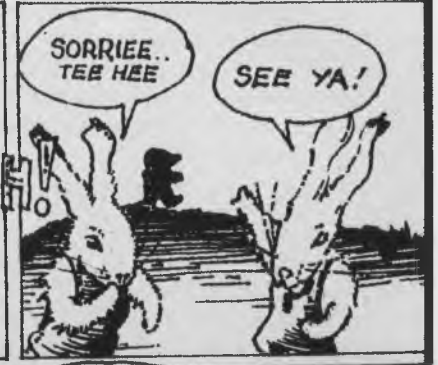
(continued overleaf.....)



Brian Hughes competing in the 1996 Clougha Pike Race
Photo: Bill Smith

Mr. Burrows

THE FELLRUNNING MOLE



off the moor [from Langfield Edge] and the climb which immediately followed it [to Jeremy Hill], and the pain seemed to have subsided. However, it returned as I approached the final checkpoint at the rock outcrop on Coldwell Hill. Beyond the checkpoint, I stopped and sat down on a rock, but then quickly fell off it. Andy Wrench, who was marshalling there, saw me fall and ran over. He took my cagoule out of my bumbag and made me put it on, then gave me a drink of hot coffee. 'Sit there for a bit and I'll help you down,' he said.

"I didn't mention the pain in my chest. After a few minutes, I felt I could make it down and Andy helped me. He radioed through to the St. John's Ambulance crew at the finish, then said, 'You'd better rest before the last steep descent.' I sat down and the pain then became quite intense. Dr. Gerry Williams, who had tailed the field around the course as a sweeper, now appeared on the scene and took charge. He asked Andy to run down to his car and bring his medical bag up. He then gave me Diamorphine and Glyco Nitrolingual and then sent Andy down again for oxygen. Meanwhile, the Calder Valley Moorland Rescue Team had got through to Manchester Police for a helicopter. I was airlifted off the moor and landed on a

road, where an ambulance was waiting to take me to Halifax General Hospital.

"Gerry Williams went with me in both the helicopter and ambulance and handed me over to the coronary care unit. While we were still on the hill, awaiting the helicopter, he had said to me: 'Don't worry, we'll get you off here and you'll be back here running next year.' The race secretary, Brian Schofield, came in to see me with his wife and left me a four-pack of Boddington's bitter, and I also got a 'Get Well' card from Todmorden Harriers."

After the initial shock induced by the news of Brian's heart attack, I found it difficult to accept and thought that he must surely be only suffering from exhaustion and exposure, but Brian himself confirmed the report when John Francis and I drove down to the hospital shortly afterwards. I then thought to myself that the attack must have been due to Brian's lack of fitness on what was undoubtedly a very hard course and that if he had run the much milder Parbold Hill Race instead, it would never have happened.

When I voiced this opinion to Brian, however, he stated that the doctor had told him that the attack would have come anyway and that he was fortunate it had occurred in the Noon Stone race with the expert

help of Dr. Gerry Williams so readily at hand: "When I was leaving Halifax Hospital, I thanked the Consultant for all the care and attention I'd received there and he said: 'All the work had already been done when you arrived here' - a tribute to Gerry's sterling work."

The Consultant had previously told him: "You'll be able to get back to sport, but be careful how you build up to it," and a Nurse at the hospital had advised: "When you start running again, just enjoy it. Don't get competitive. If a challenge comes up, ignore it." After returning home a week after being admitted, Brian began to attend the Coronary Unit at Fazakerley Hospital, Liverpool, where he was given a programme to return him back to fitness and was warned only against playing squash and five-a-side football.

By the end of April, he was able to drive once more and was walking three miles a day. He had also been out to a few races as a spectator and was looking forward to resuming training in the not-too-distant future. We wish him a speedy and complete recovery.

RESULTS & REPORTS

FROM OVER HALF A HUNDRED RACES



*Andy Trigg pictured at the Ilkley Moors Race
Photo: Steve Bateson*

*Inset: Winning Clayton Team at the Three Peaks, Mark Horrocks, Dave Nuttall, Tom Hobbs, Lee Thompson - presentation by Andy Peace
Photos: Peter Hartley*

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

Thanks to everyone for turning up, seventy two in all, plus twelve runners in the Junior Race. Well done to Rob Jackson for winning the race yet again, leading Horwich to another first for the team trophy, with Rob Hope pushing Rob all the way and evergreen Tony Hesketh in a very good third position. Good to see Joe Blackett in sixth position, the day after running at 'Withins', Joe probably would have done better, but having asked if he could stay at my house the night before the race, we finished up having a few pints in the pub and flagging the course in the dark - good preparation - sorry Joe!

Anyway thanks to all the people who helped me, Jim Grounds at the Gale Inn for his help and donation for team prize.

P.S. Sorry results were late being sent out as there were a few times missing which I have been trying to put right.

A Maloney

1. R. Jackson	Horw	26.10
2. R. Hope	Horw	26.25
3. T. Hesketh V	Horw	26.43
4. I. 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 V	P&B	27.25
9. S. Jackson V	Horw	27.35
10. P. Lyons V	Ross	27.41

VETERANS O/40

1. T. Hesketh	Horw	26.43
2. A. Hauser	P&B	27.25
3. S. Jackson	Horw	27.35
4. D. Beels	Roch	28.18
5. P. McNulty	Radc	28.43

VETERANS O/50

1. P. Lyons	Ross	27.41
2. P. Jepson	Ross	
3. P. Watson	Horw	30.52

VETERAN O/60

1. G. Arnold	Prest	36.52
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LADIES

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

INTERMEDIATES

1. G. Hird	Kly	28.15
2. S. Briggs	Kly	28.44

JUNIORS

1. C. Swire	Clay	12.14
2. J. Griffin	Bury	12.53
3. A. Hans	F'dancer	13.39

ROACHES RACE
Staffordshire
BL/15m/3700ft 10.11.96

1. D. Neill O/40	Merc	1.57.03
2. G. Watson	Alt	2.00.42
3. R. Seager O/40	Charn	2.02.59
4. M. Martell	Macc	2.04.52
5. S. Houghton O/40	CalderV	2.07.25
6. S. Rouse	Notts AC	2.07.54
7. S. Burthem	Warr	2.08.11
8. P. Gebbeth	Notts AC	2.08.23
9. E. Morson O/40	Bux	2.08.52
10. K. Spare O/40	Burton	2.09.10

VETERANS O/50

1. J. Amies	Macc	2.24.18
2. J. Carrier	GPT	2.28.20
3. J. Clemons	Merc	2.29.59
4. J. Coombes	N'port	2.35.22
5. C. Latter	Tatten	2.35.35

LADIES

1. T. Sloan	Salf	2.26.23
2. K. Harvey O/35	Alt	2.29.53
3. S. Hales O/35	Macc	2.33.25
4. J. Burthem	Warr	2.37.49
5. A. Tentiford	Macc	2.44.07
6. J. Smith	Bing	2.47.17
7. L. Hayles	H'fax	2.48.10
8. A. Jorgenson O/35	P'stone	2.50.05



Mervyn Keys, winner at Whinberry Naze, pictured at Black Combe
Photo: Steve Bateson

'FELLDANCER' WHINBERRY NAZE DASH
Lancashire
BS/4.5m/800ft 26.12.96

Superb fancy dress once again was the order of the day for this immensely popular event, we even got a mention on Blue Peter! Mervyn Keys back from injury sustained in the K.I.M.M. surprised him by winning and dressed very topically as a dalmation dog. Things might have been different though had Tom Richardson not taken a wrong turning somewhere on a well flagged route, whilst holding a winning lead. Once again the weather was kind to us providing a clear and cold sunny winters day, the ground underfoot being hard and rutted with patches of ice. One hundred and ninety eight runners toed the line, perhaps eighty percent in fancy dress attire. Todmorden Harriers once again opting for the collective costume caper as the wedding party, complete with bridegroom, vicar, etc, and tape of "Here comes the bride". Santa was there as usual on the summit to dish out the smarties.

Most category winners received a pair of 'Fell dancer' shoes for their efforts compliments of local fell shoes manufacturers 'felledancer'.

Graham Wright

1. M. Keys	Ross	24.52
2. D. Flatley	Horw	24.56
3. G. Schofield V	Horw	25.03
4. A. Gartside	Sadd	25.07
5. A. Maloney	Roch	25.26
6. T. Richardson	Thames	25.49
7. D. Woodhead	Horw	25.51
8. B. Cole	Horw	25.58
9. J. Taylor	Clay	26.50
10. P. Lyons V	Ross	26.51

VETERANS O/40

1. G. Schofield	Horw	25.03
2. C. Davies	Sadd	28.16
3. A. Lewsley	Kesw	28.20
4. P. Stones	Comb	28.34
5. K. Masser	Ross	28.52

VETERANS O/45

1. A. Brentnall	Penn	27.32
2. J. Hope	AchRat	27.47
3. D. Beels		27.55
4. K. Taylor	Ross	30.00
5. S. Furness	Black	30.09

VETERANS O/50

1. P. Lyons	Ross	26.51
2. R. Jaques	Clay	30.06
3. M. Moore	Salf	31.25
4. T. Eckersley	Sadd	31.36
5. P. Jepson	Ross	31.56

LADIES

1. E. Batt	Unatt	30.11
2. J. Clark	P&B	30.30
3. V. Shotton	P&B	32.00
4. A. Brentnall O/35	V Stdrs	32.54
5. S. Watson O/35	V Stdrs	33.20
6. L. Whittaker	Sadd	33.37
7. S. Lewsley O/35	Kesw	35.41
8. D. Fleming O/35	Ross	36.21

WANSFELL
Cumbria
AS/3m/1500ft 27.12.96

Once again snow and ice covered the fell for the race, however this did not deter the hundred competitors who braved the conditions on what was a beautiful day. The results speak for themselves. Well done, Ian Holmes and indeed everyone else who safely negotiated the course. Many a slip between top and bottom and probably on both.

1. I. Holmes	Bing	20.27
2. R. Jebb	Bing	21.10
3. M. Rigby	Amble	21.22
4. N. Conway	DkPk	21.34
5. J. McQueen	Eryri	22.06
6. G. Schofield V	Horw	22.07
7. J. Hooson	Amble	22.11
8. M. Whitfield	Bing	22.26
9. M. Proctor	Clay	22.30
10. C. Moss	Bing	22.35

VETERANS O/40

1. G. Schofield	Horw	22.07
2. B. Whitfield	Bing	22.44
3. W. Procter	Kend	22.50

VETERANS O/50

1. D. Spedding	Kesw	23.30
2. P. Henebhan	B.Sh'p	28.34
3. R. Blamire	S.A.C.	29.17

LADIES

1. M. Todd	Amble	25.27
2. J. Salvona O/35	L'stn	27.49
3. J. Bateman	Ilm'l	30.50

JUNIORS

1. B. Procter	Kend	26.57
2. M. Tannahill	Ewsb'	33.29

COLEY CANTER
West Yorkshire
BS/7m/1000ft 27.12.96

A covering of snow, overnight frost and clear skies made for an invigorating race, especially for those runners (most of the field) who lost themselves on the paths through Royds Hall and Jagger Park Woods. Steve Oldfield had no such problems and eventual winner Kenny Stirrat took advantage of the Airedale veteran's local knowledge as the two ran together until half a mile from the finish. Stirrat had recently finished second in the Yorkshire Cross Country Championships and his strength was decisive as the pair tackled the final incline from Dean House to Shelf Hall Park. Richard Crossland, now running better than ever in his career, was third overall and second veteran. There was a gap of four minutes before Dave Woodhead, having incorporated most of the final leg of the Calderdale Way Relay in to his run, led in Shaun Addison and Peter Hughes. Young Amy Green of Spenborough took advantage of her colleague Kath Drake's navigational misfortunes to be first lady.

Thanks to all marshalls who braved the cold east wind. I am grateful both to those who had previously agreed to help and those who came to watch (including local officials of the C.T.C.) and were pressed in to service at the finish. Particularly useful were the latter group's suggestions about the organisation of future races.

Bon Horne

1. K. Stirrat	H'fax	42.26
2. S. Oldfield O/40	Bfd/Aire	42.39
3. R. Crossland O/40	Bfd/Aire	43.51
4. D. Woodhead	Horw	47.49
5. S. Addison	Clay	48.04
6. P. Hughes O/40	Q'bury	48.12
7. C. Oliphant	P&B	48.21
8. P. Whelan	Bing	48.40
9. C. Godridge	CalderV	48.52
10. D. Collins O/40	Tod	49.06

VETERANS O/50

1. J. Emmett	Bfd/Aire	50.38
2. M. Coles	Skyrac	55.36
3. C. Drake	Spn	60.50
4. D. Holden	W'field	62.48
5. E. Riddall	Unatt	63.29

VETERAN O/60

1. D. Halbottle	Kippax	72.15
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LADIES

1. A. Green	Spn	62.30
2. K. Drake	Spn	66.06
3. A. Keleher	Unatt	72.58

**GUISBOROUGH WOODS
HILL RACES
Cleveland
BS/5.75m/1000ft 27.12.96**

On an excellent running day when conditions had improved, from sheet ice the day before, to an inch of snow and a gentle sleety drizzle, there was a record entry for the event of ninety two athletes. Marco Cara blasted away from the start as if his life depended on it. This was possibly due to the fact that he had arrived three hours before the event thinking it was a ten o'clock start. Well I've always maintained a good warm up is necessary for a fast time; and so it proved with Marco establishing a massive lead of almost a minute after two miles. He went on to breeze in as if he was just starting and nearly had to hurdle the fence some fifty metres through the finish line due to the icy conditions and an inability to stop! The Burn brothers had a wonderful tussle in second place with Rob (first veteran) just squeezing Merv out in the final descent. In the Women's Race, Megan Smith ran an excellent race to beat her sister Jo, into second, whilst the first female veteran was Sue Yardley who just held on to third overall from Alice Bedwell. In the Men's super veterans Jon Williams showed that age has only marginally affected his form with an excellent nineteenth position overall, finishing ahead of Michael Hetheron, John Kettle and Len Small. The Junior Men's section of the senior race proved to be the closest battle of the day with superb performances from Robert Cole and Duncan Archer finishing seventh and ninth respectively. Joe Blackett managed to finish his fiftieth fell race of the year and was second counter in the winning Mandale team, together with Marco Cara Richard White and Kevin Carter.

1. M. Cara	Mand	36.48
2. R. Burn V	T&S	38.29
3. M. Burn	T&S	38.33
4. J. McCready	NewAyc	39.00
5. J. Blackett	Mand	39.15
6. F. Smith	Salt	39.20
7. R. Cole	Mand	39.54
8. K. Wood	Salt	40.12
9. D. Archer	Oxf Uni	40.20
10. W. Boyes	Cleve	40.42

VETERANS O/40		
1. R. Burn	T&S	38.29
2. R. Pollard	Mand	41.32
3. S. Davies	Mand	42.41
4. S. Mummery	R'trees	43.15
5. C. Todd	H'gate	44.00

VETERANS O/50		
1. J. Williams	Mand	42.33
2. M. Hetheron	R'trees	45.25
3. J. Kettle	NewMske	47.19
4. L. Small	Mand	48.03
5. A. Wikeley	T&S	48.17

LADIES		
1. M. Smith	HBT	42.55
2. J. Smith	DkPk	44.01
3. S. Yardley O/35	H'pool	47.21
4. A. Bedwell	MDC	47.30
5. A. Lenderyou	Darl	49.25
6. S. Jemson	N.M.H.	57.41
7. C. Mears	Darl	59.41

JUNIOR RACE		
1. M. Gibson	Wigg	15.25
2. M. Turnbull	NewAyc	16.12
3. R. McManus	Mand	18.07

JUNIOR FEMALE RACE		
1. S. Hine	Mand	19.59

**NINE STANDARDS FELL RACE
Cumbria
6m/800ft 1.1.97**

Organisers made the cautious decision to run this New Year's Day race over an alternative lower level route, due to unsettled wintry weather conditions. The six mile course still included a respectable eight hundred feet of climb and covered a variety of terrain, road, rough grazing and brid-leways. Arrangements were otherwise as normal with the Kirby Stephen Sports and Social Club providing the venue for registration, hot showers, soup for competitors, presentation of trophies and licensed bar.

A Richardson

1. C. Valentine	Kesw	41.12
2. A. Dickenson	DkPk	41.28
3. M. Addison	Clay	41.49
4. A. Meanwell	Borr	41.56
5. P. Kelly	Darl	42.17
6. P. Brittleton	Howg	43.02
7. A. Turner O/45	Clay	43.32
8. P. Corris O/40	L&M	43.39
9. T. Houston	Bow	44.36
10. L. Orr	Bow	44.39

VETERANS O/40		
1. P. Corris	L&M	43.39
2. J. Rodgers	L&M	45.17
3. R. Simpson	Dallam	51.16

VETERANS O/45		
1. A. Turner	Clay	43.32
2. M. Winstanley	Unatt	46.56
3. L. Stephenson	Kend	47.06

VETERANS O/50		
1. P. Dowker	Kend	46.39
2. G. James	B&F	48.27
3. T. Faulkner	Wilms	51.57

VETERANS O/55		
1. J. Simpson	Prest	47.11
2. R. Smith	Amble	55.57
3. K. Gresty	Wesham	56.40

VETERAN O/60		
1. R. Bray	B&F	48.16

LADIES		
1. S. Brown	Bow	46.36
2. A. Lenderyou	Darl	47.09
3. W. Dodds O/45	Clay	49.36

**CAPTAINS COOKS RACE
North Yorkshire
BS/5.5m/750ft 1.1.97**

A good turn out despite very poor weather on the day before the race. Roads blocked by snow and a heavy covering on the ground. The race was run in very snowy conditions, and a snow storm developed as the runners reached the top of Cooks monument. Heavy snow resulted in slower times.

No injuries and a good time for spectators and runners was had in the Royal Oak after the race.

1. M. Cara	Mand	32.32
2. P. Wragg	Thirsk	34.11
3. J. Blackett	Mand	34.29
4. R. Cole	Unatt	35.21
5. R. White	Unatt	35.27
6. M. Brunskill	NewAyc	35.30
7. S. Mechie	T&S	35.45
8. D. Mason	Tri	35.46
9. K. Carter	Mand	36.07
10. G. Barnes	Mand	36.20

FIRST VETERAN O/50		
1. B. Pollard	Mand	36.44

FIRST VETERAN O/50		
1. J. Williams	Mand	37.02

FIRST LADY		
1. S. Yardsley	Unatt	40.18

FIRST LADY VETERAN		
1. R. Fletcher	Tyne	42.20

FIRST JUNIOR MALE		
1. P. Hardy	Loft	41.03

FIRST JUNIOR FEMALE		
1. K. Hare	Loft	45.00

**ST. JOHNS FELL RACE
Isle of Man
AS/3m/900ft 1.1.97**

Due to a problem with access, the Carraghyn Race had to be moved from its traditional New Years Day date to May and the St. Johns race brought forward to replace it.

The switch turned out to be a resounding success with a record entry lining up for the opening round of the Managrakem sponsored Manx Fell League.

Douglas Postman Paul Clarke, whose brother Graham had won the event in record time the previous year, led from start to finish. He was pushed hard all the way by Laxey's Steve Partington with Onchan's Phil Cairn producing a storming finish to take third place overall in a new veterans course record.

Colby farmer, Brenda Walker, was top lady knocking nine seconds off her own record standing from last year.

Post race refreshment and prize presentation were held at the Farmers Arms which is conveniently positioned opposite the finish to round off a very pleasant afternoon.

1. P. Clarke	MH	24.28
2. S. Partington	MH	24.47
3. K. Callister	MH	25.03
4. I. Rowan	MH	25.26
5. T. Rowley	MFR	26.18
6. P. Crowe	NAC	26.20

VETERANS O/40		
1. P. Cain	NAC	24.54
2. M. Lambden	MH	24.57

3. R. Stevenson	MFR	26.26
4. S. Garry	MFR	27.18
5. P. Cooper	IoM Vets	28.04
6. A. Postlethwaite	NAC	28.15

VETERANS O/50		
1. D. Corrin,	MH	26.56
2. S. Cox	MH	29.49
3. S. Moynihan	SAC	31.23

LADIES		
1. B. Walker	MH	27.15
2. S. Maddrell	WAC	30.02
3. R. Hooton	MH	30.10

**TOR OUTDOOR OVENDEN
FELL RACE
West Yorkshire
BM/8m/1200ft 4.1.97**

Putting flags out onto the snow covered moor on Friday afternoon, the biting wind whipping snow in our faces and the frozen ground resisting our attempts to shove our thick wire markers in, we soon realised that we were onto a hiding to nothing. As we reached Ovenden Moor, the snow was becoming too deep to run through, at times as much as knee deep. As we climbed to the highest point of Hambleton Lane we were sinking to our waists, the drifts covering the walls on either side.

A decision was taken at this point and we made our way to the road, the safest way, through three miles of road, back to Ogden Water. Though the road was covered with packed snow and ice with occasional two foot drifts, our journey was fairly swift and trouble free. This route, out and back would be our contingency plan.

Carol set off for the furthest point on Saturday morning, complete with fluorescent jacket and winter survival gear. Rob Adamson turned up to marshal at the Withens Inn, highest pub in West Yorkshire, and Pete Jebb, Eileen Woodhead and Granville Beckett were on hand to help me with registration and finish recording.

Although a 'road race', the event still held many of the ingredients of a tough fell race - a fair amount of up and down, hard going underfoot and the feeling of putting yourself against the elements. Quote of the day, from one finisher, "it was like running a road race in wellies". A winning time of forty four minutes for six miles and seven hundred feet seems to put it in perspective.

Kenny Stirrat ran home forty nine seconds clear of Shane Green of Pudsey and Bramley, both men picking up prizes of outdoor gear from our sponsors Tor Outdoor of Skopos Mill, Batley. Jean Shotter, was overtaken on the return journey by Lucy Whittaker of Saddleworth who was delighted with her £49 worth of 'Micro Top' cagoule from Tor.

In addition, our sponsors offered a generous discount to all entrants at their outdoor shop, on production of their race number.

Thanks to everyone who helped make this event a success, the Whole Hog Inn, who provided good beers and food afterwards, and the runners for turning up.

Allan, Carol and Katie G.

1. K. Stirrat	H'fax	44.04
2. S. Green	P&B	44.53
3. A. Garside	Sadd	45.37
4. G. Devine	P&B	46.07
5. A. Whalley	P&B	46.12
6. G. Oldfield	Bfd/Aire	46.36
7. D. Woodhead	Horw	46.53
8. T. Hobbs	Clay	47.07
9. M. Burton	Aust	47.27
10. R. Crossland V	Bfd/Aire	47.49

VETERANS O/40		
1. R. Crossland	Bfd/Aire	47.49
2. B. Goodison	Abbey	48.09
3. P. Hughes	Q'bury	48.19
4. N. Pearce	Ilk	50.13
5. R. Furtrell	Holm	51.15

VETERANS O/50		
1. G. Breeze	Skyrac	54.47
2. R. Bradley	Holm	55.00
3. N. Berry	Holm	55.10

VETERAN O/60		
1. B. Smith	Clay	65.40

LADIES		
1. L. Whittaker	Sadd	56.09
2. J. Shotter	P&B	56.38
3. G. Leary O/40	H'fax	62.39
4. J. Sanderson O/45	Bfd/Aire	62.40
5. L. Hayles O/40	H'fax	64.00
6. M. Ashton O/40	Clay	67.37

**THIRTEENTH CHASE TRIG
POINT RACE
Staffordshire
CL/15m/1500ft 4.1.97**

After years of grey skies, the snow finally came and a white trig point race occurred. Numbers were down on previous years probably due to the weather and also to the flu epidemic which has swept the country. This also had an effect on help, but we coped and a big thank you must go to all the helpers on what was a very cold day.

This year's race was won by a determined Dave Troman back after an absence of a number of years. He took the field by storm and a split in the leaders after the first road crossing helped him pull away from Steve Palmer with Jon Forster and Mark Hartell taking a different route. By the return road crossing, Dave was clear with Steve Palmer reviving into second place. By the end, Dave was well clear, but a late charge from the record holder Jon Forster brought him into third spot.

An 'in form' Elizabeth Batt won the Ladies race, but was chased hard all the way by previous winner Christine KilKenny.

Next year will probably be back to mild conditions.

Richard Day

1. D. Troman	Kesw	1.33.53
2. S. Palmer	Staff	1.36.48
3. J. Forster	Notts	1.38.26
4. M. Hartell	Macc	1.41.56
5. M. Wynne V	DkPk	1.41.57
6. T. Werrett	Merc	1.42.09
7. S. Houghton	CalderV	1.42.22
8. J. Picklesley	Notts	1.42.27
9. M. White	Hunc	1.42.29
10. N. Pearson	Stour	1.42.29

VETERANS O/40

1. M. Wynne	DkPk	1.41.57
2. S. Houghton	CalderV	1.42.22
3. A. Dodd	PMAC	1.42.38
4. M. French	Staff	1.42.41
5. M. Hartley	Macc	1.43.58

VETERANS O/50

1. B. Russell	Dud/King	1.44.14
2. J. Marsh	TarHen	1.50.03
3. E. Cockayne	Birch	1.51.34
4. R. Hyman	Merc	1.52.36
5. J. Heywood	Hunc	1.52.42

LADIES

1. E. Batt	Unatt	1.53.15
2. C. KilKenny O/35	C&S	1.54.40
3. V. Musgrove O/35	Wrex	2.05.51
4. L. Lee O/35	Staff	2.08.31
5. N. Barton	Staff	2.13.35

**THE DARREN
Gwent
AS/3m/1070ft 11.1.97**

Mark Croasdale made the long journey from Devon to test his early season form and came away with a new course record. Matthew Collins, the Welsh junior pushed Mark hard to the summit only to lose five places on the way down. Having forgotten his fell shoes and taking a fall and badly cutting his knee, he's now got a new nick name - Wallace, as in 'the wrong shoes'.

Alice Bedwell was way outside the course record, set by her club mate, Ann Nixon in 1995, of twenty four minutes and thirty six seconds.

1. M. Croasdale	Bing	19.33
2. G. Patten	P&B	20.52
3. M. Duxbury	Horw	20.57
4. P. Maggs	MDC	21.44
5. G. Jones	MDC	22.17
6. J. Bass	MDC	22.34
7. M. Collins	MDC	22.42
8. H. Richards V	Swan	22.45
9. J. Sage	Ilk	22.52
10. M. Ligema V	Croft	23.10

VETERANS O/40

1. H. Richards	Swan	22.45
2. M. Ligema	Croft	23.10
3. C. Taylor	Merc	23.48
4. P. Lewis	F'water	24.18
5. J. Sweeting	MDC	24.38

VETERANS O/50

1. E. Meredith	MDC	25.52
2. D. Finch	MDC	26.52

LADIES

1. A. Bedwell O/35	MDC	26.26
2. J. Harrison	MDC	28.39
3. B. Gamblin	MDC	31.05
4. R. Jones	N'port	40.21



Bingley's Robert Jebb, third at Boulsworth Hill
Photo: Peter Hartley

**THE LAMBS LEG
Derbyshire
AS/2.75m/900ft 12.1.97**

Race organisers, Dale Gartley and Doreen Madden deserve double the usual plaudits for organising this race twice in two months. Although conditions were not as severe as in January, when the race was originally to have been run, the field of nearly fifty runners were still lashed with rain driven by gale force winds. This meant there was a fast start as everyone tried to get warm. John Chambers, set the early pace but was overhauled by the two Andys (Trigg and Maloney) with Trigg opening a winning lead on the steep climb to South Head. Glossopdale won the team prize with Bill Robinson their third counter.

The womens' race was won by junior Naomi Squires ahead of the more experienced Aileen Mason. It was also three juniors from Buxton AC, who won the women's team prize with Lyndall Lohman and Emma Hudson finishing third and fourth.

1. A. Trigg	Gloss	21.09
2. A. Maloney	Roch	21.28
3. J. Chambers	N.Derb	22.25
4. M. Brown O/40	Bux	22.39
5. R. Taylor O/45	Penn	23.09
6. J. Sage	lckley	23.23
7. A. Oldham	E.Chesh	23.57
8. S. Entwisle O/40	Gloss	24.39
9. D. Norman	Alt	25.11
10. P. Boardman	Horw	25.15

FIRST VETERAN O/50

1. J. Norman	Alt	27.04
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LADIES

1. N. Squires	Bux	33.10
2. A. Mason O/40	Macc	35.56
3. L. Lohman J	Bux	37.27
4. E. Hudson J	Bux	37.39
5. L. Hawthorn	Gloss	37.45
6. M. Egerton O/35	Unatt	39.15
7. C. Fordham	Ashby	41.17
8. M. McGeough	Man	42.15

**BOULSWORTH HILL FELL RACE
Lancashire
BM/6.5m/1200ft 18.1.97**

Both pre-race favourites came home to their expected victories, though Mervyn was pushed hard by Shaun Livesey. Carol had almost four minutes in hand over her nearest rival as she continues on her latest 'comeback'.

Only one junior bothered to turn up, causing the race to be cancelled. I will have to consider whether it is worth the effort of putting on an event if it is not going to be supported. Your views on this please!!

Found: one sports wallet and one pair of spectacles. To claim, please contact Duncan on 01282 613559.

1. M. Keys	Ross	47.07
2. S. Livesey	Clay	47.24
3. R. Jebb	Bing	48.34
4. M. Horrocks	Unatt	49.04
5. G. Devine	P&B	49.12
6. S. Greene	P&B	49.51
7. G. Patten	P&B	50.10
8. G. Watson	Alt	50.15
9. M. Woods	Clay	50.21
10. S. Sweeney	Clay	50.36

VETERANS O/40

1. G. Schofield	Horw	50.46
2. G. Appleyard	Fellan	54.29
3. D. Tait	DkPk	55.13
4. D. Thompson	CalderV	57.40
5. F. Judge	Clay	58.02

VETERANS O/50

1. K. Carr	Clay	54.52
2. N. Berry	Holm	59.43
3. R. Jaques	Clay	60.15
4. G. Breeze	Skyrac	63.46
5. W. Mitton	AchRat	65.40

VETERANS O/60

1. B. Smith	Clay	72.22
2. D. Clutterbuck	Roch	73.44
3. J. Newby	Tod	84.20

LADIES

1. C. Greenwood	Bing	57.38
2. S. Brown	Bow	61.20
3. C. Young O/35	Lds Cty	64.03
4. L. Hayles O/35	H'fax	68.15
5. W. Dodds O/45	Clay	68.34
6. J. Smith O/35	Bing	69.22
7. J. Woods	Ross	73.35
8. M. Plumley O/35	Clay	81.00

DEVILS CHAIR DASH

There were four hundred and fifty starters. Two hundred and forty six finished under the hour, claiming certificates. Four hundred and fifty pounds went to the Hospice.

The conditions were fine, cold, hard and icy. With a very fast pace, both the mens and ladies records were broken. Three bottles of scotch (free) consumed at summit, (complaints not enough!). Thanks to all who turned out to make a smashing day.

1. T. Davies	Merc	21.55
2. I. Coupland	Telf	22.36
3. E. North	S'bury	22.59
4. N. Smith	S'bury	24.05
5. K. Hodgkiss		24.20
6. B. Connor		24.33
7. I. Powell	Wrek	24.52
8. S. Trow	Paras	25.08
9. R. Evason	S'stone	25.16
10. M. Barrat	S'bury	25.19

VETERANS O/40

1. G. Jones	S'bury	26.03
2. P. Cornwell		26.13
3. E. Davies	Merc	26.24
4. L. Jones	Wrek	26.33
5. P. Stott		26.57

VETERANS O/50

1. J. Clemens	Merc	26.21
2. B. Morris	Wrek	27.36
3. P. Smith	S'bury	27.50
4. E. Owen		30.09
5. P. Jones	Wrek	30.51

LADIES

1. C. James	L'boro	28.34
2. C. Lorimor		29.36
3. J. Clarke		30.06
4. A. Scriven	Tatt	30.34
5. A. Talbot	OswOly	31.41
6. K. Mather		31.50
7. H. Tedcastle		32.23
8. J. Davies	Merc	33.38

ASHURST BEACON RACE

Lancashire

BS/5.9m/950ft 19.1.97

An invasion from Mersey Fell Runners almost resulted in a clean sweep, with Paul and Lee Cadwallader and John Hunt separated only by Steve Culshaw from Horwich, but 1995 winner (and this years first veteran again) Tony Hesketh, also from Horwich, was not far behind. Next year I promise not to forget an ample quantity of a suitable liquid as prize for the best team!

Jane Sullivan had an excellent run to reduce the ladies record by another one and a half minutes, with previous holder Jan Harris spectating.

The times on the whole seemed to be about one and a half minutes slower than last year, probably because of the muddy conditions compared to the icy ground of last year. Even allowing for this, Mark Croasdale's 1996 record looks a very good time. As a special incentive there'll be a special prize on offer next year for anyone beating Mark's record of thirty five minutes and nine seconds.

This year we had the benefit of sponsorship from Burtonwood Brewery in the form of numerous sweat and t-shirts. My thanks to Frank Johnson, their Marketing Manager, and also to Alan Williams, landlord of the Prince William, for again providing the trophies.

Andy Quickfall

1. P. Cadwallader	Mersey	37.09
2. S. Culshaw	Horw	37.37
3. J. Hunt	Mersey	37.58
4. L. Cadwallader	Mersey	38.24
5. T. Hesketh V	Horw	38.56
6. A. Alty	Unatt	39.45
7. G. Finch	Horw	39.48
8. A. Duncan V	Mersey	39.51
9. C. Pedder	Newb'	40.14
10. S. Davenport	Southp'	40.29

VETERANS O/40

1. A. Duncan	Mersey	39.51
2. D. Asheroft	S.Liv	41.53
3. J. Chaplin	Chor	43.07
4. S. Lorimer	Trenth	43.43
5. N. Cochrane	Newb'	44.43

VETERANS O/45

1. T. Hesketh	Horw	38.56
2. M. Crook	Horw	44.23
3. A. Sweatman	Horw	44.49
4. M. Potter	Mersey	44.58
5. G. Corless	ManYMCA	45.19

VETERANS O/50

1. P. Gillham	Chor	42.27
2. C. Slavin	L'pool	44.53
3. P. Watson	Horw	48.26
4. B. Evans	P'atyn	48.29
5. J. McDonald	Chor	48.44

VETERAN O/60

1. J. Townson	Chor	51.59
2. B. Smith	Clay	53.06

LADIES

1. J. Sullivan	Wigan	44.10
2. C. Lorimer O/35	Cosmic	48.12
3. H. Sandelands O/35	Skem	49.15
4. C. Wright O/35	Horw	51.12
5. S. Charman O/45	Hels	52/32
6. J. Chaplin O/35	Chor	53.47
7. C. Lyon	Newb	55.18
8. J. Griffiths O/40	S.Liv	56.14

AULD LANG SYNE FELL RACE

West Yorkshire

BM/6m/1000ft 19.1.97

1. I. Holmes	Bing	34.20
2. S. Hawkins	Bing	36.00
3. G. Devine	P&B	36.08
4. S. Oldfield V	Bfd/Aire	36.12
5. G. Oldfield	Bfd/Aire	36.39
6. S. Green	P&B	36.54
7. A. Whalley	P&B	37.40
8. G. Rees-Williams	Eryri	37.53
9. J. McQueen	Eryri	37.59
10. D. Woodhead	Horw	38.47

VETERANS O/40

1. S. Oldfield	Bfd/Aire	36.12
2. D. Beels	Roch	40.51
3. J. Dore	Roch	42.58
4. L. Sands	Unatt	43.00
5. P. Corris	L&M	43.03

VETERANS O/50

1. G. Howard	Ilk	44.38
2. J. Emmott	Bfd/Aire	45.27
3. N. Dyson		50.30
4. D. Brown	Clay	51.58
5. G. Riley	Unatt	52.16

LADIES

1. C. Greenwood	Unatt	42.39
2. E. Batt	Unatt	42.55
3. J. Smith O/35	Bing	52.31
4. S. Taylor	Darwen	53.12
5. J. Sanderson O/40	Bfd/Aire	54.50
6. A. Dennison	Bfd/Aire	54.53
7. M. Ashton O/40	Clay	55.13

SOREEN STANBURY SPLASH

West Yorkshire

BM/7m/1200ft 26.1.97

War of the roses

The coveted Keighley news team trophy left its home in Yorkshire for the last thirteen years, as the white rose teams of Bingley, and Pudsey and Bramley were finally beaten by the red rose of Lancashire in the form of Horwich RMI Harriers. In fact the wound went deeper, as it was a Yorkshire athlete, the organiser, Dave Woodhead who anchored his team to victory with thirteenth place.

This famous club dates back to 1924 when an enthusiastic group of young men formed a small section of the railway athletic association at the Horwich works, naming themselves Horwich Railway Mechanics Institute Harriers and Athletic Club, or simply Horwich RMI Harriers as we all know it today. Hence the club colours being that of the Lancashire and Yorkshire railway company, red and black, red representing the bright red of the steam engine boiler, and black, the colour of the wheel frames.

Adding more steam to the engine of Horwich was sixteen year old John Robertson who shattered the existing under eighteen record by two minutes to finish twenty-eighth overall. John will be targeting the Gold medal award for the under eighteen English championship this year, to add to his British under twelve Bronze and under fourteen Silver. Lancashire also supplied the first over fifty, Keiran Carr and over sixty, Ron Bray who despite suffering from jet lag after recently returning from America he took a staggering eight minutes off Brain Leathley's 1994 record.

Yorkshire however did retain some dignity with the two individual winners, Ian Holmes and Carol Greenwood. In fact Carol's reign is as old as the race itself, because in its inaugural year 1984, Carol won running in the Holmfirth colours, under her maiden name Haigh. Since then under Haigh she won in 1985 and 1989 before the nineties saw her victorious in 1992 and 1993 running as Mrs. Greenwood.

Although Holmes married he never changed his name and has it on the trophy twice, retaining it in emphatic fashion to secure his second course record in successive weekends from Penistone hill, in the 'woodentops' promotions.



Ross Jacques, Clayton, 2nd V50 at Stanbury Splash
Photo: Steve Bateson

Finishing twenty-first in the Northern Cross Country twenty-four hours previous, certainly does not take the edge off him and within half a mile of the start ran solo, in mild weather. "My legs were a bit stiff before the start. But once I got going I felt much better, and it was just a case of running as fast as I could from then on. When I set the record last year at forty six minutes and fifteen seconds, I did so in thick snow. This year I knew I could better that time by some way. And it was pleasing to do so by so much". More importantly he also claimed the locals trophy, but has a lot more years of Stanbury running to eclipse Ian Fergusons record of five straight wins, as 'Ifly' would say "a bit more training, you'll get there Ian". His sights firmly on the English over forty championship, Steve Oldfield stormed back to third position, and another record. An encouraging twenty-two under fourteen's raced round the quarry run, with Halifax's Nicholas Fryer having the edge on Settles Thomas Mitcham and James Rodgers.

One notable performance was by Joshua Addison who came with his parents from Kendal, start time looming saw his duffle coat and jumper cast aside. In his haste he ran in his wellies, amazement enough, but more astonishing as he finished was the realisation they were on the wrong feet!!

Darby and Joan

1. I. Holmes	Bing	44.22R
2. S. Willis	Tod	46.41
3. S. Oldfield V40	Bfd/Air	46.43R
4. G. Devine	P&B	46.57
5. G. Oldfield	Bfd/Air	47.01
6. S. Green	P&B	47.13
7. J. Mitcham	Sett	47.59
8. S. Culshaw	Horw	48.04
9. T. Hobbs	Clay	48.08
10. G. Schofield V40	Horw	48.16

VETERANS O/40

1. S. Oldfield	Bfd/Air	46.43
2. G. Schofield	Horw	48.16
3. A. Heskith	Horw	48.23

VETERANS O/50

1. K. Carr	Clay	53.21
2. R. Jaques	Clay	56.04
3. G. Breze	Skyrac	59.00
4. J. Emmott	Bfd/Air	59.11

VETERANS O/60

1. R. Bray	B/pool	60.24R
2. J. Newby	Tod	74.03

LADIES

1. C. Greenwood	Bing	54.46
2. E. Batt	Unatt	56.15
3. H. Johnson	Harr	61.38
4. P. Oldfield V35	Bfd/Air	63.42
5. L. Hayes V40	Hfx	64.25
6. J. Smith V35	Bing	65.58
7. C. Dewhurst	Clay	66.45
8. A. Hood	Ilk	67.18
9. J. Dowling	Tod	68.17
10. M. Ashton V40	Clay	68.53
11. R. Gooch V40	Ilk	70.32
12. S. Taylor	Darw	70.50

Youths U/18

1. J. Robertson	Horw	52.05R
2. L. Loughlin	Sett	55.17

BOYS & GIRLS U/14

1. N. Fryer BU14	Hfx	5.42
2. J. Mitcham BU14	Sett	6.09
3. M. Bridge BU/12	Hynd	6.13
4. D. Shepherd BU/9	Sett	6.36
5. S. Shepherd GU/14	Sett	6.55
6. J. Astin GU/12	Roch	7.12
7. L. Bridge GU/9	Hynd	9.46

BOYS & GIRLS U/16

1. K. Wright	Unatt	12.35
2. J. Astin G	Roch	13.23
3. N. Biddle G	Hynd	13.50

LACKENBY LIMP HILL RACE
Cleveland
BM/7m/1200ft 26.1.97

1. R. Burn	T&S	33.09
2. M. Burn	T&S	33.16
3. R. White	Mand	34.07
4. A. Carruthers	Craw	34.11
5. M. Cara	Mand	34.17
6. J. Blackett	Mand	34.28
7. I. Ellemore	Scar	34.34
8. K. Carter	Mand	34.59
9. W. Boyes	Cleve/Tri	35.15
10. P. Kelly	Darl	35.31

VETERANS O/40

1. R. Burn	T&S	33.09
2. M. Garratt	Mand	35.52
3. R. Pollard	Mand	36.08
4. S. Mummery	R'trees	36.47
5. S. Davis	Mand	37.18

VETERANS O/50

1. J. Williams	Mand	36.08
2. J. Kettle	NMH	38.37
3. M. Hetherington	R'trees	38.52
4. A. Wikeley	T&S	40.36
5. R. Sherwood	NMH	40.37

LADIES

1. A. Lenderyou	Darl	41.11
2. S. Jackson	M&C	41.38
3. S. Webb O/35	Unatt	42.28
4. G. Hale	Mand	42.55
5. H. Young	Qkrs	44.30
6. S. Jemson O/35	NMH	47.29
7. C. Mears	Darl	47.25
8. A. Brown		47.40



Gary Sumner, Rossendale, completing Ogden Moors
Photo: Steve Bateson

OGDEN MOORS FELL RACES
West Yorkshire
CM/6m/700ft 1.2.97

Good visibility, a light breeze and dry underfoot conditions greeted our second largest entry here at Ogden Moors. Mervyn Keys of Rossendale took the race by the horns and soon set about dragging out the crocodile of one hundred and fifty two runners. Previously fourth (last year) and third in 1993 when Tim Lofthouse set the record, Mervyn was not going to be anybody's bridesmaid this year, as he stormed round taking the finish officials almost by surprise, and clocked up a new record of thirty one minutes and twelve seconds, an impressive one minute and twenty nine seconds off Tim's previous best mark.

Sarah Rowell was in a league of her own, her third successive visit to Ogden Moors, resulting in her third successive lowering of the ladies record. Eighteenth overall and one minute forty eight seconds off last years mark makes impressive reading. After flagging the course the day before and helping set up registration and putting up the car park signs, Carol left Katie with Grandma and joined in the fun - finishing second in thirty eight minutes and fifty two seconds. This turned out to be a warm up for Mickleden Straddle the day after where she smashed the record by about four minutes.

Thanks to Yorkshire Water, Calderdale Countryside services, Farmers Midgley and Schofield and staff at The Whole Hog. Finally - thanks to all the runners for turning up. See you soon.

Allan, Carol and Katie Greenwood

1. M. Keys	Ross	31.12
2. G. Patton	P&B	31.34
3. T. O'Kell	Stock	31.46
4. G. Devine	P&B	31.52
5. S. Oldfield V	Bfd/Aire	32.12
6. G. Oldfield	Bfd/Aire	32.23
7. A. Whalley	P&B	33.01
8. M. Horrocks	Roch	33.06
9. A. Maloney	Roch	33.38
10. A. Preedy	Ross	33.53

VETERANS O/40

1. S. Oldfield	Bfd/Aire	32.12
2. R. Crossland	Bfd/Aire	34.08
3. R. Clucas	CFR	35.18
4. P. Hughes	Q'bury	35.22
5. D. Thompson	CalderV	36.06

VETERANS O/50

1. R. Jaques	Clay	38.17
2. I. Noot	EPOC	40.50
3. D. Owen	EPOC	41.07
4. R. Shaw	EPOC	41.39

VETERANS O/60

1. B. Smith	Clay	45.36
2. B. Leathley	Clay	46.50

LADIES

1. S. Rowell	P&B	35.08
2. C. Greenwood	Bing	38.52
3. K. Drake O/35	Spenn	39.37
4. R. Dunnington O/40	E.Chesh	40.16
5. L. Whittaker	Sadd	41.19
6. P. Oldfield O/35	Bfd/Aire	41.34
7. A. Lloyd	St.Bedes	43.06
8. J. Smith O/35	Bing	44.46

CREG-NY-BAA FELL RACE
Isle of Man
AM/10m/2700ft 1.2.97

Another record entry was received for this years race and they were rewarded with fairly mild conditions, but with mist patches affecting most of the summit checkpoints.

Port Erin's Ian Ronan blasted away from the Bungalow start and led for most of the ten mile course. At the final checkpoint on Mullagh Oyyr, Ronan still led but he was being caught by last years winner, Tony Rowley, from nearby Onchan.

The two leaders sprinted down over the old peat diggings towards the Bungalow finish and could not be separated on the line for a first ever dead heat in the history of the event.

Third placed and first veteran was Phil Cain, after a race long battle with fellow over forty, David Young.

Colby's Brenda Walker produced another excellent performance to place fifth overall and smash her own course record by over seven minutes.

1. I. Ronan	MH	1.21.59
2. T. Rowley	MFR	1.21.59
3. P. Crowe	NAC	1.26.29
4. B. Cannon	NAC	1.27.52
5. I. Watson	NAC	1.33.24
6. D. Maddrell	MFR	1.37.98

VETERANS O/40

1. P. Cain	NAC	1.22.53
2. D. Young	MFR	1.23.33
3. R. Stevenson	MFR	1.26.43
4. R. Webb	MH	1.31.14
5. A. Postlethwaite	NAC	1.31.33
6. S. Garry	MFR	1.38.21

VETERANS O/50

1. D. Corrin	MH	1.26.30
2. R. Callister	MH	1.42.01
3. S. Moynihan	SAC	1.42.37

LADIES

1. B. Walker	MH	1.24.48
2. S. Maddrell	WAC	1.43.12
3. R. Hooton	MH	1.43.39

BOX HILL FELL RACE
Surrey
BM/7.5m/1700ft 1.2.97

Question: What do you get when you mix a dry super-fast course, a six time champion in peak winter form, and a challenger determined to push him to the limit? Answer: a course record in a big way, by sixty two seconds to be precise.

So from the start it was Chris Beecham, fresh from his twenty sixth place and team gold medal in the Southern XC the week before against Ray Foley, fresher still from missing that race. The rest of the field had no choice but to let them go. As they left Headley for Mickleham after halfway, Ray opened a slight lead and Chris admitted later to being worried. But Ray had never run the race before - "I did a recon once but got it wrong", and Chris knew all the undulations and the places where real effort is needed. On the long grind up Juniper he finally broke away and went on to break his own five year old record. Ray was also inside that record, so he had had a really super run. A fine battle.

In the minor places Colin Parrack was third as he was last year, and perennial top six placer Kenny Leitch led the victorious Worthing team home in fourth. Another Worthing team regular, John Lowden, had just turned forty and was first veteran, fifteen seconds ahead of Mike Farmery. Only seven seconds slower was the first super vet, Graham Taylor in thirteenth overall, a very fine performance. There were more excellent super veteran results, with big names from the FRA scene in the north, Roger Bell and Norman Berry taking the next two places.

Among the ladies, Jackie Wastell also repeated last year's victory, and was over two minutes quicker than last year, despite the short cut taken then. She's just become a veteran and led a charge of the over thirty fives', with Ann Hazel and Raija Teinila in the next two places. One has to go as far as seventh lady before we find the first non-veteran. Do we need a 'junior' prize for under thirty fives'?

Thanks to SLOW for moving the club dinner to be the same day as the race, it made finding helpers much easier, but the downside is that I have to write this with a hangover.

Next year's race will be around the same date.

1. C. Beecham	LdnOK	47.17
2. R. Foley	Sutt	48.13
3. C. Parrack	Box	50.53
4. K. Leitch	Worth	51.12
5. M. Llynas	Thames	52.21
6. K. Duncan	Bshp Stort	52.32
7. T. Burton	MV	52.46
8. G. Scott	Army/Tri	53.27
9. M. Potter	LdnOK	53.54
10. J. Lowden V	Worth	54.10

VETERANS O/40

1. J. Lowden	Worth	54.10
2. M. Farmery	Thames	54.25
3. J. Crawford	Guild	55.36
4. M. Harvy	FRA	57.21
5. P. Sapsard	Redhill	57.30

VETERANS O/45

1. P. Oates	Herme	58.10
2. A. Clarke	Worth	58.24
3. C. Hack	P'mouth	60.01
4. R. Croen	Wood	61.01
5. D. Clark	Tad	61.04

VETERANS O/50

1. G. Taylor	D&MV	54.32
2. N. Berry	Holm	58.49
3. D. Barry	Worth	59.35
4. B. Mann	Bshp Stort	60.56
5. G. Newton	Tad	62.08

VETERANS O/55

1. R. Bell	Amble	57.34
2. D. Ockenden	Redhill	70.01
3. M. Jones	Camb	72.49

VETERANS O/60

1. M. Waddell	Graves	76.42
2. C. Prew	Spring	62.39

LADIES

1. J. Wastell O/35	LdnOK	59.14
2. A. Hazel O/35	Bshp Stort	61.30
3. R. Teinila O/35	SLOW	62.49
4. B. Willis O/35	Sutt	67.19
5. S. Ashley O/40	Epsom	67.59
6. S. Gilliver O/35	Epsom	68.37
7. V. Bringlow	Sutt	70.40
8. J. Munn	Tad	72.00

INTERMEDIATE

1. R. Milson	Spring	62.39
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EL-BRIM-ICK DASH

3m/800ft 2.2.97

With thanks to Aberdeen Council, the Forestry Commission and Scottish Agricultural College for access. Sunny but cold, dry underfoot.

With some moron removing some of the markers from the top of Brimmond, Greg had to wait for John to check the route and most people did a wee bit extra compared to usual. Otherwise Greg could have been close to Rob Herries 1992 record of twenty minutes and nine seconds. Sonia was a bit adrift from her 1995 record of twenty three minutes and twenty one seconds.

Ewen Rennie

1. G. Barbour	Cosmics	21.42
2. J. Buchan	Cosmics	21.49
3. D. Duguid	Aber	22.35
4. B. Sheridan	Cosmics	22.49
5. D. Gunn	Metro	23.09
6. D. McDonald	Cosmics	23.46
7. C. Simpson V	Aber	24.05
8. J. Stephen V	Ochil	24.25
9. G. Milne V	Cosmics	24.27
10. G. Yule V	Cosmics	24.41

LADIES

1. S. Armitage O/35	Cosmics	24.46
2. U. Simpson O/35	Aber	27.12
3. M. Stafford O/35	Cosmics	29.15
4. S. Buchan O/35	Cosmics	29.51
5. J. Leslie O/35	Garioch	34.45

THE THIRD ELRICK JUNIOR RACE

1. N. Harrison	Aber	10.38
2. B. Curtis	Banch	11.17
3. F. Davidson	Banch	12.53
4. Z. Davidson	Banch	14.22
5. M. Smith	Banch	14.23
6. K. Davidson	Banch	17.05

LARA CHEVIN FELL RACE

West Yorkshire
BS/4.5m/760ft 2.2.97

Thank you for taking part in this fell race at Milford. What a glorious day for running and I do hope that you were pleased with your own personal performance.

Despite running on his own for most of the way, it was pleasing that, in his first race of the year after recovering from the flu, Andy Wilton was only twenty two seconds outside his course record. Even closer to his own record was Arthur Gratton who was a mere five seconds adrift. Well done. Perhaps the records will go when the course is raced again in August - as long as we do not have the thunderstorm of last year!

David Denton

1. A. Wilton	Ronhill	25.48
2. J. Wainwright	D&C	27.54
3. P. Gebbett	Notts	28.40
4. G. Cresswell O/40	Penn	29.07
5. A. Laban	Ivan	29.07
6. A. Butler O/40	Shelton	29.47
7. L. Page	D&C	30.08
8. A. Gratton O/50	Staffs	30.17
9. J. Curtis	Derby	30.47
10. D. Abbey	Bing	30.55

VETERANS O/40

1. G. Cresswell	Penn	29.07
2. A. Butler	Shelton	29.47
3. M. Moorhouse	Matl	30.58
4. K. Jackson	MM	32.14
5. A. Wilson	Nott	32.33

VETERANS O/50

1. A. Gratton	Staffs	30.17
2. G. Smith	FRA	35.13
3. S. Wilson	Salf	39.15

FIRST VETERAN O/60

1. T. Long	Derwent	41.42
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LADIES

1. S. Sheriden O/35	A'bourne	37.15
2. G. Faye	Mars	56.03

SUGAR LOAF

Gwent
AS/3.5m/1150ft 8.2.97

1. M. Croasdale	Bing	25.52
2. P. Gardner	Heref	28.07
3. M. Collins	MDC	28.15
4. P. Maggs	MDC	28.20
5. M. Duxbury	Horw	28.45
6. T. Taylor	MDC	28.53
7. D. Lewis	F'water	29.13
8. H. Richards	Swans	29.26
9. J. Bass	MDC	29.47
10. J. Foster	Llis	30.18

VETERANS O/40

1. H. Richards	Swan	29.26
2. C. Taylor	Merc	30.34
3. S. Littlewood	Heref	30.41
4. J. Darby	MDC	31.56
5. P. Lewis	Fair	32.05

VETERANS O/50

1. E. Meredith	MDC	32.46
2. B. Martin	MDC	34.01
3. D. Finch	MDC	35.13
4. J. Darby	MDC	31.56
5. C. Jones	MDC	40.13

VETERAN O/60

1. J. Battersby	MDC	43.28
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LADIES

1. A. Nixon O/35	MDC	31.57
2. J. Harrison	MDC	36.19
3. H. Tedcastle	B'north	40.50
4. J. Stott O/35	MDC	41.22

JUNIORS

1. M. Collins	MDC	28.15
2. G. Lewis	Fair	31.53

SAUNDERS LAKELAND MOUNTAIN MARATHON

The nineteenth Saunders Lakeland Mountain Marathon began and finished at Stool End in Langdale with a sun-kissed overnight camp near Boot. Newly mown grass provided extra overnight luxury, with a water tanker that was to be seen again the following week at the Capricorn!

Day two saw the first use of a chasing start on the SLMM which avoided the chaos of previous years.

In reply to Simon of Settle, remember its the taking part that counts. It is enough to know that you were there. (HmMMM Blsheeeep). Well Done.

Simon Sarginson

KLETS CLASS

1. N. Bunn
2. M. Sleddon
3. G. Tompsett

FIRST LADY

1. G. Roberts

SCAFELL CLASS

1. R. Woods/R. Davidson
2. K. Dews/E. Winslow

FIRST MIXED TEAM

1. B. Clough/S. Hodgson

BOWFELL RACE

1. D. Gamble/B. Roberts
2. D. Feidi/J. Mayo

FIRST MIXED TEAM

1. G. Pettengell/R. Taylor

FIRST LADIES TEAM

1. H. Krymen/J. Jones

KIRKPELL CLASS

1. I. Mennie/A. Creber
2. J. Slater/C. Pollitt

FIRST MIXED TEAM

1. S. Brown/S. Sarginson

FIRST LADIES TEAM

1. A. Cooper/J. Jones

CARROCKFELL CLASS

1. B. Anglim/R. Savage
2. R. Tiley/G. Mills

FIRST MIXED TEAM

1. T. Hobbs/H. Jones

FIRST LADIES TEAM

1. L. Partridge/B. Heathcote

HARTERFELL CLASS

1. Jagan/?
2. H. Holmes/S. Hassel

FIRST LADIES TEAM

1. L. Osbourne/S. Perry

WANSFELL CLASS

1. N. Brammer/J. Brammer
2. K. Pollard/K. Abbott

THE 12TH TIGGER TOR FELL RACE

Derbyshire
BM/9.5m/1700ft 9.2.97

Congratulations to Keith Davis of Penistone winning this years race, in a time of one hour, twelve minutes and thirty six seconds. Eight seconds slower than he won last year, but on a course that measured 0.8 mile longer.

Jane Palmer her second Tigger Tor victory, the first being 1995, she's promised to return the trophy next year as well!

Nick Sercombe of Matlock had a victory for the second year running at over sixty.

Thanks to my wife Glennis and everyone who helped before, during and after the event. To all the runners who enjoyed themselves and did not have to run round those muddy rugby pitches at the start and finish.

One or two runners who upset registration and time keepers with unnecessary moaning, go and organise your own race next year, we don't need you!

Beware all those without kit, next year full body cover, map, whistle and compass must be carried. Kit check before and during the race.

I hope you all enjoyed it, I did. See you all next year.

Yours in sport, Don Longley

1. D. Keith V	P'stone	1.12.36
2. P. Deaville	Gloss	1.13.06
3. S. Bell	DkPk	1.13.12
4. B. Stocks	DkPk	1.14.40
5. M. Prady	Gloss	1.14.53
6. J. Blackett	Mand	1.14.58
7. A. Sealy	DkPk	1.15.28
8. G. Morson O/40	Bux	1.15.41
9. P. Crowson	DkPk	1.16.20
10. A. Carruthers	Crawl	1.16.25

VETERANS O/40

1. K. Davis	P'stone	1.12.36
2. G. Morson	Bux	1.15.41
3. T. Longman	Hunc	1.17.16
4. R. Pearson	Hallam	1.18.55
5. D. Tait	DkPk	1.19.20

VETERANS O/50

1. N. Sercombe	WtePK	1.21.34
2. A. Yates	DkPk	1.28.1
3. A. Burghall	Totley	1.28.3
4. R. Defaye	DVO	1.29.51
5. M. Cochrane	DkPk	1.30.34

VETERANS O/60

1. B. Howitt	Matl	1.32.32
2. C. Hensonhers	DkPk	1.37.00
3. G. Richardson	Clowne	2.01.20

LADIES

1. J. Palmer	Sheff	1.21.44
2. J. Jennings O/35	Roth	1.27.37
3. W. Barnes	Barn	1.30.35
4. J. Smith O/35	DkPk	1.32.12
5. K. Green O/35	DkPk	1.34.35
6. L. Bland	DkPk	1.35.37
7. J. Bednall	Sheff Tri	1.36.08
8. S. Grimes O/35	Owls	1.37.32

ROSSENDALE WAY RELAY 45/6m 9.2.97

TEAM RESULTS

1. Pudsey & Bramley	4.59.07
2. Horwich	4.59.24
3. Clayton 'A'	5.00.32
4. Bingley	5.13.27
5. Clayton Vets	5.13.30
6. Rossendale A	5.15.58
7. Bolton Utd	5.17.48
8. Preston	5.21.55
9. Rochdale	5.22.38
10. Todmorden	5.28.22

MIXED TEAMS

1. Accrington RR	6.20.15
2. Todmorden	6.28.17
3. Horwich	6.40.03
4. Clayton	6.42.04
5. Rochdale	6.45.57

LADIES TEAMS

1. Pudsey & Bramley	6.32.44
2. Clayton	6.52.03
3. Rossendale	7.38.16
4. Middleton	7.42.54

FASTEST LEGS

1. Selby/Flatley	Horwich	54.47
2. Stevenson/Maitland	P&B	49.30
3. Rice/Livesey	Ross	44.05
4. Greenwood/Wilkinson	Clay	41.32
5. Holmes/Peace	Bing	49.00
6. Keys/Corbett	Ross	48.00

SLIEVE GULLION Co. Down AS/3.5m/1000ft 9.2.97

Brian Ervine stamped his authority on mountain running with another outstanding performance at Slieve Gullion when he came home two minutes and twenty seconds clear of runner-up Neil Carty, and forty seven seconds inside his own 1993 record which stood at twenty nine minutes and fifty four seconds. Brian's new figure was a remarkable performance given the 'traditional' conditions on the day, ie. dense mist and extremely wet underfoot. Neil Carty in second place was timed at thirty one minutes and twenty seven seconds, which was a personal best for Neil, while several other runners also achieved PBs.

Mary Havern's record of forty one minutes and fifty five seconds set in 1996, was not challenged, despite a very good run by Anne Sandford time, which by the way was one of the top three times ever recorded on Slieve Gullion and well inside the inaugural record.

There was a disappointing turnout of just eighteen runners on Sunday, but this in no way detracted from an excellent afternoons sport with Slieve Gullion turning the tables on several runners just when they thought it was all over at the final North Cairn checkpoint. As in previous editions of Slieve Gullion in roughly similar weather this was literally the 'turning' point for runners of even the calibre of Jim Patterson. While Brian Ervine led from the start and was first through each of the three checkpoints with Neil Carty second, there were some quite dramatic happenings going on with regard to the following group of runners. At the first check in on the North Cairn, it was Ervine, Carty followed by Billy McKay, Jim Patterson still held third place on the return to the North Cairn with Somerville moving up to the fourth, Billy McKay back to fifth and McAlinden holding sixth.

At this point on Slieve Gullion all one has to do is run down to the finish by the most direct route. However, a quick glance at the map will show a more or less featureless terrain which in the 'pea-soup' conditions prevalent on Sunday can upset the best laid race plan. While Jim Patterson and Jeff Somerville charged merrily into the mist and down the long, descending Slieve Gullion ridge and further and further off course, the wily McKay followed by McAlinden took a bearing off to the right and off the ridge line to eventually finish third and fourth, while Patterson and Somerville eventually tailed home having lost over a quarter of an hour over the final mile! Taking fifth and sixth were Ron Schaefer and Ian McMurray who had improved from seventh and tenth places respectively on the final descent.



The Bolton team (J Hales/P Smith) hand over at the start of leg 4, Rossendale Way Relay
Photo: Steve Bateson

1. B. Ervine	B'drain	29.07
2. N. Carty	N.Belf	31.27
3. B. McKay O/45	A'ville	35.37
4. V. McAlinden	BARF	36.26
5. R. Schaefer	A'ville	38.13
6. I. McMurray O/40	BARF	38.46
7. B. Magee O/50	Larne	38.56
8. P. McCullough	N'castle	39.01
9. R. Ferry O/50	Mid Uls	40.30
10. G. Clarke	A'ville	40.48

LADIES

1. A. Sandford	B'drain	46.38
2. S. Porter	BARF	52.59

NOON STONE FELL RACE Lancashire AM/9m/2300ft 15.2.97

1. D. Neill V	Merc	67.05
2. S. Oldfield V	Bfd/Aire	67.10
3. G. Oldfield	Bfd/Aire	68.00
4. A. Preedy	Ross	69.17
5. N. Jenkins	D'moor	70.18
6. J. Howard	Ross	71.09
7. G. Sumner	Ross	73.21
8. D. Cole	Tod	73.28
9. M. Hernandez	Tod	73.42
10. K. Carr V	Clay	74.11

VETERANS O/40

1. D. Neill	Merc	67.05
2. S. Oldfield	Bfd/Aire	67.10
3. R. Crossland	Bfd/Aire	74.38
4. J. Winder	CVFR	75.08
5. P. Harlow	Kesw	75.22



Jean Rawlingson, Clayton, reaches the moor top at Noonstones
Photo: Steve Bateson

VETERANS O/50

1. K. Carr	Clay	74.11
2. G. Breeze	Skyrac	85.39
3. R. Poulter	Tod	87.00

VETERANS O/60

1. B. Smith	Clay	99.01
2. D. Clutterbuck	Roch	102.42

LADIES

1. C. Greenwood	Bing	80.36
2. T. Ambler	Ilk	88.16
3. L. Pyne	CVFR	89.33
4. K. Wallis	Clay	89.44
5. L. Whitaker	Sadd	93.53
6. J. Rawlinson	Clay	95.55

TITTERSTONE CLEE RACE Shropshire AS/2.5m/750ft 15.2.97

A brilliantly clear spring like day greeted runners for the first day of the 1997 Shropshire weekend - a two race series with the combined results of this race and Sunday's Long Mynd Valleys race producing an overall winner.

Like many runners, Mark Kinch decided to make a weekend of it and whilst being a regular at the Long Mynd race, this was his first visit to Titterstone Clee. Despite not taking the best line to the summit he was still well clear of the field at the trig point and made his class show on the descent to come with in eighteen seconds of Ken West's record of 1988; the closest anyone has come to the record for many years. Ray Foley of Sutton Runners was second and Peter Gardner of Hereford Couriers third.

In the women's race Julie Harrison of MDC was also well clear of veteran Elspeth Knott. The Knott family from Essex were well represented with her son Graeme taking the junior prize in thirteenth position overall.

Mike Day

1. M. Kinch	Bing	18.04
2. R. Foley	Sutt	18.58
3. P. Gardner	Heref	19.24
4. S. Mansbridge	Merc	19.57
5. W. Conway	DkPk	20.03
6. M. Duxbury	Horw	20.12
7. J. Bass	MDC	20.25
8. T. WerrTt	Merc	20.37
9. T. Haycastle	Merc	20.51
10. C. Lancaster	Telf	21.20

VETERANS O/40

1. C. Taylor	Merc	21.36
2. C. Fanning	Air	22.31
3. P. Tremain	Sprin	23.00

VETERANS O/40

1. J. Clemens	Merc	22.11
2. G. Whitmarsh	Croft	24.12
3. D. Tull	Camb	24.43

LADIES

1. J. Harison	MDC	26.39
2. E. Knott O/40	Horw	28.14
3. H. Tedcastle	Merc	28.52
4. B. Hatch O/40	Camb	31.11
5. L. Staden	Spring	32.26

JUNIORS

1. G. Knott	Horw	21.31
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LONG MYND VALLEY RACE
Shropshire
AM/10.5m/4500ft 16.2.97

1. The contrast in weather conditions from the previous day's Titterstone Clec race could not have been more marked. A front had come in bringing with it gale force winds, squally showers and low lying cloud making the steep slope of the deep valleys which dissect the Long Mynd quite treacherous with navigational skills at a premium. Several runners went off course and lost valuable time.

Mark Kinch made it five wins on the trot and in so doing also won the overall prize for the Shropshire weekend. He was pushed hard this year by James McQueen of Eryri and Neil Conway of Dark Peak. Phil Clark took the veterans prize in fourth position and Adrian Jones was the second veteran in fifth position. Dark Peak with three runners in the first sixteen won the team prize closely followed by the organising club Mercia running on home ground. Michaela Bromkey of Glosopdale won the Ladies race with Judith Witterick of Shropshire Shufflers in second place.

My best wishes for a speedy recovery go out to Russell Mapp from Mercia who broke his ankle just below checkpoint four. An ambulance was called from the glider station at the top of the Long Mynd, little did the marshals and runners who stopped to help Russell expect a helicopter to take him to Shrewsbury Hospital.

My thanks to all my Mercia team mates who helped organise the Shropshire weekend especially the marshals and finish team who had to brave such awful conditions on the Sunday at the Long Mynd race.

Mike Day

1. M. Kinch	Bing	1.46.50
2. J. McQueen	Eryri	1.47.08
3. N. Conway	DkPk	1.47.42
4. P. Clark V	Kend	1.48.15
5. A. Jones	Gloss	1.48.19
6. J. Bass	MDC	1.49.16
7. J. Hunt	Mersey	1.50.35
8. P. Pollitt	Bolt Utd	1.51.58
9. J. Hey	Warr	1.52.17
10. M. Hayman	DkPk	1.52.21

VETERANS O/40		
1. P. Clark	Kend	1.48.15
2. A. Jones	Gloss	1.48.19
3. C. Taylor	Merc	1.55.37
4. D. Tait	DkPk	1.57.05
5. A. Lewis	Shrews	2.03.46

VETERANS O/50		
1. G. Howard	Ilk	2.09.28
2. J. Clemens	Merc	2.09.39
3. D. Gillick	Spec	2.11.26
4. N. Griffiths	Spec	2.11.26
5. J. Coombes	Merc	2.22.13

LADIES		
1. M. Bromkey	Gloss	2.26.31
2. J. Witterick O/40	Shrop	2.30.46
3. C. Lorimer O/35	Cosmic	2.33.29
4. J. Harrison	MDC	2.48.38
5. K. Preston O/40	Unatt	2.49.05
6. E. Knott O/40	Horw	2.59.54

SHROPSHIRE WEEKEND 1997
RESULTS
Shropshire 15/16.2.97

1. M. Kinch	Bing	2.41.02
2. N. Conway	DkPk	2.47.51
3. J. Bass	MDC	2.50.31

FIRST VETERAN O/40		
1. P. Tremain	Spring	3.19.07

FIRST VETERAN O/50		
1. J. Clemens	Merc	3.16.12

FIRST LADY		
1. J. Harrison	MDC	4.08.35

THE BLAKE FELL ROUND
Cumbria
AM/7m/2150ft 15.2.97

After a break of four years from the fell running calendar, eighty nine starters lined up at the start, on an ideal day for running. This fast and grassy race is an ideal opener for the coming season, that takes in Knockmurton, Blake, Burnbank and Oursen.

A record number of club runners turned out for the race. Fifty Cumberland Fell Runners were at the start line. Borrowdale's Jim Davies just held off Lee Gibson - Englands' under eighteen champion, for the sprint to the line. Borrowdale started the season, as they finished with three runners in the first four.

Michael Litt

1. J. Davies	Borr	53.25
2. L. Gibson	CFR	53.31
3. A. Schofield	Borr	55.03
4. S. Booth	Borr	56.21
5. H. Jarrett V	CFR	57.08
6. J. Blackett	Mand	57.23
7. D. Ansell	CFR	57.37

8. R. Hope	Horw	57.52
9. A. Beaty	CFR	57.57
10. W. Bell V	CFR	50.03

VETERANS O/40		
1. H. Jarrett	CFR	57.08
2. W. Bell	CFR	58.03
3. P. Stones	CFR	62.38
4. J. Owens	Unatt	64.38
5. P. Greenhow	Cumb	64.48

VETERANS O/45		
1. A. Harmer	DkPk	61.27
2. J. Hope	AchRat	61.37
3. M. Litt	CFR	61.45

VETERANS O/50		
1. K. Bartley	CFR	62.33
2. T. Baxter	CFR	67.59
3. K. Lindley	Bk Cmbe	68.19

VETERANS O/60		
1. R. Brey	B&F	76.59
2. D. Rigg	CFR	84.00

WOUND WITHER WOOD WELAY
WACE
West Yorkshire
CL/12m/1200ft 22.2.97

The weather window (bright sunshine, balmy breezes) ordered for this race lasted just long enough for its completion, allowing those who had spent the rest of the week in gale force winds and arctic conditions to enjoy a brief taste of Yorkshire summer, and a run that did not need lifas or leggings. A stunning run by Wakefield junior Dave Needham in a time only forty seconds off the record (set by John Taylor) put Wakefield in the lead at the end of leg one of this charity event, and ensured him of the junior record and prizes for the fastest junior and fastest overall runner. Pudsey and Bramley - perennial winner of the relay - pulled into the lead by the end of the second leg and were never headed, winning by a comfortable three minute margin. North Derbyshire ran consistently well to deny second place to Denby Dale Travellers.

In the ladies race we were honoured by a collection of international runners (collective name a 'hurry', a 'spritely'? - suggestions welcome). Pudsey and Bramley and Leeds City swapped the lead a couple of times (Ann Buckley taking the individual ladies record) before current British and English fell champion, Sarah Rowell, running the anchor leg, ensured them of a win (in a new ladies team record time). Denby Dale ladies brought up a valiant third. Hallamshire pinched the super veterans crown from Clayton 'Z', again in a record time, with the individual leg record falling to A. Barnet of Steel City Striders. The veteran mens record also fell to top oldest, Mike Egner of Denby Dale.

The volunteer group which manages the seventeen acre Wither Wood will benefit from the race to the tune of some two hundred pounds. Efforts so far have included the rebuilding of walls, the laying of hedges, clearance and management, the provision of bridges, steps and fords and, shortly, an oak seat. Local historians have traced the wood back over five hundred years and it seems that it could have been part of the original 'Wild Wood'. Runners (especially the ones who won real trees or nesting boxes) might like to revisit the wood and wander round it, rather than run - a restful experience (and somewhere to eat the chocolate trees that many won!). My thanks to all our sponsors and helpers who rally round every year to make this such a successful event, from the landlord of the Travellers and his donation of a gallon of beer to Pat Green's wonderful chocolates and the donations from firms, in particular Pete Bland Sports, Walsh, Tony Hulme at Running Bear and Buffalo.

Neil Denby

1. Pudsey & Bramley	84.35
2. N. Derbyshire	87.31
3. Denby Dale	88.00
4. Wakefield	89.29
5. Pudsey & Bramley Ladies	93.43
6. Leeds City Ladies	95.32
7. Hallamshire OGS	96.47
8. Barnsley	97.39
9. Saddleworth	99.56
10. Shat Harriers	106.09

'TISO' CARNETHY FIVE HILL RACE
Mid Lothian
AM/6m/2500ft 22.2.97

The day before the race the local farmer was worried that his straw bales, used for crossing the electric fence, might blow away and it was a matter of hanging onto the ground when putting out course markings. The high winds, sleet and floods in the week leading up to the race put off some people, but four hundred made it to the start line of the twenty seventh Carnethy race (and the second since Carnethy Hill Running Club took over the organisation). The weather had improved by the day of the race, although the winds still slowed most people down.

Course record holder, John Brooks, shot off from the start and led the way to record his third win in four years. His only real challenge came from Jon Duncan, who repeated his second place of last year, while Borrowdale and Pudsey fought out the battle for third place with Borrowdale's Jim Davies getting away from Gary Devine on the final descent.



Adam Ward, 5th at Carnethy, negotiates the heather at Stuc a' Chroin
 Photo: Peter Hartley

Last year's winner Angela Mudge, of the organising club, took the ladies race in a similar fashion but went one better by smashing Angela Carson's course record of fifty eight minutes and thirty two seconds. A tremendous achievement in the high winds. In second place, Mari Todd kept just in front of Helene Diamantides. No less than seventy five women completed the event out of the four hundred runners.

After several years of the Carnethy Claymore going south of the border, for once the team battle was a Scottish affair. The east/west grudge match between Carnethy and Shettleston saw Shettleston, packing well, come out on top and go home with the claymore - revenge is being planned!, but in the women's race, Carnethy got it together and beat their much fancied local rivals, Hunters Bog Trotters, to take the trophy.

As usual, events did not end with the race or even the meal, but once again there was the famous post-race Carnethy celtidh (which was sold out, so get your tickets early next year.)

Andy Spenceley

1. J. Brooks	Loch	48.39
2. J. Duncan	EdinUni	49.15
3. J. Davies	Borr	49.52
4. G. Devine	P&B	50.16
5. A. Ward	Carn	51.41
6. B. Bardsley	Borr	51.51
7. J. Wilkinson	Shett	52.31
8. J. Thin	Carn	52.32
9. D. McGonigle	Shett	52.36
10. J. Pyrah	HBT	52.37

VETERANS O/40		
1. G. Brooks	Loch	58.03
2. J. Blair-Fish	Carn	58.39
3. J. Holt	Clay	58.46
4. F. Duguid	Dees	59.04
5. R. Boswell	Unatt	59.22

VETERANS O/50		
1. B. Waldie	Carn	59.57
2. R. Wilby	H'land	61.04
3. T. Ross	Fife	61.35
4. C. Love	Dundee	62.18
5. J. Holden	Fife	63.39

VETERANS O/60		
1. B. Gauld	Carn	65.36
2. P. Duffy	Aber	75.04
3. B. Bennett	P'cuik	77.46
4. T. Moffat	Carn	80.18
5. A. Mennary	Carn	82.22

LADIES		
1. A. Mudge	Carn	57.43
2. M. Todd	HBT	59.25
3. H. Diamantides	W'lands	60.02
4. M. Smith	HBT	61.06
5. N. Davies O/35	Borr	61.14
6. K. Powell	Carn	65.51
7. K. Bryan-Jones	DkPk	66.44
8. C. Mangham	Cosmic	69.13

LADY VETERANS O/35		
1. N. Davies	Borr	61.14
2. K. Meikle	L'wade	69.48
3. M. Creber	EdinUni	71.51

LADY VETERANS O/40		
1. A. Nimmo	Carn	72.47
2. S. Hay	H'land	74.02
3. C. McNeill	Amble	76.11

BENSON KNOTT
Cumbria
BS/5m/900ft 2.3.97

1. B. Burns	Prest	30.48
2. A. Bowness	CFR	31.12
3. C. Roberts	KAC	31.16
4. I. Botheroyd	CFR	32.03
5. M. Horrocks	Clay	32.38
6. G. Schofield V	Horw	32.43
7. D. Houlsworth	KAC	32.55
8. D. Troman	Kesw	33.06
9. A. Preedy	Ross	33.13
10. N. Sharp	Kesw	33.24

VETERANS O/40

1. G. Schofield	Horw	32.43
2. H. Jarrett	CFR	33.29
3. W. Bell	CFR	34.22
4. S. Varney	KAC	34.40
5. S. Lydka	KAC	35.19

VETERANS O/45

1. M. Walsh	KAC	33.44
2. C. Pooley	L&M	35.50
3. G. Woolnough	KAC	37.05
4. G. Denny	KAC	37.06
5. L. Sands	Unatt	37.33

VETERANS O/50

1. M. Carson	Kesw	38.20
2. G. Fielding	Ross	40.17
3. G. James	BAC	40.49

FIRST VETERAN O/55

1. P. Taylor	BH	40.23
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FIRST VETERAN O/60

1. R. Bray	BAC	41.20
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LADIES

1. B. Carter	KAC	40.30
2. L. Osborn	Kesw	40.41
3. S. Parkin	KAC	41.24
4. D. Thompson O/35	KAC	43.52
5. S. Lewsley O/35	Kesw	44.42
6. K. Finn	HH	46.19
7. G. Allin	Unatt	46.32
8. M. Smith O/40	KAC	47.48

AXNFELL
Isle of Man
AL/21m/7000ft 2.3.97

Laxey's Rose Hooton knocked a whacking fourteen minutes off the ladies course record as she took top honours in the early season handicap event.

Local GP, David Young, almost clawed back the handicap deficit, failing by just eight minutes after twenty one miles. He also was in record breaking form smashing Dave Corrins' veteran record by over sixteen minutes.

Richie Stevenson

(Handicap time/Actual time)

1. R. Hooton	MH	6.19.00/5.14.00
2. D. Young	MFR	6.26.54/4.06.54
3. G. Hull	MFR	6.41.40/5.51.40
4. D. Corrin	MH	6.47.47/4.42.47
5. P. Crowe	NAC	6.49.58/4.44.58
6. J. Crellin	MH	6.52.12/4.47.12
7. R. Callister	MH	6.52.53/5.17.53
8. P. Kaneen	MH	6.53.23/4.48.23
9. R. Stevenoson	MFR	6.59.15/4.54.15
10. A. Corrin	MH	7.02.33/5.57.33

LLANTYSILIO MOUNTAIN RACE
Clwyd

AM/7.5m/2600ft 8.3.97

A bright sunny day saw Tim Davies of Mercia FR take the race by the scruff of the neck and run away from some good competitors to establish a new course record. Those left trailing could not believe the pace he set off at - thinking he would fade - but he did not.

This undulating course, with a deceptively easy bit just after the first climb, surprised some of the newcomers, but veteran over fifty, Don Williams, slotted in at twelfth position, only twenty four seconds adrift of leading veteran Philip Hands.

Shaun Mansbridge and James McQueen chased by Tim Taylor battled out the minor placings. As this was a Welsh Championship counter, the nationality was to the fore throughout the event, with the final descent sorting out the points available. MDC from South Wales took the team.

Once again the females were not in abundance, only six turned out, all gained awards. Come on ladies, its a good safe circuit, come and try a shorter version on August the 2nd.

Another good result was that of over fifty five year old Peter Norman of Wrexham, with a fifty eight minute and eleven seconds from a man who will be sixty years old in July.

1. T. Davies	Merc	46.27
2. S. Mansbridge	Merc	48.28
3. J. McQueen	Eryri	48.40
4. T. Taylor	MDC	48.54
5. J. Bass	MDC	49.54
6. I. Powell	Read	49.58
7. A. Carruthers	Hales	50.17
8. D. Hurds	Eryri	50.21
9. A. Woods	MDC	52.17
10. P. Hands V	Leic Cor	52.25

VETERANS O/40

1. P. Hands	Leic Cor	52.25
2. S. Brown	MDC	54.25
3. A. Lewis	Shrews	56.16
4. D. Livesey	Dewb	56.27
5. E. Davies	Merc	57.02

VETERANS O/45

1. J. Hope	AchRat	53.45
2. R. Edwards	Leic Cor	54.54
3. B. Williams	Wirral	56.32
4. J. Nixon	AchRat	56.57
5. N. Boler	DkPk	59.14

VETERANS O/50

1. D. Williams	Eryri	53.07
2. J. Morris	Penn	55.58
3. M. Williams	Eryri	57.28
4. E. Meredith	MDC	57.56
5. D. Frost	Wrex	59.23

VETERANS O/55

1. P. Norman	Wrex	58.16
2. C. Brown	Merc	62.38
3. B. Evans	Eryri	63.35

VETERANS O/60

1. G. Gartrell	Wrex	70.46
2. J. Carson	Eryri	74.16
3. J. Battersby	MDC	76.52

LADIES

1. V. Musgrove O/40	Wrex	63.45
2. H. Tedcastle	Merc	69.27
3. G. Cross O/35	P'atyn	73.38
4. A. Goodall O/40	Merc	73.41

HALF TOUR OF PENDLE

Lancashire

AM/9m/2250ft 8.3.97

After snow in 1995 and rain last year, we were greeted with the first day of spring for this years running of the Half Tour, (the second day was sometime in June). However the going was, as they say in horse racing circles, heavy and times were down on previous runnings of the clockwise route.

The field was of a high standard despite the Black Combe on the following day being an English championship race. Last years winner, Shaun Livesey, had another fine win, beating new Clayton recruit, Mark Horrocks by two minutes, with another Clayton runner, Mark Aspinall, third.

Kath Wallis had an excellent run to win the ladies event, as did over fifty veteran, Roger Hargreaves, who was first veteran home in fourteenth place overall.

It was a clean sweep for Clayton in the Lancashire Championship, with all individual and team gold medals going to the host team.

The Junior race was won by fourteen year old Chris Miller of Harrogate, in an excellent time of twenty one minutes and thirty eight seconds. The field however was small and I urge clubs to consider juniors a little more in the future.

Thanks as ever to the Rossendale Fell Rescue Team, its reassuring to know you're there guys - and to all helpers at the start and finish, and on the hill.

K Thompson

1. S. Livesey	Clay	65.00
2. M. Horrocks	Clay	67.05
3. M. Aspinall	Clay	67.33
4. S. Sweeney	Clay	68.41
5. S. Thompson	Clay	69.19
6. P. Thompson	Black	69.47
7. M. Corbett	Ross	70.17
8. G. Sumner	Ross	71.58
9. J. Feeney	Bing	72.01
10. I. Greenwood	Clay	72.06

FIRST VETERAN O/40

1. G. Cuncliffe	Clay	75.12
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FIRST VETERAN O/50

1. R. Hargreaves	Clay	72.48
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FIRST VETERAN O/60

1. D. Talbot	Clay	102.45
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LADIES

1. K. Wallis O/35	Clay	87.13
2. J. Rawlinson O/35	Clay	91.17
3. C. Dewhurst	Clay	91.18
4. L. Hayles O/35	H'fax	94.33
5. C. Spain	Clay	94.35
6. D. Thompson O/35	Kend	95.19
7. L. Lord O/35	Clay	95.29
8. B. McWade	Clay	95.38



Mark Horrocks climbing out of Ogden Clough on his way to 2nd at the Half Tour of Pendle
Photo: Peter Hartley



Tim Davies, Mercia, winner at Llantysilio, pictured at the Wrekin Photo: Steve Bateson

JUNIOR FELL RACE - BOYS

1. C. Miller	Harr	21.38
2. L. Broadley	Bing	22.00
3. C. Swire	Clay	22.45
4. A. Godwin	Ross	24.10
5. B. Greenwood	L&M	24.32

JUNIOR - GIRLS

1. J. Astin	Roch	27.44
2. N. Slater	Kly	28.37
3. K. Rogan	Kly	31.44

IAN ROBERTS MEMORIAL FELL AND ROAD RELAY

West Yorkshire
Relay 15.3.97

Last year's heavy snowfall gave way to the first foggy day for years. This unfortunately caused a problem up front on leg two, where the Horwich and Holmfirth runners clearly gained some advantage from a route finding error. We never quite worked out what happened, but Pudsey and Bramley were probably unlucky to end up third team overall.

1. Horwich 'A'	96.37
2. Holmfirth 'A'	97.12
3. Pudsey & Bramley 'A'	97.43
4. Denby Dale Trav	102.09
5. Horwich Vets	102.22
6. Hallamshire 'A'	102.32
7. Trafford	106.03
8. Pennine	106.09
9. Pudsey & Bramley 'B'	106.33
10. North Derby 'A'	107.02

CRIFFEL MICRO HILL RACE

Dumfriesshire
AM/7m/1800ft 16.3.97

Conditions underfoot were very wet, with cold winds on the summits. There was low cloud and poor visibility down to twenty yards over one thousand feet.

Mark Kinch did a superb run considering he had no knowledge of the course and the visibility and conditions were poor.

L. Prater

1. M. Kinch	Bing	50.42
2. G. Bland	Borr	52.34
3. J. Blackett	Mand	52.56
4. N. Fish	Amble	53.22
5. B. Marshall	HELP	53.30
6. A. Davenhill	Solway	53.52
7. N. Martin	Lomond	54.33
8. J. Coyle	Carn	57.24
9. M. Burton	Carn	57.58
10. S. Bennet	W'lands	58.04

VETERANS O/40

1. T. McCulloch	AyrSea	62.30
2. B. Green	Solway	63.12
3. D. Bridge	Borr	63.42
4. C. Little	Dumf	64.48
5. N. Walker	Amble	65.05

VETERANS O/50

1. B. Waldie	Carn	58.55
2. D. Milligan	Solway	60.26
3. K. Patterson	Haaggis	69.41
4. W. Kinnear	A&D	70.24
5. A. Anderson	Solway	70.50

LADIES

1. K. Powell	Carn	65.11
2. A. Nimmo O/45	Carn	69.37
3. L. Cowell	Kesw	73.29
4. M. Bridge O/45	Kesw	74.44
5. D. Thompson O/35	Kend	76.49
6. D. Walker O/35	Kend	81.20
7. S. Davis	Sund Uni	92.34
8. E. Unsworth	Kend	95.48

FIVE TORS MOORLAND RUN

Cornwall
CM/11m/1170ft 16.3.97

1. P. Lockett V	N'quay	1.12.43
2. A. Hunn		1.13.13
3. M. Davidson	P'mouth	1.13.20
4. J. Riecard	TVH3	1.13.22
5. L. Carr V	ECH	1.14.39
6. N. Thomas		1.15.39
7. D. Waterhouse	TamTrot	1.16.13
8. A. Jackson	N'quay	1.16.59
9. L. Clarke V	TamTrot	1.17.24
10. M. Caers	ECH	1.18.00

VETERANS O/40

1. K. Rolfe	ECH	1.20.30
2. J. Gallagher	Plym'	1.21.26
3. M. Salter		1.23.55
4. N. Stone		1.24.15
5. N. Worsey	D'moor	1.24.28

VETERANS O/45

1. L. Carr	ECH	1.14.39
2. L. Clarke	TamTrot	1.17.24
3. C. Jasper		1.20.01
4. V. Matthews	Cornwall	1.20.14
5. P. Clipson	NRR	1.22.07

VETERANS O/50

1. P. Lockett	N'quay	1.12.43
2. D. Kincaid	TVH3	1.22.32
3. I. Leslie	TVH3	1.23.58
4. R. Viner		1.28.22
5. R. Ashby	SaleH	1.29.24

VETERANS O/55

1. A. Smith	ECH	1.25.31
2. A. Colville	TVH3	1.47.32
3. L. McFarlane		1.54.50

VETERAN O/60

1. K. Woodstock		1.34.49
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LADIES

1. L. Thompson	Ash	1.33.18
2. H. Haworth O/35	Fairy	1.37.03
3. P. Penny		1.37.50
4. T. Mace O/35	Falm	1.39.29
5. J. O'Donnell O/35	Ash	1.39.43
6. S. Silcock O/35	Ash	1.40.06
7. J. Tyler O/35		1.40.39
8. D. Shippides O/35		1.44.26

LLANBEDR-BLAENAVON

Gwent
AL/14m/4500ft 23.3.97

Another good turn out, quite good running weather, with a nice wind to push you up the Sugar Loaf, and a new record winner's time. Enough marshals for all checkpoints, and thanks as always to them all.

Only minor blip was a few competitors got lost coming off Crug Mawr. Two failed to go through the checkpoint so, presumably, must have crossed private land and maybe climbed a fence, but fortunately, I have not heard of any damage or upset farmers. You know who you are, please do not do it again, it does risk the future of the race.

Lastly, it was interesting to note the number of people who lost places of the final descent, local knowledge obviously does help. Hope to see you next year

1. J. McQueen	Eryri	2.03.15
2. M. Palmer	FOD	2.09.41
3. M. Hartell	Macc	2.12.50
4. J. Bass	MDC	2.14.50
5. A. Woods	MDC	2.15.49
6. J. Blackett	MDC	2/17/03
7. I. Powell	Read	2.18.49
8. T. Taylor	MDC	2.20.34
9. C. Taylor V	Merc	2.23.21
10. D. Huws	Eryri	2.23.33

VETERANS O/40

1. C. Taylor	Merc	2.23.21
2. A. Oringe	MDC	2.24.42
3. J. Darby	MDC	2.26.15
4. N. Jones	F'water	2.28.25
5. C. Pritchard		2.35.37

VETERANS O/50

1. M. Williams	Eryri	2.38.31
2. E. Meredith	MDC	2.41.21
3. E. Davies	Eryri	2.51.06
4. N. Baker	MDC	2.51.11
5. R. Mason	Totley	2.54.37

LADIES

1. S. Woods	MDC	2.35.28
2. J. Harrison	MDC	3.01.04

PEN CERRIG CALCH

Powys
AS/3m/1500ft 22.3.97

This race marks a seasonal transition, being the last of the South Wales Winter League (SWWL) series, always run on the weekend before Easter. Yet again, for the fifth consecutive year, we were blessed with ideal condition, warm and sunny with a following wind for the ascent. Despite it only being a three mile event, the course records of twenty seven minutes and nineteen seconds (men) and thirty three minutes and twenty four seconds (women), were not 'soft' records, having been set by Simon Forster and Veronica Colleran in 1993, the last time this was a Welsh Championship Race.

Being again a Welsh Championship event ensured a larger field than usual (a record for a SWWL race and around double the usual turnout) and some classy runners. Tim Davies shattered the men's record despite beating the marshal to the top gate and having to climb it, whilst the only thing Ann Nixon took off this year was thirteen seconds from the ladies record. (Unlike most SWWL races, the entire ladies field finished in the same kit as in which they started, with no reports of indecent exposure anywhere on the course!). Ray Eagle drove from Macclesfield to show us his scars, but succeeded in keeping his body in one piece long enough to take the first veteran. John Battersby was rewarded for his persistence by taking a much deserved over sixty prize. Despite her diffidence, nineteen year old Christine Ashton, claimed a prize as the first woman who was not a veteran, finishing ahead of some decent runners, including her mum.

It was good to see a field with such a wide age range, although I will be glad when it's back to just us thirty or so old die hards; it's so much easier to handle. Thanks to Cliff Jones for letting us use his field and facilities, and to Ian and Mary at the Red Lion for their usual warm hospitality. See (some of) you again next year.

Derek Thornley

1. T. Davies	Merc	26.35
2. J. Blackett	MDC	28.29
3. W. Kennan	Unatt	28.31
4. M. Hayman	DkPk	28.43
5. D. Huws	Eryri	28.51
6. R. Eagle O/40	MDC	29.07
7. T. Taylor	MDC	29.10
8. P. Maggs	MDC	29.39
9. J. Bass	MDC	30.10
10. G. Jones	MDC	30.18

FIRST VETERAN O/50		
1. D. Williams	Eryri	30.32

FIRST VETERAN O/60		
1. J. Battersby	MDC	44.21

FIRST LADY		
1. A. Nixon O/35	MDC	33.11

DANBY BEACON MOOR RACE 23.2.97

1. D. Gamble	Mand	61.55
2. M. Burn	T&S	62.56
3. R. Burn V	T&S	63.09
4. P. Buckley V	N.Mske	64.43
5. V. Brudenell	Mand	65.13
6. I. Mulvey	TyneTri	66.02
7. S. Scott	Unatt	66.04
8. K. Carter	Mand	66.19
9. P. Kelly	Darl	67.00
10. S. Backhouse	S'boro	67.04

VETERANS O/40		
1. R. Burn	T&S	63.09
2. P. Buckley	N.Mske	64.43
3. R. Pollard	Mand	69.21
4. S. Mummy	R'trees	69.42
5. R. Wilkins	NMH	70.52

VETERANS O/50		
1. M. Hetheron	R'trees	74.12
2. J. Kettle	NMH	75.00
3. R. Clarke	Mand	78.04
4. B. Moody	Mand	82.37
5. L. Small	Mand	83.15

VETERAN O/60		
1. R. Bainbridge	Mand	82.53

JUNIORS		
1. R. White	Mand	72.00
2. M. Jackson	Mand	80.41

CLEVELAND WINTER WEEKEND SERIES 1996-7 Cleveland

1. M. Burn	115 pts
2. M. Cara	87 pts
3. D. Collett	83 pts
4. J. Blackett	82 pts
5. K. Carter	72 pts

VETERANS O/40	
1. R. Burn	95 pts
2. R. Pollard	88 pts
3. S. Davis	80 pts

VETERANS O/50	
1. J. Kettle	43 pts
2. M. Hetheron	43 pts
3. J. Williams	40 pts

LADIES	
1. A. Lenderyou	37 pts
2. H. Young	16 pts
3. J. Sexton	13 pts

VETERAN LADIES O/35	
1. S. Jemson	25 pts
2. S. Yardley	20 pts
3. S. Webb	18 pts

VETERAN LADIES O/40	
1. J. Brown	

JUNIOR MEN	
1. R. White	28 pts
2. M. Jackson	18 pts
3. R. Cole	10 pts

DERBY TRADER CHEVIN FELL RACE Derbyshire BS/3M/556FT 30.3.97

A fine day, and a dry course, made for ideal conditions for the early season three mile fell race in Milford.

Nick Collins made an early break up the heart pumping bridlepath shortly after the start but was quickly rejoined by John Chambers and Andrew Laban on the rocky descent to the golf course and all went through the halfway in nine minutes and three seconds. However, Nick's injection of pace on the second climb took him to a six second victory. Twelve year old Mark Hudson was an easy winner of the junior one and a half mile event.

David Denton

1. N. Collins	Chiches	18.19
2. J. Chambers	N. Derby	18.25
3. A. Laban	Ivanhoe	18.50
4. G. Cresswell V40	Matlock	18.56
5. P. Figg	Swale	19.04
6. R. Britton V40	Thames	20.05
7. J. Hall	Utto	20.19
8. T. Hardwick	ChPeake	20.25
9. R. Goulds	R.Royce	20.33
10. M. Bailey	N'Castle	20.39

VETERANS O/40		
1. G. Cresswell	Matlock	18.56
2. R. Britton	Thames	20.05
3. B. Morgan	Thetfd	21.17
4. R. Marlow	D.Peak	21.32
1. M. Duthie	Ripley	23.42

VETERANS O/50		
1. M. Edwards	Burton	26.11

VETERANS O/60		
1. G. Richardson	Clowne	26.28
2. D. Capel	R.Royce	27.34
1. T. Long	Derwent	27.42

LADIES		
1. M. Ruddock	Derwent	26.26
2. R. Britton V45	H.Norton	27.13

JUNIORS M		
1. M. Hudson	Buxton	10.40
2. A. Duthie	Belper	11.08

JUNIORS F		
1. N. Squires	Buxton	12.20
2. E. Hudson	Buxton	12.22

DON MORRISON MEMORIAL EDALE SKYLINE FELL RACE Derbyshire AL/21m/4500ft 23.3.97

A minutes silence was observed in memory of Tony Trowbridge before the start of the twenty second running of the race.

At Cheshire Cheese in Hope Ged Cudahy headed a group including Jim Davies and Mark Rigby. The headwind along the ridge to Mam Tor made it hard work to Man Nick by which time Mark Roberts had a good lead over Jim, with Colin Donnelly a close third. At the top of Jacobs Ladder Mark had increased his lead to about three minutes and by this time Dave Neill had joined the other two pursuers. From Grindslow Knoll, Mark and Colin took the direct route to Ringing Roger, whilst Dave ran around the head of Grindsbrook. According to Mark and Colin its better to go round. At the finish Mark had a handsome lead whilst Dave and Colin were shoulder to shoulder across to the finish in Grindsbrook Meadows.

In the ladies race, Carol Greenwood had an excellent run to achieve thirty first position. Borrowdale won the team event again. Congratulations to Mark Roberts who has won the Skyline three years in succession.

Thanks to all the members of Dark Peak for making this another successful 'Skyline'.

Dick Pasley

1. M. Roberts	Borr	2.40.32
2. C. Donnelly	Eryri	2.42.06
3. D. Neill V	Merc	2.42.06
4. J. Davies	Borr	2.46.33
5. D. Gamble	Mand	2.53.22
6. J. Feeney	Bing	2.53.22
7. M. Fleming	Amble	2.53.47
8. G. Cudahy	Stock	2.58.41
9. S. Gregory	Holme	3.01.33
10. D. Weir	Perth	3.04.21

VETERANS O/40		
1. D. Neill	Merc	2.42.06
2. S. Varney	Kend	3.06.18
3. S. Houghton	CalderV	3.08.38
4. P. Pittson	Ere	3.14.12
5. T. Longman	Hunc	3.17.39

VETERANS O/50		
1. D. Spedding	Kesw	3.07.35
2. D. Tait	DkPk	3.18.33
3. R. Bell	Amble	3.26.54
4. M. Hawkins	Ere	3.27.42
5. D. Lockwood	DkPk	3.44.27

VETERAN O/60		
1. C. Henson	DkPk	4.34.28

LADIES		
1. C. Greenwood	Bing	3.17.53
2. K. Harvey O/35	Alt	3.33.46
3. J. Rae	W'lands	3.36.57
4. E. McGuire	Bux	3.53.38
5. H. Musson O/35	DkPk	4.01.39
6. P. Weir	Perth	4.32.27
7. C. Roberts O/35	CalderV	4.35.15
8. V. Brockwell O/35	Holme	4.51.53



Manx Mountain Marathon, Debbie Thompson (winner) leads Leslie McCafferty (second) through Elfin Glen

MANX MOUNTAIN MARATHON Isle of Man AL/30.5m/8000ft 29.3.97

Pudsey and Bramley's Andy Hauser made a remarkable recovery from injury to record a magnificent victory in this year event that was sponsored by Okells brewery and the Department of Tourism.

The forty one year old computer analyst looked to be well out of contention in the first half of the race as a slight muscle strain nearly caused his early retirement.

He fought back on the southern hills of the Isle of Man, catching long time leaders Shane Green and Blackburns Paul Thompson with just four miles remaining and stormed through to the finish to win by four minutes.

This fifth victory made the likeable Hauser the most successful competitor in the races history.

Amazingly, runner-up again went to Pudseys Shane Green, for the fifth consecutive year. Hopefully he will try again next year to score the win he so richly deserves.

Thompson improved on his fifth place last year to take a very good third place just three minutes ahead of Rossendales Tony Spicer who last competed in the race ten years ago. Onchan's Tony Rowley, finished fifth to again take the Snaefell Trophy for top local ahead of Salford's veteran, David Ashton, who seems to improve with age.

Dark Peaks Bob Benzin was top newcomer in seventh place, while Pudsey and Bramley won the team prize from Manx Fell Runners with Hauser and Green backed by Phil Davies.

The ever popular standard class was won by Glasgow's Andrew Massig after a race long battle with Patrick Wooddisse of Liverpool and Rossendale's Matt Nuttall. All three had kept pace with the leading Elite runners for most of the race.

The standard team prize went to Glasgow U.O.T.C for the second year in succession, a popular win for a team that has given the race tremendous support for the last few year.

Fastest lady was Kendals Debbie Thompson, who was comfortably ahead of Glasgow's Leslie McCafferty with local Rose Hooton taking third.

Top veteran went to Hauser and the fastest super veteran was Dark Peaks Michael Cochrane who just fought off team mate, Alan Yates.

All finishers who attended the prize presentation received t-shirts, mugs and certificates, courtesy of the sponsors.

A big thank you to all the hard working marshals and officials, especially birthday boys Arthur Jones and Walter Kennough.

ELITE

1. A. Hauser O/40	P&B	5.04.36
2. S. Green	P&B	5.08.30
3. P. Thompson	Black	5.13.40
4. T. Spicer O/40	Ross	5.16.37
5. T. Rowley	MFR	5.21.47
6. D. Ashton O/40	Salp	5.31.27
7. B. Berzins	DkPk	5.41.56
8. A. Sunter	Horw	5.53.13
9. P. Browning	Clay	5.56.30
10. I. Ronan	MFR	5.57.38

WALKERS

1. L. Howarth O/50	7.46.36
2. P. Newlands O/40	8.12.41
3. D. Radcliff	8.15.05
4. P. Dickson	8.15.05
5. M. Pilkington O/40	8.24.32
6. P. Maltsby O/40	8.33.00
7. R. Baxter	9.02.00
8. J. Tyrrell	9.08.00
9. N. Hulse	9.08.00
10. T. D'Alessandro	9.30.00

STANDARD

1. A. Massig	GSUOT	5.31.42
2. P. Wooddisse	Liv	5.36.40
3. M. Nuttall	Ross	5.45.54
4. P. Kanceen	MH	5.48.54
5. D. Macdonald	GSUOT	5.50.00
6. B. Stadden O/40	Bitton	5.54.44
7. D. Young O/40	MFR	5.55.06
8. M. Stapley	GSUOT	5.56.48
9. R. Townsend	Salt	5.57.26
10. G. Bell O/40	CalderV	6.02.40

VETERANS O/50

1. M. Cochrane	DdPk	6.11.22
2. A. Yates	DkPk	6.13.56

LADIES

1. D. Thompson O/35	Kend	6.14.51
2. L. McCafferty	GSUOT	6.36.56
3. R. Hooton O/35	MFR	6.40.24
4. N. Macleod	GSUOT	6.54.43
5. J. Bird	Bidd	7.15.39

LATTERBARROW LOOP

Cumbria

AS/3m/1200ft 29.3.97

This superb little three mile horseshoe, offers excellent viewing for spectators, and has been a very popular handicap event for local club, Cumberland Fell Runners, over the last couple of years. 1992 English Champion, Brian Thompson lead the field over the River Calder on the first crossing, closely followed by Gavin Bland, Alan Bowness and Lee Gibson. The steep but runnable haul up to the first check on the Rocky Latterbarrow checkpoint, saw in-form Bowness pull to the head of affairs. Quickly into the first ten were CFR's leading veterans, Willie Bell and Harry Jarrett, who were to go on and have a grand tussle all the way round. Keswick ACs consistent Lyn Thompson climbed strongly to lead the competitive ladies race at this stage. On reaching the lonely summit of 'Roylan' (a splendid unknown top, affectionately now named 'Roylan' which is an anagram of someone every fell runner should know and love), Bowness was out on his own with the gallant Thompson battling to keep pace. Gibson opted for an alternative route up to Latterbarrow and just surrendered third spot to Bland, who was clearly enjoying himself on these open, rugged fells. CFRs, Phil Stones was through to third veteran over forty, crossing the Calder for the second time, but some way off the Jarrett v Bell dogfight.

As the race was reaching its climax, a good crowd of people were on the final top of Swarth Fell to cheer Bowness home, for his new course record. Thompson was to hold on comfortably to second place, as Bland did enough to keep a determined Gibson at bay for his third spot. Bell finally overhauled his good friend and team mate Jarrett, as the pair swapped supremacy on half a dozen occasions. The impressive Lyn Thompson took the ladies record with her victory. Fine performances turned in by Keith Bartley in over fifty's and eleventh overall, and fifteen year old Kenny Denwoods, a remarkable twelfth overall.

Irvine Block

1. A. Bowness	CFR	21.27
2. B. Thompson	CFR	22.14
3. G. Bland	Borr	22.22
4. L. Gibson	CFR	22.28
5. A. Schofield	Borr	23.35
6. W. Bell O/40	CFR	23.54
7. H. Jarrett O/40	CFR	24.02
8. D. Ancell	CFR	24.06
9. G. Byers	CFR	24.16
10. P. Dawson	CFR	24.26

VETERANS O/45

1. M. Litt	CFR	25.41
2. R. Baker	CFR	26.54
3. C. Todd	Denby	28.09

VETERANS O/50

1. K. Bartley	CFR	24.59
2. T. Baxter	CFR	27.27
3. M. Pitchford	CFR	27.48

LADIES

1. L. Thompson	Kesw	28.56
2. J. King	CFR	31.05
3. T. Targett	Clay	36.11
4. M. Bradley	CFR	38.11
5. C. Emmens	CFR	39.05
6. S. Findley	CFR	40.45
7. E. Unwin	CFR	40.49

JUNIOR

1. K. Denwood	CFR	25.07
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BUNNY RUN ONE

1. I. Holmes	Bingley	16.57
2. A. Peace	Bingley	17.10
3. G. Devine	P&B	17.46
4. G. Oldfield	Brad/Aire	18.05
5. A. Whalley	P&B	18.24
6. S. Oldfield	Brad/Aire	18.28
7. M. Horrocks	Clem	18.39
8. A. Brown	Leeds City	18.43
9. D. Woolley	Kly RR	18.47
10. J. Deegan	P&B	18.56
11. M. Woods	Clem	18.58
12. A. Maloney	Rochdale	19.01
13. S. Neill	P&B	19.08
14. J. Hall	Holmfirth	19.15
15. R. Skelton	Calder	19.19

VETERANS O/40

1. S. Oldfield	Brad/Aire	18.28
2. B. Goodison	Abbey	19.26
3. M. Pickering	Ilkley	19.27

VETERANS O/50

1. P. Carr	Kly RR	20.23
2. P. Ogden	Spenn	20.36

LADIES

1. V. Wilkinson	Bingley	20.49
2. C. Greenwood	Bingley	21.02

LADIES O/35

1. K. Drake	Spenn	22.01
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JUNIORS U/16

1. S. Asquith	Holmfirth	19.56
2. G. Pearce	Ilkley	21.43
3. D. Needham	Kly RR	21.52

EGG STAGE WINNER

1. I. Holmes		3.24
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BUNNY RUN TWO

1. G. Devine	P&B	17.15
2. G. Oldfield	Brad/Aire	17.33
3. S. Oldfield	Brad/Aire	18.00
4. R. Lawrence	Bingley	18.17
5. M. Horrocks	Clem	18.21
6. D. Wilkinson	Rochdale	18.22
7. A. Maloney	Rochdale	18.24
8. D. Woolley	Kly RR	18.31
9. R. Grillo	U/A	18.33
10. S. Asquith	Holmfirth	18.34
11. M. Brear	Bingley	18.44
12. G. Hall	Holmfirth	18.50
13. M. Woods	Clem	18.55
14. J. Hemsley	Ilkley	18.58
15. L. Spencer	Kly RR	19.05

VETERANS O/40

1. S. Oldfield	Brad/Aire	18.00 rec
2. J. Butler	Kly RR	19.11
3. J. Winder	Calder	19.34

VETERANS O/50

1. P. Carr	Kly RR	19.47
2. T. Knowles	Kly RR	20.33
3. R. Asquith	Holmfirth	21.30

LADIES

1. C. Greenwood	Bingley	20.41
2. E. O'Shea	Leeds City	21.12

LADIES O/35

1. K. Drake	Spenn	21.27 rec
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JUNIORS U/16

1. M. Brear	Bingley	18.44 rec
2. L. Broadley	Bingley	19.56
3. D. Needham	Kly RR	20.49

EGG STAGE WINNER

1. G. Devine		3.26
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BUNNY RUN THREE

1. I. Holmes	Bingley	16.43 rec
2. G. Devine	P&B	17.15
3. G. Oldfield	Brad/Aire	17.37
4. S. Willis	Tod	17.50
5. R. Lawrence	Bingley	17.54
6. S. Oldfield	Brad/Aire	18.03
7. D. Wilkinson	Rochdale	18.07
8. S. Asquith	Holmfirth	18.22
9. M. Moore	Pudsey P	18.26
10. G. Hall	Holmfirth	18.31
11. J. Hemsley	Ilkley	18.40
12. J. Brook	Bingley	18.42
13. S. Neill	P&B	18.44
14. R. Grillo	U/A	18.49
15. S. Bottomley	Eccleshill	18.55

VETERANS O/40

1. S. Oldfield	Brad/Aire	18.03
2. J. Butler	Kly RR	19.06
3. D. Thompson	Calder	19.28

VETERANS O/50

1. P. Carr	Kly RR	19.39
2. T. Knowles	Kly RR	20.53
3. T. Minikin	Kly RR	22.26

LADIES

1. A. Buckley	P&B	20.01
2. C. Greenwood	Bingley	20.37
3. J. Clark	P&B	20.50

LADIES O/35

1. K. Drake	Spenn	21.42
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JUNIORS U/16

1. M. Brear	Bingley	18.59
2. L. Broadley	Bingley	19.51
3. G. Pearce	Ilkley	21.12

EGG STAGE WINNER

1. I. Holmes		3.28
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BUNNY RUN FOUR

1. R. Lawrence	Bingley	18.03
2. A. Preedy	Rossendale	18.16
3. M. Moore	Pudsey P	18.18
4. M. Horrocks	Clem	18.27
5. D. Wilkinson	Rochdale	18.36
6. S. Neill	P&B	18.40
7. D. Woolley	Kly RR	18.43
8. B. Stephenson	P&B	18.48
9. R. Pallister	P&B	18.53
10. A. Maloney	Rochdale	18.54
11. G. Sumner	Rossendale	19.01
12. S. Bottomley	Eccleshill	19.05
13. A. Rees	U/A	19.06
14. L. Spencer	Kly RR	19.10
15. M. Brear	Bingley	19.14

VETERANS O/40

1. J. Winder	Calder	19.26
2. R. Crossland	Brad/Aire	19.28
3. P. Hughes	Queensbury	19.54

VETERANS O/50

1. P. Carr	Kly RR	19.29
2. T. Knowles	Kly RR	20.33
3. R. Asquith	Holmfirth	22.34

LADIES

1. C. Greenwood	Bingley	20.57
2. A. Lloyd	St. Bedes	22.48

LADIES O/35

1. K. Drake	Spenn	21.52
2. P. Oldfield	Brad/Aire	22.51

JUNIORS U/16

1. M. Brear	Bingley	19.14
2. M. Buckingham	Holmfirth	21.26
3. I. Harvey	Tod	21.29

EGG STAGE WINNER

1. R. Lawrence	Bingley	3.32
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OVERALL RESULTS

MEN

1. G. Devine	3. M. Buckingham
2. G. Oldfield	4. I. Harvey
3. R. Lawrence	5. G. Johns
4. S. Oldfield	6. M. Smith

LADIES

1. C. Greenwood	1. C. Greenwood
2. K. Drake	2. K. Drake
3. P. Oldfield	3. P. Oldfield
4. A. Lloyd	4. A. Lloyd
5. H. Johnson	5. H. Johnson
6. E. Tomes	6. E. Tomes
7. A. Curle	7. A. Curle
8. J. Foster	8. J. Foster
9. G. Leary	9. G. Leary
10. C. Fawcett	10. C. Fawcett

VETERANS O/40

1. G. Leary	1. G. Leary
2. C. Fawcett	2. C. Fawcett
3. L. Barrett	3. L. Barrett
4. J. Reddish	4. J. Reddish
5. S. Turbett	5. S. Turbett
6. L. Thwaites	6. L. Thwaites

VETERANS O/50

1. P. Carr	1. P. Carr
2. T. Knowles	2. T. Knowles
3. R. Asquith	3. R. Asquith
4. T. Minikin	4. T. Minikin
5. T. McDonald	5. T. McDonald

VETERANS O/60

1. B. Crowther	1. B. Crowther
2. B. Harvrees	2. B. Harvrees

JUNIORS U/16

1. M. Brear	1. M. Brear
2. G. Pearce	2. G. Pearce

BUNNY RUN RELAY

1. Pudsey & Bramley	7. Calder Vets
2. Pudseydale	8. Pudsey & Bramley Ladies
3. Kly RR	10. Holmfirth Under 16

You're never too young for a Bunny Run
Chris Marshall (Keighley Road Runners), seen thoroughly
enjoying himself at Bunny Run
Photo: Allan Greenwood

LOUGHRIGG FELL RACE

Cumbria

AS/4m/100ft 16.4.97

1. R. Jebb	Bing	27.20
2. M. Sharp	Kesw	27.23
3. J. Hooson	Amble	27.55
4. P. Thompson	Black	28.09
5. B. Evans	Amble	28.37
6. I. Turnbull	Borr	28.58
7. N. Lanaghan	Amble	29.13
8. G. Thorp	Unatt	29.21
9. S. Umpleby	Lanes	29.53
10. M. Addison	Clay	29.57

VETERANS O/40

1. P. Harlowe	Kesw	30.02
2. A. Beck	Kend	30.21
3. R. Unwin	CFR	30.22

VETERANS O/50

1. D. Patey	Borr	36.01
2. G. Clayton	Amble	36.30

LADIES

1. L. Thompson V	Kesw	33.47
2. L. Osborne	Kesw	34.35
3. W. Dodds V	Clay	36.33
4. D. Thompson V	Kend	37.39
5. R. Suddaby	Unatt	37.56
6. P. Knowles	Unatt	38.19

FIRST ANNIVERSARY WALTZ

Cumbria

AM/11.25m/3600ft 19.4.97

This is the first time the Newland Horseshoe has been run as a race for nearly twenty years. We were lucky with the weather at 7:00am snow covered the tops. The race went off bang on time and, after a long run out, people managed to find four routes up to the top of Robinson. The field was surprisingly spread when finding a route to Hindscaith and was split again on the run off Dale Head, with the right line offering grassy swathes - easily visible from the crags that I found. The route then followed a fast line from High Spy, where Simon Booth made his decisive break from Ben Bardsley, to Catbells (six minutes descent to the finish and all visible from the village hall). Angela Mudge was first lady and fourteenth overall.

Good food and drink including free Catbells, courtesy of Heskett Newmarket, were on offer after the race.

Thank-you to all of the helpers (in their wedding attire), sponsors, church, and people from the valley for all of their help in making this first run such a success. A total of three hundred pounds profit was made, which will go towards the renovation of Newlands Valley schoolroom.

Steve Cliff

1. S. Booth	Borr	95.04
2. B. Bardsley	Borr	97.25
3. N. Sharp	Kesw	97.45
4. D. Troman	Kesw	98.46
5. A. Schofield	Borr	99.10
6. M. Fleming	Amble	99.50
7. W. Bell	CFR	100.19
8. J. Hunt	Mersey	100.33
9. A. Sealy	DkPk	101.26
10. S. Birkiinshaw	WCOC	104.00

VETERANS O/40

1. W. Bell	CFR	100.19
2. A. Beck	Kend	104.31
3. R. Unwin	CFR	112.50
4. D. Nicholson	Prest	116.25
5. C. Knox	Kesw	116.52

VETERANS O/45

1. P. Harlowe	Kesw	108.15
2. A. Harmer	DkPk	112.10
3. J. Hope	Achille	113.28
4. M. Litt	CFR	116.09
5. J. Nixon	Achille	119.02

VETERANS O/50

1. M. Carson	Kesw	120.56
2. E. Harvey	Carnethy	126.11
3. G. Clayton	Amble	125.50
4. D. Patey	Borr	132.13
5. N. Dyson	Mand	139.33

VETERANS O/55

1. R. Tunstall	Helsby	128.52
2. D. Simpson	Prest	134.12

VETERANS O/60

1. J. Garbarino	Achille	145.57
2. H. Catlow	Dallam	149.30
3. L. Pollard	Achille	157.45

LADIES

1. A. Mudge	Carnethy	108.00
2. N. Davies V35	Borr	116.16
3. L. Thompson V40	Kesw	122.34
4. L. Osborn	Kesw	124.26
5. E. Moody	WCOC	127.15
6. A. Brand-barker V35	Kesw	128.02
7. W. Dodds V45	Clay	138.00
8. H. Musson V35	Totley	140.11

PEN-Y-FAN FELL RACE

Gwynedd

AS/1.5m/1500ft 19.4.97

This years race attracted a field of thirty seven runners including top Brit Mark Kynch. The weather had been fine and sunny for the two weeks prior to the race, but true to form it was windy and very cold on the day.

Mark Kynch set a fast pace from the start and had established a lead of about one and a half minutes at the summit of Pen-Y-Fan.

A couple of the chasing pack took the wrong line on the almost vertical descent off Pen-Y-Fan allowing Kynch to win by almost four minutes.

Fred Parry

1. M. Kynch	Bing	31.03
2. J. Hey	Warr	34.58
3. J. Bass	MDC	35.20

VETERANS O/40

1. C. Taylor	Mercia	40.47
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VETERANS O/50

1. E. Meridith	MDC	41.52
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LADIES

1. J. Harrison	MDC	51.50
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MOELWYN PEAKS

Gwynedd

BM/11.5m/2800ft 19.4.97

Please not Garry Devine holds the new course record for the race.

Fifty two entrants, one lady failed to finish

1. G. Devine	Pudsey	1.36.51R
2. K. McQueen	Eryri	1.37.41
3. S. Green	Pudsey	1.46.00
4. S. Neill	Pudsey	1.46.10
5. P. Shearp	Pudsey	1.46.20
6. I. Turnbull	Burrow	1.46.49
7. D. Wilkinson	Roch	1.47.07
8. T. Jones	Eryri	1.49.11
9. D. Williams V	Eryri	1.51.38
10. R. Owen	Eryri	1.56.13

VETERANS

1. D. Williams	Eryri	1.51.38
2. P. Foale	Aberystw	2.03.36
3. R. Roberts	Eryri	2.05.50
4. G. Spencer	Mercia	2.07.17
5. M. Hale	Eryri	2.10.18

LADIES

1. J. Shotter	P&B	2.12.42
2. J. Hemming	Eryri	2.20.30
3. G. Cross	Prestat	3.07.30
4. E. Hughes	Prestat	3.07.30

JUNIORS

1. G. Roberts		1.18.10
2. D. Jones		1.20.55
3. O. Williams		1.21.15

HEBDEN MOOR FELL RACE

North Yorkshire

BS/4.5m/900ft 19.4.97

A dry, but cold day with underfoot conditions good to firm, saw records tumble at this deceptivey hard event.

Steve Hawkins, moved ahead of Colin Donnelly to slice thirty seconds off his last years record, with Donnelly also beating the old mark, twenty six seconds adrift.

In the ladies race Carol Greenwood led to the moor gate where her Bingley team mate, eighteen year old Victoria Wilkinson pulled away and was never headed, extending her lead on the fast descents. Finishing in eighteenth position overall, to beat Vanessa Peacocks one year old record by one and a half minutes, with Carol also finishing under the old mark.

The days racing opened with four races in the English Junior championship series. Mark Buckingham started the day off in record mood setting new figures for the under twelves, with an impressive run also by first girl Amy Spencer in seventh overall.

The Symonds brothers dominated the under fourteen and under sixteen with both Joseph and Andrew setting new figures. Sarah Gatford was an impressive winner of the under fourteen's, and Kate Bailey also dominated the under sixteen's.

Only twelve starters in the under eighteen's race did not diminish the quality of the racing, with Simon Bailey storming ahead of Andrew Davies to win in another record time of 19.45. Gayle Adams won a closely fought contest to win the under eighteen's girls race, beating Melissa Hack into second place.

The organisers would like to express his thanks to family, friends and helpers on the day, and also for the cooperation of local farmers.

1. S. Hawkins	Bing	24.35
2. C. Donnelly	Eryri	25.01
3. M. Keys	Ross	25.09
4. S. Livesey	Clay	25.37
5. G. Schofield V40	Horw	26.57
6. A. Preedy	Ross	27.08
7. J. Hales	Bolt	27.13
8. G. Sumner	Ross	27.18
9. D. Woodhead	Horw	27.30
10. M. Walsh V45	Kend	27.36

VETERANS O/40

1. G. Schofield	Horw	26.57
2. H. Symonds	Kend	28.06
3. G. Appleyard	Abbey	28.46
4. N. Pearce	ilk	28.57
5. T. Taylor	Ross	29.22

VETERANS O/45

1. M. Walsh	Kend	27.36
2. J. Winder	CaldV	29.09
3. K. Taylor	Ross	29.29
4. B. Ashworth	Ross	29.50
5. J. Hoffman	Bfd/Air	30.56

VETERANS O/50

1. P. Henaghan	BlkSheep	33.00
2. P. Dowler	Kend	33.44
3. A. Stafford	Kend	34.24
4. E. Stewart	Prest	37.38
5. F. Appleton	Ripon	38.16

VETERANS O/60

1. M. Houghton	Chorley	35.59
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LADIES

1. V. Wilkinson U20	Bing	28.52
2. C. Greenwood	Bing	31.07
3. V. Peacock V40	Clay	31.36
4. K. Slater V35	KHR	32.16
5. E. Hodgson	Fellan	34.07
6. M. Evason	Unatt	34.28
7. J. Dowling	Tod	35.49
8. L. Hayles V40	Hfx	36.16

JUNIORS U18's

1. S. Bailey	Staff	19.45
2. A. Davies	Mercia	20.16
3. C. Livesey	Prest	20.18
4. M. Cayton	Horw	21.15
5. G. Hird	KHR	21.44

JUNIORS U16's

1. A. Symonds	Kend	11.16
2. S. Savage	Amble	11.31
3. G. Slater	KHR	11.37
4. A. Sutton	Prest	11.38
5. S. Reid	Kend	12.06

JUNIORS U14's

1. J. Symonds	Kend	8.20
2. I. Glendinning	Telf	8.34
3. L. Boulton	Staff	8.37
4. J. Mason	KHR	8.41
5. C. Swire	Clay	8.44

JUNIORS U12's

1. M. Buckingham	Holmf	6.12
2. J. Greenhalgh	Settle	6.25
3. C. Pickup	Unatt	6.32
4. A. Whaites	Settle	6.38
5. R. Burns	Horw	6.43

HEROD FARM HILL RACE

Lancashire

AS/3.5m/1100ft 23.4.97

For the first time since Glossopdale took on the race, the conditions were ideal for running. As a consequence all the principal records were smashed with Andy Trigg knocking over forty seconds off the previous best, and Tricia Sloan an incredible four minutes off the women's record.

Over One hundred runners turned out despite the attractions of United's European semi-final second leg.

1. A. Trigg	Gloss	22.23
2. D. Gartley	Gloss	23.28
3. M. Hayman	DkPk	23.31
4. J. Ingram	Sadd	24.02
5. M. Cuddy	Gloss	24.37
6. R. Taylor V40	PFR	24.41
7. B. Waterhouse V40	Sadd	24.45
8. R. Skelton	CaldV	24.48
9. J. Chambers	Derbys	25.27
10. A. Rule	Sale	25.41

VETERANS O/40

1. R. Taylor	PFR	24.41
2. B. Waterhouse	Sadd	24.45
3. A. Brentnall	PFR	26.17

VETERANS O/50

1. T. Eckersley	Sadd	29.29
2. R. Devy	Sadd	30.26
3. M. Gloss	Gloss	32.21

VETERANS O/60

1. G. Richardson	Clowne	34.41
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Andy Hassell, Settle, leads Anthony Plummer, Viking VSU, across Hebden Beck, Hebden Moor Race
Photo: Allan Greenwood

LADIES

1. T. Sloan	Salf	27.18
2. E. McGuire	Buxt	28.41
3. L. Whittaker	Sadd	29.49
4. K. Mather	Sadd	30.12
5. L. Lacon	Holmf	30.33
6. L. Brown	Sadd	30.46
7. A. Brentnall V45	PFR	30.39
8. J. Heslop	Sadd	31.04

JUNIORS

1. A. Rule	Sale	25.41
2. M. Hudson	Buxt	

WREKIN STREAK
Shropshire
AS/2.75m/810ft 23.4.97

A record One hundred and two starters lined up for the tenth Wrekin Streak. Tim Davies managed to turn the tables on his brother Andrew reversing the 1996 result. Tims time was the second fastest ever and within fifteen seconds of Paul Cadmans record. Anthony Cram in third place ensured the Junior men dominated the race. The ladies race had a disappointing field of six, the lowest ever despite equal prizes. Judith Witterick took the first place and first veteran with Telfords Trish Overton in second.

The race raised over a hundred pounds for a local special school who provided the marshal and much of the race support. The Streak is now the first of a five race evening series.

S. Daws

1. T. Davis	Mercia	17.18
2. A. Davis	Mercia	11.29
3. A. Cram	TAC	18.14
4. J. McQueen	Eryri	18.30
5. N. Barrable	RHH	18.42
6. C. Lancaster	TAC	18.57
7. S. Nash	U/A	19.44

8. G. Jones	Shrews	20.14
9. A. Pickles	TAC	20.17
10. A. Lewis	Shrews	20.18

VETERANS O/40

1. G. Jones	Shrews	20.14
2. A. Lewis	Shrews	20.18
3. E. Davies	Mercia	22.00
4. R. Robson	Mercia	22.10
5. G. Bellamy	Telf	22.30

VETERANS O/45

1. J. Fry	TAC	21.32
2. T. Scales	Shrews	22.14
3. J. Taylor	OakPk	25.13
4. D. Bates	TAC	25.45
5. R. Brakewell	Unatt	25.46

VETERANS O/50

1. B. Russell	O&K	21.33
2. J. Coombs	Mercia	21.45
3. G. James	Mercia	26.28

VETERANS O/55

1. G. Lloyd	N. Vets	25.52
2. K. Matthews	Shrews	27.10

VETERANS O/60

1. B. Formby	Wrekin	29.03
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LADIES

1. J. Witterick V50	Shrop	25.04
2. T. Overton V45	TAC	25.40
3. A. Lambert V40	Shrops	27.22
4. K. Preston V45	Unatt	27.37
5. J. Harris V40	Mercia	27.46
6. N. Lloyd V50	Unatt	33.17

JUNIORS

1. T. Davis	Mercia	17.18
2. A. Davis	Mercia	17.29
3. A. Cram	TAC	18.14
4. T. Spencer-smith	OldSH	23.09
5. C. Underhill	OldSH	23.18

TOCKHOLES FELL RACE

Lancashire

BS/5.5m/600ft 24.4.97

This year the race was advertised both locally and in the FRA calendar. This paid obvious dividends as the previous highest turnout was One hundred and ten runners against two hundred and thirteen starters for the first of this years series, and this was on the weekend of the three peaks! Better to come?.

The men's and women's records both remained intact although a classy field was gathered for the race. Andrew Wrench from Todmorden winning by over a minute from an in-form Neil Riding.

One hundred and thirteen prizes were given away.

David Farnworth

1. A. Wrench	Tod	31.25
2. N. Riding	Ross	32.27
3. S. Worden	Horw	32.42
4. K. Vose	B'Pool&F	32.52
5. G. Sumner	Ross	33.07
6. I. Greenwood	Clay	33.12
7. J. Houghton V40	B'Pool&F	33.16
8. P. Pollitt	Bolt	33.21
9. C. Shuttleworth	Prest	33.23
10. M. Coulthurst	Red R	33.24

VETERANS O/40

1. J. Houghton	B'Pool&F	33.16
2. I. Willden	B'Pool&F	33.28
3. T. Taylor	Ross	34.28
4. C. Lyon	Horw	34.54

VETERANS O/50

1. D. Munroe	Clay	35.10
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LADIES

1. S. Brecon V35	Tod	39.27
2. H. Sandilands V35	Skelm	40.22
3. J. Hodgkinson V35	Prest	41.07
4. Z. Braithwaite	Darw	41.50
5. M. White V45	Horw	43.00
6. J. Dowling	Tod	43.40
7. G. Allin V35		44.12
8. J. Orritt V45	Red R	44.33

JUNIORS

1. J. O'dea	B'Burn	35.05
2. M. Neild	B'Burn	35.18
3. L. Unsworth	Chorley	44.50

O.P.S. CLACHNABEN HILL RACE

Aberdeenshire

AM/10.5m/3500ft 20.4.97

The race was run this year in glorious conditions. The sun was out, the wind was light, the sky was blue and a long dry spell had left the ground tinder dry. There was a repressed euphoria in the air, certainly among the organisers (repressed because something can always go wrong). They were rewarded by a healthy turnout of runners - eighty. These marvelous conditions were taken full advantage of by both the men's and ladies winners. Dave Weir repeated his 1996 win this time taking almost a minute off Neil Martins record set in 1994. It was good to see Neil himself returning to fine form, with a sparkling run. Tracey Brindley continued her outstanding year by smashing her clubmate Sonia Armitages 1996 record by over six minutes.

The day was capped by being able to hold the prize giving at the Feughside Hotel, outside on the veranda (a rare occurrence up here in the Northeast in April).

1. D. Weir	Perth	1.19.01
2. N. Martin	Lomond	1.20.45
3. A. Keith	Hunters	1.21.01
4. D. Crewe	Shettle	1.23.04
5. M. Flynn	Carnethy	1.23.22
6. D. Whitehead	U/A	1.23.58
7. R. Taylor	Cosmic	1.24.19
8. N. Raih	Dundee	1.25.19
9. R. Brown	Hunters	1.25.37
10. C. Love	Dundee	1.25.46

VETERANS O/40

1. M. Flynn	Carnethy	1.23.22
2. F. Duguid	Deeside	1.32.29
3. S. Lorimer	Trentham	1.36.23
4. J. Stephen	Ochil	1.36.49
5. C. Noble	Fraser	1.37.52

VETERANS O/50

1. C. Love	Dundee	1.36.41
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VETERANS O/60

1. B. Gauld	Carnethy	1.56.10
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LADIES

1. T. Brindley	Cosmic	1.31.40
2. C. Lorimer	Cosmic	1.45.51
3. P. Weir	Perth	1.46.16
4. J. Anderson	Lochaber	1.47.21
5. M. Stafford V	Cosmic	1.49.50
6. S. Hay V	Highland	1.51.12
7. P. Donald V	Deeside	1.53.32
8. A. Thomson V	Cosmic	2.00.14

LANK RIGG FELL RACE Cumbria AM/6m/2000ft 20.4.97

With this event being the fourth counter in the fiercely fought Cumbrian fell runners annual championship, a huge 'blue and white' turn out went without saying. Reigning English under twenty champion Lee Gibson appeared to be most peoples idea of the winner, and was quickly into his stride on the fast contour of Blakeley Raise after the off. Also off sharply were Harry Jarrett (the 1994 dual English-British veteran over forty champion) James Archbold, and Iain Botheroyd. With the glorious spring sunshine making 'on course' visibility crystal clear, spectators were able to follow practically the whole race with the naked eye. Botheroyd who caught many peoples eye with his fine run in last years Latrigg-Skiddaw world cup trial, began to draw away from his rivals, with the long runnable ascent of Lank Rigg to his liking. Ladies favourite Kate Beaty was also showing good form as she battled for supremacy over the impressive Janet King, her CFR team mate. Once up and over Lank Rigg, Botheroyd could be seen opening up very strongly as he made for the second checkpoint out on whoop. Archbold by now was through to second ahead of Gibson and the resilient Jarrett who would not be denied.

The consistent Dave Ancell (a new addition to the swelling CFR ranks) was a clear fifth ahead of Andy Beaty, but performance of the day was to be returned by veteran over fifty Keith Bartley (in his first year on the hills) who went on to grab ninth spot. As the spectators looked up at the sun drenched Blakeley Raise Botheroyd was cheered to the man for a popular and deserved victory. After beginning the 'drop' off Blakeley Raise in second, Archbold succumbed to the nineteen year old Gibson and the old fox Jarrett as they tore down the fellside for second spot. It was Gibson who just held off Jarrett after a rousing tussle.

Grand stuff, we must now hope we can persuade and cajole members of our fellow lake district clubs to come along and, "ride the tiger".

Irvine Block

1. I. Botheroyd	CFR	44.07
2. L. Gibson	CFR	45.39
3. H. Jarrett	CFR	45.40
4. J. Archbold	CFR	45.44
5. D. Ancell	CFR	47.07
6. G. Byers	CFR	47.35
	CFR	48.02
8. A. Beaty	CFR	48.02
9. K. Bartley	CFR	48.37
10. B. Taylor	CFR	49.16

VETERANS O/40

1. H. Jarrett	CFR	45.40
2. P. Stones	CFR	49.54
3. P. Murphy	CFR	50.58
4. R. Unwin	CFR	51.04
5. J. Rae	CFR	52.17

VETERANS O/45

1. R. Baker	CFR	52.11
	CFR	53.03
3. H. Beanland	CFR	55.18
4. D. Lees	CFR	56.19
5. R. Jackson	CFR	59.39

VETERANS O/50

1. K. Bartley	CFR	48.37
2. T. Baxter	CFR	53.16
3. M. Pitchford	CFR	55.45
4. D. Morgan	CFR	60.59
5. K. Greggain	CFR	67.06

VETERANS O/55

1. B. Johnson	CFR	61.13
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VETERANS O/60

1. D. Rigg	CFR	63.21
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LADIES

1. K. Beaty	CFR	58.47
2. J. King	CFR	59.56
3. D. Patton	CFR	67.39
4. M. Bradley	CFR	72.06
5. C. Emmons	CFR	80.51

JUNIORS

1. K. Denwood	CFR	51.56
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SHINING TOR RACE Cheshire AM/7m/1900ft 26.4.97

Run in very misty damp conditions there was not much chance of the course records being broken. The race was a close struggle all the way with Dale Gartley just overcoming Ged Cudahay. Third place and an exceptional performance went to V45 Graham Morson. Tricia Sloan turned in a good performance only just outside the record in these difficult conditions. 136 runners finished a large contingent coming from Warrington Joggers, Peterborough, where there can't be a lot of scope for practice!

A. Hulme

1. D. Gartley	Glossop	52.06
2. G. Cudahay	Stockport	52.17
3. G. Morson	Buxton	53.34
4. S. Ruscoe	Vale Royal	55.12
5. S. Ogilthorpe	DPFR	55.12
6. A. Maloney	Rochdale	55.38
7. B. Gregory	Stockport	56.15
8. N. Bassett	U/A	56.23

9. P. Hargreaves	Darwen D.	56.48
10. P. Crowson	DPFR	56.54
11. P. Hands	Leic. Corin	57.08
12. B. Toogood	DPFR	57.36
13. J. Kershaw	Macc Harr	57.38
14. J. Chambers	N Derby RC	57.44
15. N. Stone	C. Stoke	57.56

VETERANS O/40

1. B. Gregory	Stockport	56.15
2. P. Hands	Leic. Corin	57.08
3. J. Pollard	Glossop	58.53

VETERANS O/45

1. G. Morson	Buxton	53.34
2. J. Kershaw	Macc. Harr	57.38
3. F. Fielding	Glossop	59.17
4. L. Best	Stockport H	59.26

VETERANS O/50

1. J. Clemens	Mercia	59.46
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LADIES

1. T. Sloan	Salford H	1.00.06
2. E. McGuire	Buxton	1.02.54
3. E. Batt	U/A	1.03.49

LADIES O/35

1. S. Newman	Glossop	1.04.15
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BUTTERMERE SAILBECK HORSESHOE RACE (Inter-Counties '97)

Buttermere Village, Cumbria 9.4m/4250'AM by Gareth Webb

The inaugural Inter-Counties championships proved to be a huge success attracting a field to rival virtually any domestic championship event. Borrowdale's Mark Roberts, last year's British and English bronze medallist, led Cumbria to the team title defying the heavy rain, thick mists - especially on the tops - and strong winds to hold off two-times British champion Mark Kinch by 16 seconds and claim a historic victory. It was in-form Alan Bowness, second in the English championship opener, Kinch and Lancashire's Billy Burns who took up the running in the early stages on the first major climb up Ard Crag.

The steep descent into Newlands Valley, shortly after, saw Roberts - a noted descender - get back on level terms before the steep climb to Causey Pike (checkpoint three) which they sailed through four-abreast. Traversing the ridge and the small climbs to Crag Hill saw Burns begin to feel the pace as Bowness, Roberts and Kinch moved towards the last but one checkpoint locked together. The final two miles from Crag Hill, taking in Whiteless Pike (the final checkpoint), saw Bowness slip off the pace as Roberts, moving clear on the steep descent, crossed the line a delighted man to become the inaugural Inter-Counties Champion. The 35-year-old father-of-five said: "I'm really pleased to win, especially after Stuc A' Chroin (the British champs opener, he was 4th) when I thought I'd be tired. But I wasn't".

"It's funny really. It's almost 14 years since I beat Colin Walker in a sprint finish to win the Inter-Counties steepchase title, and here I am again winning another - and leading Cumbria to the team title - for my sixth Inter-Counties medal in total. "After running four minutes faster than I'd ever done before at Stuc A' Chroin - when I pipped Mark Kinch again - I wasn't too sure how I'd feel." British W35 bronze medallist Nicola Davies made it a Borrowdale double as she won the women's (non-championship) race by over three minutes from former English champion Vanessa Peacock.

With Cliff Robinson, the secretary of the UK Inter-Counties Athletic Union, on hand to present the winners' medals and trophies, it is hoped that the successful staging of these championships will lead to it being an annual event. It certainly deserves to be.

MEN (9.4m, 4250ft; Inc inaugural Inter-Counties Champs)

1. M. Roberts	Cumb	88.05
2. M. Kinch	Ches	88.21
3. A. Bowness	Cumb	89.21
4. B. Burns	Lancs	90.57
5. G. Devine	Yorks	91.11
6. S. Booth	Cumb	92.06
7. R. Lawrence	Yorks	93.08
8. R. Bergstrand	NE	94.34
9. S. Oldfield (V40)	Yorks	94.39
10. S. Livesey	Lancs	95.33
11. J. Blackett	NE	96.03
12. A. Jones	G. Man.	96.04
13. G. Schofield (V40)	Lancs	96.06
14. P. James	Avon	96.07
15. C. Roberts	Cumb	96.49

TEAM

1. Cumbria	10	(1, 3, 6)
2. Yorkshire	21	(5, 7, 9)
3. Lancashire	27	(4, 10, 13)
4. North-Eastern Counties	44	(8, 11, 25)
5. Greater Manchester	47	(12, 17, 18)

TEAM (Club)

1. Borrowdale	
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LADIES (Non-Champs event)

1. N. Davies (V35)	Borrow	1.50.11
2. V. Peacock (V35)	CleM	1.53.48
3. A. Brand-Barker (V35)	Kes	2.00.32
4. J. Jones (V35)	Kes	2.03.53
5. K. Beaty (V35)	CFR	2.05.36

No finishers: 143

KNOCKDHU INTERNATIONAL - Full Results -

1. B. Burns	Eng	34.21
2. M. Roberts	Eng	34.47
3. A. Peace	Eng	34.59
4. R. Bryson	Ire	35.21
5. J. Brooks	SCO	35.47
6. J. Wilkinson	SCO	36.04
7. A. Bowness	Eng	36.34
8. A. Davies	Wal	36.37
9. G. McGrath	Ire	36.46
10. J. Hepburn	SCO	36.52
11. B. Ervine	N. Ire	36.55
12. F. Cosgrove	Ire	37.06
13. D. Neill	Eng V, M40	37.10
14. S. Oldfield	Eng V, M40	37.31
15. M. Patterson	Shett	37.45
16. J. Robertson	SCO V, M40	37.51
17. N. Carty	N. Ire	38.01
18. S. Griffiths	Wal	38.04
19. M. Cayton	Eng U20	38.08
20. G. Schofield	Eng V, M40	38.43
21. J. McQueen	Wal	38.57
22. A. Ward	SCO	39.10
23. A. Jones	Eng V, M40	39.22
24. A. McGuire	NBH	39.29
25. J. Blackett	Barf	39.32
26. M. Flynn	SCO V, M40	39.34
27. M. Burton	Brats	39.38
28. N. Raitt	N. Ire	39.49
29. A. Crosland	Eng, U20)	39.50
30. M. Laing	SCO V, M40	40.06

TEAM

1. England	6
2. Scotland	21
3. Ireland	25
4. Wales	39
5. Northern Ireland	56

U20

3. M. Doyle	Ire	40.51
4. G. Hird	Eng	41.05
5. A. Cassells	SCO	42.22
6. R. Thompson	Eng	42.28
7. D. McNeilly	N. Ire	43.54
8. R. Neill	N. Ire	44.01
9. D. Geddis	N. Ire	51.42

U20 TEAM

1. England	7
2. Northern Ireland	24

M40

8. J. Patterson	N. Ire, M50	40.42
9. P. Wheeler	Wal	41.15
10. B. McKay	N. Ire, M45	41.24
11. D. Williams	Wal, M50	41.43
12. S. Brown	Wal	42.32
13. H. Richards	Wal	43.03
14. J. Hayes	N. Ire, M50	44.22
15. C. Love	SCO, M50	45.53
16. P. Wilson	arran	46.39
17. M. Blake	Eryri	47.09
18. N. Berry	Holm, M50	47.38
19. R. Donaldson	CLYMS, M50	47.46
20. D. Henderson	Larne, M45	47.56

M40 TEAM

1. England	7
2. Scotland	16
3. Northern Ireland	31
4. Wales	32

U17

1. G. Mathieson	SCO	21.47
2. B. Davison	SCO	22.53
3. J. Seeley	SCO	23.04
4. S. Cassidy	SCO	23.31
5. J. Davidson	SCO	24.40

LADIES

1. M. Todd	Wal	41.26
2. A. Mudge	SCO	42.06
3. T. Brindley	SCO	42.35
4. V. Wilkinson	Eng	44.56
5. K. Powell	SCO	45.29
6. J. Clark	Eng	45.44
7. C. Crofts	Eng	46.04
8. J. Patterson	SCO	46.27
9. A. Nixon	Wal	46.30
10. K. Drake	Eng	47.16
11. A. Sandford	N. Ire	50.03
12. P. Oldfield	Brad Aire, W35	51.31
13. C. Peck	Wal	52.28
14. V. O'Connell	N. Ire	54.00
15. N. McCullogh	N. Ire	56.59
16. B. Carson	Barf	59.54
17. H. McKeeman	Barf	59.55

TEAM

1. Scotland	10
2. England	17
3. Wales	22
4. Northern Ireland	38

U19

1. L. Harrison	SCO	26.05
2. I. Knox	SCO	26.55
3. A. Laws	SCO	27.36
4. J. Walker	Albert	29.42

No finishers: 133

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MILK OR PLAIN THAT'S THE QUESTION

A processed food low in nutrients and high in fat, isn't the most ideal food after exercise, experts recommend a banana or apple with orange or an electrolyte drink. But to all 1000 Bunny Run competitors giving out fruit would be a travesty, compared to the gooey Cadbury's Creme Eggs which every finisher gleefully received at this 3 mile Tuesday evening series of races. Probably the only way the 'Woodentops' organisers could get away with complying with the experts is by coating an apple on a stick with chocolate.

The advertising themes of 'A Mars a day helps you work, rest and play', 'have a break have a Kitkat', mean nothing compared to the classic, 'how did you eat yours?'. Did you take it home for the kids, Shaun and Mick Addison, eat it with your pint, Mick Lolley, saved it for later, Andy Peace, or did you stuff it in your gob for that immediate fix after you raced.

Creme Eggs were in short supply this year, so Rolo and Velvet Eggs were rolled in off the substitute bench, to the delight of Tod Harrier, Ian Harvey, "Well cool".

STUART SMITH - HORWICH PENS HIS VIEWS

"We lined up at 7.15 on a glorious evening to hare around this, the second of the four Bunny Runs after a blast from Dave's foghorn - Leghorn. The 206 strong field set off like rabbits being chased by hounds towards Grinning Stone on Harden Moor. First to here won an egg and a t-shirt. This was the eventual winner Gary Devine, in 3.26. He coursed around to a hare of the dog in the guide in 17.15 after a steep hands and knees job and return via Grinning Stone. The ladies, Jessica Wabbit was Carol Greenwood finishing the frame in 20.41. Yours truly didn't quite eggs-actly lollipop around much like any Bugs Bunny, more like Elmer Fudd in 26.41. Every finisher received a Creme Egg along with a cracking good prize list of chocolate eggs. Thanks for an eg-gstravaganza, and shelling out only £1.50 from a Gary Glitter (rhyming) of a run on one of his re-runs after a 2½ year layoff."

April 1 BUNNY RUN ONE

British and English champion Ian Holmes held off Bingley team-mate Andy Peace to finish just 10 seconds down on Greg Hull's year old course record.

Had Hull, who was on hand to see Holmes' impressive display, been competing it's quite possible the record would have gone. As, perhaps, would the en-route Egg Stage mark as Holmes won for the ninth time in 3:24 - just two seconds outside his own record.

From the gun Holmes, and National Duathlon champion Peace, pulled well clear and ran side-by-side for well over two-thirds of the race.



Carol Greenwood, ladies winner of the Bunny Run Series, amongst many other races, leads Bunny Run organiser Dave Woodhead on the climb to Brown Wardle in the Wardle Skyline Race
Photo: Bill Smith

Peace, first Briton (in ninth) at last summer's World Trophy, admitted "there was no point in killing myself" with this being his first race since the National and had to give best to Holmes on an ascent in the latter stages.

But after making up the deficit on the next climb, Peace saw his Bingley team-mate pull even further away on the tops to come home 13 seconds clear and announce himself as overwhelming favourite for the series - especially as Peace says he will not be running all four races.

Although no records were set at the sharp end, Bradford's Steve Oldfield found himself much closer to settling new figures as he equalled his own year-old M40 record by finishing sixth overall in 18:28. Third-placed Gary Devine led Pudsey to the team title by just three points from Bingley.

Victoria Wilkinson claimed her first victory in the event after finishing second and third in previous attempts.

More significant, however, was that Wilkinson - 10th in last December's European Junior Cross Country (non-championship) race - finally achieved something that has eluded her over the years as she beat former world champion Carol Greenwood for the first time. Even more pleasing considering Greenwood had beaten her 18-year-old team-mate into second place at Broughton Hall three days earlier.

A delighted Wilkinson, who placed 57th - nine places ahead of Greenwood - said: "I ran a much better race than Saturday. Carol's training for the Three Peaks though and is doing much longer stuff than I'm doing. I'm aiming for the shorter, faster races this year and so I was confident I would have a bit more speed in my legs than Carol.

"I only decided to do the race a few days earlier and so it was pleasing - especially as

I've still got a lot of speed left from the cross country season."

The race attracted a record 273-strong field (including 57 women) - a hugely impressive figure compared to 165 who competed in the corresponding race last year.

Not surprisingly this was a welcome 19th wedding anniversary present for race organiser Dave Woodhead, who said with tongue planted firmly in cheek: "What comes first, a Bunny Run or an anniversary? I'm not prepared to answer that one!"

April 8 BUNNY RUN TWO

Gary Devine claimed victory in the second event in the four-race series.

After placing third (behind Ian Holmes and Andy Peace) in the series opener, the 1990 British champion proved too strong for Bradford postman Gary Oldfield taking the en-route 'Egg Stage' prize in 3:26 - four seconds outside Holmes' record - and going on to finish 18 seconds clear.

With Holmes opting to give the race a miss admitting his legs were "too stiff" after running for Bingley in the Northern 12-Stage at Leeds three days earlier, Devine was surprised to find 21-year-old Mark Moore of Pudsey Pacers blasting into an early lead clearly intent on taking the 'Egg Stage' prize and the not inconsiderable kudos of relieving Holmes of one of his many records.

By Grinning Stone, Moore had opened a 10m lead over Devine, but as they approached the 'Egg Stage' marker, Moore appeared to be treading water allowing Devine to sweep past and take the honours by just one second. Bingley's Robin Lawrence passed through in third, a further two seconds back as Moore, 16th in the

opener the previous week, paid for his over-exuberance and faded to 23rd.

Bradford's Steve Oldfield (Gary's uncle) finished first veteran in third breaking his own year-old M40 record of 18:28 (which he equalled the previous week) by eight seconds.

Bingley's Max Brear also set new figures in the junior race (U16) taking 26 seconds off Matthew Drake's (Calder Valley) two-year-old record of 19:10. Brear, who turned 16 in March (and therefore under FRA rules still qualifies for U16 competitions) was delighted with his first race on the fells as he finished 11th overall. Brear has also shown considerable promise on the track and country having clocked 4:19 for 1500m and placed 53rd (in the U17 race) in the English Schools' Cross Country Championships at Newark on March 1.

Carol Greenwood was a convincing winner of the women's race. Greenwood placed 50th overall from a 210-strong field - the second highest number in the event's seven-year history after last week's record turnout of 273.

Emma O'Shea of Leeds was second just over half a minute adrift as Kath Drake, in third, sliced 26 seconds of Jean Rawlinson's three-year-old vets' record of 21:53.

April 15 BUNNY RUN THREE

Ian Holmes showed impressive leg speed as he chipped four seconds off Greg Hull's year-old course record of 16:47 in a furious solo sprint for the line.

The 31-year-old Bingley Harrier emphasised just how difficult it will be for anyone to stop him taking the major honours this season as he stormed to victory taking the 'Egg Stage' prize en-route (for a record 10th time), finishing just four seconds down on his year-old record of 3:24.

Keighley Road Runners' Liam Spencer made an early bid for glory as he blasted clear from the gun with the clear intention of going for the 'Egg Stage' record. Spencer wasn't able to shake off Holmes, however, and had to battle for a tie for second (with eventual runner-up Gary Devine) four seconds back. Spencer's challenge faded dramatically as he slipped back to 79th place in 21:41.

Holmes, however, was in irrepensible mood and, with the support of a huge crowd near the finish and race organiser Dave Woodhead counting him down in the final 100m, the Bingley man made sure of the record with a dip at the line to regain the mark he last set in 1995, which at the time was 17:03.

Devine, the 1990 British champion, finished just over half a minute adrift in an identical time to the previous week's race - 17:15, which he won in Holmes' absence - to make it a first, second and a third place in the three races. Holmes, with two victories (best three to count), remains favourite to secure the overall title with one race remaining.

Anne Buckley, 13th in last year's World Trophy, claimed victory as she held off Carol Greenwood to place 41st overall - a further indication of the quality of the field.

Buckley, who won the fourth race in last year's series (in 22:00), ran considerably faster this time round, however the cool, blustery conditions ensured Lucy Wright's year-old mark of 19:16 remained out of reach.

April 22 BUNNY RUN FOUR

Robin Lawrence declared himself a surprised winner of the final race in the series.

With Ian Holmes, winner of two races thus far, Andy Peace and Gary Devine, the winner of race two, all opting to watch from the sidelines, Lawrence labelled Clayton's Mark Horrocks as pre-race favourite.

But after finding himself in second behind Horrocks in the early stages, he moved to the front on the slight climb before the 'Egg-Stage' marker to take the en-route award by four seconds from Rochdale's Dale Wilkinson.

"After that I consciously slowed down, especially on the descents," said Lawrence. "I wanted the others to catch up because I prefer to race in a group rather than be out on a limb.

"Anne Buckley (Lawrence's girlfriend) shouted to me 'You're going to have to work now if you want to win!' which is what I did and with 150m to go, I knew it was mine."

Andrew Preedy, also a triathlete, of Rossendale finished second, two seconds clear of Pudsey Pacers' Mark Moore whose improvement over the four races has seen him finish 16th, 23rd, 9th and now third! Devine secured the overall title from Bradford postman Gary Oldfield who, had he run and won, would have tied for first prize.

Peter Carr, who sealed the M50 title with victories in all four races, produced a stunning performance over such a short distance, especially as he is in heavy training for an attempt on the Bob Graham Round this summer.

Carol Greenwood produced her second win of the series and with two second place finishes (behind Victoria Wilkinson and Anne Buckley) comfortably secured the overall title from Spenborough's Kath Drake, second on the night.

The 31-year-old two-times English champion was 47th among 194 finishers which, although the smallest field of the series, is still the fifth largest turnout in its seven-year history.

April 29 BUNNY RUN RELAY

Pudsey & Bramley scored double victories in the inaugural running of this event.

The West Yorkshire outfit's victory in the men's race was pretty much straight for-

ward with their three-man team claiming the fastest times of the evening.

Steve Neill set them on their way on leg one in 13:31 to hand over to Shane Green (13:25) with former British champion Gary Devine, in the day's best time of 13:07, bringing

(continued overleaf)



*Bunny Run Stalwarts - top to bottom - Jim Whalley, (Clem); Anne Jebb (Bingley); Gary Oldfield (Bradford Airedale)
Photos: Peter Hartley*

Pudsey home over a minute clear of Pudsey Dale.

Holmfirth U16s were delighted to beat Holmfirth A (all seniors) by three places as they finished an impressive 10th overall.

Gareth Johns, 14, the oldest runner in the team, brought Holmfirth home well clear on the anchor leg with a time of 15:51 after storming runs by 13-year-old Nicky Holdsworth and Mark Smith who is just 12. The trio voiced triumphantly "We drummed them"!

Star of the day (or madman, depending on how you look at it!) was Pudsey Pacers' Mick Lolley who ran all three legs. He opened with 17:54 for 20th place overall and followed that up with a somewhat slower 19:16 (to remain in 20th spot) before feeling the pace on the last leg (19:30) and slip back a further five places to 25th from 28 teams who finished.

Anne Buckley produced arguably the run of the day on leg one as she came home in sixth overall with the day's fastest clocking (14:43) to set Pudsey on their way to a comprehensive victory.

Buckley handed over to 21 year old Helen Purdey, the 1996 British Isles Ironman Triathlon silver medallist (competing in her shortest race ever) before Jane Clark brought Pudsey home in eighth on the final leg in the second quickest time of the evening (15:25).

Two days after winning the 23.5 mile Three Peaks Race, Carol Greenwood helped the mixed 'Mad Hatters' team to sixth with the third best time of the day (15:46).

The reason behind the relays was that this year April had five Tuesdays. The race route was basically run over the long Bunny lap of the moor.

A Tactic Eggsclusive

Over 40 series winner, Steve Oldfield uses his count-down facility on his stopwatch to determine how fit he is. It is set to bleep-bleep every 5 minutes which gives him an accurate analysis of where he is on course, and whether a record is on the cards.

Ian Holmes on the other hand runs as fast as he can for as long as he can!

The question begs - can the record go?

We give the former record holder, Greg Hull the final word, "these legs are build for speed, I'll be back next year to reduce it to 16.30". Good luck Greg but Holmes might have a say in that!

FACTS AND FIGURES

Cadbury's Creme Egg Weight = 150K calories
Basically $1\frac{1}{2}$ = 150K calories.

Total quality of chocolate eggs prizes in series = 130 Kilo. Now that's a lot of running!

Runny Egg/Gareth Webb

Full results in centre section

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Kit Review - Ray Swatcher

Montane Epic Smock

The Montane Chonos Range - named for an Indian tribe in Chile - is designed for prolonged use in extreme weather conditions. The principle of single layer clothing - so successfully pioneered by Buffalo - is to enable sports participants to rely on just the one garment instead of several layers. This means that the garment in question must be flexible, warm and lightweight, allowing a full range of movement and must also be capable of being ventilated fully. A system of zip openings in the garment (two chest vents and two side vents) along with the open mesh of the front pocket, provide this. This system is also designed to ensure that the layer next to the skin remains dry - from both sweat or the elements.

The Chonos Extreme smock is really too heavy - it uses a heavier high-wicking microfleece than Buffalo's Teclite - for fellrunning except in all but the most extreme conditions. Our smock has, however, been kayaking in Cumbria, mountain climbing in Switzerland and sailing in Wales and went off for a week of punishment with a school party in the Lakes where it was subjected to canoeing, climbing, ghyll scrambling, caving and potholing. One wash and it came up like new, with no discernible effect on its proofing or damage to the fabric. The full range of movement which it allows - even when wearing a climbing harness or a rucksack - is excellent.

Points to note: it seems that a next-to-skin garment should fit snugly and, providing you have a wide chest, this does. For those of narrower chest the addition of some sort of tightening strap (similar to the cross stomach strap of the Buffalo) would seem to be essential. The velcro fastenings at the base of the garment seem to be back to front. These close by pulling the strap from back to front, creating a 'flap' that will catch a headwind, and it would seem much more sensible to have them pull from front to back.

A particular gripe for fellwalkers or runners is yet another map pocket that

you can't fit a map into! A folded OS Pathfinder measures 230mm by 125mm. The pocket on this garment opens to just 200mm. If I can go to a drawer and measure a map, why can't clothing manufacturers do the same for clothing that is designed to be worn on the hills?

The Epic Smock retails at £109.95. Also note that, to complete the system, you will need to buy the Extreme Hood separately.

Drawcord Windshirt

Designed for less extreme conditions than its big brother, the windshirt is ideal for fell running, keeping the



The 'Chonos' Cross-Vent System

runner warm by insulating a layer of warm air, but allowing moisture to escape. This folds into its own pocket or into a bumbag and is extremely lightweight. It ought to be a simple matter to ensure that the bumbag has straps to attach it around the waist. Unfortunately this is not the case so the shirt needs a bumbag to be stuffed into! It can also be worn next to the skin in the sort of weather where a T-shirt is not quite enough, but a smock type garment would be too much. The long back and elasticated hem make it ideal for cycling and I can see it being popular with the mountain biking

fraternity (not one of my sins) but the lack of any facility for attaching a hood is a drawback. The drawcord at the waist is effective in preventing the shirt from riding up, either whilst running or cycling. Made from lightweight Pertex it is obviously in competition with the Buffalo windshirt and Running Bear's pertex top (to be reviewed in the next issue) so it is worth checking out the price, this retails at £52.95.

Oh joy, it has a vertical zip map pocket that you can actually fit a map into!

Running Bear Aer Shirt

Tony Hulme of Running Bear is a fellrunner and, as such, he knows what fellrunners need. The latest in his series of fellrunning gear is the lightweight 'aer shirt', designed to be used either on its own in less than harsh weather conditions, or as a base layer for further weatherproofs. It is obviously a competitor to the long established Lifa and, with its breathable fabric, does the job extremely well. When it is fine in the valley and likely to be just that little chilly on the tops, this shirt is the ideal one-off garment, it dries rapidly, wicks sweat away from the body and is highly breathable. At £12.95 it is available from Running Bear in both short and long sleeved versions.

ADDITIONAL CALENDAR UPDATE

Sun. Sept 28. PASSING CLOUD FELL RACE. 10.30a.m. 9m/1800' from Winking Man, Upperhulme, Leek, Staffs (GR SK026 638) on Leek/Burton road. £3 on day only. Teams free. PM. Over 18. Details: Phil Hitchings, Eleven Steps, Upperhulme, Leek, Staffs. 01538 300367 or 371038.

Members are recommended to check with the organiser that the race is registered and insured as this information came direct to The Fellrunner and not via the Fixtures Secretary as it should have done.

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British Fell & Hill Running Relay 1997

**Pendle Hill, Barley. Sunday, 19th October 1997. 10 am
9th Championship Relay**

Information.

The championship will be organised by Clayton Le Moors Harriers as part of their celebrations for the 75th Anniversary of the Club.

The event will be held on Sunday 19th October 1997 starting at 10.00 a.m. from Barley Village Hall. The race will be centred upon Pendle Hill, but will have four distinct legs, each providing it's own test of fell and hill running.

Eligibility.

The championship is open to teams of six runners from Clubs affiliated to the F.R.A., B.A.F. (for fell running) and S.A.F. All runners must be first claim members, over 18 years of age. No runner may run more than one leg, and no runner can compete for more than one team.

Experience.

All runners must be experienced for this type of event. Navigation may be essential on all legs, especially in inclement weather conditions.

Safety Requirements.

In accordance with F.R.A. safety requirements the Organisers may require ALL runners to carry the following equipment :-

- Windproof whole body cover
- Other body cover appropriate to the conditions, e.g. gaiters and waterproof overtrousers.
- Map of the area & Compass.
- Whistle
- Emergency Food.

The map of the Race area will be provided by the organisers and will act as the Relay Baton throughout the event.

All competitors should arrive with the expectation of having to carry all the above items. Non compliance WILL result in **IMMEDIATE DISQUALIFICATION** of the team. Runners will be subjected to 'kit-checks' at the start and finish of each leg.
YOU HAVE BEEN WARNED.

Entry Arrangements.

Entries are open to ONE team from each Club in any THREE of the following categories :-

1. Open
2. Veteran Men
3. Ladies
4. Open 'B' Teams

Additional entries, from each Club may be admitted, at the organisers discretion, subject to race limits. There is a provisional limit of 100 teams in the event.

Route Description.

START & FINISH of each leg will be adjacent to Barley Village Hall (GR. 823403).

REGISTRATION OF TEAMS at Barley Village Hall, between 08.30 hrs and 09.45 hrs.

Refreshments are available from the 'kiosk' on the Village Car Park and Bar Meals are available in the Pendle Inn.

All competitors are advised that there will be limited refreshment facilities and it may be prudent to bring food and drink with you.

All parking must be as directed by race officials.

LEG ONE

Solo runner. 6 miles 1500 ft. Paths & tracks with runnable climbs, all this leg will be flagged. Estimated winning time ; 50 mins.

LEG TWO

Pairs 9 miles. 2250 ft. **HALF TOUR OF PENDLE RACE ROUTE** Start & finish will be flagged. Estimated winning time ; 60 mins.

LEG THREE

Pairs. approx 8 miles **NAVIGATION LEG,** N.B. route description will be issued approx 1 mile after the start. Start & finish will be flagged and marshalled.. Estimated winning time ; 80 mins

LEG FOUR

Solo runner. 4.5 miles 1500ft. **PENDLE FELL RACE ROUTE,** start & finish will be flagged. Estimated winning time ; 30 mins.

Entries.

Entry Fee per team of six £24. Cheques payable to 'Clayton le Moors Harriers'. Additional teams must be paid for at time of entry, refunds will be sent to unsuccessful applicants.

All entries must be submitted on the official form (or photocopy) to arrive not later than 1st September 1997. **No late entries will be considered.**

Full information and event details, to all accepted teams, will be forwarded on 4th September 1997.

Enquiries.

Any enquiries relating to the event or entry conditions may be directed to - Ian E. Campbell., 299 Grane Road, Haslingden. Lancs. BB4 4PB. Tel; 01706 211086.

British Fell & Hill Running Relay - 19th October 1997

Official Entry Form

CLUB :-

Name of Club Official Responsible for Team Entries :-

Address of Club Official :-

Post Code :-

Telephone No :-

TEAM ENTRY

PLEASE INDICATE BELOW THE 3 CATEGORIES YOUR CLUB WISHES TO ENTER AS A PRIORITY.

N.B. Clubs can enter ONE team only in any THREE of the following categories :-
Open
Veteran Men
Ladies
Open 'B' Team
Additional teams from each Club may be accepted, at the organisers discretion, subject to race limits.

1st Choice

2nd Choice

3rd Choice

SHOULD ADDITIONAL PLACES BE AVAILABLE PLEASE INDICATE BELOW ANY ADDITIONAL TEAMS.

Additional 1st

Additional 2nd

Additional 3rd

Total teams entered :-

@ £24.00 per team

Extra teams must be entered on this form

Cheques payable to 'CLAYTON LE MOORS HARRIERS'

ENTRY FORMS To :- Ian E. Campbell. 299 Grane Road, Haslingden
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To arrive **NOT LATER** than 1st September 1997.

LATE ENTRIES WILL NOT BE ACCEPTED.



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The Mono-skin Technical Sports Sock.

It's hard writing a review of a pair of socks, but having bought four pairs six months ago and worn them continuously in fell-running and in daily use, I can only say that I love them. Navy blue with red trim, they are similar to the Running Bear sock in having a wool/nylon mix providing both comfort and shock-absorption with the added advantage of not showing the dirt so much (the Running Bear sock is off-white). They are also more useful in daily use since white socks look quite queer when worn with dark trousers and shoes. Pricewise they cost £4.99 per pair as compared to the Running Bear £3.95 (or £9.00 for 3 pairs). The wool content of the Running Bear sock is greater (70% as compared with 57% in the mono-skin) but I can't say that I've detected any difference in comfort levels and both are wearing well. The elasticated leg of the mono-skin is

still nicely tight whereas the Running Bear socks have begun to slacken off at the ankle (but it's not a fair comparison since my Running Bear socks are older). There's no way I would ever return now at any time of the year to an all-nylon or even

all-cotton sock except in tropical heat. What else can I say? They're sock-shaped, they look like socks, they are socks, buy some. See the ad. for details. I've no idea if they do a quantity discount.....try haggling?!

- Francis Uhlman.



At least a dozen mucky socks!!
 Paul Sheard leads a group at the 3 Peaks.
 L-R: R. Herries, M. Horrocks, G. Watson, P. Sheard, I. Holmes
 Photo: Geoff Garnett

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 Telephone: 0161 - 366 - 8207

OFF ROAD OFF ROAD OFF ROAD

"Mountain Running Down Under"

New Zealand is justly famous for its beautiful mountains: the Southern Alps are every bit as spectacular as their European counterparts, and graced with huge areas of true wilderness, a feature which is sadly lacking in Europe. The mountain running scene is relatively new, but vibrant all the same. There are not many races, but the ones that are run are big. The Coast to Coast is the most famous, comprising cycling, a 28km mountain run and kayaking. The excellent Avalanche peak Race at Arthur's Pass is also big (24km, 1200m ascent). It ascends and traverses a 6000ft peak with a very narrow and exposed summit crest, and descends the other side by means of a long scree chute. The final 15km are run around the base of the mountain down a river bed, mainly on boulders and large scree, which are murder underfoot, and along faint forest trails and open grassy plains. There are several river crossings. The whole route, which is mainly marked, is set against the backdrop of beautiful Alpine mountains and glaciers. In many respects the course suits British fellrunners, as it is very rough in places, and involves some steep descents: it is most definitely not a continental style course.

The race could also prove to be very lucrative, with a first prize of \$400 (nearly 200 pounds), and big prizes also for the first man and woman to the summit (interestingly enough, men and women seem to be treated equally over here). Andrea Priestley had a profitable day, coming out with a heart monitor, a fleece and some vouchers, in addition to the cash. There is also an impressive range of spot prizes, and an additional bonus of \$500 for the first competitor to go under 2 hours and twenty minutes. This latter goal is probably achievable by one or two of the better runners on the British scene (the present record stands at about 2:25). This, combined with the other prizes, could add up to a very cheap trip out to New Zealand. The two races mentioned take place in February, which means that visitors could take in both: the English runner, Pete James, who came second at Avalanche Peak had done just that. Runners who are interested in running at Avalanche Peak next year should contact the organiser, Chris Cox, on 0064 3 318 2646: he is definitely interested in seeing more British runners participating.

RESULTS

Men:

1. Keith Murray (2:27:18)
2. Pete James (2:29:03)
3. A. Town (2:36:50)

Women:

1. Andrea Priestley (record 2:55:03)
2. Vivienne Prince (3:17:26)
3. Andrea Murray (3:18:40)

Mark Priestley



Andrea Priestley - new record

'ONE FEATHER' FELL RACE 7m/2500'

The first 'One Feather' Fell Race took place on Saturday 3rd May at Torpan-tau. Athletes from all compass points gathered in eager anticipation of competing in the much loved 'Three Feathers', only to discover the absence of military coverage must mean the event cancelled.

The dozen that stayed regardless, enjoyed the course in idyllic conditions but returned home minus their customary beer and 'T' shirts.

1. Tim Taylor	MDC	1:04:50
2. Alan Davies	Swansea	1:09:10
3. John Reeve	Ind	1:10:03
4. Robin Barlow	Sarn Helen	1:13:12
5. Kerry Jones	Cardiff TR	1:14:49
6. Mike Crosslett	Ind	1:15:48
7. Nigel Jones	Eryri	1:18:20
8. Terry Craven	Swansea	1:21:14
9. Brian Daugherty		
	LGS Croupers	1:23:58
10. Gareth Buffett	MDC	1:26:31
11. John Craven	Ind	1:33:11
12. Stuart Craven	Ind	P-T-E

AUTUMN COURSE 1997



Want to improve your standard; brush up on your navigation; discover a more organised approach to training; prepare for two-day events or just enjoy a fell-running weekend in congenial company?

Following the success of the courses held over the last five years the FRA has organised the following for you:-

INTRODUCTION TO FELL-RUNNING COURSE (FELL-RUNNING, TRAINING, NAVIGATION, SAFETY)

Autumn Course: Friday to Sunday 26th to 28th September 1997.

To be held at Elterwater, Cumbria and based at Elterwater Youth Hostel. For further details contact Lyn Eden, 99 Harewood Road, Harrogate, North Yorkshire HG3 2TJ.

The course will comprise instruction and experience on the fells together with discussions and talks.

There will be several indoor and outdoor sessions covering fitness and training; map and compass navigation, equipment and terrain; emergencies and responsibilities; FRA organisation and management of fell-running.

P&O European Ferries Knockdhu Classic

4.7 miles/1470 ft

- by Gareth Webb

May 24th, Co. Antrim, N. Ireland

Billy Burns claimed arguably his biggest victory to date as he helped England retain the team title with an impressive 1-2-3 in the ninth running of these prestigious Home International Championships.

The 27 year old hotel porter bided his time in the early stages on the tough inclines as British duathlon champion Andy Peace and Mark Roberts, the inaugural inter counties Champion, set the pace around the natural amphitheatre of Sallagh Braes. Peace and Roberts were still neck and neck until the upper part of the third and final (very steep) climb before Burns, with less than a mile to go, scorched into the lead to finish about half a minute clear and just 13 seconds down on Ian Holmes respected two year old record of 34.08.

Roberts, last year's British and English bronze medallist, produced yet another superb run to take second ahead of Peace. Last year's winner Robin Bryson, who finished just one second outside Holmes mark in doing so, came through in the latter stages to take fourth with top Scots John Brooks and John Wilkinson making up the first six home.

A delighted Burns said, "When I caught Andy and Mark on the final climb I thought to myself 'hey, I can win this.' I'm really pleased as it shows I'm improving all the time. I remember thinking



Billy Burns (1st)



English Junior Team

to myself 'If I can't win a race like this when I'm feeling this good, I'm never going to win one.' I really enjoyed it, it's a beautiful course, very clean and grassy underfoot. I would pay good money to run a course like this!"

English M40 Champion Dave Neill won a closely fought battle with team mate Steve Oldfield to take the inaugural veterans title and lead England to victory in the team race over Scotland. Horwich's Michael Cayton, just 17 - last year's English u/16 silver medallist - won the junior title once again underlining his huge potential as the Norman Matthews coached youngster placed a superb 19th overall in this quality international field.

Mari Todd, the current (joint) leader in the English Championships after two races, was a convincing winner of the women's race leading home Angela Mudge, winner of the British Championship opener by 40 seconds. Cosmic's Tracy Brindley finished third ahead of British u/18 Champion Victoria Wilkinson with Karen Powell, in 5th, making up Scotland's winning team.

Full results in results section.



Steve Oldfield & Dave Neill on final climb



U/17 Michael Caton
Photo: Peter Hartley

Lantern Pike is 21!

The record is one of the oldest in the book (set in 1977) despite many notable athletes competing in and winning the race. To celebrate the birthday the organisers would like to see the record go and would like to invite all past winners of the event, both male and female, to the 21st event. If you are a past winner or can contact one please get in touch with Mel Cranmer on 01663 745809.

THREE PEAKS RACE

North Yorkshire

AL/24m/4500ft 27.4.97

Bingley international Ian Holmes added to his ever growing collection of race titles by notching up his first Three Peaks victory. In almost ideal conditions for running, Holmes took this 44th edition of the classic and popular event by the scruff of the neck, forging an early lead on the first climb, to the summit of Pen Y Ghent (2273 ft) and opening up a gap of just over a minute on the chasing group of Paul Sheard, Gary Oldfield, Mark Horrocks and Paul Briscoe.

By Ribbleshead (11 miles) Ian had opened up a gap of around 6 minutes and was running at just outside record pace. "When I got to the Hill Inn", said Holmes, "I glanced at my watch and realised that I was bang on record schedule. Andy (Peace, the record holder) had told me that I needed to go through Hill Inn in 1.57 - 1.58, so from then on I thought, why not give it a go?"

Despite feeling the effects of his tremendous pace, as he climbed the final peak, Ingleborough (2,373 feet), and deciding to 'ease off', Holmes crossed the line over 8 minutes clear of the 1996 bronze medallist Paul Sheard of Pudsey & Bramley, with J. Blackett of Mandale 3rd, and Sheard's clubmate Paul Briscoe taking fourth.

In the women's race, 1993 'Peaks' champion Carol Greenwood made it a Bingley 'double', and in doing so, further emphasised her return to winning form after the birth of her daughter Katie just over 12 months ago. Carol became the first member of Bingley Harriers ever to lift the coveted Three Peaks women's title, finishing in 3 hours 34 minutes and 39 seconds.

Four times winner Vanessa Peacock took the runner up spot, while fellow veteran Karen Slater finished third in 3 hours 54 min 58 seconds. Graham Schofield of Horwich RMI took the veterans over-40 award with his 11th place, while Pete McWade of Clayton reduced the over 50's record, set back in 1989 by Don Ashton, by nearly a minute with his 3.20.56.



Paul Briscoe (Pudsey & Bramley) 4th place at The 3 Peaks
Photo: Allan Greenwood

Ray Breakell of Medway A.C. completed his 21st Three Peaks Race, along with Bob Hargreaves and Dennis Beresford of Clayton le Moors. Clayton's Wendy Dodds became the first woman to achieve 15 successful circuits, a particularly commendable achievement when one considers that women were not allowed to compete until 1979.

All long service awards are presented at the following year's event.

Allan Greenwood

1. I. Holmes	Bing	2.52.28
2. P. Sheard	P&B	3.00.57
3. J. Blackett	Mand	3.02.20
4. P. Briscoe	P&B	3.06.02
5. G. Watson	Altr	3.07.10
6. R. Herries	Hunters	3.09.09
7. P. Thompson	Black	3.09.21
8. T. Hobbs	C le M	3.10.11
9. M. Horrocks	C le M	3.11.19
10. L. Thompson	C le M	3.11.44
11. G. Schofield V/40	Horw	3.12.37
12. P. Deaville	Gloss	3.12.37
13. A. Smith	KHR	3.12.59
14. A. Carruthers	Crawley	3.13.40
15. A. Schofield	Borr	3.15.54
16. S. Gregory	HolmeP	3.16.08
17. D. Nuttall	C le M	3.16.18
18. J. Helmsley	Ilk	3.17.55
19. T. Mitcham	Settle	3.18.25
20. T. Hesketh V/40	Horw	3.18.40

TEAMS

1. Clayton le Moor	44 pts
2. Pudsey & Bramley	70 pts
3. Horwich	90 pts

VETERANS O/40

1. G. Schofield	Horw	3.12.11
2. T. Hesketh	Horw	3.18.40
3. A. Hauser	P&B	3.19.50

VETERANS O/50

1. P. McWade	C le M	(rec)3.20.56
2. K. Carr	C le M	3.26.41
3. D. Tait	DkPk	3.32.35

VETERANS O/60

1. L. Sullivan	C le M	4.08.26
2. B. Leathley	C le M	4.35.47
3. J. Rawnsley	Bing	5.11.49

LADIES

1. C. Greenwood	Bing	3.34.39
2. V. Peacock LV/35	C le M	3.40.42
3. K. Slater LV/35	KHR	3.54.58
4. H. Krynen	Kend	4.01.07
5. S. Beconsall V/35	Tod	4.02.53
6. S. Malir	Felland	4.06.32
7. W. Dodds V/35	Clay	4.09.48
8. K. Thompson V/35	Clay	4.09.53



Pete McWade, Clayton le Moors, who set a new V/50 record in The 3 Peaks
Photo: Allan Greenwood

MOUNTAIN RUN

Watches set, a coldness sharpens the wits.
We are two vague and shadowy phantoms
waiting for the call of darkness.
The moon, unhindered, and diffusely spread,
hangs supreme above a myriad of stars.

Deep in the shadow of Cwm Glas bach
we climb the bouldered steepness.
Just once we stop, to turn
and see below an orange canopy of light.
Nothing flows along this artery;
the silence is as universal as the
covering night.

Clogwyn station, desolate and deserted;
shining metal rails that hold
the moon's benevolence to take us to
Yr Wyddfa's summit.

Midnight, and the world's a silhouette;
rising hills of velvet blackness.
We do not linger, a piercing wind
galvanised us to run the sweeping descent.
We break for Crib-y-ddysgl's ridge.

The pace is slowed, as on this aerial
sharpness
the step is delicate, ponderous.
A black abyss like some gigantic
mouth, cavernous.

The headlight, penetrating surgeon's beam
probes the darkness so that hand and foot
with confidence take the sharpness of
the rock.

We return along these demanding ridges,
hurtle down the glinting spine,
drop into the stunning blackness
of Cwm Glas bach, a place of torment
to our eyes and feet.

We are on the road again,
still silent, just the pad of running feet
that have chased away the
mountain shadows.

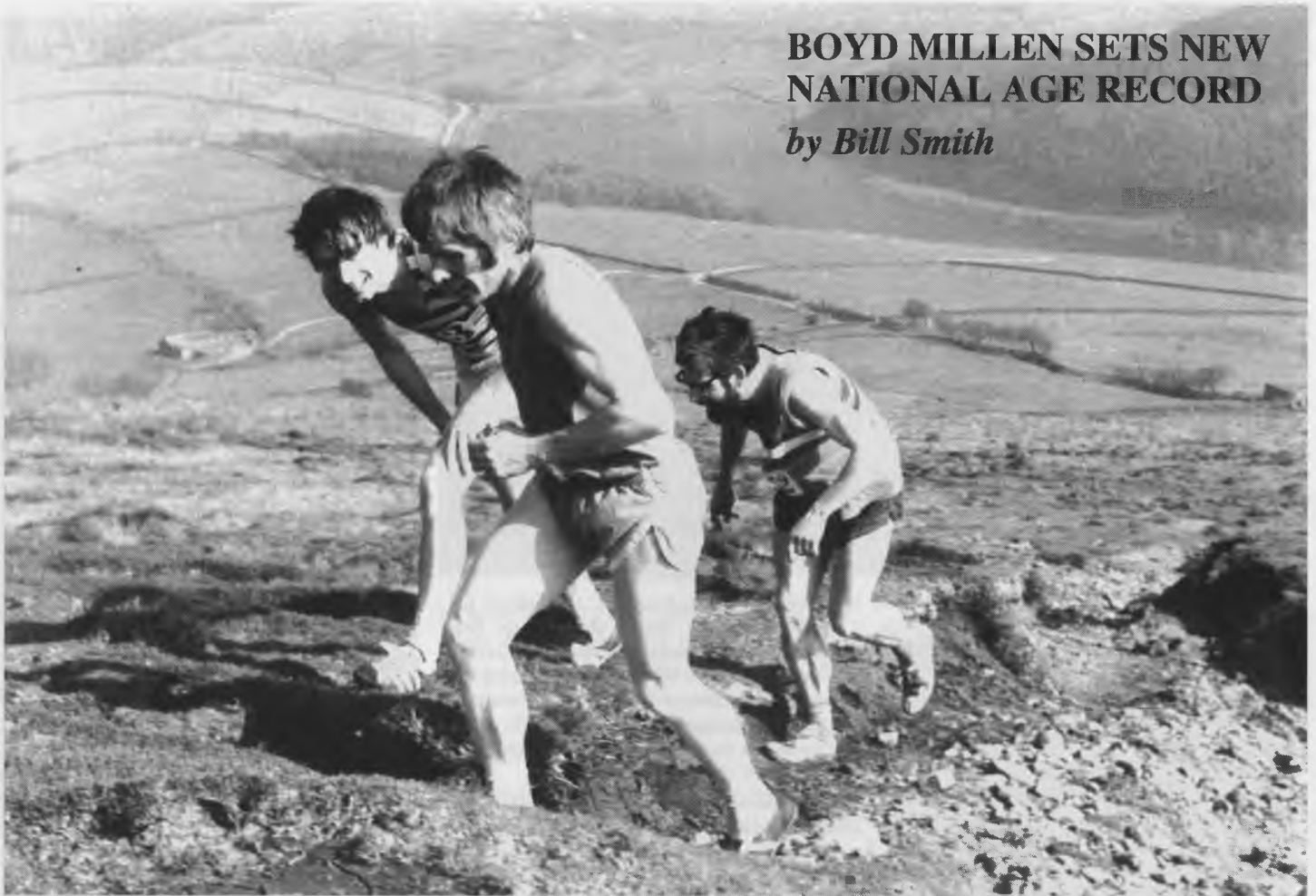
Peter Travis



Wendy Dodds who completed 15, 3 Peaks Race at this years event
Illustration by Allan Greenwood

BOYD MILLEN SETS NEW NATIONAL AGE RECORD

by *Bill Smith*



*A much younger Boyd Millen (nearest camera) competing in the 1974 Pendle Fell Race
Photo: Bill Smith*

Boyd Millen of Oxenholme, a well-known fell runner with Kendal AC during the 1970s, last year achieved the distinction of becoming the oldest man to represent Great Britain in an open athletic event (as distinct from strictly veteran events). He was 60 when he competed in the Roubaix 28 Hour Race Walk near Lisle in France on September 14th/15th, completing 195.570 kilometres to gain 19th position out of 51 finishers. Five weeks earlier, he had placed 5th in Coldwater 100 miler at Battersea Park, which had served as a trial for the international event, with the first five finishers gaining automatic selection.

On the weekend of January 27th/28th, 1996, Boyd had celebrated his 60th birthday two days earlier by completing a 100-mile walk - the first of eight he was to cover last year, including the Long Distance Walkers Association's "Yorkshire Dales 100" in May. The original plan for the January walk, first suggested by his wife Lilian, was for him to traverse the route of the LDWA's "Cumbria 100", but after meeting deep snowdrifts and a mini-blizzard going over Scout Scar and Cunswick Scar during the early stages, it was decided to revert to a route along the Lancaster Canal towpath to Glasson Dock and back to get his hundred in. His time was 29 hours 56 minutes and he was accompanied by

various friends working in relays, including some from his fell running days.

Irish-born but Liverpool-bred, Boyd is a stonemason by trade and a former racing cyclist. He was introduced to fell running around 1970 by Pete Dawes of Kendal AC, fastest man in the 1974 LDWA "Peakland 100" and a Pennine Way record-holder from 1975 to '79, whose wife Jean was the first lady to complete the Bob Graham Round. Pete's enthusiasm for long-distance running and walking quickly rubbed off on Boyd and together they completed a double Lyke Wake crossing, as well as making the first three in the annual Lyke Wake Race. A few years later, in 1976, the pair made an attempt at the late Eric Beard's Three British Tops record of 10 days 12 hours 15 minutes (May, 1969) which came to an untimely end due to injury after climbing Ben Nevis and Scafell Pike.

In Bob Graham's Footsteps

In 1973, Boyd Millen completed Bob Graham's "Round of the Fells" in 20 hours 38 minutes, thereby slicing six minutes from the existing record, and this time was not bettered till 1976. The following year, 1977, he became the first man to complete a "Double Bob Graham" with a time of 52 hours 23 minutes, a feat since emulated by only two other men, Roger Baumeister of Dark Peak Fell Runners in 1979 and Eric Draper in 1994.

During these years, Boyd was competing regularly in fell races and also in long-distance mountain events like the Fellsman Hike (4th in 1974), High Peak Marathon (3rd team in 1974) and Karrimor (5th in the Elite Class with Mike Pearson in 1975). His growing fondness for the latter type of event eventually led him to forsake fell racing altogether in favour of LDWA-organised and similar-type walks, which he has continued to enter throughout the 1980s and '90s.

In 1977, Boyd and Keith Arnold of the Parachute Brigade had jointly recorded the fastest time of 18 hours 31 minutes in the "Downsman 100" and Boyd has now completed a total of twenty LDWA 100s. During that same year, he and his Kendal AC clubmate Jos Naylor, holder of several long distance fell records, rose to the challenge of the 24 hour track race at Crystal Palace, finishing 8th (110 miles 1,431 yards) and 4th (132 miles 594 yards) respectively. Two years ago, Boyd became a race walking "Centurion" by completing the RWA 100 mile championship course at Battersea Park.

He does, however, retain a close affinity with the Bob Graham Round, and for the past four years, he and his good friend Mike Pearson of Keswick have turned up most Saturday evenings throughout the summer at Dunmail Raise to offer their services as pacers and route-finders to any



*Boyd Millen (left) and Pete Daws set off into the twilight along the Lancaster Canal towpath on Boyd's 60th birthday celebration walk in January, 1996.
Photo: Bill Smith*

Bob Graham contenders who may need them, though sometimes these nocturnal outings are pre-arranged.

Though having now attained the ripe old age of 61, Boyd Millen's enthusiasm for strenuous outdoor exercise shows no sign of abating and he looks set to continue in the footsteps of that legendary man of the hills, Stan Bradshaw of Clayton-le-Moors Harriers, who will be 85 this year.

A Good Team

It was Boyd who encouraged his wife Lilian to start walking so as to get her involved as a participant in events rather than as a mere spectator. Her original ambition had been to complete just one 100 mile event, but fulfillment of this resulted in a hunger for further long-distance walks. That first "100" was achieved in May, 1980 and two months later she completed the Bob Graham Round in 23 hours 43 minutes.

She began to represent Great Britain at race walking the following year and for five years thereafter competed regularly in international events both home and abroad. She became a "Centurion" in 1993 with a time of 20 hours 13 minutes. Her target for this year is to visit all of the 214 "Wainwright Tops" and at the time of writing (early April) she has bagged 71.

While still an active walker, Lilian also now organises three events on behalf of the LDWA Morecambe Bay and Bowland group: the Kentmere Challenge, the Heron

Walk around Arnside and Silverdale, and a new event over the Bowland fells from Chipping scheduled for early May.

"I do most of the work in organising these events," says Lilian, "but Boyd helps at practical jobs." In regard to her walking, she says: "I do what Boyd tells me. He has coached me from the beginning and what success he has had! He has no formal coaching diplomas - just common sense and experience. Listening to the technical jargon of some coaches makes me realise just how good Boyd actually is. I used to train on the roads but they're getting so

much more busier now, so all training is done on the Lancaster Canal towpath." This path is also used for training by Boyd himself, incidentally.

"We look after each other while on events," says Lilian. "On ones which we both enter, we go our separate ways. We meet different people and even see different things, but when we get home, although we've both walked the same distance, we still have plenty to talk about. Walking or helping, we are a team - and a good one!"



*Lilian Millen, Boyd Millen and Eddie Manning at Crooklands on Boyd's 60th birthday celebration walk in January, 1996.
Photo: Bill Smith*

Martin Stone's Long Distance News Summary

I haven't been made aware of any epic rounds last Winter however there are a couple of achievements that are well worth a mention.

IAN ROBERTS/PAUL DICKINSON BOWLAND & BLEASDALE WATERSHED TRAVERSE

On 30th December 96, Ian & Paul established a 30 mile route from Giggleswick to Chipping which followed the high ground in a south westerly direction across the wild country of the Bowland & Bleasdale fells. The route includes about 5,300ft ascent/descent and takes in the summits of Big Hill, Bowland Knotts, Great Harlow, White Hill, Wolfhole Crag, Whins Brow, Hawthornthwaite Fell, Fiendsdale Fell, Fairsnape & Parlick. There are very few sections of path or sheep-trods and much heather and bog is encountered on route. Showers persisted throughout a cold winter day, accompanied by an icy wind. They completed the route at a reasonably sedate pace and would like to encourage others to have a go, maybe at a less challenging time of year. Write to: Ian Roberts, 12 Sharpes Avenue, LANCASTER LA1 4DL.

LEE THOMPSON - PENDLE WAY RECORD

On 12th April Lee Thompson of Clayton Harriers, tore round the Pendle Way in a superb new record time of 5hrs 47mins. The route is 45 miles and Lee reduced Mike Wallis' 1994 record by 30 minutes. He was paced by 12 pacers from Clayton on a near perfect day. Those in attendance remarked that Lee was running up hills that they would think twice before running up on a short training run. Obviously on top form, Lee has set a challenge for supermen.

MARK HARTELL - WILL ATTEMPT LAKELAND 76 PEAKS RECORD

In mid-June Mark will be making his third attempt at Mark McDermott's 1988 record of 76 Lakeland Peaks in 24 hours. His two earlier runs in 1994 and 1995 terminated in poor weather conditions. This year after a relentless build up, a mixture of long distance events and a number of week-end reccies along sections of the Lakeland route, Mark Hartell will either be superfit or exhausted. It will always be a very difficult record to beat, but with his background and preparation, Mark deserves to be in with a shout.

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 1995/96

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 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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