

The

Fellrunner



June 1999

*with Results, Reports,
Championship and Regional
Championship details.*



*Main picture - Rob Jebb on his way to winning
Ilkley Moor in difficult conditions*

*Inset - Late snow hampers runners at the
Championship Anniversary Waltz.
L-R Tracey Brindley, Tony Hesketh, Andy Schofield*

Photos: Peter Hartley

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Bit at the Front - Neil Denby

Ten years ago, the last of the first series of old Chew Valley Skyline Races was run. The races always attracted quality as witness the names huddled together in the top 20. Gary Devine won it; the cast list also featured John Taylor (still an intermediate), Andy Trigg, Bob Whitfield, Bob Ashworth, Pete McWade (first vet), Derek Ibbotson and Andy Styan (2nd vet). The ladies were led by Carol Haigh (now Greenwood) and a youngster by the name of Gavin Bland managed only third in the junior event.

The organiser - Frank Travis, of course - designed an excellent course and ensured the safety of runners and their post race comfort. It is with enormous regret and sadness that we announce the untimely death of Frank, who suffered a heart attack on 23rd May towards the end of a training run. Appreciations for Frank are on pages 11 and 12. As a further tribute, for those new to the sport, we reprint on page 31 an article profiling Frank which was first published to celebrate Frank's 50th birthday.

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A request for information

In the June 1998 edition, a

photograph of Gerry Charnley was published.

This photo has had a chequered history of going missing and has

managed to do so again. If you are a contributor and it has been returned to you (it's a transparency) please let us know. It is reproduced here.



COMPUTERS

Please provide copy on floppy, wherever possible. ASCII, WORD, WRITE, RTF, MAC OS, even RISC OS will do. Even if it's a weird format, send the disc with the printout anyway, it may save us TIME and FRA MONEY !!!

News & Views

Secretary's Corner

Two Committee Meetings have taken place since the last issue. Items of particular interest to members:

KENDAL, 16 JANUARY 1999

1. Appointments to sub-Committees:

i) CHAMPIONSHIPS. J. Broxap (Chairman), T. Hulme, B. Martin and A. Brand-Barker.

ii) INTERNATIONAL MATTERS AND ENGLAND SELECTION. D. Hodgson (Chairman), P. Bland (Team Manager), R. Bergstrand (Assistant Team Manager), M. Rose, S. Rowell and for Junior Teams, A. Scholey.

iii) DISCIPLINARY. R. Day (Chairman), A. Barlow, D. Woodhead.

iv) FINANCE. T. Varley (Chairman), A. Barlow, R. Day.

2. A Junior Training Weekend will be held at Sedbergh in April. The Three Peaks Race Association have offered to fund this event and their generous sponsorship will enable us to provide overnight accommodation and meals for athletes and coaches.

3. 1999 British Relay Championships to be held in Scotland, probably in the Ochils based at Alva.

KENDAL, 27 MARCH 1999

1. Chairman reported Dave Woodhead's notice of resignation. See notice elsewhere seeking volunteers to take over those roles previously undertaken by Dave.

2. Andy and Hilary Spenceley presented proposals for the British Relay Championships on 17 October, based at Alva and hosted by Carnethy HR/Ochil HR. All the ingredients will be in place for an exciting and enjoyable weekend. Details and Entry form elsewhere in this issue.

3. The FRA will be bidding to host the World Trophy at Sedbergh in 2001. Jon Broxap has accepted the position of Event Director, and a meeting of key volunteers was held on 7 March to formulate an action plan. We shall be seeking lots of active help and members wishing to become involved should make themselves known to Jon.

4. Chris Knox continues to monitor the proposals for a 'Countryside Access Bill'. There is lots of small print, eg the Bill seeks to prevent any sponsored walks, games, races or competitions on a permanent path.' So there could be many months of consultation over technical

details. For the time being we shall continue our present policy that 'The FRA, while supporting the principle of more access on foot to the countryside, should oppose legislation which would jeopardise any existing rights of access. The FRA will pursue the voluntary approach, through negotiation, balancing our sporting interests with those of the environment we enjoy.'

5. Agreed a Junior Training Weekend at Stainforth Youth Hostel in June. Juniors coach, Norman Matthews is assessing the feasibility of introducing a Schools Fell Running Championships.

Mike Rose
General Secretary

Fell Running and the Internet

The world wide web is spreading into the realms of Fell Running. Nothing to be alarmed about, just some discussion at the FRA committee that we should have a some Web pages. A location on the web would mean that we could offer a quick means of communicating to anyone about our activities that will be additional to the magazine and the race calendar. For example web pages would carry the latest updates on championships and relay competitions. Results from these events being available 24 to 48 hours after the events with full race reports being available in the magazine later on. There could be other uses of web pages from advertising to urgent information of race changes. At the moment the committee is in support of this idea. What we need is some one who has the skills at Web page design to help set this up and also any comments suggestions about what you would like on the pages. All comments welcome, to Bill Waine. email to: ae401@dial.pipex.com or snail mail address on the committee pages.

To see what can be done take a look at the following pages already on the web. Ambleside A C.

<http://www.xldh.demon.co.uk/acc/source.htm> , Karrimor International Marathon.

<http://www.kimm.com/> , Lowe

International Mountain Marathon.

<http://www.staminade.demon.co.uk/>

Bill Waine

INTERNET: English Championship Results

www.xldh.demon.co.uk/fra/fra/htm

Temporary site for FRA courtesy of Derek Hodgson, Ambleside A.C.

First Claims Procedure

North of England AA First Claims Secretary Joan Powell has written the following article to try and lay out the exact requirements for the correct procedure when an athlete changes clubs.

Since I became First Claim Secretary on the 1st January 1998, it has become apparent to me that very few clubs in the North of England are fully aware of the requirements of the First Claim Rules. For this reason I feel that it is time to put into print the procedures required by this rule.

On admitting a new member to your club, who has previously been a member of another club, it is important that the First Claim Secretary is advised of this new member as soon as possible. The nine months suspension from Open Team Competition for athletes aged 15 years and above does not start until this has been done. This procedure should be carried out in respect of all athletes from aged 11 upwards.

On receiving the resignation of an athlete aged 11 years and upwards (once the resignation has been accepted by the club), the resignation should be notified to the First Claim Secretary.

When an athlete applies for Hardship, his/her application is considered by the First Claims Committee and each case is decided on its merits. There are no hard and fast rules. In addition, just because the club from which the athlete has resigned has "no objections", it should not be assumed that an athlete will necessarily gain exemption.

It should be noted that the 9 month rule only applies to *Open Team Competition*, an athlete may compete for his/her new club as an individual immediately. It should also be noted that an athlete resigning from a club has 28 days in which to join another club, he/she cannot simply compete "Unattached" for 9 months.

If you are in any doubt as to the position with regard to any athlete I can be contacted for advice/help on 01624 670009.

I do hope that this will clear up any doubts or queries that clubs may have and bring an end to the situation of athletes being unable to run in events.

Joan Powell

If you require either Change of Club Forms or Application for Hardship Forms they are available either from Joan or from the NoEAA Office on 0113 246 1835.

FRA Secretary's Note:

A Junior between the ages of 11 and 15 is normally allowed one move without incurring the 9 months suspension period.

CALENDAR UPDATE

Millions of things for you to add to your Calendar this time round, starting with :-

SUN. JUNE 7. SILVA HILL RACES.

Three races –

Race 'A' – BL. 10.30 a.m. 18m/2250 from the Priory School, Dorking, Surrey (GR TQ161484).

Race 'B' – CM. 10.45 a.m. 10m/1100'; same venue.

Race 'C' – CM. 10.35 a.m. 6m/650'; same venue.

£4 to organiser or £5.50 on the day. NS. Races 'A' & 'B' over 18; race 'C' over 16. Race 'A' record 1.55 M.Chapman 1991. Details: Jeremy Denny, 59 Keith Grove, London, W12 9EY. Tel: 0181 743 2533.

SAT./SUN. JUNE 5/6. TWELVE TRIG TROG HILL RACE. BL. A total of 46 miles/ 7500' over the two days, split as follows –

Sat.; 12.00 start; 22m/3900' from Carron Bridge Hotel (GR 743837 on OS Sheet 64).

Sun.; 09.00 start from mysterious and undivulged overnight camp.

£7.50 pre-entry or £10 on the day – pre-entry VERY much preferred. ER/LK/NS/PM. Over 18. Records: 8.18.25 A.Keith 1997; f. 13.32.52 E.Scott 1996. Overnight gear will be transported to and from the overnight camp. B&B is also available. Route is covered by OS Sheets 64 and 57 or a laminated one-piece map is available from the organiser for £3.

Details: Manuel Gorman, 24D Parkfoot Street, Kilsyth, Glasgow, G65 9AB. Tel: 01236 822928.

SAT. JUNE 12. MAN V HORSE

MARATHON. BL. 11.00 a.m. 22m/3500' from the Square, Llantwrtyd Wells, Powys. £11 individual; £33 relay team of three. Send SAE to organiser for details. Over 18. Records: 1.58.00 M.Croasdale 1990; f. 2.28.00 C.Hunter-Rowe 1996. £20,000 now the amount for the first runner to beat the first horse. Details: Gordon Green, Neuadd Arms Hotel, Llanwrtyd Wells, Powys, LD5 4RB. Tel: 01591 610236.

SAT. JUNE 19. HUNSHELF AMBLE. CM. 11.00 a.m. 7.25m/850' from the Rock Inn, Greenmoor (10 miles north of Sheffield at GR SK283995). £1.50 on day only. PM. Details: David Horsfall, Oberwald, Forge Lane, Wortley, Sheffield, S35 7DN. Tel: 0114 288 3684. e-mail:

SAT. JUNE 19. JAMES BLAKELEY FELL RACE. BS. 3.00 p.m. 3m/500' from Harden Moss Sheepdog Trials at GR 100084 on the A635 near Holmfirth. Pay entry to Trials – race free. Teams free. PM. Over 14. Records: 15.06 R.Harbisher 1986; f. 17.05 C.Greenwood 1984. Details: Julian Rank, 9 Holme View Drive, Uppertong, Holmfirth, HD7 2GA. Tel: 01484 681480.

SAT. JUNE 19. LANGLIFFE GALA FELL RACE. AS. 3.45 p.m. 2.5m/900' from Langcliffe Village Green, near Settle (GR 823650). £1.50 on day only. Teams free. PM. Record: 21.08 A.Maloney 1997. Also junior race; free entry.

Details: Eric Parker, New Street, Langcliffe, BD24 9NH. Tel: 01729 822114.

WED. JUNE 23. CORT-MA LAW. AS. 7.30 p.m. 5m/1600' from the carpark on the B822 north of Lennoxton at GR NS613801. £2 on night only. Teams free. NS. Over 18. Please note there are no toilet facilities at this race venue. Records: 46.35 G.Bartlett 1998; f. 60.32 J.Higginbottom 1998. Details: Alisdair Campbell, 189 Cleveden Road, Glasgow, G12 0TY. Tel: 0141 357 1393.

SAT. JUNE 26. COTSWOLD WAY RELAY. CL. 7.00 a.m. 103m/10,900' from St.James' Church, Chipping Campden (GR 155395). £40 per team of 10 to the organiser by 12th June; mixed teams to include at least two women – cheques payable to "City of Bath A.C. LK/NS. Over 18. Please note there are no toilet facilities at the start venue.

Records: 11.55.00 Stroud & District A.C. 1995; f. 15.19.33 Mendip Mudlarks 1996. Details: David Hughes, Flat 2, West Brow, Belmont Road, Combe Down, Bath, BA2 5JR. Tel: 01225 836076.

WED. JULY 7. FELLSIDE FELL RACE. AM. 7.15 p.m. 7m/1900' from Fellside Village (GR 305373). £2.50 on night only. LK/NS. Over 17. Records: 51.21 J.Bland 1995; f. 62.19 A.Brand-Barker 1993. Details: Stella Lewsley, 2 Oulton Terrace, Gelt Road, Brampton, Carlisle, Cumbria, CA18 1QE. Tel: 016977 3139.

SUN. JULY 11. REETH HILL RACE. BS. 11.00 a.m. 4.5m/1000' from Reeth Village Green (GR 038993). £3 on day only. LK/PM. Over 18. Please note there are no toilet facilities at this venue. Details: Paul Figg, 11 Mowbray Grange, Bedale, North Yorkshire, DL8 2DN. Tel: 01677 425904.

SAT. JULY 17. MEAL AN-T SUIDHE HILL RACE. AS. 2.00 p.m. – the Ladies' Race will start at 3.00 p.m. if this is confirmed at the Lochaber Athletic Committee Meeting. 3.5m/1500' from Claggan Park, Fort William. £3 on day only. Teams free. PM. Over 17. Records: 27.54 K.Stuart 1983; f. 36.35 P.Calder 1992. Details: J. Maitland, 57 Monance, Ardgour, via Fort William, PA33 7AA. Tel: 01855 841267.

TUE. JULY 27. ROBIN HOOD "MONUMENTAL" FELL RACE. BS. 7.30 p.m. 5m/875' from the Robin Hood Inn, Baslow, Derbyshire (GR 280721). £2.50 on night only. PM. Over 16. Details: Pete & Bridget at the Robin Hood Inn. Tel: 01246 583186.

WED. JULY 28. GOYT'S MOSS. BM. 7.30 p.m. 6.5m/1200' from Derbyshire Bridge, Goyt Valley, near Buxton. £3 on night only. Teams free. PM. Over 18. Details: Mark Fitzgerald, 16 Ecclesbourne Drive, Burbage, Buxton, Derbyshire. Tel: 01298 25766.

SUN. AUG 15. WORSTHORNE MAG 7 RACE. BM. 11.00am 7m/900'. Revised entry fee: £3.00/£4.00 unatt. on day. Registration at the Bay Horse Inn, Worsthorne Village Square. Details otherwise as published in the Fixtures Calendar.

WED. AUG 18. THRELKELD KNOTTS. PM. Threlkeld Sports Field, Threlkeld, Nr. Keswick, Cumbria. 2.00 p.m. Approx 3 miles. £1.50 admission to Sports Field, race entry free, part of traditional Lakeland Dog Show. Over 16's only. Junior race at 1.30pm. Details: S. Harwood, 15 Eskin Street, Keswick, Cumbria CA12 4DG. Tel: 017687 71130.

SAT. AUG 21. FALSTONE FALCON. The organiser of this race is Simon Banks, 21 Castle Drive, Kielder, Hexham, Northumberland, NE48 1EQ. Tel: 01434 250268.

SUN. SEP 12. PADFIELD PLUM FAIR TORSIDE SCAMPER. BM. 1.15 p.m. 6.5m/1050' from the Recreation Ground, Padfield, Glossop, Derbyshire (GR 031962). £2 on day only. Teams free. ER/LK/NS/PM. Over 18. Also possible junior race. Records: 45.06 A.Trigg 1997; f. 60.24 R.Pleeth 1998. Part of the world-renowned Padfield Plum Fair. Details: Ted Woodhouse, 14 Platt Street, Padfield, Glossop, Derbyshire, SK13 1EJ. Tel: 01457 855077.

SAT. SEP 18. RUNNING SHOP MORVERN HILL RACE. AS. 1.00 p.m. 5.5m/2100' from Strathdon, Groddie, by Dinnet, Deeside (GR 409044). £3 on day only. Teams (men 4, ladies 3) free. PM. Please note there are no toilet facilities at this race venue. Records: 45.40 D.Whitehead 1997; f. 55.12 S.Armitage 1997. Details: Phil Kammer, The Old Police House, 28 Duthie Road, Tarves, B41 7JX. Tel: 01651 851130.

SAT. OCT 16. HARRIERS V CYCLISTS. CM. 2.30 p.m. 6m/650' from the Fisherman Inn, Dowley Gap, Bingley (GR 117384). £2 on day only – cyclists to add BCF levy. PM. Over 14. Records: 34.09 A.Atkinson 1997; f. 39.35 C.Greenwood 1997. Details: Pete Jebb, 1 Grange Road, Eldwick, Bingley, West Yorkshire, BD16 3DH. Tel: 01274 563386. Or you could visit (just to prove that the People's Republic of West Yorkshire are right up there at the cutting edge of technology- but only if you can speak the language !!) HARRIERS.PURPLENET.CO.UK to get the full race information/details.

SUN. OCT 24. SETTLE SCRAMBLE. Please note that the race will take place on this date and NOT the day before on the Saturday.

News & Views

Dear Sir,

I travelled to Blaennar Ffestiuiog on the 17th April to run in the Moelwyn Peaks race. I arrived at the start to find about ten other runners, all of whom had travelled a distance, to be told that the race was being run 'next' Saturday, as it clashed with a championship race near Keswick.

I would like to make a couple of points. Firstly, race organisers need to be told, or find out for themselves when championship races are taking place, by a phone call as the fixture list is being compiled. On June 5th, for example, the Welsh 1000m championship race, Duddon and Ennerdale, all occur on the same day. Once the race is in the book however, surely it should not be moved for such a reason.

Secondly, when I arrived from Kendal, it did surprise me just a little that the organiser was not present, or that there was no written sign of explanation. It was left for us to phone him. Even the tourist information centre thought the race was on. The organiser lives near to the start.

It has to be said that a group of us had a wonderful training run over the Moelwyn tops with the mountains looking at their best. Some consolation I guess.

Yours sincerely,
Phil Whiting

English Championship Categories

Dear Sir,

In the first English Championship Race of 1999 (Noon Stone) there were more male Veteran O40/O50/O60 finishers than Seniors – reflecting the age profile of fellrunning as a sport.

Whilst there is an elegance with awarding Awards for each age-decade is it not now time for the FRA to be forward thinking in acknowledging the increasing number of older fellrunners, already recognised by many race organisers in their prize list, by awarding Awards for other categories such as Vet O55?

After all, given that at Noon Stone two V50s finished in the first 50 (and therefore ahead of 300 other competitors) it could hardly be argued that there is not sufficient competition within the veteran categories for the Awards to be meaningful!

Yours sincerely,
Graham Breeze
PS (who is not a Vet O55!)

Padfield Plum Fair

Dear Sir,

I showed the report of the Padfield Plum Fair Torside Scamper, without comment, to a friend. He remarked that it sounded like someone had been cheating. I was one of the six runners disqualified in the race for missing a checkpoint and therefore not completing the course and I resent any insinuation that we cheated. We were running already in the first six places when we went off course. Although we were obviously disappointed, we had no complaint about our disqualification in the circumstances.

Yours sincerely,
Peter Jepson (Rossendale H.A.C.)

Zen 'n' Us!

Dear Sir,

I came across this haiku (a traditional form of poem using 17 syllables) in the Winter issue of the Zenrunners 'n' climbers magazine: **But is it really there?**

So that more of your readers can enjoy the poem I have translated it from the Japanese, inevitably there will be those who argue that this undermines the beauty of the original but the underlying truths are still present in this anglicised form.

*leaden legs
'neath a leaden sky,
tho' we came with unleaded petrol*

Yours sincerely,
John McIntosh

Calculating Championship Performances

Dear Sir,

If Howard J. Grubb wishes to 'normalise' race times he should calculate the standardised normal deviate (I'm not kidding) which is given by:

(Mean for all runners – Individual time)/standard deviation of all runners.

This will give a distribution of numbers with a mean of zero. Faster times will be positive, slower times negative. The results will be independent of race length, conditions and type but will be dependent on individual performances relative to the mean. It's just a neater way of expressing what Mark Rigby has written.

Yours sincerely,
Philip Helliwell



351 runners set off for the first English Championship Race at Noon Stone - more power to vets? Photo: Peter Hartley

NEW CONTACT POINT FOR THE 'DO'S'

Dave Woodhead held three important posts within our organisation.

- FRA trophies and medals officer
- Senior and Junior 'Do' organiser
- Committee member

Due to an insoluble situation with regard to his and the committee's views on Championship races, he has decided to stand down.

The first point of contact regarding any of the above should now be FRA Chairman Richard Day, whose details are on page 2.

THE FRA URGENTLY REQUIRES VOLUNTEERS

For the past eight years our Annual Dinner and Awards Presentation has been organised by Dave Woodhead and in 1997 he introduced a similar event for our Juniors. He has also gathered together the many English and British Trophies and procured the Medals for inscription.

In March this year, Dave resigned from the Committee and said he would no longer be involved in the Dinners and Presentations. The Committee formally thanked Dave for his work over the years and asked whether he was prepared to reconsider his decision. Apparently, he is not.

Those who have attended recent Dinners will know that Dave did a super job and has presented us with a hard act to follow. But I am sure our members want these events to continue, so we are urgently seeking volunteers as follows:

ANNUAL DINNER AND AWARDS PRESENTATION

The venue for this year's 'Do' is booked at the Shap Wells Hotel, Cumbria, on Saturday 31 October. The Disco is booked. An organiser is required to take ticket bookings and generally pull the event together, and hopefully to continue for the next few years.

JUNIOR PRESENTATION AND BUFFET

Similarly, this year's Junior Do is booked to take place at the Hanover International Hotel, Skipton, on Sunday 14 November. Surely someone with a keen interest in Junior Competition will step forward and take over the organisation of this event.

TROPHIES AND MEDALS OFFICER

This is a non-Committee post. The object is to have all trophies and medals ready for Presentation. The role involves procuring the medals, recovering the trophies from previous winners, and arranging engraving.

Anyone interested out there? Please contact FRA Chairman, Richard Day or FRA Secretary, Mike Rose.

Notice of Annual General Meeting

The Annual General Meeting of **The Fell Runners Association** will take place on Saturday 30 October 1999 at 2.30pm at the **Shap Wells Hotel, Shap, Cumbria**. (Off A6 Kendal and Penrith).

1. **Motions for the Agenda** should be notified to the Secretary by Friday, 10 September 1999.
2. **Election of Executive Committee**
 - a) Nominations for Officers should be notified to the Secretary by Friday, 10 September 1999.
 - b) Nominations for Club Representatives (four seats) should be notified to the Secretary by Saturday, 16 October 1999.
 - c) Nominations for Membership Representatives (four seats) may be made at the meeting.

All members of the Executive Committee must be members of English Clubs affiliated for Fell Running to one of the BAF Regions.

- 3) **Voting**
 - a) Individual members of the Association who are present at the meeting have one vote each.
 - b) Affiliated clubs, FRA and BAF Regions, which are represented at the meeting are entitled to two votes each. Club appointees for this purpose must be notified in writing to the Secretary by Saturday, 16 October 1999.
4. **An Open Discussion** follows the formal business and is an opportunity to express views on any aspect of our sport.

Mike Rose, General Secretary

The Lake District Mountail Trail

Sunday 12 September 1999

Venue: The Vale of Grasmere

Main Sponsor: The Climbers' Shop, Ambleside

Additional sponsors: KLETS/Harvey Maps – provision of maps

SILVA UK – prizes

Chris Brasher – Open Trial Prizes

Men's and Women's courses as usual; also Open Trial (short course, approx 10 miles and 3000-4000 feet of ascent).

Special prize donated by the Wasdale Head Inn (main sponsors 1998) of 2 nights dinner, bed and breakfast for two people in one of the hotel suites – worth approx £200.

FELL RUNNING COURSES 1999

Learn the basics of navigation on the fells or come along and improve your navigation skills. We can help you at any level of experience and it won't cost you much.

Courses will comprise instruction and practical sessions on the fells with discussions and talks on safety, fitness and training, two day mountain marathons, equipment, the F.R.A. and anything else you request us to cover. There will be low key competitive events.

Ideal for anyone new to the sport of fell running.

SPRING COURSE

To be based at Kettlewell Youth Hostel in the Yorkshire Dales, April 2000. Further details from Margaret Batley, 10 Greenfield Avenue, Guiseley, Leeds LS20 8HG. Please enclose an S.A.E.

AUTUMN COURSE

Friday 24th to Sunday 26th September 1999. To be based at Elterwater Youth Hostel near Ambleside, Cumbria. Further details from Lyn Eden, P.O. Box 321, 99 Harewood Road, Harrogate, North Yorkshire HG3 2ZE. Please enclose an S.A.E.

Please book early – these courses have been very popular. There will be a limit on number after which a waiting list will be kept.



Elite Training Weekend at Sedburgh Photo: Norman Matthews

England Junior Elite Training Weekend

Due to a generous donation of £500 from the Three Peaks Association, England Junior Coach Norman Matthews was able to arrange a two-day stay with full board at the Lupton Centre, Sedburgh, which is part of the Sedburgh school complex. The comprehensive training weekend included a short race up Winder on the Saturday to access current form, and a more intense training session of hill repetitions the following day. Circuit work, stretch routines and conditioning exercises were interspersed with talks on Warm Weather

training, Sports Psychology, Training Schedules and Fell videos. Lectures and discussions were given by Dennis Quinlan, the UK Performance Manager for Fell & Hill and Matthew Whitfield, who had agreed to be in the hot seat to face a question and answer session on 'The successful transition from Junior to Senior international', which he knows all about. An open forum was held at the end of the weekend when the juniors had the opportunity to express their views on a wide variety of issues. The one subject that they all agreed on was that they wanted at least another two training courses per year with a similar format!

SAFETY

Over the winter months, it has been brought to the attention of the Disciplinary Committee of the F.R.A. that several runners have competed in races not having registered in the proper manner beforehand. Whatever the reasons, it is important to remind all runners that they should register with the organiser their intention to race, even if they turn up late. There could be serious safety implications to all competitors, if a runner goes astray or becomes injured during a race and it also creates problems for the marshals who are trying to account for competitors as they pass through checkpoints. For their own safety, it is also imperative that all runners carry the equipment stipulated by the Race Organiser however unreasonable it may seem. A Race Organiser's job is hard enough, please don't make it harder.

*Richard Day
Chairman, Disciplinary Committee*

Marathon Against the Odds

Dawn Kenwright from Lampeter recently returned from the Himalayas having won a race in one of the most remote and beautiful parts of the world.

The race was the Everest Marathon, which started at Gorak Shep, near Everest Base Camp in Nepal. At 17,500 ft it was bitterly cold, and heavy snow had fallen the day before the race. Six hours and 26 miles after the start, Dawn crossed the finishing line at Namche Bazaar, at 11,000 ft, the capital of the Sherpa people. She was first lady, beating off stiff competition from Europe and the USA in the last few miles.

To get to the start, Dawn had trekked for 17 days from Tumlingtar in south-eastern Nepal, travelling through remote rhododendron forests, at times several days away from civilisation. The trek was necessary to enable the runners to acclimatise to the altitude. Not everyone acclimatises successfully, some members of the group failed the pre-race medical and

were not allowed to run at the high altitude. This was not the first time Dawn had run the race. 10 years ago she came in first lady and set a record which stood until 1993. However, since her first visit, Dawn had been diagnosed as having insulin dependent diabetes, so she faced an additional challenge of managing her blood sugars. The Everest Marathon takes place every two years. It aims to put into rural Nepal as much as it gets out, and runners raise money for the Everest Marathon Fund, a charity which supports health and educational projects in Nepal. Dawn's efforts will contribute some £2,500 towards the fund, partly from sponsorship from family and friends, but also through the support of bookmakers William Hill, who paid up on a 10-1 bet on her winning the ladies race.

Dawn said: "When I was diagnosed with diabetes, I never thought I would be able to go back to the Everest Marathon. Winning it again was a magical moment for me. I hope others will be encouraged by what I was able to do."

Dawn Kenwright

Hurry, Dave, or you'll miss the 'Do'!!



It's at Shapwells Hotel, Kendal on Saturday October 30th. Now you're not organising it any more, you'll have to get your tickets from

Richard Day,
27 St Mary's Road,
Little Haywood
Stafford ST18 0QG

Don't be on your own...

Run along to the Junior 'Do' 14th November, 1999, Skipton

Exclusive FRA T-shirts to the first 10 boys and girls in each category



JUNIOR TRAINING

SPEED

One of the dilemma's for coaches and parents alike when establishing training routines for junior fell runners, is what standard they perceive their young charges will eventually attain. Do they see their development year by year, or do they plan for more long term goals with international selection in mind.

The development of the international fell and mountain athlete has certainly made great strides in the last few years. It no longer requires the ability to win the British or English championship, but what is clearly emerging is the requirement to run fast. International fell and mountain runners are well aware that to compete at the very highest level in our sport, the element of speed is a very necessary requisite. Examples are there to see, Adam Crossland's performance in Reunion is one. To compete at the very top - and win medals - now requires a runner with real pace, and Adam certainly has that. Matt Whitefields emergence in 98 as one of our leading senior internationals - after a junior international career - shows that the transition can be achieved from junior to senior international if you have pace - Matthew recently went sub 30 for 10k at the Abbey Dash. John Parker surprised many by his performance at the junior trial race at Thieveley, and to prove it wasn't a fluke, went on to win at Tweedsmuir and become the British U/16 Champion. You may be forgiven for saying who's John Parker, certainly he hasn't got a Fell pedigree, but he has got that essential element, a speed pedigree, and I am sure that we will be seeing a lot more of John in the near future. Other senior athletes the like's of Andrew Pearson, Martin Cox, Richard Findlow and John Brown have all shown that with limited fell experience they too have made international selection by their pace.

So when assessing the qualities required to be a international fell runner, the element of speed comes very much to the fore. Most juniors when starting their fell careers would probably lay the emphasis on either climbing strength or descending technique, which is not a bad idea. But, when you are young and



Mark Buckingham shows a turn of speed to win the U/14 race at West Nab Photo: D & E Woodhead

running short distances, if the element of speed can be emphasised first, then as you mature into longer runs and tougher races your endurance base will automatically be developed, with the consequence of stronger legs for ascending and valuable experience gained in descending.

As I mentioned in the last training article some runners are blessed with the innate ability to run fast, whether you are one of those lucky ones or someone who has good speed but requires more training, then a priority must be given to developing your pace with regular speed sessions and drill work.

Running fast and learning to live with up pace running is the very essence of developing into an elite athlete, plus there is the likelihood of running cross country for school and club, possibly at county level, and the consideration that at some stage you may prefer to move from the fells to track or road in later years.

So what can you as a junior be doing now in order to develop your speed. Your first

consideration is to develop the correct frame of mind that accepts the need for such training, unless you are committed to having a speed element in your weekly schedule then the effort will be short lived. If you are lucky enough to have the facility of a running track nearby then you are half way there. Because of the discipline that speed training requires it is certainly to your advantage to find a group or a coach who will help you with your training. Most sprint and middle distance coaches will welcome you into their weekly sessions - at the track - if you are prepared to attend regularly, so make enquires, either through your club or through the track officials. If you start early enough in your running career you may find that you have not yet developed any bad habits in your running technique and that with a minimum of drill work you are ready to undertake some repetition work. The distance, duration, intensity and recovery periods will have to be tailored for you depending on your age and ability.

There are a variance of sessions that can be used to develop your speed with most repetition distances kept below 400m. Each coach will have their own method on how best to improve your pace - depending on your age and ability.



Kate Ingram, Chorley. West Nab Photo: D & E Woodhead

One of the problems with continuous training on the fells is that your stride length can be effectively shortened, which is great for climbing and rough terrain but can lose you pace on the level. Speed training on a track - or any flat surface - can help to restore it to an optimum length, when you require it.

So if you want that extra capacity - in order to make the difference - then start now with your speed training, you will never regret it.

If you require further information please give me a ring.

THREE PEAKS GENEROSITY

I would like to take this opportunity to thank the **Three Peaks Association**, who have very generously donated £500 to provide the funding for a Elite Junior Squad training weekend - which provisionally will be held on the weekend of March 20/21st - and also a big thank you to Dave Hodgson for his support in achieving this help. This squad training will follow similar lines to last years successful get together at Sedbergh. The funding will allow for a two day training session with overnight accommodation.

The venue and criteria have yet to be arranged.

Norman Matthews
England Junior Coach
Tel. 01204 468390



Adam Taylor of Wallasey; U/12 race



Approaching La Roche Ecrute, at 100km into Le Grand Raid on the Isle of Reunion. A 1000m climb at a 32% gradient out of the Cirque Salazie, seen here in the background Photo: Rob Howard

TRAVERSE OF THE FOOLS – LE GRAND RAID

Bufo Ventures, the organisers of The Everest Marathon, have come up with another world class adventure race, this time in the tropical climate of the island of Reunion in the Indian Ocean.

Le Grand Raid, known locally as 'The Traverse of the Fools', is a 126 km crossing of the island, which begins with an ascent of Piton de la Fournaise (2631m), an active volcano, which was erupting for most of last year.

The route then follows footpaths across the mountainous interior of the island, which reaches 2069m at its highest. The trail masses through forests, crosses volcanic plains and climbs in and out of 3 vast cirques which help bring the total ascent to 800m (roughly the height of Everest).

The race is superbly organised by over 1000 local volunteers, who man aid stations all along the route, where food,

drink, beds and massage are available to the 1650 competitors. Most have local bands and dancers too. The time limit is 60 hours (the winners take about 16), and there are 2 major stopping points where it is possible to sleep the night.

Le Grand Raid can be tackled as a challenge walk or a race, but competitors need to be extremely fit and experienced on mountain terrain. The trip runs from October 24th to November 2nd and the price of £1325 includes all flights, sightseeing, accommodation and meals, and race entry.

Only one British runner has ever attempted the race (and failed to complete the course) and for 1999 there are just 12 places available. Further information is available from Bufo Ventures Ltd, 3 Elim Grove, Windermere LA23 2JN. Tel: 01539 445445. Email: Bufo@btinternet.com.

11th BRITISH FELL AND HILL RUNNING RELAY CHAMPIONSHIPS



Scottish hills await.....

**ALVA, CLACKMANNANSHIRE,
SCOTLAND - 10:30am
Sunday, 17th October 1999**

**Organised by Carnethy Hill Running
Club and Ochil Hill Running Club**

This year the British Fell and Hill Running Relay will return to Scotland, for the first time since 1993, and will be held in the Ochils, which is very near Stirling in the central belt of Scotland and so within easy driving of northern England. The race will start from Alva, a small town at the foot of the Ochil escarpment, famous for hosting the British Open Fell Running Championship for many years. Although anyone who has done that race will be relieved to know that that descent will not be used – it is too steep! The event headquarters are at the local school Alva Academy and there will even be such luxuries as showers! The Ochils are great for running being grassy hills that climb steeply for nearly 2500ft above Alva and then give fast running on the undulating tops (but entertaining in the mist !!)

Details: The race will start at 10:30am from Johnston Park, adjacent to Alva Academy and registration will be 8:30 to 10:30 at Alva Academy (Map 58 G.R. 880973). Parking will be at the school. Eligibility: The relay is open to teams of six runners from Clubs affiliated to the FRA or a constituent of UK Athletics

(ie NEAA, MCAA, SEAA, SAF, AAoW or NIAA). All runners must be first claim members and over 18 years old. Each team must be made up of 6 individuals, no doubling up allowed, and no runner can compete for more than one team.

Safety Requirements: In accordance with FRA Safety requirements the following equipment **MUST** be carried by ALL runners:

- Windproof and Waterproof whole body cover;
- Compass and Whistle;
- Map (provided).

Kit will be checked and non-compliance will result in disqualification of the team.

Passing equipment to next leg runners is not allowed.

Route Description: The course area is covered by OS Map 58 and the Harvey's Ochils Map. All courses will have steep grassy climbs and descents, and all but the shortest leg (which is mainly up and down) will have fast, runnable grassy sections with some tussocks and heather in places.

Leg 1: Solo Medium
7 miles, 2600ft (partially marked)

Leg 2: Solo Short
4 miles, 2500ft (marked route)

Leg 3: Pairs Navigational
7.5 miles, 2800ft

Leg 4: Pairs Medium
9 miles, 3500ft

Experience: All runners must be experienced for this type of event. For legs 1, 3 and 4 you must have navigational experience and have competed in at least 2 AM races.

Entries: There is an entry limit of 100 teams. Each club is guaranteed one team in each category. You are welcome to enter additional teams, however acceptance cannot be guaranteed. The categories are Open (may include women); Veteran Men; Ladies. The entry fee is £30 per team. This includes food and maps. Please make cheques payable to "Carnethy Hill Running Club". All entries should be sent on the official form (or photocopy) to Moira Stewart, 38 Darnell Road, Edinburgh, EH5 3 PJ and must be received by Monday 6th September. Full information and event details will be sent to all accepted teams by mid-September.

Enquiries: For enquiries regarding the race contact either Andy Spenceley, 26 Rankeillor Street, Edinburgh, EH8 9HY (Tel: 0131-667-5740 or email : andy.spenceley@btinternet.com) or John Gallacher, 4 Naemoor Farm Cottage, Rumbling Bridge, Kinross, KY13 0QB (Tel: 01259-781548).



11th BRITISH FELL AND HILL RUNNING RELAY CHAMPIONSHIPS

SUNDAY, OCTOBER 17th 1999

Organised by Carnethy Hill Running Club and Ochil Hill Running Club

CLUB:

Name of Club Official Responsible for Entries:

Address of Club Official:

Post Code

Telephone number

TEAM ENTRIES:

Each club is guaranteed one entry in each of the categories. Please enter as many teams as you like. However, if there is more than one entry against any category, the organisers reserve the right to refuse the extra entries if the race limit is reached. Extra teams will be distributed as fairly as possible across clubs who require them.

Category	Number of Teams Entered in each category
OPEN	
LADIES	
MALE VETERANS	

TOTAL TEAMS ENTERED _____ Total Amount at £30 per team _____

Cheques Payable to "CARNETHY HILL RUNNING CLUB"

Entries to: Moira Stewart, 38 Darnell Road, Edinburgh EH5 3PJ (0131-553-2683)

Entries must arrive not later than 6th September

LATE ENTRIES WILL NOT BE ACCEPTED

11th BRITISH FE... AND... RELAY CHAMPIONSHIPS

A Farewell

*An early Chew Valley Skyline -
weather typical*

Tributes to the Saddleworth chairman and race organiser extraordinaire

On the 23rd may 1999 during a Sunday morning club run the Saddleworth Runners chairman Frank Sykes tragically collapsed and died. Everyone associated with the cub and indeed everyone whose lives have been touched by Frank and who have benefitted from his many qualities are deeply distressed.

Franks influence on Saddleworth Runners over a great number of years has been immense. His commitment, drive and passion provided the foundation on which the clubs success has been built, and the depth of his knowledge, high standards and extraordinary vision have been far beyond what most of us will ever aspire to.

Frank shared with many a genuine love of Saddleworth and its people, his appetite for work on numerous local activities seemed tireless, and I know that the members of many Saddleworth community groups are also devastated by his loss.

His love and commitment to Saddleworth Runners and its members, the sport of fellrunning and all aspects of the great outdoors, was equally matched by his active involvement in local theatre, a vigorous commitment to the encouragement of young peoples sport in Saddleworth, and his strong links with the local church and a vast number of worthwhile community projects.

Frank was far more than our club chairman, he was far more than just a good friend, and he was far more than the generous personality who shared our many adventures.

We have all lost someone who was quite unique.

*Roger Devy, Secretary,
Saddleworth Runners*

Frank was one of the greats of our sport - an organiser who knew and understood the nature of fellrunning; a lover of the hills; a tireless seeker after better events, a good challenge and a good crack. His watchword was 'value for money' with events designed to challenge runners. Naturally, he was chairman of his club, Saddleworth Runners, as well as being active in many other local walks. Frank also had the rare quality of always being able to find time to pass the time of day with you.

Of course, Frank's name was inseparable from the Chew Valley and that first supposedly Spring weekend in March where winter hardened runners annually took on the extreme elements that Frank always managed to order.

After a particularly gruelling New Chew, when I'd been up to my waist in snow somewhere in the region of Birchen Clough, despite arriving back to hot food, free beer and a warm welcome, I decided to assist rather than compete from then on.

Frank accepted with alacrity, found me a job, but insisted that I bring my running kit. Having checked all the runners out, he thrust a map into my hand and suggested I spent the next couple of hours

'picking up some points on the score'. He knew what I really wanted!!

His final report from this March's New Chew reflects his concern for the runners and shows that he still had the ability to call up the famous 'weather window'!

He will be sorely missed, by his club, by the fell running fraternity and by his many friends and admirers.

He will be missed by me personally, as I was lucky enough to be able to count him



a friend, but then Frank had that capacity to make everyone feel special.

Pat has received many letters and phone calls from clubs and individuals throughout the fellrunning world, and she would like to express her thanks for all the messages of condolence and support.

I think it inevitable that there will be a memorial, but it's perhaps a little too soon to say what. The 21st Chew, to be run over the original course, was planned for next year. We shall see. One thing I do know, any memorial will be appropriate to Frank's stature and popularity within the sport.

Ray Swatcher

to Frank

Franks outgoing personality and renowned celebrity status was well known throughout the fellrunning fraternity. It was through his vision and self-belief that the sport of fellrunning benefited from both the Chew valley Skyline and the Cross Keys Road and Fell relay race. It is through Frank's example that the current standards seen in the sport have reached new levels, and are a direct result of the high principles he demanded from his own race organisation.

Other Saddleworth events organised by Frank, such as the Cross Keys Road and Fell Relay, will still be going ahead. Runners are requested to please address any correspondence concerning races to:

Roger Devy
106 Wall Hill Road,
Dobcross, Oldham
OL3 5BH
Tel: 01457 874431

WHARFEDALE TTT

- A weekend of racing in the Yorkshire Dales

Picture the scene... Here is a race venue, situated in one of the most picturesque reaches of the Yorkshire Dales, with an abundance of space and plenty of good facilities for a family, group or solo camping weekend. Imagine one of the most sociable, laid back yet well organised venues for money fixtures in the fell runner's handbook, with three completely different profiles of race, set over three days, each on entirely different running surfaces.

Welcome to the Wharfedale Triple 'T'.

Based in Kettlewell, Upper Wharfedale, The Triple 'T', which this Summer makes its fourth appearance on the fell calendar, is the brainchild of Bingley Harriers' Dave Weatherhead and Ian Goodyear. Set over three days in July - Friday 'till Sunday - the event features races over Tarmac, Trail and Tussock - hence the 3 'T's. Although there are small individual prizes for the winners of the various categories in each race, the emphasis is put onto the 3 way 'Grand prix' weekend, with the main awards going to the best all round performers over the varying distances and terrains.

Bingley Harriers are widely renowned for their organising expertise and are certainly no strangers to race promotion in Upper Wharfedale. Former club secretary Peter Jebb has been organising the popular Buckden Pike race on behalf of the club since 1980 - the year in which he won the sixty miles Yorkshire Fellsman Hike which takes in the 2302 ft summit - after a request from members of the Buckden Gala committee. Peter also, along with David Weatherhead and Ian Goodyear, masterminded the hugely successful 1991 F.R.A. British fell relay championship which was a set just a few miles down the dale from Buckden, in the village of Kettlewell.

It is therefore perhaps, not surprising that the Triple 'T' is such a superbly organised event.

The first race takes place on Friday evening and consists entirely of Tarmac, the first of the three 'T's.

However, it should be quickly added that this is not your regular road race - more a fell race on tarmac. For it is a testing route of almost three miles - mostly uphill with 1 in 4 gradients in places - from Kettlewell post office to the summit of Park Rash on the Leyburn road. This route is a former National Hill Climb course for cyclists which requires, and deserves, a lot of respect (i.e. a steady start !!) as the first, fairly level 300 yards soon gives way to the

steep-at-first, then much steeper, initial uphill section. A middle section of gradual downhill gives runners the chance for a slight breather and the opportunity to get a rhythm going, but woe betide the runner who becomes carried away with the quickened pace, as the final incline will weed them out and draw all the marrow out of their legs.

Naturally, competition at the head of the field is fierce, with a high quality hall of fame among the previous winners. In 1998 former British fell champion Gary Devine took his second successive win on the uphill course clocking 14 minutes and 4 seconds, though his time was some way off the time set by Bingley Harriers' marathon international Steve Green, who set figures of 16mins 20 - beating clubmate Andy Peace into the bargain, during the inaugural event in 1996. Carol Greenwood set the women's standard with her twenty minutes thirty six seconds that year, with Victoria Wilkinson coming close twelve months later just prior to taking her World junior title in the Czech republic. However Bury's Jessica Turnbull lowered the time to 19-43 in 1998, Victoria also inside the old figures, nineteen seconds behind.

On my first visit to the Triple 'T' last July, I was happy enough to clock the winners' time plus fifty per cent. It was a lung-burster, a real shock to the system, especially after having travelled to the venue straight after work, (excuses, excuses!) Besides, I had been having trouble with my recurring 'dodgy "clicky" knee injury' at around that time...

The summit finish is followed by light refreshment and the chance to jog down in good company - with full race post-mortem the most popular topic of conversation - back to Kettlewell where, after the small individual prizes have been distributed, an evening meal and the choice of three pubs beckons, with much talk of what *was* and *might have been* during the 'onwards and upwards' race of an hour or so before, as well as what *will* and *might be* about tomorrow's race, partly a navigation exercise.

Saturday dawns and 'Keith's diner' opens inside the giant marquee that will become central to the weekend's activities, the smell of delicious griddled breakfast drifting over the campsite. Keith Firm and Avril Goodyear have the catering at this event off to a "t", (well they would wouldn't they?), with coffees, 'T's, (sorry) and sausage, bacon, eggs and a whole range of home-made cakes for sale at a modest price.

I threw my camping stove and pans back into the car boot and made my way over, then, after a good breakfast, registered for race two, (different coloured number). I spent a few minutes studying the results from last night's race. Each entrant has been allocated a card with his or her details on. These are pegged, in order of finishing race one, along a piece of string, so that as Grand Prix points are accumulated over the three days, the final order can be switched around by re-pegging.

11 a.m. soon arrives and a crowd of runners again assembles outside the post office for final briefing, some new faces amongst, but many who I recognise from last night's race and pub social.

I nervously glance down at my map and the checkpoints I had earlier copied from the master map at registration. "What if I get hopelessly lost?", I ponder, but then quickly reassure myself that there are loads of people to follow. That is, of course if I can keep up with them!

The hooter goes and we're off. 300 yards level ground - runners around me casually chatting and joking - precedes gradual uphill, then we swing left and steeply up the way of last night's killer road run. This time however, we head off the road straight up Top Mere bridleway and soon the conversation has stopped. My dickie knee is holding up fine and I get into a steady rhythm for the first couple of miles. Heading for the road, I catch a Lifa clad bloke and we reach the checkpoint together. As we jog along, we strike up a conversation and at some point I tell him about my troublesome knee. He says he has had a similar problem lately, brought on after doing two 100 km events on consecutive weekends, though his is in his left leg and only seems to trouble him on weekends when there is an 'r' in the race title.

We press on up a steep climb over which I lose ground to my adversary. I take a drink a check my bearing, glance behind and find that I'm quite a way ahead of the chasing bunch. Over the top of the hill, and soon I begin to descend the rough ground, (the tussocks in triple 'T') on the other side. A quick bearing check and I discover that the people in front are heading spot-on towards the next check. I catch a lady who seems to be struggling over the rough steep terrain and she tells me that she suffers with bad ankles. I sympathise with her and tell her about my knee, before drawing away to find my next objective. On the way it gets rather marshy and I curse myself as I sink into a



Mark Palmer, overall TTT winner Photo David Weatherhead

bog, wriggling in an effort to yank my legs out. Soon though I'm at the checkpoint and it's time to gird up the loins again, this time for a long slog upwards. I surprise myself here, gaining much ground on a green vested lad, who seems happy to chat between chomping on his mars bar.

His arms and face are muddy as, he says, he went headlong into a bog on that last descent, landing awkwardly and twisting his arm a bit - now his elbow and shoulder feel rather stiff, but not enough to hamper progress up this hill. He doesn't seem interested in my knee. I press on, working hard on the steepest part of the climb near the top, where I manage to catch a lady dressed in lycra shorts. Everyone I've spoken to so far has had some sort of ailment, but this young woman doesn't appear to have any, at least she looks alright from this angle! (sorry Sharon).

Together we reach the summit and run across to the checkpoint, then it's down on a compass bearing to where officials brave a stiff north westerly wind at the final two controls, then follow the flags down to the finish at Kettlewell. I'm round in eight minutes under two hours and I reckon I could have done the final section without following flags as Keith's diner is again in full swing, the aroma of home cooking wafting right up the fellsides and guiding us back to the finish gantry by the marquee. Tea and coffee flows freely and after a quick scrub down (showers are provided) we gather for the prizegiving, swap our tales of woe and study our peg positions along the piece of string.

At the sharp end of today's race, a real tussle appears to have taken place over the

latter stages, Rosendale's Andrew Preedy coming in just five seconds clear of Paul Mitchell of Bingley with Bowland's Alan Griffiths, second to Gary Devine in yesterday's race, another six seconds adrift.

The rest of the afternoon is ours to do as we please. Some have planned a walk along the beautiful river Wharfe on the Dales Way, with a pub stop at Starbotton or Buckden, while others climb on a footpath to Litton and Arncliffe or simply soak up the sun on the camp site while the children fly kites and play frisbee. Saturday evening's meal is cooked on the camping stove or enjoyed at one of the many pubs along the Dale. Besides Kettlewell, the neighbouring villages of Kilnsey, Cracoe, Threshfield, Starbotton, Hubberholme and Buckden all have pubs that serve bar meals at varying tariffs, all boasting good, often home cooked, food and fine ales.

Sunday dawns and for the runners, the prospect of another superb, quality fell race. This time it's a more or less straight up and down affair, on genuine fell terrain, with a winning time of around thirteen minutes.

As far as the grand prix goes, which is really the main purpose of the event, everything hinges on this final race, for those two guys who beat you into the field yesterday by seconds are only one point ahead of you...

We line up and David Weatherhead points out the course - almost all visible from where we stand on the camp site field. There is a great tension, an air of anticipation as we prepare for this mad dash and a sprint up and down the fellside on tired limbs, that will decide each of our positions along the washing line.

Then it's 3 - 2 - 1 and were off, across the field, out of the gate and through a farmyard and another two fields before the steep climb through woodland, on wooden

legs, to the summit cairn on Langcliffe common overlooking the Eastern side of Kettlewell. Once over the top, a long sweeping run, down and round to the left brings us close to the village, before a sting-in-the-tail as we ascend the front of the fell diagonally, through woodland, to a point halfway up the initial climb. This is the part of the course where the legs finally try to tell you that enough is enough for one weekend thankyou, and of course, this is also the point that the majority of the spectators choose for their vantage point.

A sharp right turn, back down the fell to the farmyard and under the finish gantry, then it's all over. As we struggle to catch our breath, the wonderful aroma of Keith and Avril's eggs and sausages fill our lungs at every gasp.

The results are soon pegged up and prizes for race three are announced, before the main prizes of the event, the overall Grand Prix awards are presented. At this event (July '98), Alan Griffiths secured overall victory in the TTT's, by winning the final race, his career first victory. Vanessa Peacock took the women's title with two outright wins on the fells, while Pudsey's Andy Hauser and Graham Breeze of Skyrac lifted the veterans over forty and fifty awards. The promoting side Bingley Harriers beat Keighley and Craven by just seven points in the team competition.

All in all, a really enjoyable and worthwhile weekend. If you fancy the challenge, I'll see you there this July - providing I'm free of injuries. Now then hang on, did I tell you about my dodgy knee ?

- This article is dedicated with great affection to the memory of Keith Firm who sadly died after a short illness in January this year. He will be missed by everyone who met him.

Allan Greenwood



Winning trio Paul Mitchell, Gary Sumner, Alan Griffiths Photo: David Weatherhead

Keith Firm sadly passed away earlier this year. He was a regular of the Triple T and will be well known to the many who took advantage of Keith's Caff. A long time member and supporter of Bingley Harriers and enthusiastic coach of the juniors, he will be missed by his many friends at the club and at the races he attended.



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Paul Yates (Holmfirth Harriers) at the West Nab Fell Race in May. He came away with the bronze.

Photo: Allan Greenwood

INSET: Mark Addison came 3rd in the Soreen Stanbury Under-14 race, Natalie Trevena was the 3rd girl home, Daniel Cutts of Leeds is a regular at Bunny Runs and Relay

Photos: Eileen & Dave Woodhead

ROWBOTHAMS ROUND ROTHERHAM South Yorkshire CL/50m/500ft 12.12.98

A total of one hundred and fifty eight participants (runners and walkers) set out to attempt this now traditional Christmas event in the long distance calendar.

On the day conditions were good from the ankles up with once again plenty of glorious mud created by the preceding wet weeks.

Tony Okell of Stockport defended his title to win by a margin of eight minutes and the ladies winner Julie Bushell of York improved from her runners up position of last year to win by half hour.

No PBs by either winner this year due to the heavy conditions.

The relay event (fifty miles also) attracted a total of ten teams with last years winners Rotherham Harriers Veterans taking the title yet again and breaking the existing record of five hours and twenty five minutes by six minutes.

The ladies event was won by RHAC ladies in a time of seven hours and nineteen minutes.

Sharon Burton

1. T. Okell	Stock	7.08
2. D. Kearn	Compton	7.16
3. M. Gaynor	K'worth	7.17
4. I. Anderson	RRC	7.39
5. K. Booth	RHAC	7.39
6. M. Marsters	RHAC	7.52
7. A. Brooks	Unatt	8.04
8. M. Sanf	K'worth	8.05
9. M. Coles	Skyrac	8.06
10. G. Carey	100kmAss	8.11

BARF TURKEY TROT Northern Ireland AS/5.5m/1500ft 26.12.98

Appalling weather welcomed early arrivals at this year's Turkey Trot - a small sign welcomed late arrivals. All were instructed to go to the Tollymore Mountain Centre, there - an alternative course was devised which wound through the relative shelter of the forest for approximately six water drenched undulating miles. Although the winds were blowing at gale to storm force the temperature wasn't too bad and by the time the race started, the torrential rain had eased.

It's a pity that the weather interfered, for the quality of runners at the top end was about the best to be found in Northern Ireland. Neil Carty the current holder of the Martin McMahon memorial trophy faced stiff competition from former holders Brian Ervine and Dermot McGonigle along with Deon McNeilly and Robin Bryson. The top lady was Anne Sandford current N.I champion.

A smaller than normal field of just thirty one hardy souls set off into the foul mouthed day and within seconds it became obvious that the leaders were taking things seriously. Deon McNeilly running this race for the first time pushed things along closely followed by Brian Ervine and Neil Carty. Deon continued to exert the pressure using his considerable cross country pace to best effect and eventually won with a minutes advantage over second placed Neil Carty who just managed to overhaul Brian Ervine in the latter stages.

Anne Sandford had no problems winning the ladies race, and young Simon Taylor showed how he is improving with a ninth place ahead of all the vets plus many worried open runners. It was good to see Robin Bryson running again after the injuries of the past season.

Mince pies and mulled wine helped the recovery process in the Tollymore Mountain Centre then the prizes which had been donated by a threesome of local sports stores; Tisos, Jackson's, and Surf Mountain presented. Frazer Crawford of Tisos presented gift vouchers to two lucky marshals drawn from the hat, and we all applauded their efforts to ensure the event was a success despite the horrendous weather. Later in the evening conditions would worsen to severe storm force causing millions of pounds worth of damage province wide.

Finally Brian Ervine let it be known that he is moving into pastures new with his engagement to Virginia O'Connell. They got the biggest cheer of the day and the best wishes of all present for their future together. True to form, they will not be hanging about for they will be well married by the time you read this.

1. D. McNeilly	N'castle	38.20
2. N. Carty	N.Belf	39.23
3. B. Ervine	B'drain	39.38
4. D. McGonigle	N'castle	40.21
5. R. Bryson	N'castle	43.15
6. M. Hunter	Willow	45.54
7. C. Elliot	BARF	47.16
8. P. Mawhirt	N'castle	48.12
9. S. Taylor J	BARF	48.56
10. B. McBurney	N'castle	49.00

VETERANS O/45		
1. P. McGuigan	ACKC	49.23
VETERANS O/50		
1. R. Donaldson	ACKC	51.38
LADIES		
1. A. Sandford	B'drain	52.28
2. H. Brown	BARF	66.04
3. H. Mejury V	Lagan	73.57

SWYL GARTH RACE DECEMBER Powys AS/3.4m/933ft 12.98

Recent boundary changes have put the 1000ft summit of the Garth inside the City of Cardiff. This must make the Garth race unique, unless anyone knows of another category A fell race that takes place on a true mountain with a capital city.

The suburban nature of the lower slopes meant that a lot of thought had to go into getting a 'value' course out of a small and sensitive area, but general consensus seemed to be that it was a good, tough but enjoyable course. Andrew Jones and Philip Kendrick made all the running, with Pete Maggs not quite able to hang on towards the end. Chris Taylor travelled down from Evesham to put in a thumping good time as first veteran, and Nicola Bedwell continued her clean sweep of League wins. The tough nature of the course, particularly the trying ascents, spared more than a few blushes as young Owain Jones faded back ten places in the second half. Dick Finch headed a vast array of truly old men waving walking sticks and shouting rue words at anybody under fifty.

Thanks are due to Rod Jones for considerable help in setting a brilliant course: Owain and Angela Jones for helping with the comprehensive marking required in a sensitive area: to Kay Lucas, Jess Taylor and Fred Parry for marshalling: and to all at the excellent Gwaelod-y-Garth Inn for sandwiches and service (apologies for blocking the car park so that the boss couldn't get out till late).

Looks like we'll see you all in 99!

1. A. Jones	Aberdare	26.39
2. P. Kendrick	SpaTans	26.50
3. P. Maggs	MDC	27.14
4. J. Bass	MDC	27.42
5. C. Taylor O/40	Merc	28.04
6. S. Littlewood O/40	Eryri	28.40
7. T. Gibbs	MDC	28.56
8. M. Saunders	MDC	29.04
9. J. Darby O/40	MDC	29.09
10. R. Ruddle	MDC	29.20

FIRST VETERAN O/50		
1. D. Finch	MDC	31.00

LADIES		
1. N. Bedwell	Eryri	31.16
2. A. Bedwell	MDC	31.45
3. S. Ashton O/35	MDC	39.45

JUNIOR		
1. O. Jones	LesCroups	33.45

"FELLDANCER" WHINBERRY NAZE DASH Lancashire BS/4.5m/800ft 26.12.98

This was the twentieth running of this popular race. The first ever race in 1979 was won by Mike Short from Horwich who was winning just about everything around in those days. His winning time was nearly a minute and a half faster than this years winning time. The first two races were held in early March and not the present Boxing Day date. Mike returned in 1980 to win again from a good class field. The date was changed to Boxing Day the following year, the emphasis being then to have a festive fell race with prizes being offered for the best fancy dress runners. The organisers most difficult job has been trying to pick the best from some superb outfits for prizes. The race has always had a large entry, nearing three hundred on several occasions.

This year we had one hundred and eighty five runners most being in fancy dress including the reappearance of the infamous "Tadmorden Dragon". The race was won by Craig Haslam from the Royal Navy closely followed by Robert Hope from Horwich who along with Dad, John, has been a regular supporter of this event.

This year we went back to the original 1979 route. Thanks to local fell shoe manufacturers, who provided us with an extensive prize list.

Graham Wright

1. C. Haslam	R.Navy	23.06
2. R. Hope	Horw	23.09
3. S. Oldfield V	Brad	23.18
4. B. Cole	R.Navy	23.21
5. M. Whitfield	Bing	23.51
6. R. Jebb	Bing	23.53
7. A. McVey J	Cornwall	23.54
8. S. Willis	Tod	24.03
9. G. Schofield V	Horw	24.08
10. A. Gartside	Cornwall	24.20

VETERANS O/40			
1. S. Oldfield	Brad		23.18
2. G. Schofield	Horw		24.08
3. S. Jackson	Horw		25.29
4. D. Woodhead	Horw		25.32
5. C. Speight	Kend		26.22

VETERANS O/45			
1. J. Hope	AchRat		26.34
2. P. Weatherhead	Wirral		27.48
3. J. Dore	Roch		28.49
4. J. Holloway	Horw		29.25
5. B. Crewdson	Black		30.39

VETERANS O/50			
1. T. Hesketh	Horw		25.22
2. P. Lyons	Ross		25.31
3. K. Taylor	Ross		26.03
4. J. Crook	Horw		29.41
5. D. Edmundson	Ross		32.22

LADIES			
1. D. Gowans	Acc		29.53
2. S. Taylor J	Bing		32.52
3. M. White O/35	Horw		32.57
4. D. Kenwright O/35	Sarn		33.21
5. A. Smith	Clay		34.11
6. K. Thompson O/35	Clay		34.31
7. R. Dixon	Unatt		36.54
8. D. Walker O/35	Kend		37.12

JUNIORS			
1. A. McVey	Cornwall		23.54
2. A. Hallahan	Horw		26.30
3. K. Masser	Ross		27.54

ASHURST BEACON RACE Lancashire CS/5.9/1000ft 9.1.99

The field was somewhat reduced this year due to several factors; some my fault, like clashing with the Lancashire and the Merseyside XC Championships; others not. This seemed to keep away a lot of runners, but we covered our costs (just) and didn't block up the car park.

My thanks to those eight people who helped on the day - without you there wouldn't be a race at all. Thanks also to Alan Williams, landlord of the Prince William and to Burtonwood Brewery for their donated prizes, mostly good quality shirts, which were much appreciated.

I was rather worried about the slippery bit on the steep downhill section of road after the start. I gather one lady fell badly and banged her head. Thanks to those concerned runners who stayed with her, sacrificing their own race to do so. I'm pleased to say she managed to finish the course.

Andy Quickfall

1. S. Willis	Tod		38.25
2. B. Bolland	N'burgh		39.22
3. T. Hesketh V	Horw		39.59
4. P. Brannon V	Clay		41.08
5. P. Graham	N'burgh		41.09
6. P. Minshull	N'burgh		41.11
7. N. Rothwell	S'port		43.59
8. S. Forster	Preston		44.31
9. P. Bland V	Horw		44.44
10. W. Coppelov V	N'burgh		44.51

VETERANS O/40			
1. P. Brannon	Clay		41.08
2. W. Coppelov	N'burgh		44.51
3. A. Heaton	Bow		45.17
4. N. Hindle	Alt		46.45
5. A. Bennett	N'burgh		47.13

VETERANS O/45			
1. G. Corless	ManYMCA		45.48
2. D. Hammer	Acc		47.20
3. B. Kennedy	N'burgh		48.38
4. D. Holt	Horw		49.48
5. T. Greenhalgh	Darwen		52.22

VETERANS O/50			
1. T. Hesketh	Horw		39.59
2. P. Bland	Horw		44.44
3. G. Large	N.Vets		47.47
4. J. Gresty	Skem		50.12
5. J. Devlin	FRA		50.21

VETERANS O/60			
1. R. Hill	Clay		53.53
2. H. Johnson	N'burgh		54.22
3. G. Arnold	Preston		56.28

LADIES			
1. J. Coleman O/40	Chor		53.34
2. S. Cooper O/45	S'port		55.17
3. C. Cutner O/40	S'port		55.38
4. P. Rowley O/40	N'burgh		57.32
5. J. Tolson O/40	RedRose		61.00
6. D. O'Hanlon	Unatt		63.14
7. D. O'Hanlon	MerseyTri		63.14
8. B. Greenhalgh O/40	Darwen		66.13

JUNIORS U/18			
1. B. Finch	Unatt		51.12
2. M. Coppelov	N'burgh		52.20

THE TRIG POINT RACE
Staffordshire
CL/15m/1500ft 9.1.99

This was the fifteenth year of this race and the numbers were down on previous years, probably due to the County Championships being run on the same weekend. However this did not deter those who turned up on a beautiful crisp sunny day.

The race winner, on his first trip around the course, was Marcus Scotney from Dark Peak. He had receded from the last trig point to the finish and therefore went off hard with Mark Hartell. At the halfway point they had a good lead and as they approached the last check point, Marcus pushed on to win by forty two seconds. An in-form Geoff Farmer took the over 40's race and third place - a fine performance by him.

In the ladies race, Christine Kilkenny proved too strong for the rest of the field to take her eighth wine. Victoria Musgrove showed she had had a good winter's training to take second place from Lynne Lee.

A smaller field provided a good atmosphere back at the village hall for food and the prize giving. As always a big thank you must go to all the helpers who make these races possible.

Richard Day

1. M. Scotney	DkPk	1.32.52
2. M. Hartell	Macc	1.33.38
3. G. Farmer O/40	Chase	1.39.30
4. C. Anderton	Staff	1.42.15
5. D. Rowley O/40	Merc	1.42.15
6. A. Cooper	Chase	1.42.29
7. J. Currie O/40	RoyalSutton	1.43.00
8. P. Cadman	Merc	1.43.09
9. C. Taylor O/40	Merc	1.43.11
10. D. Tait O/50	DkPk	1.43.19

VETERANS O/50

1. D. Tait	DkPk	1.43.19
2. P. Bratby	Congle	1.50.23
3. R. Hyman	Merc	1.53.19
4. J. Clemens	Merc	1.53.53
5. G. Hughton	CalderV	1.59.33

LADIES

1. C. Kilkenny V	C&S	2.00.30
2. V. Musgrove V	Eryri	2.01.49
3. L. Lee V	Staff	2.02.30
4. N. Barton	Staff	2.05.22
5. J. Lea V	Nun	2.09.33
6. J. Franks	Nun	2.12.57
7. J. Felthower V	Octavian	2.15.55
8. S. Johnson V	Staff	2.19.05

BOULSWORTH HILL FELL RACE
Lancashire
BM/6.5m/1200ft 16.1.99

Overnight snow greeted the competitors in the twelfth Boulsworth Hill Fell Race. Ten inches of snow made for difficult trail breaking on the main climb ensuring that the lead group of Willis, Horrocks, Devine and Oldfield stayed together hotly pursued by the next group of four. The leading four stayed together all the way to the last climb where they split into two pairs. Mark Horrocks and Sean Willis followed the flags up with two timer winner and race regular Gary Devine and Gary Oldfield going further to the right. Sean just got the advantage by getting to the last stile only a couple of yards in front of Mark to win the sprint finish. Gary Oldfield outclimbed Gary Devine to take third spot.

1. S. Willis	Tod	54.13
2. M. Horrocks	Clay	54.15
3. G. Oldfield	P&B	54.36
4. G. Devine	P&B	54.45
5. J. Wright	Tod	54.57
6. B. Whalley	P&B	55.10
7. D. Gartley	Stock	55.39
8. A. Waterworth	Clay	55.53
9. J. Hemsley	Ilk	56.13
10. A. Preedy	Ross	57.17

VETERANS O/40

1. R. Crossland	Bfd/Aire	58.10
2. D. Thompson	CalderV	58.39
3. C. Speight	Kend	59.42
4. G. Webb	Bolt	59.52
5. P. Bramham	Kly	60.48

VETERANS O/50

1. K. Taylor	Ross	58.28
2. D. Tait	DkPk	58.45
3. K. Carr	Clay	58.53
4. B. Rawlinson	Ross	60.37
5. R. Baker	CFR	63.06

VETERANS O/60

1. R. Orr	Clay	70.56
2. B. Leathley	Clay	78.57

LADIES

1. R. Dorrington	Abbey	66.05
2. M. Hobley	Fellan	73.51
3. J. Rawlinson O/45	Ross	75.15
4. J. Hindle	Clay	83.48



John Bale crossing Turnhole Clough, Boulsworth Photo: Peter Hartley

LARA SHINING CLIFFS FELL RACE
Derbyshire
BM/6m/1100ft 17.1.99

Thank you for taking part in Shining Cliff Woods which I hope that you enjoyed. I am sorry about the extra distance but nobody seemed to mind... except those of you who ran a fell race in flats!!! Congratulations to you all, some of whom had not competed in a fell race or over that distance before.

I know that some of you are keen to try the challenge of the DUATHLON - run and cycling for the uninitiated. I promote several in the Spring and Summer and most of them are not too challenging courses. You can even do half distance on some of them...or even as a relay with a runner and a biker. Why not give one a whirl?

David Denton

1. S. Penney	C'field	51.36
2. J. Chambers	N.Derby	51.38
3. T. Plant	Belper	51.54
4. G. Lowry	Belper	55.17
5. C. Rowe	Derby	55.47
6. K. Emery	Holloway	57.11
7. W. Alves O/40	Totley	57.39
8. B. Cheale	Derby	61.00
9. G. Dingley O/50	Burton	61.09
10. N. Oxley O/50	Dron	62.35

LADIES

1. M. Mills O/35	HolmeP	68.25
2. M. Collinge O/45	Mans	71.55
3. H. Johnson O/35	DerbyTri	73.49
4. D. Nustedt O/45	LARA	79.46
5. D. Harvey O/35	Bell Harp	93.57
6. C. Bregazzi O/35	Bell Harp	94.02
7. P. Brown O/45	Notts	95.14

THE LAMBS LEG
Derbyshire
AS/2.75m/900ft 17.1.99

Lambs Leg Winter Wonderland - four inches of virgin snow, waiting to be abused by a herd of keen sheep chasing enthusiasts.....

Beautiful blue sky's, ideal conditions for a good race, which was well contended, with Steve Wyatt making a break for it on the decent from South Head, holding on to glory by seven seconds (by the way Glory isn't a sheep!).

Lisa Lacon was first lady in a respectable thirteenth position.

Thanks to everyone who helped, a good time was had by all - see ya next year.

D&D

1. S. Wyatt O/40	Penn	24.25
2. N. Leigh	Alt	24.32
3. A. Ward	N.Derby	24.39
4. P. Targett	Clay	24.54
5. G. Morson O/45	Bux	25.01
6. S. Entwisle O/40	Gloss	25.44
7. B. Robinson O/45	Gloss	26.53
8. C. Moriarty	Penn	27.16
9. F. Fielding O/45	Gloss	27.22
10. M. Beecher O/40	Bux	28.12

FIRST VETERAN O/50

1. B. McGrogan	Goyt	30.20
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FIRST VETERAN O/55

1. M. Morrison	Gloss	31.39
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FIRST VETERAN O/60

1. P. Grundy	Bux	35.51
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LADIES

1. L. Lacon	Holm	28.53
2. J. Phizacklea	Bux	30.06
3. M. Edgerton O/35	Unatt	31.09
4. C. Bagley O/35	Gloss	32.22

CHARNWOOD HILLS RACE
Leicestershire
CL/12.5m/1200ft 17.1.99

Concerns were mounting in the weeks preceding the Charnwood Hills Race, as Leicestershire was turned into a quagmire by continuous heavy rain, with major towns being cut off (well Melton Mowbray!) by the rise of flood water. But the weekend dawned crisp and clear much to the relief of the organisers and the two hundred runners. Concessions had to be made for the mud and farmers feelings and the start was moved slightly to previous years. Also for the first time this year a cut off time was in place at the bottom of Broombriggs Hill to prevent marshals getting hypothermia. It was pleasing to see all the runners making the cut off.

Scotney was in the lead and led for most of the race. Marcus was running for the Bowline as opposed to his usual club 'Dark Peak Fell Runners' so it was good to see a Bowliner win the race.

Thanks must go to the Bowline Climbing Club for marshalling, teas, and to Paul Parker for stepping into the breach at the last minute and organising the race.

Jane Crofts

1. M. Scotney	Bow	80.50
2. D. Pearce	Corit	83.58
3. T. Buckton	Hunc	84.37
4. M. Hagger	Macc	85.47
5. J. O'Flynn V	Hunc	86.27
6. M. Munday	RoadHogs	86.35
7. A. Dickinson	DkPk	86.41
8. D. Guess	Cham	87.25
9. G. Slight V	Hunc	87.54
10. M. White	Hunc	88.13

VETERANS O/40

1. J. O'Flynn	Hunc	86.27
2. G. Slight	Hunc	87.54
3. S. Boulter	Hunc	88.58
4. M. Sperry	Coalv	93.49
5. G. Swan	Wreake	97.02

VETERANS O/45

1. J. Kershaw	Macc	91.27
2. R. Bowyer	Cham	93.22
3. J. Lamb	OWLS	94.16
4. M. Wittering	Hunc	94.47
5. T. Longman	Hunc	102.32

VETERANS O/50

1. P. Nolan	Macc	98.32
2. R. Marlow	DkPk	100.40
3. G. Spalton	Leic	101.40
4. M. Wilcox		104.10
5. M. White	Hunc	104.31

VETERANS O/55

1. J. Amies	Macc	93.58
2. T. Sutter	Milton	112.29
3. D. Willis	Rush	121.51

VETERANS O/60

1. J. McKellar	Milton	136.42
2. B. Gilks	Milton	143.55

LADIES

1. L. Nutt O/35	Shep	102.00
2. L. Newman	L'boro	105.15
3. J. Miles	WtPk	109.37
4. J. Barfield	OWLS	112.09
5. C. Love	Leic/Tri	112.29
6. G. Evans O/35	Shep	115.18
7. J. Lea O/35	Nun	116.05
8. A. Carrington	Shelton	120.10

THE DARREN
Gwent
AS/3m/1070ft 23.1.99

1. M. Palmer	FOD	20.03
2. M. Collins	MDC	21.34
3. A. Jones	Aberdare	21.59
4. J. Bass	FOD	22.28
5. P. Kendrick	Spatans	22.32
6. P. Maggs	MDC	22.41
7. C. Taylor	Merc	23.16
8. R. Boswell	Unatt	23.38
9. N. Lewis	MDC	23.48
10. S. Littlewood	Eryri	23.59

LADIES

1. A. Nixon	MDC	24.37
2. N. Bedwell	WyeV	26.27
3. A. Stratford	Unatt	29.00

THE 16TH SOREEN STANBURY SPLASH
West Yorkshire
BM/7m/1200ft 24.1.99

As an organiser it was a special moment to see twenty two year old Lisa Lacon finally collect the winning Soreen ladies trophy, especially as so many times we've seen her toe the start line from the various races run over Haworth Moor always to be thwarted. In fact two year ago Lisa tore her Achilles on the descent into Ponden Beck, and was injured for four weeks afterwards, this preyed on her mind as she takes up the commentary "I was careful to say the least on the descent to Ponden Beck, and Ruth Dorrington pulled me back and by the beck crossing we were together. It was on the hands and knees scramble up Ponden Kirk. I knew I had to break her and consequently put a big effort in. By the trig turn, I had a comfortable distance, and knowing my confidence downhill knew if I kept my head I could win."

With Lisa being a chocoholic the prizes were just made for her, a monster selection box, luxury tin of biscuits, a giant Roses cracker, choice of the table and a Cyber pet and most important of all - everybody's tea table favourite - the Soreen Malt Loaves!

A lot of people won't realise that Lisa is a black belt first Dan in Karate, and has recently become an instructor under the guidance of her coach John Adair. She was introduced to that sport by her dad Barry, who also attained black belt status, he recalls she used to go to watch him train and compete, quietly sitting in a corner always eating a bag of sweets... nothing seems to have changed. Lisa has also made the screen tests for the TV hit show Gladiators twice, she overcame all the physical and strenuous tasks, but having to sing Happy Birthday to Rhino in front of the cameras proved too harder task for this quiet shy Yorkshire lass.

Ian Holmes became the first man ever to notch up four wins, beating off the challenge of Lakelander Gavin Bland yet again for the second successive year - "It was good to see Gavin down from the lakes. He's been running well recently so it was pleasing to win. I always like to do this race - Dave Woodhead puts on a good event with good prizes, and it always tells me how I'm running."

A once great rival of Holmes' Ian Ferguson collected the local's trophy for the sixth time, denying clubmate Colin Moses glory yet again. After cutting back on running commitments while his two children were babies, will Ferguson ever get back to the phenomenon he was, and be able to say to Holmsey once again, "a bit more training Ian and you'll be there".

Yet again the juniors turned out in force with forty five toeing the quarry bottom start lines, David Shepherd (under 12) won the under 14's race, and then five minutes later raced in the under 16's event: finishing fourth here. But his sister used tactical knowledge on the last crag climb to ensure he couldn't get past, securing third place and first girl home. Loads of outstanding runs were achieved especially by some of the youngsters running in footwear ranging from Walshes to Dunlop Flash pumps, and even wellies! But one young lady must be mentioned for her second place overall in the under 14's, Naomi Biddle from Hyndburn who has surpassed the record run by Victoria Wilkinson who once finished third, and has now grown to become an International and World Champion. It will be interesting to see if Naomi can hold this form through the coming season, only time will tell.

Although all trophies and categories are well contested in this popular race it's down to the generous support played by Warburtons Soreen, which ensures that every finisher receives a much sought after Maltloaf. With this contribution it means that everybody not just the sharp end goes away a winner, and with this super energy booster is also means the runners are soon replenished and fortified to race another day. Our Sincere Thanks go to Warburtons Soreen.

Darby & Joan

1. I. Holmes	Bing	45.18
2. G. Bland	Borr	46.40
3. J. Logue	Horw	47.11
4. P. Dobson	LdsCty	47.26
5. M. Keys	Ross	47.51
6. A. Wrench	Tod	48.00
7. G. Devine	P&B	48.07
8. G. Oldfield	P&B	48.12
9. R. Lawrence	Bing	49.13
10. A. Whalley	P&B	50.00

VETERANS O/40

1. R. Crossland	Brad/Aire	51.09
2. C. Shuttleworth	Preston	51.31
3. I. Ferguson	Bing	51.35
4. P. Grimes	Hudd	52.06
5. J. Butler	Kly	52.23

VETERANS O/50

1. T. Hesketh	Horw	51.56
2. K. Taylor	Ross	52.23
3. B. Rawlinson	Ross	55.16
4. R. Futrell	Holm	55.28
5. G. Breeze	Skyrac	57.21

VETERANS O/60

1. R. Jaques	Clay	62.54
2. B. Thackery	DkPk	69.12
3. F. Makin	L&M	71.09

LADIES

1. L. Lacon	Holm	60.33
2. R. Dorrington	Abbey	61.47
3. F. Whitworth	Abbey	61.56
4. J. Rawlinson O/40	Ross	64.48
5. R. Sharples O/35	Kly	68.16
6. M. Jagan O/40	EPOC	68.22
7. H. Morath O/50	Abbey	71.40
8. D. Walker O/40	Kend	72.50

INTERMEDIATES U/18

1. C. Miller	Harr	54.13
2. K. Masser	Ross	57.32

JUNIOR RACE U/16

1. M. Walker	Wake	11.55
2. D. Duffy	Radc	12.43
3. S. Shepherd G	Settle	13.44
4. D. Shepherd	Settle	13.46
5. N. Biddle G	Hynd	14.09

JUNIORS U/11 RACE - 1 MILE

1. D. Shepherd	Settle	6.06
2. N. Biddle G	Hynd	6.36
3. M. Addison	Unatt	6.39
4. J. Weedon	Kly	6.45
5. J. Walker	CFR	6.53
6. A. Gibson	Holm	6.56
7. F. Jagan G	EPOC	7.16
8. N. Trevena G	Macc	7.20
9. J. Walker	CFR	7.25
10. L. Agg G	Radc	7.28



Ruth Dorrington, 2nd at Stanbury, 4th at Ogden Moors
Photo: D & E Woodhead

GREEBA FELL RACE
Isle of Man
AM/9m/2500ft 6.2.99

Island Champion Tony Rowley continued his domination of the local fell scene, with victory in the Greeba Fell Race, following on from his New Year's Day success. With the Mountain road closed for repair, it was decided to switch the Creg-ny-Baa Race with the Greeba event, and the move proved popular, with a record entry toeing the line. The big question being asked, was, would recently crowned island cross-country champion Andy Fox inflict a rare defeat on the in-form Rowley. The outcome was eventually settled on Colden summit, when Fox lost ground after 'cramping up', coming home second best on the day, almost three minutes down on the Onchan man. Third place went to local joiner Ian Ronan, one place ahead of super veteran Dave Young, who yet again produced the goods, while former Commonwealth games athlete, Brenda Walker claimed another ladies prize, with seventh place overall.

Special mention must go to the four lads from Winston Runners, who made the trek from the mainland, and were competing on Manx soil for the very first time, and thoroughly enjoyed themselves, especially at the Farmers Arms Pub where the presentation of awards took place.

Phil Cain

1. T. Rowley	MFR	1.13.17
2. A. Fox	MH	1.16.03
3. I. Ronan	MFR	1.18.53
4. D. Young O/50	MFR	1.21.53
5. P. Cain O/40	N.AC	1.23.54
6. J. Crellin O/40	MH	1.27.09
7. B. Walker F	MFR	1.27.13
8. R. Stevenson O/40	MFR	1.27.29
9. A. Bagley O/40	MH	1.30.01
10. A. Jamieson	Unatt	1.30.37

VETERANS O/50

1. D. Young	MFR	1.21.53
2. A. Postlethwaite	N.AC	1.32.33
3. R. Collister	MFR	1.34.37
4. S. Moynihan	MFR	1.42.28
5. I. Chrystal	MFR	1.49.32

LADIES

1. B. Walker	MFR	1.27.13
2. R. Hooton	N.AC	1.39.17
3. S. Maddrell	MFR	1.40.05



Sharon Taylor at Ogden Moors Photo: D & E Woodhead

OGDEN MOORS FELL RACE West Yorkshire CM/6m/700ft 6.2.99

A murky, cold and miserable day to start which turned into bright and clear conditions with a strong wind howling across the reservoir at Ogden Water as a record field of one hundred and seventy runners set off to battle through the mud.

Paul Dobson and Gary Oldfield took it on at the front and a real battle ensued, with Paul looking the stronger over the hilly sections, Gary drawing back on terms on the flat and downhill.

With the pair locked together through Stod Fold Farm and up the track past the stables it could have gone either way but Paul found the reserves to pull away on the final climb from the golf course to win by eleven seconds in thirty five minutes and thirty seven seconds. Rob Hope, formerly of Horwich but presently lodging in Guiseley near Leeds and running unattached, filled third place ahead of first veteran Steve Oldfield.

Carol took the ladies award for the third time, equalling Sarah Rowell's tally as she added to her 1994 win and that of twelve months ago. Lisa Lacon held off veteran Kath Drake for second.

Owing to the slight route change at the finish where we added a four hundred yard loop (enabling the finish recorders to sit in warm cars on the reservoir embankment), the winning times will stand as records for this course.

I would like to express my thanks to everyone who helped make this race a success, not least Eddie and Lisa at 'The Whole Hog' who made us welcome with a nice warm pub, good beers and fine fayre.

One gripe this year I'm afraid... one runner chose to compete, having not entered the race for whatever reason, then shot through the finish funnel without a number. Though he later owned up and paid his fee, it caused a great deal of confusion at the finish recording area as we had not allowed for him in our final tally - When we thought we had accounted for everyone, there was still a runner out there on the moor, this was potentially a very serious situation. If someone had been lost or lying injured on the Moors the consequences are obvious.

Allan Greenwood

1. P. Dobson	LdsCty	35.37
2. G. Oldfield	P&B	35.48
3. R. Hope	Unatt	36.14
4. S. Oldfield V	Bfd/Aire	36.52
5. S. Sweeney	Bow	37.21
6. R. Haworth V	Mid'ton	37.56
7. T. Werrett	Merc	38.02
8. D. Walker	Clay	38.07
9. C. Seddon	Horw	38.34
10. J. Feeney	Bing	38.37

VETERANS O/40

1. S. Oldfield	Bfd/Aire	36.52
2. R. Haworth	Mid'ton	37.56
3. R. Crossland	Bfd/Aire	39.50
4. R. Hamilton	Ilk	41.39
5. K. McGrath	Hallam	42.33

VETERANS O/50

1. P. McWade	Clay	38.45
2. K. Taylor	Ross	39.09
3. B. Mitchell	Clay	42.12
4. G. Breeze	Skyrac	43.03
5. B. Wheatley	Unatt	43.58

VETERANS O/60

1. R. Jaques	Clay	46.47
2. D. Brown	Clay	44.20
3. C. Morath	Abbey	60.06

LADIES

1. C. Greenwood	Bing	42.54
2. L. Lacon	Holm	44.20
3. K. Drake	Spn	44.37
4. R. Dorrington	Abbey	45.59
5. C. Young	LdsCty	46.21
6. E. Tomes	K&C	46.34

JUNIOR U/18

1. K. Rogan	Wharf	50.02
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LANK RIGG 'N' BACK Cumbria AS/3m/1800ft 6.2.99

In order to give the event more of a 'horseshoe' route, the overall length of the event crept up to more like four miles - this actually went down well with the runners.

Gavin Bland enjoys his raids over to these rolling Western fells, and added the handsome Lank Rigg Cup to the Latter Barrow Loop Trophy that he won last year. Gavin was followed home by 'Scoffa' who ran very well to out gun local man, Martin Amor for the runner-up birth.

The Ladies race went to the rapidly emerging Janet King of CFR, who is realising her great potential.

The weather on the day was full of tricks with a thick mist playing games with navigation, causing quite a few runners to stray off course on the long descent of Lank Rigg.

The Junior race saw all the age categories competing in the same event, as the older under eighteen course was shrouded in mist. Bright prospect George Crayston prevailed, from the improving Nathan Thompson and James Southwell. Nine year old Simon Clifford caught the eye with his excellent seventh placing in what was a huge field of forty one CFR Juniors. This event being the first of nine (best of six to count) in the CFR Junior Club Championship, on the back of last years hugely successful inaugural campaign.

Irvine Block

1. G. Bland	Borr	30.14
2. A. Schofield	Borr	30.38
3. M. Amor	CFR	32.28
4. G. Byers	Unatt	33.46
5. T. Austin	Derby	34.02
6. B. Taylor	CFR	34.18
7. R. Mossop	CFR	34.20
8. D. Ansell	CFR	34.38
9. H. Jarrett V	CFR	34.52
10. J. Archbold	CFR	35.12

VETERANS O/40

1. A. Beaty	CFR	35.28
2. K. Smith	CFR	37.45
3. S. Holliday	CFR	38.15
4. S. Young	CFR	38.52
5. G. Lewis	CFR	39.16

VETERANS O/45

1. H. Jarrett	CFR	34.52
2. R. James	CFR	37.32
3. R. Eastman	CFR	39.12
4. J. Edwards	CFR	39.52
5. P. Murphy	CFR	40.30

VETERANS O/50

1. M. Litt	CFR	36.28
2. D. Findley	CFR	37.22
3. M. Pitchford	CFR	40.14
4. D. Norton	CFR	44.02
5. K. Greggain	CFR	47.48

VETERANS O/60

1. D. Rigg	CFR	48.38
2. V. Smith	CFR	53.03

LADIES

1. J. King	CFR	38.14
2. K. Beaty	CFR	41.09
3. L. Buck	CFR	44.32
4. B. Banks	CFR	46.56
5. L. Benn	CFR	47.55
6. A. Morris	CFR	48.00
7. S. Perry	CFR	49.09
8. M. Bradley	CFR	50.25

INTERMEDIATES U/18

1. G. Crayston	CFR	
2. N. Thompson	CFR	
3. J. Southwell	CFR	
4. J. Hartley	CFR	
5. D. Curry	CFR	

JUNIORS U/14

1. S. Clifford	CFR	
2. C. Neale	CFR	
3. J. Walker	CFR	
4. J. Walker	CFR	

HOLYHEAD MOUNTAIN RACE Anglesey AS/2.5m/700ft 7.2.99

Cold, clear conditions, apart from one brief snowstorm - for the inaugural race to the highest point on Anglesey, which commands extensive views across the Irish sea and over the island to Snowdonia. James McQueen took the lead on the ascent and pulled away to win comfortably from Eryri clubmate Trefor Jones and Colin Urmston from Lancashire. Eilir Evans took veteran over forty honours in fifth position, closely followed by Don Williams, first over fifty.

Thanks are extended to the RSPB for permission to run the event and to all runners, marshals and helpers. I hope this will become an annual event.

Steve Pilbeam

1. J. McQueen	Eryri	18.07
2. T. Jones	Eryri	19.44
3. C. Urmston	Unatt	19.50
4. P. Pilbeam	Eryri	20.11
5. E. Evans V	Eryri	20.13
6. D. Williams V	Eryri	20.22
7. S. Jones V	Eryri	20.50
8. C. Jones	NWPOL	21.18
9. D. Jones	Eryri	21.29
10. D. Williams	Unatt	21.50

VETERANS O/40

1. E. Evans	Eryri	20.13
2. S. Jones	Eryri	20.50
3. B. Williams	Eryri	24.02
4. J. Griffith	CYBI	24.03
5. T. Thomas	CYBI	26.06

VETERANS O/50

1. D. Williams	Eryri	20.22
2. B. Evans	Eryri	26.11

VETERAN O/60

1. E. Evans	CYBI	41.07
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LADIES

1. J. Bale	DeeOrien	25.17
2. S. Bennell O/40	Eryri	29.04
3. B. Williams O/40	Eryri	30.17

FIRST JUNIOR U/16

1. M. Watkinson	Unatt	23.54
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TITTERSTONE CLEE RACE Shropshire AS/2.5m/750ft 13.2.99

In thick fog the Titterstone Clee Race, with a free route to the summit and back, favours those runners with good local knowledge or navigational skills. This year a number of runners suffered in the very poor visibility and took the wrong route from the summit ending up several miles off course. Fortunately everyone eventually made it back to the finish, the only injuries being dents to egos and good material for club newsletters!

Andrew Davies of Mercia was third at the summit trig point behind Tim Werrett also of Mercia but powered his way home to a five second victory over Werrett and clubmate Sean Mansbridge to make it a clean sweep for the organising club.

Lyn Arnold in her first fell race won the Ladies race ahead of Denise Reed from the Essex based Springfield Striders club. The club together with Cambridge Harriers, always bring a large contingent to compete in the Shropshire weekend.

Mike Day

1. A. Davies	Merc	20.12
2. T. Werrett	Merc	20.17
3. S. Mansbridge	Merc	20.19
4. P. Cadman	Merc	22.34
5. C. Taylor O/40	Merc	22.36
6. R. Mapp O/40	Merc	22.37
7. G. Davies O/40	Merc	22.40
8. M. Healey	S'field	22.52
9. M. Ligema O/40	Cft Amb	23.28
10. S. Ellis	Tatten	23.30

VETERANS O/50

1. P. Tremain	S'field	26.48
2. R. Hyman	Merc	27.08
3. D. Tull	Camb	27.15

VETERANS O/60

1. R. Farnby	Wrek	34.15
2. M. Jones	Camb	36.35

LADIES

1. L. Arnold	Unatt	33.31
2. D. Reed	S'field	35.13



Eric Wilson of Blackburn, Half Tour of Pendle
Photo: Steve Bateson

HALF TOUR OF PENDLE Lancashire AM/9m/2250ft 13.2.99

The 1999 Half Tour of Pendle provided a family double for husband and team Mike and Kath Wallis; Kath being the first lady (and first veteran) home, Mike finishing fifth overall and first veteran.

The race, which was run clockwise for a change was won by Andrew Wrench after a fine battle with Robert Hope and Mark Horrocks.

The race incorporated the Lancashire Fell Championship with the first three in both men's and women's race being eligible for the championship and claiming the medals. In the team race Clayton-le-Moors Harriers claimed all three places in both men's and women's races.

I'm indebted, as ever, to all the helpers on the day and to the farmers of Pendle and Barley for their permission to hold the race on the land.

K Thompson

1. A. Wrench	Tod	66.49
2. R. Hope	P&B	67.04
3. M. Horrocks	Clay	67.06
4. J. Logue	Horw	67.30
5. M. Wallis O/40	Clay	68.39
6. I. Greenwood	Clay	69.59
7. P. Thompson	Clay	70.54
8. B. Bolland	N'burgh	71.18
9. G. Gough O/40	Clay	71.36
10. J. Howard	Ross	71.55
11. C. Shuttleworth O/40	Prest	72.09
12. R. Owen O/40	Eryri	72.13
13. T. Hesketh O/50	Horw	72.17
14. T. Chew	Clay	72.41
15. J. Harbour	Clay	72.51
16. B. Horrocks O/40	Clay	73.32
17. D. Tait O/50	DkPk	74.07
18. J. Holt O/50	Clay	74.11
19. A. Payne	Clay	74.15
20. P. Graham	N'burgh	74.41
21. D. Young	Skyrac	75.03
22. S. Whitaker	Clay	75.31
23. P. Minshull	N'burgh	75.33
24. J. Quine O/40	Kend	75.56
25. A. Nixon O/40	Prest	76.00
26. N. Holding	Darwen	76.32
27. D. Holt	Ross	76.51
28. R. Hargreaves O/50	Clay	77.05
29. A. Robinson O/45	Clay	77.11
30. C. Fishlock	Hynd	78.58

VETERANS O/60

1. R. Jaques	Clay	88.24
2. R. Orr	Clay	92.54
3. B. Hood	Mand	99.34

LADIES

1. K. Wallis O/40	Clay	84.44
2. D. Gowans	Acc	87.48
3. A. Martin	Clay	89.33
4. C. Lorimer O/40	Cosmic	91.40
5. A. Hood	Ilk	92.22
6. A. Smith	Clay	94.03
7. M. White O/40	Horw	94.41
8. K. Thompson O/40	Clay	95.47

'TISO' CARNETHY FIVE HILL RACE MidLothian AM/6m/2500ft 13.2.99

For once there was perfect running conditions for the four hundred runners competing in the twenty ninth Carnethy Five Hill Race. Four times winner and favourite, John Brooks, had withdrawn with a cold a few days before leaving the race wide open. Norwegian orienteer, Bernt Bjornsgaard, living in Scotland for a few months to train for the World Orienteering Championship (which is being held near Inverness in August), took up the pace on the first climb up Scald Law. Gavin Bland led the chasing pack over the next few hills, descending well to pull back on Bernt and on the long climb up Carnethy finally getting in front. He then pulled clear on the rough descent to knock nearly a minute from the course record, with Bernt also inside the old record, both fantastic runs.

Angela Mudge also broke the record in the Ladies race by half a minute, but that was her having an easy run as she was 'resting' for the World Cross-Country Trials a week later at Nottingham (which she surprised a few people by winning!). A much closer race was the Lady Vets with the first three finishing in just over twenty seconds and Margaret Stafford taking the honours.

With Borrowdale not turning up at full strength, the battle for the famous Claymore Team Trophy was between Edinburgh based Hunters Bog Trotters and Cosmic Hill Bashers from Aberdeen which Cosmic won, much to their delight (with celebrations still going on at the ceilidh later that night). As expected, the current British Champions Carnethy easily won the Ladies team race.

Just before the main race, twenty one youngsters took part in the Junior race up the first hill, Scald Law. The race was held as an experiment this year, but seemed to go down well so is likely to be repeated - look out for details in next years calendar.

Andy Spenceley

1. G. Bland	Borr	46.56
2. B. Bjornsgaard	Cosmic	47.25
3. J. McQueen	Eryri	49.37
4. A. Schofield	Borr	50.04
5. D. Naylor	HBT	50.48
6. D. McGonigle	Shett	51.08
7. A. Keith	HBT	51.36
8. D. Whitehead	Cosmic	52.35
9. G. Barbour	Cosmic	52.53
10. D. Crowe	Shett	53.02

VETERANS O/40 - MEN

1. D. Woodhead	Horw	54.06
2. M. Laing	Fife	54.47
3. J. Buchan	Cosmic	55.05
4. J. Blair-Fish	Carn	56.37
5. J. Stevenson	Irvine	57.53

VETERANS O/50 - MEN

1. J. Knox	Teviot	58.08
2. B. Edridge	Clydes	59.51
3. B. Waldie	Carn	60.46
4. G. Fleming	W'lands	61.20
5. C. Love	Dundee	61.35

VETERANS O/60

1. B. Waldie	Carn	60.46
2. B. Gauld	Carn	69.51
3. B. Kettles	L'wade	71.26

LADIES

1. A. Mudge	Carn	57.07
2. J. King	Cumb	59.45
3. K. Jenkins	Carn	62.18
4. M. Crebber	Carn	64.09
5. J. Rae	Amble	64.41
6. J. Higginbottom	Carn	66.42
7. K. Powell	Carn	67.13
8. T. Dewsnap	Eryri	67.33



Steve Birkenshaw, Northumberland Fell Runners, at Carnethy Photo: D & E Woodhead

VETERANS O/40 LADIES

1. M. Stafford	Cosmic	73.33
2. G. McKelvie	P'bello	73.55
3. A. Nimmo	Carn	73.55

VETERANS O/50 LADIES

1. C. McNeill	Amble	76.47
2. R. Masterton	W'lands	79.54
3. M. Small	Clydes	80.36

INTERMEDIATES U/20

1. J. Seeley	Fife	53.30
2. T. Bracegirdle	Cosmic	53.48

LONG MYND VALLEYS RACE Shropshire AM/10.5m/4500ft 14.2.99

Dave Trowman of Keswick AC made a welcome return to the Long Mynd after a seven year absence and used his orienteering skills to the full to win by a comfortable margin. With a strong westerly wind the leading pack were still together at Minton batch, but over the tough last quarter of the race Trowman used his strength to pull away from Cadman and Mansbridge from Mercia. They in turn were having their own separate duel for the overall trophy for the Shropshire Weekend (three times the Titterstone Cleve Race time plus the Long Mynd Valleys Race time). Whilst Cadman was second he was not sufficiently far ahead of Mansbridge to avenge the impact of the defeat of the previous day and so Mansbridge became the twelfth winner of the overall trophy which was conceived by Eddie Harwood in the late eighties.

Andy Hauser, a regular visitor to the Long Mynd Valleys race, won the veterans over forty category and Dave Tait easily won the veterans over fifty. In the Ladies race, Jean Shotton had an excellent run winning by a margin of nearly eighteen minutes from veteran Victoria Musgrove. With four in the first twelve Mercia won the team event.

Michael Day

1. D. Trowman	Kesw	1.47.30
2. P. Cadman	Merc	1.48.51
3. S. Mansbridge	Merc	1.49.03
4. J. Hunt	CumbFR	1.49.07
5. A. Hauser V	P&B	1.50.44
6. C. Lancaster	Telf	1.51.33
7. D. Tait V	DkPk	1.51.37
8. J. Bass	FofD	1.56.09
9. C. Saint	LdsCty	1.56.47
10. G. Davies	Merc	1.58.04

VETERANS O/40

1. A. Hauser	P&B	1.50.44
2. G. Davies	Merc	1.58.04
3. G. Taylor	Merc	2.00.26
4. A. Duncan	Merc	2.02.33
5. J. Maud	Merc	2.03.13

VETERANS O/50

1. D. Tait	DkPk	1.51.37
2. G. Haughton	CalderV	2.05.15
3. G. Haund	Ilk	2.06.40
4. J. Amies	Macc	2.09.17
5. Y. Tridimas	Mersey	2.10.52

LADIES

1. J. Shotton	P&B	2.09.31
2. V. Musgrove O/40	Eryri	2.27.06
3. L. Pyne	CalderV	2.31.57
4. K. Preston O/40	Shrop	2.43.42
5. S. Butcher O/40	Shrop	2.55.02
6. L. Graham O/40	S'field	2.59.30
7. C. Williams	Unatt	3.55.22

BOX HILL FELL RACE
Surrey
BM/7.5m/1800ft 13.2.99

1. R. Foley	Suton	48.41
2. C. Beecham	LOK	50.23
3. B. Willis	Royston	51.08
4. K. Leitch	Worth	52.01
5. T. Marshall	BADO	53.38
6. J. Watson	TH&H	54.04
7. A. Reddington	LOK	54.54
8. D. High	SLH	55.52
9. I. Renfrew	WAO	56.35
10. T. Cudmore	Colch	56.41

VETERANS O/40

1. N. Bateson	BAOC	56.48
2. C. Stone	Reig	56.52
3. T. Crossley	E.Grin	57.50
4. C. Jackson	OHNO	58.04
5. A. Havant	Sheen	58.17

VETERANS O/50

1. G. Newton	Tad	60.06
2. D. Clark	Tad	62.43
3. P. Byrne	Reig	64.01
4. M. Towersey	Tad	64.49
5. J. Barton	Camb	66.57

VETERANS O/60

1. P. Duffy	A'deen	71.39
2. P. White	Read Jod	88.28

LADIES

1. S. Guyver	BAOC	65.05
2. A. Cook	B'Stort	65.58
3. A. Weeds	WAO	68.40
4. H. Imeson O/40	Tad	68.53
5. S. Ashley O/40	E&E	70.48
6. E. Mitchell O/40	Trent Pk	71.22
7. M. Watson	SLOW	72.30
8. C. Wipf Perry	OHNO	72.53

ROSSENDALE WAY RELAY
Lancashire
6x45m 14.2.99

Fifty seven teams entered this year, our entry limit being sixty. Two teams failed to register leaving six hundred and sixty runners. The weather proved to be awful causing mega problems with route finding on the first leg despite most teams having receded their respective legs. The extra tally drop introduced on leg two to prevent the big short cut around Hades Hill worked well - all of the teams apart from the Clayton A team visiting the control - unfortunately the pre race favourites failed to complete this leg.

One look at Bingley's team list was enough to leave me in no doubt as to who would win this year, it was nice to see the 'Big Guns' turning out and enjoying their day out on the Rossendale Way. Bingley led from start to finish having the fastest leg one with Andy Peace and Mathew Whitfield; fastest leg two with Rob Jebb and Colin Moore, and fastest fifth leg with Ian Holmes and Mark Kinch. Yorkshire rivals Pudsey & Bramley had a fine tussle with Horwich recording fastest legs on leg three Nigel Monyahan and Jamie Noon, and leg six Shane Green and Paul Sheard.

Congratulations to Clayton Vets for their fine fourth place and to Clayton Ladies first ladies team. Thanks to local factory shop 'Winfield' for their sponsorship which enabled us to provide ever runner with a race T-shirt and still provide nearly one thousand pounds of prize vouchers. Thanks also to Pete Bland Sports.

Please note, Bolton veterans would have been second veterans but they ran a runner twice and Horwich Ladies would have been second ladies team, but they fielded a composite team.

Graham Wright

1. Bingley	4.59.13
2. Pudsey & Bramley	5.03.13
3. Horwich	5.11.40
4. Clayton Vets	5.21.59
5. Rossendale	5.23.48
6. Todmorden	5.29.15
7. Clayton B	5.30.12
8. Rochdale	5.44.36
9. Bolton Vets	5.58.10
10. Bolton A	5.58.10
11. Preston Harriers	5.58.23
12. Bowland	5.58.56
13. Rossendale Vets	5.58.57
14. Clayton C	5.58.59
15. N'burgh Nomads	6.01.38
16. Clayton Vets B	6.05.39
17. Rossendale B	6.06.39
18. Rossendale Tri	6.08.39
19. CalderValley	6.15.29
20. Skyrac	6.15.51

MIXED TEAMS

1. Pudsey & Bramley	6.25.13
2. Bingley	6.29.39
3. Clayton	6.33.37

LADIES

1. Clayton	6.48.43
2. Middleton	7.36.56
3. Rossendale	7.41.41

TIGGER TOR FELL RACE
Derbyshire
BM/9.5m/1700ft 14.2.99

It was Karls day. 1999 Tigger Tor winner, Karl Webster, from Matlock AC set a new course record for the fourteenth event of this popular race, which is the first in the Totley Tigers Series.

After winning second place last year, Karl battled in wet, windy, misty conditions to win in one hour nine minutes and forty three seconds, holding off challenges from last years winner Dale Gartley who came second followed by Mark Hayman.

It was good to see a strong field of seniors this year. The first ten runners home were all seniors, with the first veteran Philip Roberts coming in eleventh.

Christine Cresswell won the ladies Valentines Race on her first trip to Tigers. Carol Lorimer won first lady veteran.

Once again Dark Peak were out in force with forty six finishers. They steamed ahead in the team section, winning first, second, fourth and fifth. Andy Harmer took first over fifty and Barry Thackery took first over sixty. The ladies team won first Ladies team prize. Well done Dark Peak.

Altrincham visited Dore Moor for the first time and won third Team Prize along with Martin Crosby fifth overall. Alan Sealy (Dark Peak) is the current leader of the Race Series, finishing in seventh place in Tigger Tor. Next Year!!!!

To speed up the entry on to Houndkirk Moor, we will open up the fence and use a second stile, hopefully this will ease the congestion experienced this year, but we will continue to have the ploughed field.

We will have new showers next year, bigger changing rooms and sorry, no bath for the men.

The finish will again be on the new pitch but we have made a request for a mild day and no head wind.

Finally, many thanks to all the team of helpers and also to all the runners who left their loved ones on Valentines Day to be with us at Dore Moor!

Apologies go to the two runners who were disqualified at the kit check before the race. It was your safety that was important. See you all next year.

Don Longley

1. K. Webster	Mat	1.09.43
2. D. Gartley	Stock	1.10.02
3. M. Hayman	DkPk	1.11.04
4. W. Sullivan	DkPk	1.11.18
5. M. Crosby	Alt	1.11.26
6. A. Ward	Unatt	1.11.30
7. A. Sealy	DkPk	1.11.31
8. M. Cuddy	Gloss	1.11.33
9. D. Allen	DkPk	1.11.40
10. P. Deaville	Kinder	1.13.56

VETERANS O/40

1. P. Roberts	Roth	1.14.25
2. M. Brown	Merc	1.17.47
3. R. Britton	Staffs	1.17.50
4. W. Alves	Totley	1.18.16
5. S. Oglethorpe	DkPk	1.18.43

VETERANS O/50

1. A. Harmer	DkPk	1.20.30
2. C. Ellis	Totley	1.21.23
3. D. Lockwood	DkPk	1.21.32
4. A. Yates	DkPk	1.21.56
5. P. Gorvett	DkPk	1.22.26

VETERANS O/60

1. P. Thackery	DkPk	1.32.01
2. B. Howitt	Matl	1.32.19
3. T. Platts	Clowne	1.38.27
4. T. Lardner	Goyt V	1.52.21
5. G. Richardson	Clowne	2.01.25

LADIES

1. C. Cresswell	Notts	1.21.59
2. J. Phizacklea	Bux	1.24.49
3. W. Barnes	Barns	1.25.54
4. L. Bland	DkPk	1.27.33
5. J. Miles	WtPk	1.30.01

LADY VETERANS O/35

1. C. Lorimer	Merc	1.30.53
2. J. Cave	DkPk	1.35.55
3. E. Evans	Derby	1.37.28
4. D. Hearne	ValleyHill	1.41.22
5. H. Elleker	DkPk	1.8.52

WOUND WITHER WOOD
WELAY WACE WEPORT
West Yorkshire
CL/12m/1200ft 20.2.99

Puddled and Barmy maintained their 100% record at this charity event in conditions which stayed fine throughout. In fact, the conditions were so good that, with the addition of two informal bridges to the perimeter of the wood (paid for from the proceeds of last years race), saving runners getting their feet wet twice, the organiser expected records to tumble. However, all remained intact, despite sterling efforts to break them. Had this been an open race, rather than a relay, then there would have been an exciting finish and a dead heat between the two fastest runners on the day, Pudsey and Bramleys' Shane Green and Darren Flatley of Bolton, who posted identical times of twenty minutes and twenty one seconds.

Junior Chris White continues to improve and took the fastest junior prize in a very respectable time of twenty two minutes and forty seconds for this fast three and a half mile course. In fact, congratulations are due to Rossendale for providing most of the juniors at this event, including the winning junior team - who strolled off with exclusive Walsh kitbags (courtesy of Walsh shoes). Vicky Breeze took the junior ladies title.

Darren Flatley put Bolton into the lead with his storming opening run but, by the end of leg two, Pudsey and Bramley had established a lead which, by the end of the fourth leg, had stretched to a minute and a half - not much, mind, over fourteen miles. Third place North Derbyshire also got off to a good start with the fastest veteran on the day, Steve Leverton, posting a time of twenty two minutes and one second.

Pudsey and Bramley ladies would have taken the title had not fast finishing Sarah Rowell run twice for them. (usually it's a disadvantage to have someone run two legs, but in this case.....). This left the door open for local ladies Denby Dale to take the ladies team prize. Sarah took the fastest ladies prize with a time of twenty two minutes and thirty six seconds.

Nice to see that the Knock Knead Knackered old nosebags can still field a team which took its customary last place!

The money raised has gone to a number of projects associated with the wood - a further eighty five metres of dry stone wall - providing employment to a local waller, the last of the informal bridges - to open up access to those less fit than fellrunners, and partnership activities with local schools. Our thanks once again to generous sponsors: Tony Hulme at Running Bear, Pete Bland Sports, Walsh shoes and Patrick Green for the chocolate trees. And at least the prospect of winning a real tree still seems to be an attraction!

All profit from the race goes to the local woodland support group. If you have time before (or after) the race, do as the Rossendale visitors did and take a stroll around the wood - just to see what a wonderful local resource it is. As one visitor commented 'its magic'. You've now raised over one thousand pounds to contribute to that magic. Thank you.

Neil Denby

1. Puddled and Barmy	85.12
2. Bolton Dream Team	86.50
3. N. Derbyshire 'A'	87.06
4. Pudsey & Leeds	88.50
5. Barnsley 'A'	90.01
6. Wakefield	94.52
7. Totley AC Y Team	94.54
8. N. Derbyshire 'B'	95.02
9. Pudsey & Bramley Ladies	97.55
10. Wossendale Wascals	102.43

FIRST TEAM O/40

1. Glossopdale	103.55
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FIRST TEAM O/50

1. Barnsley O/50's	116.01
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FIRST MIXED TEAM

1. Denby Dale Mix	124.57
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LADIES

1. Pudsey & Bramley	97.55
2. Denby Dale 'A'	103.40
3. Doss AC	107.24

JUNIOR TEAMS

1. Wossendale Wascals	102.43
2. Wossendale Wavers	120.41



Mike Wallis and Jason Howard, joint winners of the Wadsworth Trog
Photo: Allan Greenwood

WADSWORTH TROG West Yorkshire BL/20m/4000ft 20.2.99

A good weather window provided a decent day for this years Trog. A total of one hundred and twenty brave individuals set off with one hundred and twelve of them surviving to the finish.

This year saw joint winners with veteran Mike Wallis and newcomer Jason Howard crossing the line together in an excellent two hours and fifty five minutes. Just as well in Jason's case as he had to then rush off in order to start work just over an hour later.

We had a new ladies winner with Sue Beconsall finishing first in three hours and forty eight minutes.

Well done to everyone who took part.

Sue & Jess

1. J. Howard	Ross	2.55.33
2. M. Wallis O/40	Clay	2.55.33
3. J. Wright	Tod	2.59.51
4. D. Horsfall	Bing	3.01.59
5. G. Wilkinson	Clay	3.02.22
6. S. Bottomley	Eccles	3.04.13
7. A. Shaw	Holm	3.04.23
8. L. Thompson	Clay	3.06.40
9. D. Thompson O/40	CalderV	3.08.34
10. N. Pearce O/40	Ilk	3.09.54

VETERANS O/50

1. D. Tait	DkPk	3.13.26
2. J. Marsh	TarHen	3.32.26
3. R. Futrel	Holm	3.36.17

VETERANS O/60

1. R. Jaques	Clay	3.48.37
2. A. Shaw	Tod	3.55.22
3. B. Leathley	Clay	4.10.14

LADIES

1. S. Beconsall	Tod	3.48.45
2. L. Lacon	Holm	4.07.35
3. L. Hayles O/40	H'fax	4.11.57
4. W. Dodds O/40	Clay	4.22.40
5. C. Preston	K&C	4.34.26
6. S. Middleton	Clay	4.46.23

QUANTOCKS RACE Somerset AM/7m/1900ft 20.2.99

The runners were greeted by fine spring weather. Shorts and singlets were out in force, sun tans beckoned to the amazement of the field and especially the organiser, who led for the first three miles. Within a quarter mile the field settled down with Chris Taylor and Duncan Richards tracking the leader. After a loose shoelace (a poor excuse) befell the organiser, Chris took the lead which he retained to the finish. Brian Martin headed Dave Ormerod for the over fifty's title, with George Swindon taking the over sixty's group, despite losing four minutes with a navigational error. Sue Ashton was the first lady finisher.

There appears to be a lack of senior runners in this area with only three senior men in the field and twenty vets!

Thanks to the tremendous support of marshals and sweeper, including the one who reminded me that it was bad form to win one's own event!

See you all for the special Millenium Quantocks Race.

Tom Gibbs

1. C. Taylor O/40	Merc	53.07
2. T. Gibbs	MDC	53.54
3. D. Richards	S'set Tri	54.18
4. T. Crossley O/40	EG Ac	54.43
5. G. Clegg O/40	DkPk	55.47
6. C. Kelsey O/40	Wells City	56.57
7. J. Darby O/40	MDC	57.26
8. W. Robbins	Unatt	58.04
9. M. Lucas O/40	MDC	58.27
10. A. Kirby O/40	GWR	58.59

VETERANS O/50

1. B. Martin	Amble	59.06
2. D. Ormerod	MidWales	62.08
3. G. Cheshire	MDC	67.38

FIRST VETERAN O/60

1. G. Swindon	FofD	64.15
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LADIES

1. S. Ashton O/35	MDC	73.04
2. H. Kelsey O/35	WellsCity	74.47

DOCTORS GATE HILL RACE County Durham BS/5.5m/1102ft 21.2.99

This was the first race in a new series of races, The Durham Fell Challenge, being put on by our club, Quakers R.C., to try and encourage an interest and therefore, the development of Fell Running in Co. Durham. The series is based on the same format as the English Fell Running Championship with six races, two short, two medium and two long. The runners best four results to count, however, they must include one race at each distance.

The race this year was a bit nip and tuck all the way, with Paul Figg of Swaledale leading the race for most of the course, being very closely followed by Ken Maynard of host club, Quakers. Ken just managed to get in front of Paul on the second from last descent down Potato Hill, but nearly lost it again on the final descent to the line, however, he just managed to hold on to finish just ten seconds in front of Paul. In third place was Paul Gaines of Tynedale who was finishing very strongly and gaining on the first two all the way. Again it was only a narrow gap of ten seconds that separated him from second placed Paul.

In the Ladies race it was a bit more cut and dried with defending course record holder Bev Blakeman of Sunderland Harriers being nearly four minutes clear of the rest of the ladies. The second and third places were a lot closer with only seventeen seconds separating second placed Dawn Richardson of Quakers and S'Roude of Elvet. Unattached runner Carol Moss had a superb run to finish fourth just twenty seconds behind.

Keven Shevels

1. K. Maynard	Quakers	41.35
2. P. Figg	Swale	41.45
3. P. Gaines	Tyne	41.55
4. M. Brunskill	Quakers	42.34
5. M. Mallon O/40	Crook	42.40
6. I. Mulvey	NFR	43.05
7. T. Young O/40	Elvet	43.11
8. C. Jones	C'mont	44.07
9. S. Lumb O/40	Quakers	44.20
10. R. Maynard O/40	Quakers	44.30

VETERANS O/50

1. L. Stephenson	Kend	49.07
2. M. Burgess	Unatt	55.42
3. N. Dyson	Mand	60.05
4. R. Wall	Quakers	65.20
5. M. Horan	Quakers	65.21

LADIES

1. B. Blakeman	S'land	47.05
2. D. Richardson	Quakers	51.02
3. S. Roude	Elvet	51.19
4. C. Moss	Unatt	51.30
5. J. Young O/35	Elvet	54.26
6. S. Thirlbeck	Quakers	55.30
7. K. White	Quakers	56.25
8. Y. Jones	Elvet	60.42

ILKLEY MOOR FELL RACE West Yorkshire AS/4.5m/1150ft 21.2.99

Once again a well supported event with one hundred and ninety five runners in the race. Some variable weather conditions with short sharp showers.

This years race winner was English Championship bronze medallist Rob Jebb, who took an early lead, holding off course record holder Gary Devine. Devine's record of thirty six minutes and forty six seconds remains.

In the ladies race, Emma Barclay put in a strong finish to win from race leader Ruth Dorrington. Barclay placed eighty third overall.

Helen Johnson

1. R. Jebb	Bing	38.19
2. G. Devine	P&B	38.35
3. R. Hope	Unatt	38.52
4. A. Wrench	Tod	38.56
5. S. Oldfield V	Bfd/Aire	39.16
6. G. Oldfield	P&B	39.29
7. M. Scotney	DkPk	39.47
8. B. Whalley	P&B	41.42
9. J. Helmsley	Ilk	41.45
10. B. Haworth	Mid'ton	41.46

VETERANS O/40

1. S. Oldfield	Bfd/Aire	39.16
2. R. Haworth	Mid'ton	41.46
3. R. Crossland	Bfd/Aire	43.04
4. M. Pickering	Ilk	43.06
5. R. Hamilton	Ilk	44.41

VETERANS O/45

1. R. Hawsby	Otley	48.14
2. A. Bocking	Penn	49.29
3. M. Garratt	Mand	49.48
4. J. Young	Bing	50.43
5. N. Bland	Kly	50.47

VETERANS O/50

1. K. Taylor	Ross	43.35
2. J. Whitfield	E.Hull	48.42
3. G. Howard	Ilk	49.12
4. R. Baker	CFR	49.22
5. G. Breeze	Skyrac	59.30

VETERANS O/55

1. G. Fielding	Ross	48.50
2. T. Minikin	Kly	56.12
3. M. Coles	Skyrac	57.20

VETERANS O/60

1. B. Fielding	Fellan	64.01
2. J. Arow	Clay	65.53
3. B. Crowther	Bing	69.59

LADIES

1. E. Barclay	Ilk	51.21
2. R. Dorrington	Abbey	51.24
3. P. Oldfield O/40	Bfd/Aire	54.35
4. S. Mali	Fellan	55.44
5. J. Smith O/40	Bing	58.27
6. F. Tate O/40	Kly	58.42
7. J. Howarth	Mid'ton	60.32
8. S. Jollie	Eccles	61.45



Steve Oldfield and Andy Wrench pass the Cow and Calf; Ilkley Moor Photo: Peter Hartley

WHITE HOLME CIRCULAR FELL RACE CL/15m/1000ft 27.2.99

After bad weather thwarted my attempts last year, I was determined to utilise the full route this time. With three marshals and RAYNET communications personnel manning each of the four checkpoints and Calder Valley Moorland Rescue in attendance, I was reasonably happy that we could do so in spite of early morning mist and high winds along the Pennine Way.

Ninety six runners set off from the Gale Inn in good spirits and returned in all sorts of states, including one in the Rescue Land Rover with a badly sprained ankle, and a couple in cars from the drop-out point at Mankinholes.

Radio messages kept telling me that Jason Howard was leading through each checkpoint and I guessed that after his joint victory with Mike Wallis at the Wadsworth Trog the previous weekend, he was to have his day today.

Little did I know however, that Allan 'Boff' Whalley and Mark Horrocks had been holding hands with him all the way round. I was standing where the course comes back alongside a stream, around a quarter of a mile from the finish, when suddenly the three of them appeared in front of me catching me completely off guard. I turned and ran down the pavement to where the recorders were standing and actually got away from the trio!

Surely at that stage they should have been like wild dogs, spitting and snapping with hate in their eyes, but instead they came skipping through the meadow like sugar plum pixies, linking arms and singing "Here we go looby loo"

Anyway, for you hard men reading this, there's a soft record going begging here. (Sorry lads..!)

Despite sporting a couple of blood soaked socks from his heel blisters at the finish (now that's more like it) Jason Feeney of Bingley ran strongly to take fourth place, overhauling Trafford's Vincent Booth after the half way at Mankinholes, while Rossendale's Ken Taylor took first over fifty's prize, beating all the other veterans with his excellent sixth place, Ken's brother Thornton taking first over forty in ninth and sealing team victory.

The tough women of the fells had a real set to, with a Sheila Whilde of Rochdale coming home first in two hours twenty three minutes and thirty seven seconds, six minutes ahead of Middleton's Julie Howarth and first veteran Linda Hayles of Halifax Harriers.

Many, many thanks to all those who stood out in the cold for such a long time, to ensure the safety of the runners on the fells, and to record their times, take tallies and hand out the free beer at the finish.

Everyone who helped out in any way should have gone home with a quantity of German lager, if not, please contact me and I will see what I can do. Profits from this race were split between RAYNET and Calder Valley Moorland Rescue team.

Allan Greenwood

1. M. Horrocks	Clay	1.52.05
2. J. Howard	Ross	1.52.05
3. A. Whalley	P&B	1.52.05
4. J. Feeney	Bing	1.55.02
5. V. Booth	Traff	1.55.44
6. K. Taylor V	Ross	1.55.349
7. D. Gregory	Clay	1.57.02
8. D. Keeling	Traff	1.57.35
9. T. Taylor V	Ross	1.58.46
10. K. Worrall	Traff	1.59.23

VETERANS O/40

1. T. Taylor	Ross	1.58.46
2. N. Pierce	Ilk	2.00.17
3. A. Nixon	Preston	2.04.22
4. R. Hamilton	Ilk	2.06.48
5. K. Masser	Ross	2.08.35

VETERANS O/50

1. K. Taylor	Ross	1.55.49
2. D. Tait	DkPk	2.03.45
3. J. Dore	Roch	2.10.55
4. G. Breeze	Skyrac	2.12.49
5. P. Sheilds	Ilk	2.15.07

VETERANS O/60

1. T. Kelly	F'ville	2.51.56
2. D. Clutterbuck	Roch	2.52.13
3. T. Maden	P Lane	3.33.59

LADIES

1. S. Whilde	Roch	2.23.37
2. J. Howarth	Mid'ton	2.29.32
3. L. Hayles O/45	H'fax	2.31.17
4. L. Crabtree O/40	H'fax	2.36.38
5. S. McNulty O/50	Radc	2.48.10
6. A. Leonard O/35	ManYMCA	3.11.28
7. E. Brown O/50	Werr'ton	3.26.46



White Holme Circular, impossible to separate
Jason Howard, Boff Whalley and Mark Horrocks
Photo: Peter Hartley

SCOUT SCAR 7 Cumbria CM/7m/700ft 28.2.99

After a losing battle with the elements, I discarded the registration tent, and rigged up a table top to shelter behind. For results and times however, the stopwatch printer, couldn't print due to rainwater, resulting in some times being lost.

A number of runners were out on their first fell race. I assured them it would be a doddle - that was before the day. On race day, it was storm force winds, and sleeting rain. The main prizes were awarded as runners finished, I brought two cases of red wine back home as there was no one around to give them to. Now as I write these notes I look at the one case which is left, and ponder a while.

Craig Roberts, trailed the early leaders, and won by sixteen seconds, from team mate Nick Spence. Steve McAllister, motored down from Scotland the previous day, and gained third place. Furthest to travel was Matt Burns, Ascot, in thirty fifth.

In form, Louise Osbourne, set a new record, in the thirteen strong ladies race, and a fine twentieth place overall.

John Morgan

1. C. Roberts	Kend	42.59
2. N. Spence	Kend	43.16
3. S. McAllister	Inver	43.31
4. N. Sharp	Kesw	
5. B. Charlton	Merc	
6. M. Addison	Kend	
7. C. Hill	Kend	
8. B. Harrison	L&M	46.15
9. S. Church	L'pool	
10. P. Carter	Staff	

VETERANS O/40

1. C. Speight	Kend	46.41
2. P. Whiting	Kend	46.56
3. A. Miller	Kend	47.50

VETERANS O/45

1. S. Church	L'pool	
2. M. Leck	L&M	52.45
3. J. King	Kend	61.00

VETERANS O/50

1. A. Clough	Wigan	49.27
2. A. Stafford	Kend	56.52
3. D. Huggill	AchRat	59.27

VETERANS O/55

1. H. Gott	N.Vets	51.30
2. W. Murphy	Ford	59.10
3. C. Graham	Kend	60.10

VETERANS O/60

1. G. Arnold	Preston	57.10
2. H. Cailow O/65	Dacr AM	64.48
3. J. Payn O/65	Chor	65.38

LADIES

1. L. Osbourne	Kesw	50.06
2. H. Lawrence	Unatt	52.32
3. S. Parkin O/45	Kend	54.51
4. L. Purvis	Unatt	58.22
5. A. Valdelenski O/50	Unatt	59.40
6. J. Atkins O/50	Chor	60.15
7. K. Finn	Howg	60.20
8. W. Dodds O/45	Clay	62.25

MYNYDD MAEN Gwent BM/7.5m/1700ft 7.3.99

1. M. Collins	53.09
2. P. Maggs	54.55
3. D. Vorres	57.19
4. J. Matthews	58.47

VETERANS O/40

1. L. Gwilym	63.21
2. S. Jones	64.49

VETERANS O/50

1. G. Evans	67.44
2. E. Meredith	73.01
3. N. Baker	73.09

LADIES

1. R. Thomas	92.19
2. R. Cubberley	92.20

NEW CHEW Lancashire 7.3.99

Thanks to all who came and took part on a seriously difficult day, with no major mishaps. This event attracts a wide range of ability but, common to all, seems to be an ability to travel safely across difficult terrain, which is more important than winning and which makes organising the event very satisfying.

That's a total of twenty Skyline and new Chew events under our belts and planning for next year is already under way. Given the necessary permissions are granted, we are hoping to stage a 21st birthday running of the Chew Valley Skyline Race, with a special edition "Still crazy after all these years" T-shirt for those who ran the first race and also complete the year 2000 race. So, watch this space!

Over the years, a certain mystique has built up surrounding the Chew events, part of which has been the infamous "weather window". This year was no exception, and frost and snow on the weekend following a period of very wet weather, produced the heaviest going since the infamous 1984 Skyline race. Winning times on both the longer and shorter routes were about one hour longer than expected. Only the amazing Andy Trigg covered the kind of distance on the score that might have been expected in better conditions. To attack the central area on the score was always going to be the best option for the better runner, and analysis of the results shows this to be the case.

Sheer tenacity brought eleven home safely on the longer event, including a very tired but jubilant Karen Parker, with six sensible retirements. Similarly, twenty four returned safely on the shorter, with twelve retirements. It is a tribute to the good sense of those taking part that we had no casualties and for that, we thank you. Long may it continue. Route planning this year was a little more hurried than usual with the result that, although the score worked well, the shorter course was a little more difficult than intended, and the longer didn't give the route choice I would have liked (with the exception of the local runner who ran off the map and up the Wessenden Valley, looking for easier terrain and finding many extra kilometres and wait-deep snow on the north side of Black Hill).

Frank Sykes

RESULTS 'SCORE'

1. A. Trigg	3.29	325pts
2. S. Jones O/40	3.28	300pts
3. C. Barber O/45	3.28	290pts
4. P. Sanderson	3.24	270pts
5. J. Barrott O/45	3.27	265pts
6. J. Gomersall O/45	3.19	260pts
7. A. Kine	3.04	250pts
8. D. McNeil O/55	3.26	235pts
9. K. Edge	3.33	235pts
10. J. Hodgson	3.13	220pts
11. J. Nixon O/50	3.18	210pts
12. M. Hodgson	3.21	205pts
13. C. Newstead O/40	3.22	205pts
14. C. K-Roberts O/45	3.26	205pts
15. P. Eastwood	3.27	205pts

'LONG COURSE'

1. M. Hartrell	4.34
2. D. Parker	4.37
3. B. Berzin	4.39
4. J. Rank	5.20
5. R. Ansell	5.30

'SHORT COURSE'

1. A. Dickenson	3.20
2. N. Lander O/40	3.37
3. R. Green	3.44
4. P. Janaway	4.03
5. D. Gibson O/55	4.11
6. H. Cotton O/50	4.15
7. T. Eckersley O/55	4.22
8. J. Bunyan	4/34
9. W. Gibbins O/45	4.35
10. N. Goodwin O/40	4.35

THE WINTER HILL FELL RACE

Horwich
28.2.99

1. A. Trigg	Glossopdale	1.38.26
2. J. Logue	Horwich	1.39.11
3. K. Webster	Matlock	1.40.06
4. G. Schofield	Horwich	1.40.55
5. P. Thompson	Clayton	1.41.02
6. S. Culshaw	Horwich	1.41.56
7. S. Jackson	Horwich	1.42.49
8. A. Life	Clayton	1.43.07
9. K. Gaskell	Horwich	1.43.46
10. P. Pollitt	Bolton	1.44.21

VETERANS O/40

1. G. Schofield	Horwich	1.40.55
2. S. Jackson	Horwich	1.42.49
3. G. Webb	Horwich	1.52.18
4. J. Bentley	Bolton	1.56.18
5. D. Bateson	Achille	1.57.33
6. S. Clarke	Clayton	1.58.47

VETERANS O/50

1. T. Hesketh	Horwich	1.44.52
2. B. Rowbason	Rossendale	1.50.52
3. G. Howard	Ilkley	1.56.20
4. G. Newsam	Clayton	1.58.35

VETERANS O/55

1. I. Fielding	Rossendale	1.58.58
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VETERANS O/65

1. B. Thackery	Dark Peak	2.25.30
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TEAM RESULTS

1. Horwich	28	4. G. Schofield
	2. J. Logue	7. S. Jackson
	6. S. Culshaw	
	9. K. Gaskell	
2. Clayton	80	8. A. Life
	5. P. Thompson	17. J. Harbour
	15. A. Orr	
	35. G. Newsam	
3. Chorley AC	159	21. A. Alty
	13. P. Dewhurst	45. I. Williams
	32. M. Christie	
	48. T. Walton	

LADIES

1. S. Newman O/35	Glossopdale	1.56.42
2. C. Cresswell	Notts	2.04.06
3. D. Gowans	Accrington	2.12.30
4. A. Martin	Clayton	2.12.30
5. S. Jones O/35	Horwich	2.19.04
6. K. Thompson O/45	Clayton	2.25.34
7. J. Bellis O/35	Bolton	2.31.48
8. J. Grundy	Accrington	2.44.46
9. N. Brayne	Unattached	2.47.33

BRADDA FELL RACE

Isle of Man
AL/15m/4100ft 7.3.99

Track star, Paul Clarke, made a rare outing over the fells and scored an impressive victory in the Bradda Fell Race, Round Three of the Managrakem Fell Running League. With pre-race favourite, Tony Rowley, a notable absentee, instead deciding to concentrate on his preparation for the forthcoming Manx Mountain Marathon on Easter Saturday. The race itself, held over the southern peaks of the island, went down to the wire, a mere thirteen seconds at the finish, with Paul Clarke holding off the second placed man and race sponsor, Ian Ronan. Third spot went to Albert Sunter, a welcome off-island visitor, who ran a well controlled race, while leading veteran, Phil Cain, finally got the better of fellow veteran, Dave Young. Brenda Walker, first lady, made up the top six.

Phil Cain

1. P. Clarke	ManxH	2.24.04
2. I. Ronan	ManxFR	2.24.17
3. A. Sunter	Horw	2.26.17
4. P. Cain	NthnAC	2.26.54
5. D. Young	ManxFR	2.28.24
6. B. Walker	ManxFR	2.35.18
7. R. Moughtin	Western	2.36.44
8. N. Jewell	ManxFR	2.38.05
9. J. Crellin	ManxH	2.43.05
10. R. Stevenson	ManxFR	2.44.00

VETERANS O/40

1. P. Cain	NthnAC	2.26.54
2. R. Moughtin	Western	2.36.44
3. J. Crellin	ManxH	2.43.05
4. A. Bagley	ManxH	2.44.19

VETERANS O/50

1. D. Young	ManxFR	2.28.24
2. D. Corrin	ManxH	2.47.15
3. A. Postlethwaite	NthnAC	2.55.11
4. S. Moynihah	NthnAC	3.15.30
5. T. Coleman	NthnAC	3.18.19

LADIES

1. B. Walker	ManxFR	2.35.18
2. S. Maddrell	ManxFR	2.55.43
3. R. Hooton	NthnAC	2.57.14



Gareth Webb at Winter Hill Photo: Peter Hartley

BENSON KNOTT Cumbria BS 7.3.99

Clashing with the championship race meant the field for the Benson Knott race was depleted. The first four places were filled with Kendal runners, with veteran David Houlsworth winning comfortably from David Ellis. Houlsworth was never really challenged but there was a lot of swapping of places behind with four athletes in with chance of a second spot. Ellis moved through the field on the descent after turning in sixth place at the summit pinnacle.

Sue Parkin won the ladies' race overtaking Anouschka Valderlenski on the way down.

1. D. Houlsworth	Kend	34.47
2. D. Ellis	Kend	36.15
3. P. Clavey	Kend	36.22
4. P. Whiting	Kend	36.42
5. S. Addison	Clay	36.48
6. H. Gott	NVAR	37.22
7. P. Tuson	Kend	38.12
8. I. Atkinson	Unatt	38.12
9. M. Peat	L&M	38.52
10. G. Woolnough	Kend	39.07

VETERANS O/40

1. D. Houlsworth	Kend	34.47
2. P. Whiting	Kend	36.42
3. P. Tuson	Kend	37.43
4. G. Woolnough	Kend	39.07
5. D. Bland	Kend	39.43

VETERANS O/50

1. S. Addison	Clay	36.48
2. L. Stephenson	Kend	42.16
3. P. Taylor	Border	42.55

LADIES

1. S. Parkin O/40	Kend	41.33
2. A. Valderlenski O/50	Unatt	43.23
3. M. Bridge O/50	Kesw	50.43



Paul Sheard and Mark Kinch follow Rob Jebb at Noon Stone Photo: Peter Hartley

NOON STONE FELL RACE

Lancashire

AM/9m/2300ft 7.3.99

There was an exceptionally high quality turnout this year for the Noon Stone Fell Race as Todmorden Harriers hosted the first round of the English Championship. In previous years, the race has been run in August in heatwave conditions, far too hot for running. So, this year, the race date was changed to March, partly for the English Championship and partly to get cooler conditions!! Well, we certainly got that - conditions were atrocious. It was a severe test even for the best as icy winds, rain and sleet lashed the Todmorden course. Coupled with that on the unflagged moor where conditions were at their worst, we also had ankle-deep freezing water lying on very soft peat. It became a real challenge just to finish!

With 350 runners jockeying for positions, the race started quickly and on the flagged approach to Stoodley Pike, the defending champion, Ian Holmes, led his Bingley team-mate, Rob Jebb, with Gavin Bland third and Simon Booth fourth. They stayed this way on the open moor section but once back onto the flagged section, Bland skipped away to win by thirty seconds from Jebb. Holmes, having lost the feeling in his legs because of the cold, could only finish sixth.

In the ladies' race, the first three were separated by less than a minute with Tracy Ambler just getting the better of Nicola Davies, with Louise Osborn only twenty five seconds behind.

I would like to thank Lumbutts Activity Centre for the use of their excellent facilities, St John's Ambulance for their invaluable support and assistance and the members of Raynet and Calder Valley Search and Rescue Team. Also, the vast army of Todmorden Harriers who helped organise and marshal everything in such atrocious conditions leaving me with a very easy day. Thank you all - perhaps I may see some of you next year, in August again??

Brian Schofield

1. G. Bland	Borr	69.27
2. R. Jebb	Bing	69.58
3. S. Booth	Borr	70.08
4. M. Kinch	Bing	70.19
5. J. Davies	Borr	70.27
6. I. Holmes	Bing	70.42
7. G. Devine	P&B	70.50
8. D. Neil	Mercia	70.55
9. R. Hope	P&B	71.11
10. A. Wrench	Tod	71.12
11. M. Palmer	ForestD	71.14
12. J. Bland	Borr	71.15
13. B. Bardsey	Borr	71.15
14. S. Willis	Tod	71.38
15. M. Croasdale	Bing	71.58
16. M. Roberts	Borr	72.16
17. M. Keys	Ross	72.21
18. Paul Sheard	P&B	72.39
19. A. Schofield	Borr	72.42
20. S. Oldfield	BfdA	73.11

VETERANS O/40

1. D. Neil	Mercia	70.55
2. M. Keys	Ross	72.21
3. S. Oldfield	BfdA	73.11
4. M. Wallis	Clay	73.47
5. S. Jackson	Horw	76.16

VETERANS O/50

1. D. Overton	Kend	78.07
2. T. Hesketh	Horw	78.10
3. M. Walsh	Kend	79.24
4. K. Taylor	Ross	79.49
5. D. Tait	DkPk	79.53

VETERANS O/60

1. G. Swindon	ForestD	94.36
2. F. Gibbs	Bing	97.06
3. R. Tunstall	Helsby	100.24

LADIES

1. T. Ambler	Unatt	88.19
2. N. Davies O/40	Borr	88.40
3. L. Osborn	Kesw	89.05
4. S. Newman	Gloss	90.05
5. J. King	CFR	90.13
6. E. Barclay	Ilk	94.18
7. A. McMullen	Altr	94.42
8. L. Lacon	Holm	95.54

IAN ROBERTS MEMORIAL

FELL AND ROAD RELAY

West Yorkshire
13.3.99

A clash with National Cross Country and Half Tour of Pendle rather reduced numbers, but good weather and surprisingly close race made for a good afternoon and the bar did a good trade!

Pudsey & Bramley found themselves with only three so their first leg runner roped in his dad to make up the team. This just happened to be family Oldfield and so the team event was won by a team who did not qualify for prizes. North Derbyshire took this honour but were pushed close by Trafford. Horwich Veterans beat their younger clubmates, Rossendale sent a team of youngsters and Darwen Ladies took the female honours.

R Futrell

1. Composite	96.43	6. Holmfirth A	104.46
2. N. Derbyshire	99.02	7. Horwich A	107.59
3. Trafford A	99.47	8. Harrogate	110.24
4. Horwich Veterans	103.07	9. Darwen A	110.29
5. Trafford B	103.54	10. Barnsley A	111.37

MOEL Y CI
Gwynedd
AS/2.3m/775ft 13.3.99

The race was given an international flavour this year with entries as far afield as the Ukraine and Latvia! They must have heard what good value this race is - prizes for over half the field - trophies for winners/certificates/roll and bun/custard creams and unlimited tea, coffee and juice - all this for £2.00 (results 30p extra). The race was even filmed for television!

Conditions were ideal for fast times - a lovely spring day mild sunny dry underfoot. The performance of the day was by Jayne Lloyd in the ladies' race, taking an amazing thirty seconds off her own record. In the men's race, James McQueen was first home, making it three wins in a row. Although he was just outside his record of 18.11 set last year, James was closely followed by Ukraine international, Andzjy Reyzez. Third home was sixteen year old Cai Pearce, who can certainly give the seniors a run for their money. Gwynfor Owen won the Over 40 category finishing fourth overall. Don Williams, back from a long lay-off after a car crash, won the Over 50 category. First Over 60 was John Carson.

Excellent prizes were donated by 14th Peak Outdoor Gear, Caernarfon, and Vaynol Arms, Pentir. Thanks to all the marshals and people of Rhiwlas for all their help on the day.

R. Powell

1. J. McQueen	Eryri	18.26
2. A. Reyzez	Ukraine	18.59
3. C. Pierce	Eryri	19.27
4. G. Owen	Eryri	20.08
5. E. Roberts	Eryri	20.20
6. S. Jones	Eryri	20.26
7. T. Jones	Eryri	20.30
8. C. Urmston	Unatt	20.32
9. D. Williams	Eryri	21.01
10. S. Anderton	Tod	21.15

VETERANS O/40

1. G. Owen	Eryri	20.08
2. S. Jones	Eryri	20.26
3. D. Williams	Eryri	21.01
4. S. Barnard	Eryri	21.48
5. J. Williams	Eryri	21.52

VETERANS O/50

1. D. Williams	Eryri	21.01
2. D. Whiteside-Thomas	Eryri	22.58
3. J. Morris	Penn	23.17
4. M. Williams	Eryri	24.01
5. M. Blake	Eryri	24.14

VETERANS O/60

1. J. Carson	Eryri	29.31
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LADIES

1. J. Lloyd	Eryri	23.19
2. E. Dunnington	Eryri	26.20
3. A. Donnelly	Eryri	27.24
4. S. Bennell O/40	Eryri	31.12

INTERMEDIATES

1. C. Pierce U/18	Eryri	19.27
2. T. Rice-Owen U/16	Eryri	23.47
3. G. Edwards U/16	Eryri	25.47

JUNIORS

1. S. Roberts U/14	Eryri	8.48
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SLIEVE GULLION
Northern Ireland
AS/3.5m/1000ft 14.3.99

The first race of the 1999 season was held in unusually good weather, with clear visibility making for a good fast race. It was, therefore, no surprise that the first two finishers both broke the old record with Deon McNeilly winning by forty seven seconds from defender and previous record holder, Brian Ervine. A record entry of forty five runners was another feature of the race with many runners recording personal bests.

The top runners had all established their finishing positions by the first checkpoint with only minor changes occurring. Neil Carty and Damion Brannigan exchanged places three and four between the first and second checkpoint but by the third and last checkpoint, Carty was back in third. Billy McKay held onto fifth place through the three checkpoints but lost two places on the descent.

Anne Sandford was twenty seventh at the first checkpoint but dropped to twenty ninth at the third and finished thirty second overall. Junior winner, Simon Taylor, improved from seventeenth at the first checkpoint to finish thirteenth overall.

The after-race presentation was held at a new purpose built cultural centre at Mullaghbane. An afternoon of traditional Irish music greeted the runners with flute players, a harpist, accordion and numerous fiddle players contributing.

Brian Vallely

1. D. McNeilly	N'castle	28.00
2. B. Ervine	Ballyd	28.47
3. N. Carty	NBelf	31.50
4. D. Brannigan	N'castle	31.53
5. J. Patterson	Albert	33.30
6. S. Linton	NWOC	33.57
7. B. McKay	Albert	34.06
8. P. Howie	Larne	34.23
9. I. Park	Ballyd	34.36
10. R. Rodgers	N'castle	35.47

VETERANS O/40

1. P. Howie	Larne	34.23
2. I. McMurray	BARF	38.36
3. J. McBride	BARF	38.43
4. J. Ward	Armagh	42.08

VETERANS O/45

1. B. McKay	Albert	34.06
2. I. Park	Ballyd	34.36
3. W. Kettle	ACKC	38.53
4. F. Hammond	BARF	39.10

VETERANS O/50

1. J. Patterson	Albert	33.30
2. J. Sloan	ACKC	38.00
3. D. Connolly	Armagh	38.59
4. R. Ferry	Cookstown	41.02
5. I. Taylor	BAARF	47.47

VETERANS O/55

1. B. Magee	Larne	37.55
2. H. Young	Ballyd	47.42

LADIES

1. A. Sandford	Ballyd	42.58
2. J. Munnis	NDown	49.33

JUNIORS

1. S. Taylor	BARF	37.46
2. P. Muckian	Glenmore	42.00

BLACK COMBE FELL RACE
Cumbria
AM/9m/3800ft 14.3.99

One hundred and thirteen runners turned out for Black Combe Fell Race. It was a beautiful spring-like day at the start in the valley but a different story on the tops with thick mist and several degrees drop in temperature on the summits of Black and White Combe.

This is a tough race as the runners have to ascend Black Combe twice and the second time this year was along slog back up into the mist.

Thanks to all the runners, the marshals, the timers and results team. Special thanks to Jill and Jane Peel for the welcome soup and rolls at the finish.

Val Gill

1. G. Schofield	Horw	75.26
2. S. Shuttleworth	Amble	75.50
3. S. Bottomley	Eccles	78.06
4. P. Clarke	Kend	78.11
5. G. Thorpe	Amble	79.24
6. P. Whiting	Kend	79.35
7. R. Wynne	Bowland	79.37
8. L. Douthwaite	Bowland	79.43
9. S. Macina	Eccles	80.34
10. P. Tuson	Kend	80.38

VETERANS O/40

1. G. Schofield	Horw	75.26
2. P. Clarke	Kend	78.11
3. P. Whiting	Kend	79.35
4. P. Tuson	Kend	80.38
5. R. James	CFR	83.01

VETERANS O/50

1. G. Howard	Iik	85.07
2. G. Houghton	CaldV	88.03
3. D. Tindley	CFR	89.51
4. D. Fell	Wharfe	92.07
5. P. Dowker	Endmoor	94.11

VETERANS O/60

1. B. Leathley	Clay	101.48
2. H. Catlow	Dallam	102.25
3. L. Pollard	AchR	130.24

LADIES

1. L. Osborn	Kesw	86.41
2. N. Lavery	Amble	90.54
3. H. Lawrence	Kesw	95.19
4. C. Kenny	Kend	103.39
5. L. Buck	CFR	109.29
6. L. Benn	CFR	111.53
7. J. Leather	Amble	117.30
8. S. Jollie	Eccles	118.34

FIENSDALE FELL RACE
Lancashire
AM/9m/2600ft 20.3.99

A cool but ideal day saw Mark Kinch beat his own record set last year when the course was changed slightly forcing runners to make the tough climb to the summit of Fairsnape. Gary Devine had an excellent run to finish second, over two minutes ahead of Mark Horrocks in third. Sarah Rowell was first lady by a massive twenty minutes. It's a great pity that more ladies aren't attracted to this demanding but enjoyable race (only five female entries this year!).

Sincere thanks to the Bowland and Pennine Rescue Team whose valuable help makes this race so easy to organise.

A. Farmer

1. M. Kinch	Bing	1.14.43
2. G. Devine	P&B	1.15.52
3. M. Horrocks	Clay	1.18.08
4. M. Keys	Ross	1.19.30
5. J. Howard	Ross	1.20.25
6. G. Schofield	Horw	1.22.13
7. I. Greenwood	Clay	1.23.03
8. B. Whalley	P&B	1.23.23
9. B. Bolland	Newburgh	1.23.51
10. A. Life	Clay	1.24.36

VETERANS O/40

1. M. Keys	Ross	1.19.30
2. G. Schofield	Horw	1.22.13
3. P. Taylor	Ross	1.25.31

VETERANS O/50

1. J. Holt	Clay	1.24.51
2. M. Walsh	Kend	1.25.56
3. K. Carr	Clay	1.29.16

VETERANS O/60

1. R. Jaques	Clay	1.48.14
2. D. Clutterbuck	Roch	2.04.51
3. A. Campbell	RoadR	2.14.58

LADIES

1. S. Rowell	P&B	1.30.02
2. C. Life	Clay	1.50.54
3. S. Lensley	UnattP	1.52.59
4. L. Lord O/50	Clay	1.59.41
5. H. Wilkinson	CaldV	2.08.06



Mark Kinch on his way to winning Fiensdale Photo: Bill Smith

MOEL WNION RACE
Gwynedd
AS/4m/1600ft 20.3.99

Good conditions once again. Colin Donnelly improved on last year's record with Alun Vaughan pushing him all the way. The ladies' race was won by Lisa Lacon, recording a new record and hard pressed by Jane Lloyd.

An enjoyable prize-giving in the Royal Oak. Thanks to all the marshals once again and sponsors, O.J. Williams Bakesy, and the Royal Oak.

J. McQueen

1. C. Donnelly	Eryri	34.37
2. A. Vaughan	Eryri	34.48
3. G. Owen	Eryri	36.01
4. E. Roberts		38.22
5. P. Evans	Unatt	38.33
6. B. Beachell	Unatt	38.35
7. D. Williams	Eryri	38.39
8. E. Evans	Eryri	39.14
9. J. Hope	AchR	39.27
10. J. Williams	Eryri	39.48

VETERANS O/40

1. G. Owen	Eryri	36.01
2. E. Evans	Eryri	39.14
3. J. Hope	AchR	39.27

VETERANS O/50

1. D. Williams	Eryri	38.39
2. D. Ormerod	MidW	42.49
3. M. Williams	Eryri	43.03

LADIES

1. L. Lacon	Holm	42.04
2. J. Lloyd	Eryri	42.11
3. E. Dunnington	Eryri	48.09
4. S. Bennell O/40	Eryri	59.40
5. J. Glass O/50	Eryri	60.30
6. L. Tristram O/40	Eryri	64.49
7. S. Lloyd O/50	Eryri	69.39

WIRKSWORTH INCLINE RACE
Derbyshire
BS/4m/600ft 21.3.99

The ninth Wirksworth Incline Race took place in cold, damp, windy conditions. One hundred and four runners braved the elements and returned some record times.

Dave Neill broke the course record of 22.13 set in 1995 by Phil Bowler, in a time of 22.12. In the Junior boys' race, Richard Kay and Sam Flitter both broke the previous record time of 14.22 set by Richard Shrimpton in 1996. The oldest runners were Tom Long who, at 64, returned a time of 38.13 and Barry Thackery, 65, who finished in 32.23. The youngest runner was seven year old, Jacob Bradbury.

Medals were presented to each runner and prizes to the first, second and third in each category.

Alan R W. Woolley

1. D. Neill	Leek	22.12
2. J. Arnold	Matlock	23.22
3. J. Chambers	Staveley	24.25
4. T. Plant	Belper	24.47
5. A. Whittaker	Matlock	24.50
6. T. Sullivan	Hucknall	24.55
7. N. Kent	Sheff	25.33
8. N. Stone	Buxton	25.34
9. C. Rowe	Ripley	25.39
10. C. Fray	Macc	25.58

VETERANS O/40

1. A. Whittaker	Matlock	24.50
2. N. Kent	Sheff	25.33
3. C. Fray	Macc	25.58
4. R. Martin	Jacks	27.04
5. R. Amor	Belper	28.35

VETERANS O/50

1. R. Marlow	Alfre	27.47
2. B. Ansell	Unatt	27.51
3. G. Royle	Oldham	30.07
4. R. Hopkinson	Matlock	30.11
5. G. Revell	Bradwell	30.28

LADIES

1. C. Williams	W'worth	28.34
2. J. Henderson	W'worth	31.18
3. S. Young	W'worth	31.35
4. L. Austin	W'worth	31.35
5. H. Baines	LongE	33.35
6. A. Templeton O/40	Disley	33.38
7. V. Sewel O/40	Essex	35.03
8. S. Taylor O/40	Calton	35.14

JUNIOR BOYS

1. R. Kay	LongE	14.04
2. S. Flitter	Matlock	14.12
3. T. Jones	Chil	14.34

JUNIOR GIRLS

1. R. Keeling	Breas	18.44
2. E. Timmis	Derby	19.48
3. E. Amor	Belper	22.10

PEN CERRIG-CALCH
Powys
AS/3m/1500ft 27.3.99

The seventh running of Pen Cerrig-calch saw us return to our normal blessed weather after the traumas of last year. It is a relief to post a report at the start stating "summit temperature; 55F; visibility; for ever, going; good, kit requirements/checks; none, run in the nude if you like". The sun was out, the larks were up, the views were wonderful, God was in his heaven and who cares who wins?

Well, quite a few, really. Mark Palmer and Geran Hughes matched each other stride for stride to the summit, but Mark's descending ability made the difference. He might have beaten Tim Davies's 1997 record (26:35) but he turned his ankle badly a few hundred yards from the finish and limped in slowly (still taking two minutes out of his rival in a one-and-a-half mile fifteen hundred foot descent!). A little further down the field, Ann Nixon needed a hard finishing sprint to keep her nose in front of young Owain Jones (improving by the minute) and Nathan Reeks running only his second race. Even the almost perfect conditions and the close competition couldn't quite get Ann within a minute of her own course record. (A minute after Owain crossed the line, the summit marshal checked in to report that his dad had just reached the summit! Life can be so cruel). A suspicion of casualness crept in further down the field as some people seemed to be saving themselves for the tough 14 mile Llanberdr-Blaenavon on the 'morrow; one closely drawn group pausing just before the line in a parade of "After you"- "No, after you" etc.

All in all, a truly brill afternoon out, everybody got an Easter egg, and all went home happy. Tons of thanks to K Lucas for marking and marshaling, Fred Parry for taking over the finish, Cliff Jones for lending us his fields, farm, loos etc, and to Ian and Mary at the Red Lion for supplying the fell-runners friends; good beer and a convivial hostelry. Long may fell racing be like this.

Derek Thornley

1. M. Palmer	ForestD	27.57
2. G. Hughes	MDC	29.45
3. P. Maggs	MDC	31.14
4. P. Kendrick	SpaT	31.32
5. J. Bass	ForestD	32.39
6. N. Lewis	MDC	33.22
7. A. Nixon	MDC	34.12
8. O. Jones	LesCroup	34.19
9. N. Reeks	Chep	34.26
10. D. Ormerod	MidW	36.27

VETERANS O/50

1. D. Ormerod	MidW	36.27
2. D. Finch	MDC	37.00
3. R. Day	Mercia	37.47

VETERANS O/60

1. C. Jones	MDC	43.28
2. J. Carson	Eryri	45.26

LADIES

1. A. Nixon	MDC	34.12
2. S. Ashton O/35	MDC	44.38

JUNIORS

1. O. Jones	LesCroups	34.19
2. N. Reeks	Chep	34.26



Sarah Rowell, winner at Fiensdale Photo: Peter Hartley

FIVE TORS
Cornwall
CM/11m/1170ft 28.3.99

The race took place on a dull but cold day. In spite of this, it was well attended although many runners arrived late having forgotten to alter their clocks to summer time!

C. Weston

1. N. Holmes	HerneV	1.07.42
2. P. Pollard	Unatt	1.09.38
3. K. Hagley	SWRR	1.12.48
4. H. Marsden	Exmouth	1.13.13
5. T. Hunn	Woodstock	1.14.29
6. J. Rickeard	Dartmoor	1.14.37
7. D. Waterhouse	Tamar	
8. P. Eastley	Unatt	1.17.26
9. M. Davidson	Plymouth	1.18.28
10. K. Rolfe	ECH	1.19.43

VETERANS O/40

1. S. Eastley	Unatt	1.20.47
2. M. James	ECH	1.21.51
3. M. Andrews		1.22.30
4. A. Connolly	Unatt	1.22.50
5. N. Stone	ECH	1.24.41

VETERANS O/45

1. K. Rolfe	ECH	1.19.43
2. L. Clarke	Tamar	1.20.03
3. A. Cooper	Truro	1.20.05
4. C. Hoult	Truro	1.20.08
5. M. Salter	Unatt	1.25.05

VETERANS O/50

1. D. Alsop	F'mouth	1.25.52
2. R. Walker-Reed	Unatt	1.32.21
3. J. Coupland	TVH3	1.35.47
4. D. Burrell	Cam	1.38.15
5. P. Norton	Com	1.38.53

VETERANS O/55

1. A. Simpson	Dartm	1.39.53
2. N. Jeans	Truro	1.50.15
3. N. Charman	Unatt	2.05.11

LADIES

1. K. Newman O/35	RR	1.28.28
2. J. Hoskin	ECH	1.23.55
3. R. Medd	F'mouth	1.25.19
4. L. Thompson	Dartm	1.35.01
5. L. Lusty-Hoyle	Truro	1.35.02
6. J. Tyler O/35	ECH	1.35.37
7. J. Savill O/35	Com	1.39.12
8. P. Budd O/35	Dartm	1.45.55

LLANBEDR-BLAENAVON
FELL RACE
Gwent
AL/14m/4500ft 28.3.99

For twenty years now, I've toiled up the punchbowl every March and it seems to get steeper and steeper, could it be getting older? But looking at the results, only thirteen out of the forty four competitors were not veterans or older; where are all the younger runners? It doesn't seem to stop people going faster and faster though. We had an amazing new record knocking a full four minutes off his own previous record and breaking the two hour barrier for the first time on his new route with a head wind as well! The veteran's record was broken as well by two minutes.

The turnout was a little low considering it was a Welsh Championship race but perhaps with another race the day before and the proximity of Easter, it is understandable.

Apologies for those of you with families with regard to the ban on children entering the bar. Believe me, I've been trying for a year to get this ban lifted. The Council have, I believe, now agreed to apply for a children's license but it is taking a long time. The use of the minibus to the start seemed popular and will be repeated next year.

We hope to see you all next year.

Gareth Buffett

1. J. McQueen	Eryri	1.59.01
2. C. Donnelly	Eryri	2.01.16
3. P. Maggs	MDC	2.12.50
4. R. Owen	Eryri	2.12.57
5. D. Vorres	Griff	2.17.42
6. M. Green	ForestD	2.23.19
7. L. Gwilym	MDC	2.26.57
8. J. Darby	MDC	2.27.23
9. C. Kelsey	Wells	2.36.45
10. C. Pritchard	Unatt	2.37.05

VETERANS O/40

1. R. Owen	Eryri	2.12.57
2. M. Green	ForestD	2.23.19
3. L. Gwilym	MDC	2.26.57
4. J. Darby	MDC	2.27.23

VETERANS O/50

1. D. Finch	MDC	2.44.15
2. G. Evans	BlaenJogg	2.47.45
3. E. Meredith	MDC	2.58.40

VETERANS O/60

1. P. Norman	Wrexham	2.58.36
2. C. Jones	MDC	3.13.36
3. J. Carson	Eryri	3.31.43

LADIES

1. V. Musgrove O/35		2.44.26
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**DON MORRISON EDALE SKYLINE
FELL RACE
Derbyshire
AL/21m/4500ft 28.3.99**

The weather was ideal - bright and sunny. Conditions underfoot were good and so a fast time was expected. However, Gavin Bland broke the record by almost six minutes and finished almost nine minutes of Jonny Bland in second. The race leaders were reasonably together up to Horse Hill, then Gavin pulled steadily away from Jonny. It was very pleasing to see Dark Peak gain third place through Mark Hayman. Christine Cresswell had a good run and was well clear of the second and third ladies, Sue Jones and Polly Gibb, who had a good tussle. Barry Thackeray, who is a Veteran Over 65 had an excellent run to finish 70th.

Thank you to all the marshals from Dark Peak, and for the many compliments received from competitors. I hope you'll all be back next year. Well done to all who finished and congratulations to Gavin for such a stunning performance.

Dick Pasley

1. G. Bland	Borr	2.34.39
2. J. Bland	Borr	2.43.32
3. M. Hayman	DkPk	2.52.49
4. C. Webster	Matlock	2.54.56
5. G. Schofield	Horw	2.55.45
6. P. Deaville	Kinder	2.57.32
7. G. Cudahy	Stock	2.58.13
8. R. Woods	DkPk	3.01.21
9. A. Carruthers	Crawley	3.01.48
10. T. Werrett	Mercia	3.02.13

VETERANS O/40

1. G. Schofield	Horw	2.55.45
2. S. Jackson	Horw	3.04.39
3. A. Howie	Penn	3.06.36
4. G. Davies	Mercia	3.10.51
5. M. McDermott	Macc	3.11.38

VETERANS O/50

1. B. Blyth	Macc	3.22.52
2. D. Lockwood	DkPk	3.30.31
3. J. Dore	Roch	3.30.41
4. K. Jones	DkPk	3.37.12
5. D. Mitchell	Kend	3.38.07

VETERANS O/60

1. B. Thackeray	DkPk	3.44.25
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LADIES

1. C. Cresswell	Matlock	3.26.54
2. S. Jones	Horw	3.35.36
3. P. Gibb	P&B	3.36.45
4. K. Harvey O/40	Altr	3.37.35
5. L. Whittaker	Saddle	3.44.00
6. A. Hood	Ilk	3.44.26
7. J. Phizacklea	Bux	3.48.41
8. K. Mathers	Sadd	3.50.22

PEN Y FAN

**Gwent
AS/3.5m/1900ft 3.4.99**

In less than ideal conditions (heavy mist and strong winds), a field of thirty started the race. With a number of runners new to the race, details of the best descent route were given at the start. Reports from the summit indicated that a couple of the visitors were going to take away the prizes. However, that old faithful, "local knowledge", helped with the MDC runner, Peter Maggs, choosing the optimum route down, to gain the lead, unknowingly, in the mist. Some runners chose extended routes via Cwm Gwdi, but all were home within a reasonable time.

Particular thanks to Del and Clive for their assistance on the day, but also to Mr Powell, of Moddryd Farm, who owns the land where all the cars were parked and, each year, allows us the access so necessary for such races.

Frederick H Parry

1. P. Maggs	38.05
2. J. Bass	39.04
3. H. Richards	39.20
4. B. Herries	39.48
5. D. Soles	40.12
6. R. Mapp	40.57
7. S. Blease	41.32
8. C. Gildersleve	43.21
9. P. Atkinson	45.47
10. D. Ormerod	46.31

VETERANS O/40

1. H. Richards	39.20
2. R. Mapp	40.57

VETERANS O/50

1. D. Ormerod	46.31
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VETERANS O/55

1. B. Martin	49.22
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VETERANS O/60

1. C. Jones	55.23
2. J. Battersby	62.06

LADIES

1. L. Pyne	53.19
2. J. Harrison	88.00

**RIVINGTON PIKE RACE
Lancashire
BS/3.25m/700ft 3.4.99**

This annual Easter Saturday fell race was sponsored by Walsh Sports the famous manufacturers of running shoes and a large field of almost 300 runners started the 3.25 mile race to the summit of the Pike and back to Lever Park Avenue. The race was notable for the fact that six out of the first seven finishers were internationals. Neil Wilkinson, who won and also led his club to the team prize by sixteen points to Horwich's twenty eight points, Horwich having to settle for the 1st Veterans team prize this time.

Wilkinson powered clear on the climb to the 700ft summit from Robert Hope and Craig Roberts, before cruising down the long approach to the finish. Last year's winner, Roberts, had his potential hat-trick of wins spoilt by Wilkinson but remained magnanimous in defeat finishing in front of fellow international John Taylor and Hope, a past winner of this the second oldest amateur fell race in the country. Horwich RMI Harriers & AC who organise this event, had thirty four runners taking part and were led home by Wilkinson's training partner, Michael Cayton in sixth place and first Under 20 with a superb descent. Tony Hesketh, top Horwich veteran, finished thirteenth and took forty seconds off the Veteran Over 50 record for the course. The Ladies race was won by Jane Clark, proving to be a class apart, forty ninth overall in a big field. Kath Drake also made the journey across the Pennines worthwhile, finishing first Veteran Lady and second overall from Jean Shutter. Chorley Harriers with their large contingent of runners took both the Ladies and the Ladies Veterans team prizes.

Outstanding run of the day was by Steve Barlow, who set a record for the number of consecutive ascents of the Pike starting at 9.30am, completing twelve climbs totalling almost 8500ft and 39 miles in a little more than six hours of running. This was done to raise funds for Christies Hospital and Cancer Research and he received tremendous support from his fellow Horwich Harriers who took turns to run each leg with him and to offer encouragement. Admirers and well wishers gave him a standing ovation at the presentation after the race.

Keith Makin

1. N. Wilkinson	Salf	17.15
2. C. Roberts	Kend	17.32
3. J. Taylor	Bing	17.44
4. R. Hope	P&B	17.46
5. S. Oldfield	BfdA	17.54
6. M. Clayton	Horw	18.08
7. R. Jackson	Salf	18.13
8. S. Williams	Salf	18.18
9. S. Culshaw	Horw	18.26
10. N. Leigh	Altrinch	18.39

VETERANS O/40

1. S. Oldfield	BfdA	17.54
2. S. Williams	Salf	18.18
3. B. Haworth	Middle	18.43
4. R. Crossland	BfdA	19.48
5. J. Quine	Kend	19.51

VETERANS O/45

1. A. Steele	Radcl	20.51
2. D. Fairclough	LivPemb	20.57
3. J. Holloway	Horw	21.49

VETERANS O/50

1. T. Hesketh	Horw	18.59
2. K. Taylor	Ross	20.12
3. P. Lyons	Ross	20.34
4. M. Crook	Horw	22.10
5. S. Furness	B'burn	22.17

VETERANS O/55

1. K. Burgess	Altrinch	22.49
2. P. Jepson	Ross	23.47
3. J. Gresty	Skem	24.05

VETERANS O/60

1. T. Orrell	Clay	23.57
2. B. Count	Bolt	26.14
3. R. Hill	Clay	26.27

VETERANS O/65

1. B. Rodgers	NthnV	26.30
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LADIES

1. J. Clark	P&B	20.42
2. K. Drake O/35	Spenn	21.34
3. J. Shutter O/35	P&B	22.32
4. J. Burthorn O/35	Warr	22.45
5. H. Sandelands O/35	Newburgh	23.51
6. P. Oldfield O/40	BfdA	23.59
7. G. Beschioss	Bolt	24.48
8. M. Shone O/70	Clay	25.07

JUNIORS

1. M. Clayton	Horw	18.08
2. C. Heyes	Prest	19.44
3. J. Robertson	Horw	20.54

JUNIORS U/18

1. G. Walsh	Bolt	20.26
2. L. Barton	B'burn	20.41
3. M. Hammer	Hyndburn	20.55

**MANX MOUNTAIN MARATHON
Isle of Man
AL/31.5m/8000ft 3.4.99**

Andy Trigg scored a superb debut win but only after an absorbing race over the thirty one mile course that takes competitors from Ramsey in the North of the Isle of Man to Port Erin in the South, visiting twelve summit checkpoints en route.

The entry of around one hundred and thirty five competitors, mostly from off the Island, was down on previous years and following the trend of most long fell races. The race was given an international flavour with runners from Germany and Spain entered.

Conditions were very poor for the first half of the race. Thick sea mist that had enveloped Ramsey began to spread inland eventually covering all the early hill tops making navigation tricky.

A large leading group that included all the favourites, formed on the ridge run from North Barrule to Clagh Ouyr and they stayed together until Greeba at around the halfway mark. They had all stuck close to Manx Champion, Tony Rowley, on the more tricky sections hoping his local knowledge would see them through the poor visibility.

Lee Thompson was first to arrive at the counter checkpoint at Greeba Bridge as the conditions suddenly turned warm and sunny. By the Round Table Cross Roads, with just seven miles remaining, the leaders had been whittled down to five. Lee Thompson was again first, though closely followed by John Hunt, Andy Hauser, Tony Rowley and Andy Trigg, who looked far from comfortable. The race turned completely on Cronk-Ny-Iree-Laa as Thompson was caught and dropped as was five times previous winner, Hauser, whilst Trigg had found a second wind after stuffing down a Mars Bar!

It was on the approach to the steep ascent of Fleshwick that the race was decided. Trigg managed to open up a small gap that gradually increased despite a spirited chase by Hunt and Rowley. At the Port Erin finish, Trigg had stretched his lead to just over a minute to record an impressive first win. Runner-up was decided in a final last gasp sprint finish, Hunt getting the better of Rowley by a meagre four seconds after over five hours of racing.

The ladies' race was also in doubt right to the end. Victoria Musgrove was the early leaders only to be overtaken by newcomer, Sally-Anne Hales. She relentlessly increased her lead to over five minutes by the nineteen mile mark at Gleneedle. Musgrove was certainly not finished and she produced a fine fight back, reducing the gap with every mile but falling short by less than one minute at the finish. Third place went to Anne Liuba, who ran a good race on her debut.

The Standard Race was won by Jon Fyne. He had caught early leader and eventual third place man, Alan Miller, by Injebreck and continued to head the field to the end, holding off a spirited chase by local, Neville Jewell.

T. Rowley

1. A. Trigg	Gloss	5.08.34
2. J. Hunt	CFR	5.09.38
3. T. Rowley	ManxFR	5.09.42
4. A. Hauser	P&B	5.16.06
5. L. Thompson	Clay	5.18.42
6. D. Thompson	CaldV	5.33.01
7. P. Thompson	Clay	5.40.06
8. W. Alves	Totley	5.44.43
9. S. Whittaker	Clay	5.53.02
10. T. Spicer	Ross	5.56.49

VETERANS O/40

1. A. Hauser	P&B	5.16.06
2. D. Thompson	CaldV	5.33.01
3. W. Alves	Totley	5.44.43
4. T. Spicer	Ross	5.56.49
5. E. Richardson	Ross	5.58.38
6. A. Miller	Kend	5.58.46

VETERANS O/50

1. D. Young	ManxFR	6.34.48
2. D. Longley	Totley	6.41.33
3. A. Appleby	Preston	6.49.02
4. P. Norman	Wrexham	6.53.51
5. J. Slinn	L&M	7.08.20
6. M. Blake	Eryri	7.10.25

STANDARD RACE

1. J. Fyne	DkPk	5.49.50
2. N. Jewell	ManxFR	5.55.14
3. A. Miller	Kend	5.58.46
4. G. Thompson	Preston	6.09.02
5. D. Findal-Hawkins	MiltonK	6.18.36
6. S. Hales	Macc	6.25.46
7. V. Musgrove	Eryri	6.26.33
8. D. Young	ManxFR	6.34.48
9. A. Bagley	ManxH	6.35.13
10. P. Minshull	Newburgh	6.38.31

LADIES

1. S. Hales	Macc	6.25.46
2. V. Musgrove	Eryri	6.26.33
3. A. Liuba	Ilk	6.39.31



Andy Hauser, first vet at Manx Mountain Marathon
Photo: Allan Greenwood

LARA EASTER SUNDAY SHINING CLIFFS FELL RACE Derbyshire BS/5m/900ft 4.4.99

James Arnold continued to show his form with a fine win on the slightly extended Shining Cliffs course a Ambergate. Forestry work meant adding around 200 metres to each of the two laps but it also meant including a further climb! However, Arnold easily drew clear of Steve Penney on the second half of the race to win by 24 seconds from Penny, with seventeen year old, Jonathan Parker, a clear third. Andy Whittaker won the Veteran Over 40 prize. The consistent Mary Mills took the honours in the ladies' race.

The same course will be used for the next LARA fell race at 12 noon on Sunday 6 June 2000.

David Denton

1. J. Arnold	Matlock	28.17
2. S. Penney	Ches' field	28.41
3. J. Parker	Owls	29.06
4. B. Charlton	Mercia	29.21
5. E. Tresidder	Matlock	29.55
6. M. Kent	Owls	29.56
7. T. Austin	NthDerby	30.00
8. N. Bassett	StaffsM	30.08
9. A. Whittaker	Matlock	30.14
10. G. Morson	Bux	30.22

VETERANS O/40

1. A. Whittaker	Matlock	30.14
2. N. Kent	Sheff	32.35
3. M. Orritt	Bux	37.45
4. B. Stone	Bell Harp	38.46
5. E. Speak	Macc	41.13

VETERANS O/45

1. G. Morson	Bux	30.22
2. K. Brailsford	Derby	33.28
3. P. Watson	Lincoln	34.53
4. A. Audsley	Wake	35.57
5. M. Harvey	BallHarp	36.04

VETERANS O/50

1. J. Chadwick	35.09	
2. K. Allen	Notts	37.52
3. J. Bush	Sinfin	38.37

VETERANS O/55

1. B. Wilson	DkPk	37.01
2. B. Nicholas	Mercia	37.53
3. M. Coles	Skyrac	38.36

VETERANS O/60

1. P. Pointon	Arnold	43.28
2. K. Brown	BallHarp	44.19

LADIES

1. M. Mills O/35	HolmeP	39.09
2. E. McGuire	Stock	39.54
3. S. Mead O/35	Matlock	40.14
4. N. Kuszynski O/35	Matlock	43.48
5. D. Nustedt O/50	Lara	46.09

JUNIORS

1. D. Harris	Owls	14.53
2. C. Young	Matlock	16.05
3. S. Flitter	Matlock	16.06
4. J. Hall	Uttox	17.01
5. P. Veasey French Girl	Matlock	18.07
6. S. Foster	Uttox	18.48

MOUGHANMORE - RACE 1 HILL & DALE SERIES County Down, Northern Ireland AS/3m/1500ft 8.4.99

As tradition now dictates, the second Thursday evening of April just about affords enough light to allow the first race of the Annual Hill & Dale Series, Moughanmore, to be run. The location is the Deer's Meadow above the Spelga Dam and this year, it was the weather which broke with tradition replacing the strong winds and snowy conditions of previous years with a sultry 14 degrees summer evening.

Making practically his first (and welcome) appearance (watching not running!) since the successful organisation of the 1997 Christmas Dinner at the Chinese, Davy Watson told another who would listen before the race that conditions had never been better. So it seemed, but the hills of Pigeon Rock and Moughanmore are not that forgiving. A couple of downpours over recent days had left a very greasy six inches of ground above a firmer and drier base. A recipe for treacherous under-foot conditions and so it proved.

A tremendous eighty four runners toed the starting line, a record for this opening fixture and boding well for the remaining ten races which stretch over the next eleven weeks to the end of June. However, only eighty three finished, the odd one out being Mike Barton, who now faces suspension from his colleagues for failing to finish (harsh though that would seem to be!). Bart, as he is commonly referred to, scored maximum style points for losing control, skidding for twenty yards face down and colliding with a rock! Kytelle and Cook, his "friends" and team-mates, stepped out over him, without so much as a "hello". Hand over his forehead, Bart stumbled to his feet, turned immediately for home, blood gushing through his fingers. Despite all this, he will live to fight another day and his so-called colleagues will need to be very wary as the series progresses.

Last year's male and female series winners already know they have a big fight on their hands after this result. Anne Sandford won comfortably last year overall but could only manage second at Moughanmore. Seventeen year old Valeen Murney, winner of one race last year, stormed home to win. She was only forty four seconds behind her coach and mentor, Willie John Brown, who must now feel really threatened by his protégé. This represents her best race ever and obviously the conditions were much to her liking. Third lady was Tina Brown.

Similarly, Davy McKibben, easy winner last year, finished second at Moughanmore, just over two minutes behind his colleague, Deon McNeilly, the clear winner. This is McNeilly's second win on the fells this season from two starts and is already the one to beat this year.

Evergreen Jim Patterson was first Veteran Over 50 in fourth place with Jurassic Jim Brown a surprise fifth. "Lost in the mountains" title holder, Larne doctor, Peter Howie (who also patched up the bloody Bart), was first Veteran Over 40 in sixth place. First Veteran Over 45 was Peter McGookin in eleventh place. The team race was won by Newcastle AC.

Martin McVeigh

1. D. McNeilly	N'castle	30.51
2. D. McKibben	N'castle	32.57
3. D. Brannigan	N'castle	33.17
4. J. Patterson	Albert	34.08
5. J. Brown	BARF	34.36
6. P. Howie	Larne	34.39
7. R. Neill	Ballyd	36.37
8. D. Murray	Larne	36.43
9. V. McAlinden	BARF	36.50
10. G. Rice	BARF	36.51

VETERANS O/40

1. P. Howie	Larne	34.39
2. D. Murray	Larne	36.43
3. I. McMurray	BARF	40.53

VETERANS O/45

1. P. McGookin	ACKC	36.59
2. B. McKay	Albert	37.44
3. W. Kytelle	ACKC	40.01

VETERANS O/50

1. J. Patterson	Albert	34.08
2. J. Sloan	ACKC	39.07
3. K. Quinn	N'castle	40.35

VETERANS O/55

1. G. Geddis	Ballyd	46.12
2. H. Young	Ballyd	48.59

VETERANS O/60

1. T. Donnelly	ACKC	48.52
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LADIES

1. V. Murney	N'castle	42.10
2. A. Sandford	Ballyd	43.31
3. T. Brown	ACKC	48.29
4. H. Brown	BARF	50.54
5. M. Havern	BARF	51.10



Mike Walsh pictured at Kendal Photo: Peter Hartley

PENDLE FELL RACE Lancashire AS/4.5m/1500ft 10.4.99

1. M. Kinch	Bing	31.36
2. R. Jebb	Bing	31.48
3. R. Hope	P&B	32.17
4. S. Oldfield	BfdA	32.41
5. S. Livesey	Clay	32.55
6. M. Keys	Ross	33.08
7. A. Schofield	Borr	33.22
8. P. Dobson	Leeds	33.46
9. M. Scotney	DkPk	33.54
10. M. Wallis	Clay	34.07

VETERANS O/40

1. S. Oldfield	BfdA	32.41
2. M. Keys	Ross	33.08
3. M. Wallis	Clay	34.07
4. G. Schofield	Horw	34.17
5. G. Gough	Clay	34.28

VETERANS O/50

1. T. Hesketh	Horw	36.06
2. M. Walsh	Kend	36.16
3. J. Holt	Clay	36.45
4. P. Lyons	Ross	37.52
5. R. Futrell	Holm	38.06

VETERANS O/60

1. R. Jaques	Clay	43.54
2. J. Barker	Clay	46.10
3. M. Houghton	Chor	47.30

LADIES

1. C. Sanderson	Bing	38.18
2. J. Hargreaves	CFR	39.28
3. T. Ambler O/35	P&B	39.43
4. S. Corbin	P&B	41.17
5. L. Lacon	Holm	41.43
6. E. Barclay	Ilk	42.15
7. J. King	CFR	42.23
8. L. Whittaker	Sadd	42.35



Tracey Ambler of Pudsey and Bramley at Pendle
Photo: Steve Bateson

SCREEL HILL RACE
Kirkcudbrightshire
AS/4m/1300ft 10.4.99

Despite the small field of runners, the quality was high. Scottish Champion, John Brooks, set a cracking pace up the forest road pulling a good lead by the summit, he was followed by a group of some six runners. Starting the descent Anesti Davenhill broke free and made a bold attempt to catch him. Anesti, renowned for his speed downhill, failed to catch John by nine seconds. John Coyle picked up third spot, despite the tough boggy conditions and parts of the course not cleared from the hurricane earlier in the year.

British Champion, Angela Mudge, finishing sixth and first lady revelled in the mud in her first Scree Hill Race. Another newcomer to Scree Hill was Malcolm Brown and picking up the first veteran's prize, he too found the conditions to his liking. One of the best performances by a junior must go to Silas Goldsworthy, who put in a fantastic run for a twelve year old, finishing eleventh overall - a definite champion in the making!

D. Milligan

1. J. Brooks	Lochaber	30.47
2. A. Davenhill	Solway	30.56
3. J. Coyle	Solway	32.05
4. A. Anderson	Solway	32.55
5. M. Brown	Mercia	33.23
6. A. Mudge	CFR	34.00
7. A. Beattie	CFR	34.40
8. M. Johnston	Carn	34.47
9. D. Brown	Solway	34.56
10. D. White	AyrS	35.15

VETERANS O/40

1. M. Brown	Mercia	33.23
2. A. Beattie	CFR	34.40
3. J. Goldsworthy	Gall	36.14

VETERANS O/50

1. D. Milligan	Solway	40.11
2. A. Anderson Snr	Solway	44.34

VETERANS O/60

1. B. Bennet	Penicuik	51.02
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LADIES

1. A. Mudge	Carn	34.00
2. T. Brindley	Cosmic	38.46
3. K. Beattie O/40	44.50	

JUNIORS

1. S. Goldsworthy	Galloway	36.04
2. T. Burns	Galloway	51.01

FLOWER SCAR FELL RACE
Lancashire
AS/4m/1100ft 11.4.99

This year's race attracted a bigger field than last year. The change of slot from mid-week in May to weekend in April was thus proved to be beneficial.

Congratulations to Sean Willis and Kath Drake. The team honours went to Todmorden Harriers and Brian Schofield set a new Veteran Over 50 record.

The race went smoothly, apart from one or two leading contenders going astray during the descent off Flower Scar. I would like to thank all of you for making the occasion such a pleasantly relaxed one.

Jon Wright

1. S. Willis	Tod	28.14
2. A. Wrench	Tod	28.20
3. N. Leigh	Altrinch	31.25
4. D. Keeling	Traff	31.28
5. S. Bottomley	Eccles	31.29
6. A. Clarke	CaldV	31.29
7. S. Fairmaner	Traff	31.30
8. J. Helmsley	Ilk	31.43
9. B. Schofield	Tod	31.45
10. C. Seddon	Horw	31.49

VETERANS O/40

1. R. Hamilton	Ilk	32.41
2. T. Taylor	Ross	33.07
3. A. Steele	Radc	33.42

VETERANS O/50

1. B. Schofield	Tod	31.45
2. K. Taylor	Ross	31.51
3. G. Breeze	Skyrac	36.27

LADIES

1. K. Drake	Spen	36.27
2. J. Rawlinson	Ross	40.14
3. L. Bostock	Clay	43.16

CASTLEWELLAN - RACE 2
HILL & DALE SERIES
County Down, Northern Ireland
AS/5m/1200ft 15.4.99

In the twelfth year of the Castlewellaan, for the first time, one hundred runners toed the start line. With three of them missing the start time by a few minutes. The conditions were fine and cold with underfoot being muckier than normal after the harvesting which has taken place following the Boxing Day storms.

At the front, defending champion, Davy McKibben continued to make a fight of it, despite losing two out of two to Deon McNeilly. At the highest point of the course, McNeilly was only around three seconds clear of McKibben. However, McNeilly finished very strongly and extended his lead to forty nine seconds by the finish. In third place came David McNeilly, ahead of Steve Begley making his first appearance of the year.

An interesting tussle had developed behind this with Paul Rodgers closing quickly on the run home on Damien Brannigan. After several worried looks behind and with the supportive "come on my Damien" ringing in his ears, Brannigan opened his legs and showed his class, passing Allen to finish fifth.

In eighth place was Peter Howie, first Veteran Over 40, who tends to show his class early in the series before setting about winning the "lost in the mountains" title later. Ironman triathlete, Dessie McHenry finished tenth and first Veteran Over 50, just ahead of Billy McKay, first Veteran Over 45.

McKay had an adventurous race, apologising to anyone who would listen afterwards, after earlier entertaining many of the runners to his breakfast, lunch and tea at several different points of the course.

George Geddis was first veteran Over 55 with Tom Donnelly first Veteran Over 60 and John Medcalfe first Veteran Over 65.

In the ladies' category, Jenny Walker showed a clean pair of heels to the rest finishing thirty sixth overall. Last year's series winner, Anne Sandford, was second.

It is a fascinating fact that the lesser spotted McBurney was allegedly seen somewhere in the forest during the race. McBurney, a lonely species, is also a key member of the organising team last heard of paddling in Scotland but with the immense potential of demonstrating some ability to take entries and record some times - soon? At the other end of the spectrum, poacher turned gamekeeper, Mawhirt, is starting to show signs of excessive stress. Wakening just before dawn on Friday morning, he realised he had messed up some of the timekeeping and, already installed in his office at 8 00 a.m., he was 'phoning around to rectify the mistake. His latest tip "keep a notepad and pen by your bedside and upon an early awakening, jot down your nocturnal brainwaves and then catch some more sleep".

Martin McVeigh

1. D. McNeilly	N'castle	31.37
2. D. McKibben	N'castle	32.26
3. D. McNeilly	Ballyd	33.37
4. S. Begley	Albert	34.19
5. D. Brannigan	N'castle	24.24
6. D. Allen	Albert	34.27
7. P. Rodgers	N'castle	34.31
8. P. Howie	Larne	34.32
9. A. Hurst	Albert	35.13
10. D. McHenry	Willow	35.25

VETERANS O/40

1. P. Howie	Larne	34.32
2. A. Callaghan	Unatt	35.33
3. B. Dicky	ACKC	36.57

VETERANS O/45

1. B. McKay	Albert	35.29
2. I. Parke	Ballyd	36.35
3. P. McGookin	ACKC	38.07

VETERANS O/50

1. D. McHenry	Willow	35.25
2. J. Hayes	Ballyd	38.04
3. J. Sloan	ACKC	39.39

VETERANS O/55

1. G. Geddis	Ballyd	45.34
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VETERANS O/60

1. T. Donnelly	ACKC	46.57
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VETERANS O/65

1. J. Medcalfe	Unatt	49.32
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LADIES

1. J. Walker	Albert	40.27
2. A. Sandford	Ballyd	43.47
3. V. Murney	N'castle	44.04
4. T. Brown	ACKC	45.10
5. M. Mackin	Dromore	45.16
6. H. Chambers	ACKC	46.52



*A hard slog up above the snowline - Anniversary Waltz
 Photo: Peter Hartley*

MOELWYN PEAKS
Gwynedd
AM/11m/2800ft 17.4.99

Low turnout considering it was a Welsh Championship race. Good weather, clear on peaks with more than half the runners from Eryri Harriers.

E. Hughes

1. J. McQueen	Eryri	1.14.39
2. C. Donnelly	Eryri	1.17.35
3. E. Roberts	Eryri	1.21.30
4. P. Evans	Unatt	1.27.54
5. P. Maggs	MDC	1.31.23
6. D. Roberts	Unatt	1.35.01
7. E. Jones	CarnTri	1.36.14
8. A. Williams	Eryri	1.36.35
9. C. Harwood	Macc	1.41.08
10. D. Jones	Eryri	1.42.14

VETERANS O/40

1. S. Jones	Eryri	1.27.07
2. J. Williams	Eryri	1.32.36
3. R. Powell	Eryri	1.47.03
4. W. Lloyd-Hughes	Eryri	1.56.52
5. P. Eardley	NWRRC	2.14.36

VETERANS O/45

1. D. Williams	Eryri	1.41.15
2. C. Edwards	Unatt	1.44.37
3. R. Jones	Eryri	1.44.59
4. D. Jones	Unatt	1.49.09
5. M. Blake	Eryri	1.51.08

VETERANS O/50

1. J. Morris	Penn	1.40.23
2. D. Finch	MDC	1.43.51
3. M. Williams	Unatt	1.45.11
4. D. Ormerod	MDC	1.48.51
5. A. Oliver	Unatt	1.50.05

VETERANS O/55

1. D. Williams	Eryri	1.28.57
2. B. Evans	Eryri	1.55.07

VETERANS O/60

1. J. Carson	Eryri	2.26.33
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LADIES

1. J. Lloyd	Eryri	1.40.13
2. V. Musgrove	Eryri	1.51.08
3. E. Dunnington	Eryri	1.54.20
4. S. Woods	Eryri	2.03.53
5. S. Bennell	Eryri	2.35.17
6. M. Oliver	Eryri	2.35.17
7. L. Tristram	Eryri	2.35.17
8. S. Lloyd	Eryri	2.35.17

SLIEVE MUCK - RACE 3 HILL & DALE SERIES

County Down, Northern Ireland
AS/3.5m/1300ft 22.4.99

1. D. McNeilly	N'castle	29.40
2. R. Bryson	N'castle	30.44
3. D. McKibbin	N'castle	32.34
4. P. Howie	Larne	33.39
5. B. McKay	Albert	34.31
6. J. Brown	BARF	35.03
7. R. Neill	Ballyd	35.30
8. D. Hughes	Unatt	36.33
9. J. Mitchell	Unatt	37.10
10. D. Melville	Unatt	37.16

VETERANS O/40

1. P. Howie	Larne	33.39
2. B. Dicky	ACKC	37.48
3. I. McMurray	BARF	40.19

VETERANS O/45

1. B. McKay	Albert	34.31
2. P. McGookin	ACKC	37.51
3. W. Kytelle	ACKC	39.34

VETERANS O/50

1. D. Connolly	Armagh	39.40
2. J. Sloan	ACKC	39.56
3. D. Rankin	BARF	41.20

VETERANS O/55

1. B. Magee	Larne	40.17
2. G. Geddis	Ballyd	44.58
1. T. Donnelly	ACKC	48.57

LADIES

1. A. Sandford	Ballyd	45.02
2. P. O'Hara	Unatt	54.38

WARDLE SKYLINE

Lancashire

CM/7m/1000ft 24.4.99

We were well pleased with the 222 entries this year, only three down on the previous year and a very satisfactory entry given that it was the British and English Championship (Medium Course) the previous Saturday and the Three Peaks Race the day after! The Wardle Skyline now seems to be a well established and popular race and we look forward to and thank you for your continued support.

After a week of medium to heavy rainfall, the 17th running of the Wardle Skyline was blessed with bright sunny weather, unlike recent years where we have often had snow on the course and blizzard conditions. Unfortunately, the course did not have time to recover and runners found the going fairly heavy, particularly on the appropriately named Rough Hill section, which seems to be becoming and ever present deterrent to the setting of new records. Hopefully, runners will be out next year to make me eat my words! John Taylor's record of 40.47 will be ten year's old next year and Sarah Rowell's record of 46.17, nine year's old!

I have it on good authority that second placed runner, Skip Donaghue of Spenborough, was a pseudonym for a more well known competitor - all suggestions as to the true identity to the editor!! *Nigel Allan*

1. A. Wrench	Tod	44.50
2. S. Donaghue(??)	Spn	45.32
3. S. Oldfield	BfdA	45.51
4. M. Fowler	Salf	46.35
5. J. Logue	Horw	47.00
6. D. Kerung	Traff	47.08
7. I. Greenwood	Clay	47.13
8. D. Gartley	Unatt	47.17
9. D. Wilkinson	Roch	48.04
10. D. Woodhead	Horw	48.35

VETERANS O/40

1. S. Oldfield	BfdA	45.51
2. D. Woodhead	Horw	48.35
3. R. Crossland	BfdA	49.23
4. T. Taylor	Ross	
5. C. Davies	Sadd	50.42

VETERANS O/50

1. I. Taylor	Ross	48.57
2. J. Holt	Clay	49.32
3. P. Lyons	Ross	49.39
4. B. Rawlinson	Ross	52.26
5. K. Burgess	Altrinch	53.16

VETERANS O/60

1. A. Shaw	Tod	59.01
2. M. Haughton	Chor	62.58
3. D. Clutterbuck	Roch	68.26

LADIES

1. J. Clark	P&B	51.05
2. J. Turnbull	Bury	53.55
3. L. Whittaker	Sadd	57.38
4. K. Mather	Sadd	58.10
5. S. Wilde	Roch	58.35
6. J. Rawlinson O/50	Ross	59.36
7. A. Reed	Tod	61.30
8. G. Darby	LivPemb	61.57

JUNIORS

1. M. Corbishley	Ross	64.35
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Jane Clark, winner at Wardle Photo: Bill Smith

MULTIFLIGHT THREE PEAKS RACE

North Yorkshire

AL/24m/4500ft 25.4.99

With Pace Micro Technology unable to continue sponsorship, the committee had a race of its own to find an alternative sponsor, which came in the form of David Hood's company, Multiflight. Getting sponsorship is difficult, but to get a sponsor with an active interest in fellrunning and a desire to see the race change and develop, is both unusual and highly appreciated. Introducing new ideas whilst maintaining a quality race was the emphasis this year and we began by introducing generous cash prizes totalling £750, which will hopefully continue to attract top runners. Further changes are likely for the future.

In the men's race, times were well outside the 1996 record of 2.26.0. Honours went to Mark Croasdale, closely followed by Mark Horrocks and Andy Schofield, a repeat of last year's second and third. As in 1998, Clayton scooped the men's team prize, to be followed in second place by Horwich, third in 1998. Horwich dominated the Veteran section, with Graham Schofield and Steve Jackson coming first and second Over 40, Tony Hesketh the first Over 50 and the same trio netting the Veteran's team award. First Over 60 went to Brian Waldie.

The ladies' race saw a superb performance by British Fell Champion and newcomer to The Peaks, Angela Mudge. Ninth on Ingleborough, she finished eleventh overall, the highest ever placing for a woman and an excellent run for a first attempt. Sarah Rowell finished second, her 1996 record remaining intact. As in 1998, Clayton dominated the Veteran's team and individual classes with Kathy Wallis and Katy thompson taking first and second Over 40.

The newly introduced accumulator prize (total £200) for breaking the men's and/or ladies' course record remains intact and will be rolled over to next year with an additional total of £200.

Achieving a 21 or 15 year award is a very special event for any runner and so it gave me great pleasure in presenting these to Harry Walker and Mark Hayler. Andy Hauser notched his 21st race this year and will receive his award next year.

Helped by good weather and the co-operation of runners, the organisation went smoothly. Thanks to the runners who took time to say "thanks" to us - a lot of runners generally have little notion of the time spent organising and marshalling this race and your appreciation makes it worthwhile. On the subject of thanks, I would like to mention the local community support, the Police, radio and rescue personnel, Pete Bland for donating prize vouchers, Peter Hartley for the photography and David Hood for the sponsorship.

Finally, one of the biggest changes to come for the Association is the decision by Doug Croft, our Secretary and Treasurer, to stand down at the AGM in November, after thirty years' service. More of this next year, but suffice to say that Doug will leave an enormous gap in the Association.

Graham Maud

1. M. Croasdale	Bing	3.04.48
2. M. Horrocks	Clay	3.05.39
3. A. Schofield	Borr	3.07.33
4. G. Wilkinson	Clay	3.14.51
5. J. Hemsley	Ilk	3.14.55
6. P. Briscoe	P&B	3.15.11
7. G. Schofield	Horw	3.15.36
8. S. Bottomley	Eccles	3.17.35
9. D. Nuttall	Clay	3.17.42
10. L. Thompson	Clay	3.19.46

VETERANS O/40

1. G. Schofield	Horw	3.15.36
2. S. Jackson	Horw	3.21.16
3. P. Clark	Kend	3.27.59
4. A. Hauser	P&B	3.31.13

VETERANS O/50

1. T. Hesketh	Horw	3.26.12
2. D. Tait	DkPk	3.26.33
3. K. Carr	Clay	3.33.16
4. P. McWade	Clay	3.49.43

VETERANS O/60

1. B. Waldie	Carn	3.50.49
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LADIES

1. A. Mudge	Carn	3.20.17
2. S. Rowell	P&B	3.27.16
3. A. Raw	Darling	3.59.55
4. K. Wallis	Clay	4.01.59

CLACHNABEN HILL RACE

Deeside

AM/10.5m/3500ft 25.4.99

A great day for the race. Pleasantly warm with little wind, some snow on the ascent of Clachnaben and a couple of big snow patches on the south side of the hill provided an extra test for the runners.

Greg Barbour and Dan Whitehead more or less controlled the race from the start with Greg triumphing after an epic battle between the two. Dan held a 30-40 metre lead over Mt Shade and Clachnaben but was overtaken by Greg on the difficult heathery descent to Black Hillock Wood. Starting the re-ascent of Mt Shade from the wood, Greg held a 100 metre lead but was astonished by the power of Dan's climbing and by the top, was forced to relinquish his lead. Dan's lead was short-lived, however. The plunge down the north side of Mt Shade allowed Greg to open up a 200 metre lead and Dan fell further behind by the end.

There was a notable performance from Andrew White in third place, who improved his time by twelve minutes (most runners were slower!) and from T. Bracegirdle, a very promising young runner, who had never run over such a distance before!

Congratulations to our female runner who was well clear (her name is now added to a list of famous previous winners).

Brian Lawrie

1. G. Barbour	Cosmic	1.22.20
2. D. Whitehead	Cosmic	1.23.50
3. A. White	Cosmic	1.25.25
4. G. Bartlett	Forrest	1.28.20
5. T. Bracegirdle	Cosmic	1.30.03
6. J. Stevenson	Ochil	1.30.41
7. N. Raitt	Dundee	1.31.28
8. S. Rivers	Cosmic	1.32.20
9. D. Armitage	Cosmic	1.32.50
10. A. Smith	Deeside	1.33.25

VETERANS O/40

1. D. Armitage	Cosmic	1.32.50
2. G. Watson	Dundee	1.36.25
3. A. Jermieson	FleetF	1.40.15
4. B. Daly	Cosmic	1.41.30
5. R. Allen	Cosmic	1.41.48

VETERANS O/50

1. C. Love	Dundee	1.40.20
2. F. Duguid	Deeside	1.48.25
3. D. Armour	Highland	1.51.13
4. W. Watson	Cosmic	1.54.11
5. I. Jolliffe	Cosmic	1.56.52

LADIES

1. C. Steward	Dundee	1.49.10
2. L. Tidmarsh	UnattP	1.56.12
3. S. Farrar	Cosmic	1.57.23

PENTYRCH HILL RACE
Cardiff, South Wales
BM/7.5m/1700ft 27.4.99

Ninety five starters set out on this 7.5 mile race in bright sunshine but with a very cold north easterly wind blowing. The race, incorporating the South Wales Region Fell Racing Championships, turned out to be the closest for many years. Kevin Blake, Julian Baker and Steve Robst raced up the first major climb together before Blake and Baker opened up a few seconds lead at the top of the 800ft climb. The leading two battled it out on the second 800ft with Blake gaining vital seconds lead before crossing the line just six seconds in front. Sam Bretherick, travelling from Haverfordwest, easily won the ladies' race with Alice Bedwell, winner in 1998, some six minutes behind. Of the ninety five starters, ninety three finished.

John Gough

1. K. Blake	Unatt	50.03
2. J. Baker	LesCroups	50.09
3. S. Robst	LesCroups	52.31
4. R. Jones	Pegasus	54.06
5. P. Bennett	Bridge	54.07
6. A. Jones	Aberd	54.14
7. D. Lambeth	Islwyn	54.42
8. M. Green	ForestD	54.48
9. J. Rees	Neath	55.37
10. P. Hovarth	SanD	55.58

VETERANS

1. R. Jones	Pegasus	54.06
2. P. Bennett	Bridge	54.07
3. M. Green	ForestD	54.48

LADIES

1. S. Bretherick	Preselli	59.57
2. A. Bedwell	MDC	66.05

JUNIORS

1. J. Charles	ForestD	60.11
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HEN & COCK - RACE 4
HILL & DALE SERIES
County Down, Northern Ireland
AS/2.5m/1300ft 29.4.99

Summer arrived with a vengeance in the Mourne area with wall to wall sunshine. The evening of the race was no exception and the fourth race of the Hill & Dale Series, Hen and Cock, saw a record turnout of 111 starters. The race was also part of this year's Northern Ireland Fell Running Championship which made for even bigger stakes up at the front.

Starting right at the foot of Hen Mountain, the race climbs steeply to its summit before dropping swiftly towards Cock ountain, climbing steeply to its summit and returning by the same route. It was a cavalry charge at the start before the series leader, Deon McNeilly, showed at the front. He was closely followed by clubmates, Robbie Bryson and last year's series winner, Davy McKibbin, with current Northern Ireland Hill & Dale Champion, Brian Ervine, also in close touch. In the ladies' category, current Northern Ireland Hill & Dale Champion, Anne Sandford, led with local find of the season, Valene Murney, close behind.

The drop from Hen summit is very fast, around the crags and onto the only flat of the race between the two mountains. Through the boggy ground, McNeilly, now with Bryson for company, veered to the right towards the grassy gully and aiming for a cleaner climb. Ervine, however, playing to his strengths, started to climb the most direct route through the heather and rougher ground. At the top of Cock, Bryson, proving he is racing himself back into top form, turned first, closely followed by Ervine, then McNeilly, who had dropped back to third. Behind, Sandford had dropped behind seventeen year old Murney, who was having another inspired run.

Bryson plunged off Cock down the grassy gully, again on the better ground, but Ervine stayed in the heather, playing to his strengths and closed in. Bryson stretched his lead on the climb back up to Hen and came across the finish line in 27 minutes 23 seconds, which was fourteen seconds clear of Ervine. They were followed by McNeilly, junior David McNeilly and McKibbin, giving Newcastle AC first place.

Behind, Murney had opened a short gap from Sandford on the drop off Hen and then extended it further on Cock. She appeared on the top of Hen, on her return, clear and plunged into the finish to knock eighteen seconds off Roma McConville's three year old record, finishing in 39 minutes 45 seconds, 1 minute 39 seconds ahead of Sandford. This opens up the ladies' series with Murney with two wins and Sandford and Jenny Walker with one each after four races.

Jim Patterson was first Veteran home in a superb seventh place to win the Veteran Over 50 category. Clubmate, Billy McKay was first Veteran Over 45 in tenth overall. Billy Dickie was first Veteran Over 40 in nineteenth overall and Billy Magee was first Veteran Over 55 in 34th overall.

Meanwhile, the lesser spotted McBurney is now appearing more regularly albeit in competition rather than organisation,

whilst it is his "Great Outdoors" colleague, the Mighty Quinn, who had done the disappearing act (are they actually the same person?) Quinn's brothers, Fintan and Artie (76th and 97th respectively) have been maintaining the family presence week in week out but a new gravity descended on the situation when at the post-race presentation at Doran's, near Hilltown, the Doran ladies expressed serious concern about where he could be. At least someone is missing him.

Martin McVeigh

1. R. Bryson	N'castle	27.23
2. B. Ervine	Ballyd	27.37
3. Deon McNeilly	N'castle	28.30
4. David McNeilly	Ballyd	29.16
5. D. McKibbin	N'castle	29.18
6. N. Carty	NBelf	29.50
7. J. Patterson	Albert	30.48
8. D. Brannigan	N'castle	31.16
9. J. Brown	BARF	32.14
10. B. McKay	Albert	32.27

VETERANS O/40

1. B. Dicky	NBelf	35.01
2. D. Murray	Larne	35.40
3. I. McMurray	BARF	38.48

VETERANS O/45

1. B. McKay	Albert	32.27
2. I. Parke	Ballyd	33.56
3. W. Kytelle	ACKC	37.40

VETERANS O/50

1. J. Patterson	Albert	30.48
2. J. Hayes	Ballyd	36.08
3. J. Sloan	ACKC	36.15

VETERANS O/55

1. B. Magee	Larne	37.20
2. G. Geddis	Ballyd	43.03

LADIES

1. V. Murney	N'castle	39.45
2. A. Sandford	Ballyd	41.24
3. H. Brown	BARF	48.57

CONISTON FELL RACE
Cumbria
AM/9m/3500ft 1.5.99

1. S. Stainer	Unatt	1.14.03
2. A. Schofield	Borr	1.15.44
3. T. Austin	NDerby	1.18.07
4. D. Nuttall	Clay	1.18.24
5. S. Penney	Chest' field	1.18.31
6. A. Shaw	Holm	1.18.32
7. J. Fish	Aamble	1.19.10
8. L. Thompson	Clay	1.20.26
9. J. Rank	Holm	1.20.55
10. C. Shuttleworth	Prest	1.20.59

VETERANS O/40

1. C. Shuttleworth	Prest	1.20.59
4. A. Beaty	CFR	1.21.27
3. G. Schofield	Horw	1.21.40
4. P. Tuson	Kend	1.22.38
5. A. Nixon	Prest	1.23.54

VETERANS O/50

1. P. Dowker	Kend	1.35.08
2. J. Oldroyd	LancsM	1.35.14
3. D. Kearns	Bolt	1.35.23
4. M. Walford	Kend	1.35.27
5. D. Simpson	Prest	1.35.35

VETERANS O/60

1. H. Catlow	Dallam	1.50.47
2. B. Hood	Mand	1.51.13
3. J. Garbarino	AchR	1.51.24

LADIES

1. K. Beaty O/35	CFR	1.36.50
2. L. Cowell O/35	Kesw	1.42.14
3. L. Hayles O/35	Hfx	1.44.51
4. M. Leeming	Unatt	1.47.27
5. J. Rousseau	Unatt	1.49.36
6. S. Jollie	Ecc	1.51.54
7. K. Finn	Howgill	1.52.30
8. A. Morris	CFR	1.54.56

CALLOW
AS/3.5m/1617ft 2.5.99

1. G. Bland (rec)	Borrow	29.12
2. R. Jebb	Bing	29.14
3. S. Willis	Tod	30.48
4. M. Palmer	FoD	30.51
5. M. Keys	Ross	30.57
6. P. Sheard	P&B	31.09
7. G. Devine	P&B	31.21
8. D. Neill	Mercia	31.27
9. G. Oldfield	P&B	31.39
10. M. Kinch	Bing	31.48
11. R. Hope	P&B	32.18
12. N. Sharp	Kesw	32.20
13. S. Stainer	Amble	32.21
14. A. Wrench	Tod	32.22

15. M. Wallis	Clay	32.34
16. N. Spence	Kend	32.39
17. G. Schofield	Horw	32.47
18. D. Tromans	Kesw	32.56
19. J. Logue	Horw	33.01
20. P. Cadman	Mercia	33.09
21. S. Green	P&B	33.11
22. S. Savage	Amble	33.14
23. T. Hesketh	Horw	33.15
24. M. Fleming	Amble	33.25
25. M. Wallis	Kend	33.28
26. D. Flatley	Horw	33.43
27. G. Thorpe	Amble	33.57
28. D. Woodhead	Horw	34.00
29. T. Werrett	Mercia	34.05
30. J. Hemsley	Ilk	34.12

M40

1. M. Keys	Ross	30.57
2. D. Neill	Mercia	31.27
3. M. Wallis	Clay	32.34
4. G. Schofield	Horw	32.47
5. D. Woodhead	Horw	34.00

M50

1. T. Hesketh	Horw	33.15
2. M. Walsh	Kend	33.28
3. K. Taylor	Ross	34.30

M60

1. B. Waldie	Carn	36.54
2. F. Gibbs	Bing	40.03
3. P. Norman	Wrex	40.58

WOMEN

1. J. King	CFR	37.49
2. P. Gibb	P&B	38.10
3. K. Slater	K&C	39.03
4. L. Osborne	Kesw	39.38
5. S. Newman	Gloss	40.06
6. H. Johnson	Ilk	40.47
7. J. Shotton	P&B	41.49
8. A. Cleary-McMillan	Alt	41.51
9. L. Lacon	Holm	41.57
10. L. Whittaker	Sadd	42.07
11. J. Prowse	K&C	42.17
12. H. Lawrence	Kesw	42.38
13. K. Harvey	Alt	42.38
14. B. McWade	Clay	43.22
15. E. Barcay	Ilk	43.35

W40

1. K. Slater	K&C	39.03
2. J. Prowse	K&C	42.17
3. K. Harvey	Alt	42.38

W50

1. S. McNulty	Rade	47.43
2. K. Preston	Shrops	52.48

GREAT LAKELAND CHALLENGE
Cumbria
1/2/3 May 99

I felt really guilty, cruel and masochistic about creating such a route which had competitors out for such a long time. I didn't sleep at all well on the Saturday from constantly re-assessing the options and justifications, and having computed the times, something I never quite managed on the days (not that people seemed too bothered about them). I reckon that the route was about 10% too long, which would have made just that crucial difference. The weather certainly played a part as well.

I did decide to use the ferry so as to open up the land either side of it and so not to have to funnel through the Ambleside area. I gambled with the ferry, thinking that this year, we would get away with the small numbers as opposed to next year when we may (?) have a few more people.

One of my original intentions, and hence last year's event being known as a trail race, was to use some "trails" i.e. good running on brideways, green lanes as well as open fell. I was uncertain about the Windermere/Kentmere section until I tried it and found it quite a pleasing route through without 'use of tarmac. The combination of heat and fast runnable ever-changing terrain on Day One certainly took its toll. Upon reflection, I remain pleased with the route, with a good balance of high fell, soft track and path, and this will be the recipe for next year.

Next year, I propose to hold the event over the Easter weekend and this will be confirmed in the FRA Calendar, and via other publicity. The Easter holiday is later than usual and the weather won't be so kind but the format will remain the same; three long hard but slightly easier days, no ferries but there may be a lake crossing!!

Joe Faulkner

1. A. Powel	22.18
2. M. Kelly	27.02
3. P. Gwilliam	27.51
4. P. Rigby	28.10
5. H. Krynen	29.17
6. D. Fryer	30.06
6. R. Collinson	30.06
7. S. Skelton	32.35

MOEL EILIO
Gwynedd
AM/8m/3000ft 8.5.99

Despite clashing with Knockdhu and being on the same weekend as Buttermere, the 1999 Moel Eilio race was a tremendous success, an entry of 104 runners being far in excess of expectations.

Although the Knockdhu race had taken a lot of the local contenders to foreign shores, which was unfortunate, we were still in for an interesting race on the day.

From the start, the pace was set by Gary Oldfield and local man, Emyln Roberts. These two had a tight battle, with Oldfield finally getting the better of Roberts at the run in off Cynghorion, taking victory by thirty six seconds; third overall was Paul Cadman. The Veteran's race was also closely fought with victory going to Gwynfor Owen, who was fourth overall. Dave Woodhead was a close second and Paul Tan Jones third. On the Over 50s, Don Williams had a blistering run to eighth overall and first in class - Don is obviously back with a vengeance.

The ladies' race was well contested and ended in another victory to Polly Gibb. Tina Dewsnap had a good run to second place and third was Amy Green. The ladies' veterans was won by Claire Osbourne with Annette Pritchard second and Linda Green third. Sheila Bennell took the honours in the ladies Over 45 category.

Special thanks must go to all those who helped but particular thanks to race sponsors, Joe Brown Shops, Pete's Eats Cafe and Podium Sports (PSP 22). Thanks also to Llanberis Youth Hostel staff, Ken Jones for donating prizes and Gwynfor for marking the course the night before!!

Jayne Lloyd

1. G. Oldfield	P&B	67.20
2. E. Roberts	Eryri	67.56
3. P. Cadman	Mercia	68.46
4. G. Owen	Eryri	70.32
5. D. Woodhead	Horw	71.07
6. P. Evans	Unatt	73.29
7. B. Beachell	Unatt	74.55
8. D. Williams	Eryri	76.19
9. P. Tan	Eryri	76.32
10. G. Bergin	Spect	76.38

VETERANS O/40

1. G. Owen	Eryri	70.32
2. D. Woodhead	Horw	71.07
3. P. Tan	Eryri	76.32
4. J. Williams	Eryri	78.21
5. E. Evans	Eryri	78.32

VETERANS O/50

1. D. Williams	Eryri	76.19
2. J. Morris	Penn	81.25
3. J. Linley	NthnV	83.12
4. N. Griffiths	Spect	83.17
5. E. Davies	Eryri	85.55

LADIES

1. P. Gibb	Mercia	79.45
2. T. Dewsnap	Eryri	87.11
3. A. Green	Spenn	94.09
4. K. Forster	Spect	96.39
5. J. Robertson	Spect	99.04
6. R. Metcalf	NWRR	104.13
7. C. Cardona-Gilbert	Eryri	106.37
8. C. Osbourne O/40	Mercia	108.30

SHINING TOR RACE
15.5.99

This year the Shining Tor Race was pleased to host the Inter Counties Fell Running Championships, with a separate ladies race this created an exciting spectacle.

The standard of competition was high but Greater Manchester managed to win both titles, Jayne Spark finishing well clear in the ladies event and Neil Wilkinson and Matthew Moorhouse battling out the men's.

A cool evening with no wind made for ideal conditions except for a few midges. Thanks to all who helped and Kinder Mountain Rescue for emergency cover.

1. N. Wilkinson	GManchester	45.31
2. M. Moorhouse	GManchester	45.42
3. A. Wilton	Staffordsh	45.51
4. P. Sheard	Yorkshire	46.25
5. G. Oldfield	Yorkshire	46.33
6. T. Weaver	StaffsMoor	46.44
7. N. Barrable	Livingston	46.51
8. R. Hope	GManchester	46.59
9. S. Livesey	Lancashire	47.14
10. M. Palmer	Gloucester	47.17
11. M. Horrocks	Lancashire	47.22
12. P. Dobson	Yorkshire	47.28
13. S. Oldfield	Yorkshire	47.32
14. A. Vaughan	NorthWales	47.41
15. D. Flatley	GManchester	47.56

VETERANS O/40

1. S. Oldfield	Yorkshire	47.32
2. G. Morson O/45	Buxton AC	50.27
3. G. Owen	NorthWales	50.59
4. B. Roberts	NECounties	51.18
5. T. McGaff	Wilmslow	51.24
6. A. Pickles	Shropshire	51.56



Neil Wilkinson running for Greater Manchester, Shining Tor inter-counties race Photo: Steve Bateson

VETERANS O/50

1. B. Toogood	Dark Peak	53.49
2. J. Morris	Pennine	58.12
3. P. Bratby	CongletonH	58.47

TEAM RACE

1. G. Manchester	9pts
2. Yorkshire	19pts
3. Staffordshire	36pts
4. Lancashire	36pts
5. Cheshire	49pts

LADIES

1. J. Spark	GManchester	54.03
2. H. Johnson	Yorkshire	56.07
3. A. Powell	GManchester	56.28
4. S. Newman	Glossopdale	56.47
5. C. Greasley	Cheshire	57.14
6. J. Turnbull	GManchester	57.17
7. D. Rutherford	NECounties	57.24

8. A. Brand-Barker	Cumbria	57.41
9. A. Raw	NECounties	57.52
10. J. Lloyd	NorthWales	58.10

VETERANS O/40

1. C. Greasley	Cheshire	57.14
2. N. Davies	Cumbria	59.28
3. C. Lorimer	CosmicHill	1.03.27

VETERANS O/50

1. M. Chippendale	Pennine	1.15.01
2. C. Jackson	StockportH	1.30.02

VETERANS O/60

1. M. Harrison		1.31.54
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TEAM RACE

1. G. Manchester	9pts
2. Cheshire	25pts
3. Yorkshire	30pts
4. NE Counties	33pts
5. Cumbria	35pts

DONARD-COMMEDAGH
N. Ireland

AM/7m/3100ft 28.5.99

MEN (7m, 3100ft; inc. British champs race 2 of 6)

1. I. Holmes (rec)	Bing	62.29
2. R. Jebb	Bing	64.17
3. S. Booth	Borrow	64.49
4. R. Bryson	Newc	66.03
5. D. McNeilly	Newc	66.16
6. D. Neill (M40)	Mercia	66.28
7. J. Davies	Borrow	66.50
8. M. Rigby	Amble	67.26
9. J. McQueen	Eryri	67.32
10. B. Ervine	B'drain	67.37
11. M. Roberts	Borrow	68.36
12. G. Devine	P&B	69.31
13. S. Stainer	Amble	69.37
14. N. Carty	NBH	70.12
15. G. Bland	Borrow	70.32
16. A. Ward	Cam	71.33
17. A. Schofield	Borrow	71.34
18. D. McKibbin	Newc	71.38
19. S. Green	P&B	71.56
20. P. Nolan	P&B	72.01
21. N. Raitt	Dun H	72.04
22. J. Hunt	CFR	72.10
23. D. Brannigan	Newc	72.13
24. S. Bottomley	Eccles	72.15
25. J. Patterson (M50)	Albert	72.16
26. M. Keys (M40)	Ross	72.19
27. A. Mudge (W)	Cam	72.15
28. A. Whalley	P&B	73.06
29. J. Hemsley	Ilk	73.08
30. H. Jarrett (M40)	CFR	73.17

M40

4. P. Howie	Larne	74.55
5. R. Whitfield	Bing	74.45

M50

2. D. Tait	Dark Pk	74.58
3. J. Holt	Clay	75.50
4. K. Taylor	Ross	76.33
5. J. Hayes	B'drain	82.14

M60

1. W. Gauld	Cam	93.41
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TEAM

1. Borrowdale	53
2. Newcastle	103
3. Pudsey and Bramley	113
4. Ambleside	117
5. Bingley	167
6. Cumberland Fell Runners	211

WOMEN

1. A. Mudge (rec)	Cam	72.51
2. T. Brindley	Cosmic	76.43
3. J. Rae	Amble	81.16
4. N. Davies (W40)	Borrow	82.43
5. J. King	CFR	84.42
6. J. Powse (W40)	K&C	87.10
7. T. Dewsnap	Eryri	87.50
8. K. Powell	Cam	89.07
9. S. Donnelly	Barf	89.37
10. J. Shotton	P&B	91.11
11. M. McDonnall	Salt	91.25
12. L. Whittaker	Sadd	92.21
13. J. Higginbottom	Cam	95.08
14. V. Murney	Newc	95.37
15. A. Sandford	B'drain	98.04

Junior Championships : West Nab



Joe Symonds, Kendal, 2nd U/16 Photo: D & E Woodhead

Holmfirth Harriers AC hosted the second round of the English Junior and Intermediate Fell Championship, which incorporated the Yorkshire Fell Championship. The West Nab Fell Race was the venue, the weather was fine, but the going quite soft in places following the heavy rain the previous week. This was the second year Holmfirth have staged an English Championship race following the successful inauguration last year.

The event attracted 233 athletes from over fifty different clubs from the Lakes in the North, throughout Yorkshire and Lancashire and down to the Midlands, including 10 current England Internationals. The first youngsters in action were the U/12 age group who tackled a course running parallel to Royd Edge Clough before climbing part way up Royd Edge and then returning back along a similar route to the finish. The race was approximately 1.5 miles with 300' of climb. The winner was Carl Robinson of Kendal AC in a time of 10.03.

The second race was for the U/14 age group, where 45 athletes lined up for a race of approximately 2.2 miles distance with 600' of climb. The course followed the same route as the U/12 race but included the full climb of Royd Edge, a descent down to Sun Royd Farm, crossing Royd Edge Clough before returning towards the finish and re-crossing the stream. This race turned out to be the most exciting of the day with Holmfirth's Mark Buckingham having a tremendous battle

against Chris Doyle of Barrow. Chris Doyle took the early lead but was overhauled on the first climb with Mark Buckingham keen to do well at his home fixture. Mark stayed ahead until the descent to Sun Royd Farm, where Doyle overtook him and began to open a gap of 40 metres. The gap began to close on the final uphill section towards the finish and when they entered the field Mark ran wide to try and overtake Doyle. On the final stretch to the finish he passed Doyle to win in a time of 14.35, claiming the gold medal in the Yorkshire Championship as well as maximum points in the English Championship. Chris Doyle was 2nd (14.37) and Matthew Smith of Horwich 3rd in 15.52. The girls' race saw Kate Ingram of Chorley (16.46) and Lucy O'Gorman of Penistone Footpath Runners (16.56) taking the first two places, with Lucy taking the gold medal in the County Championship. Laura Kemp had a superb run in her first race of the English Championship; behind these two quality athletes who have both featured prominently in major cross country championships this year. She took third place (14th overall in 17.00) and the silver medal in the Yorkshire Championship to add to her 7 points in the English Championship.

The U/16 age group followed the same course as the U/14 with an additional loop through a disused quarry, consisting of 2.75 miles and 800' of climb. Raymond Edgar of Lancaster & Morecambe, another quality athlete racing on the fells this year, had a battle with seasoned campaigner Joe Symonds of Kendal. Edgar was the eventual winner, upsetting the formbook to win comfortably in 17.41, ahead of Symonds (18.04) John Selby-Sly of Matlock AC (18.52).

The U/18 age group started with the U/20s and the Senior athletes in the final race of the day. The course was the U/16 route in reverse with a steep descent down Royd Edge. After the first lap the athletes ran through the quarry for a second time before heading out to West Nab, with the U/18s turning back after the climb out of the quarry. The race distances were 4 miles and 1400' of climb for the U/18s and 6.1 miles with 2042' for the U/20s and Seniors. This race included 9

current England Internationals who the previous weekend had contributed to the team victories at the Knockdhu Home International, Co Antrim, Northern Ireland. The Bailey family of Staffordshire Moorland were again in action following their unique wins the previous week when brother and sister, Simon and Kate, both still Juniors won the Senior races in Northern Ireland. They again showed their class with Kate taking the honours in the U/18 race in 32.20 and Simon winning the Senior race in 40.15. Natalie White of Holmfirth, the second England team counter in the U/20 race at Knockdhu had a superb run and finished less than a minute behind Kate Bailey in a time of 33.15 to take 2nd place in the English Championship and her 4th gold medal in the Yorkshire Fell Championship. Alistair Langron of Holmfirth put in a gutsy performance on the tough course and claimed 8th place in the English Championship (31.11) and silver medal in the Yorkshire Championship, behind race winner Andrew Symonds of Kendal who won in 27.10 and Yorkshire Champion Chris Miller of Harrogate who finished in 6th place (30.10). In second and third place in the Senior race were two more U/20 athletes Michael Cayton of Horwich RMI (40.37) and Andrew Norman of Altrincham who finished in 42.38, the same time given to 4th placed Jeff Hornby of Spenborough the first Senior home. The first veteran athlete was Dave Woodhead of Horwich claiming the V40 prize in 44.08, with Phil Grimes of Halifax taking the V45 prize (44.18).

Full results in Centre Section



U/16 girls Gemma Jones and Alex Bateson climb together Photo: D & E Woodhead

Junior Championships : West Nab



Joe Symonds, Kendal, 2nd U/16 Photo: D & E Woodhead

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The U/16 age group followed the same course as the U/14 with an additional loop through a disused quarry, consisting of 2.75 miles and 800' of climb. Raymond Edgar of Lancaster & Morecambe, another quality athlete racing on the fells this year, had a battle with seasoned campaigner Joe Symonds of Kendal. Edgar was the eventual winner, upsetting the formbook to win comfortably in 17.41, ahead of Symonds (18.04) John Selby-Sly of Matlock AC (18.52).

The U/18 age group started with the U/20s and the Senior athletes in the final race of the day. The course was the U/16 route in reverse with a steep descent down Royd Edge. After the first lap the athletes ran through the quarry for a second time before heading out to West Nab, with the U/18 s turning back after the climb out of the quarry. The race distances were 4 miles and 1400' of climb for the U/18 s and 6.1 miles with 2042' for the U/20s and Seniors. This race included 9

current England Internationals who the previous weekend had contributed to the team victories at the Knockdhu Home International, Co Antrim, Northern Ireland. The Bailey family of Staffordshire Moorland were again in action following their unique wins the previous week when brother and sister, Simon and Kate, both still Juniors won the Senior races in Northern Ireland. They again showed their class with Kate taking the honours in the U/18 race in 32.20 and Simon winning the Senior race in 40.15. Natalie White of Holmfirth, the second England team counter in the U/20 race at Knockdhu had a superb run and finished less than a minute behind Kate Bailey in a time of 33.15 to take 2nd place in the English Championship and her 4th gold medal in the Yorkshire Fell Championship. Alistair Langron of Holmfirth put in a gutsy performance on the tough course and claimed 8th place in the English Championship (31.11) and silver medal in the Yorkshire Championship, behind race winner Andrew Symonds of Kendal who won in 27.10 and Yorkshire Champion Chris Miller of Harrogate who finished in 6th place (30.10). In second and third place in the Senior race were two more U/20 athletes Michael Cayton of Horwich RMI (40.37) and Andrew Norman of Altrincham who finished in 42.38, the same time given to 4th placed Jeff Hornby of Spenborough the first Senior home. The first veteran athlete was Dave Woodhead of Horwich claiming the V40 prize in 44.08, with Phil Grimes of Halifax taking the V45 prize (44.18).

Full results in Centre Section



U/16 girls Gemma Jones and Alex Bateson climb together Photo: D & E Woodhead

TWENTY FIVE YEARS AGO

By Bill Smith

Sunday, March 30:

The first Edale Skyline race had been advertised as an 18-miler with 3,000 feet of ascent, the first checkpoint being situated at The Nab, below Ringing Roger. On race day, however, entrants were informed upon arrival that the course had been extended to 22 miles and 4,500 feet of climbing, with the first and last checkpoints now being atop Grindslow Knoll. The weather was clear, sunny and unreasonably warm, with 101 of the 127 entrants actually starting and 71 finishing.

Ricky Wilde (Manchester & District) led from Harry Walker (Blackburn), closely followed by Martin Weeks (Bingley) and Jon Wigley (Invicta), along Kinder's southern edge to Win Hill, then across the valley to Lose Hill and Mam Tor. Wilde here had the misfortune to turn an ankle descending to Mam Nick, where he was forced to retire, allowing Walker to forge ahead in his typically strong style over the boggy moorland to Brown Knoll and Edale Cross, and so to the final descent off Grindslow Knoll to achieve the first of his six victories in the event unto 1980 (the first five consecutive) with a time of 2.40.10.

Martin Weeks, meanwhile, had overtaken Jon Wigley, who eventually finished 10th, to claim runner-up spot some five minutes adrift of Walker, with Jos Naylor (Kendal) powering through to 3rd place in 2.48.26 on his initial traverse of Dark Peak moorland. Harry Blenkinsop, now an O/60 vet with Keswick AC, finished 8th wearing the colours of Sale Harriers who then had a strong fell running team.

Saturday, April 6:

Similar conditions prevailed for the first Pendle Fell Race to be run from Barley, it having previously been held at Roughlee over a quite different course, apart from the steep "Big End" climb. 1972 winner and three-times runner-up Harry Walker was at the start bemoaning the fact that his beloved Pendle Fell Race would "never be the same again." His clubmate John Calvert set the early pace over the cross-country section, but Harry soon moved into the lead and from the fell gate began to pull away confidently on the ascent of Barley Moor, afterwards further demonstrating his awesome climbing ability by jogging all the way up the "Big End", never once dropping to a walk. He was never quite so skilled as a descender, but even so, was untroubled by his rivals coming down, though Martin Weeks was able to gain ground on the return route to eventually finish 2nd, 49 seconds behind Walker's new mark of 30.29. Pete Bland (Kendal), now best known as a sportswear retailer and England team manager, finished 13th.



Edale, 1974: Jos Naylor and John Irwin climb the gate at the foot of Grindslow Knoll, while Pete Walkington and Brian Finlayson await their turn. Photo: Bill Smith

Sunday, April 28:

This was the last occasion on which the Three Peaks Race would be run from the Hill Inn at Chapel-le-Dale, the ever-growing number of competitors and supporters dictating a change of venue to Horton-in-Ribblesdale, where there were better facilities. Jeff Norman (Altrincham), whose sons Andrew and David are both now outstanding juniors, had already won the last four events, including two new records, and this year he became the first runner to compete the course in under 2fi hours, despite poor conditions of rain and sleet, high winds and low cloud.

Harry Walker, whose own son David is also now a promising young fell runner, had finished runner-up to Norman the previous year after two 3rd placings, and it was he who set the pace to the foot of Ingleborough. From the summit, Jeff began to dominate the front-running, though the two rivals were still in close contact atop Penyghent, along with Martin Weeks, but Harry took a nasty tumble when chasing Norman on the descent. The Altrincham runner was two minutes in front at Ribblesdale and gained a further three minutes on the steep, strength-sapping climb up Whernside. The winner's time was 2.29.53, while Harry Walker finally shook off the challenge of Martin Weeks to secure 2nd place once more by almost a minute with a time of 2.35.45. Walker was then the reigning FRA champion, but Norman took the 1974

title, while Weeks was to triumph in 1976. Norman won his final Three Peaks title in 1975 to bring his total to six. The course then was vastly different to the way it is today, incidentally, there being no artificial paths and comparatively little erosion. 251 finished out of 280 starters.

The junior race up and down Whernside was dominated by two Holmfirth runners, Graham Ellis and Clive Hollingworth, with the former prevailing by 12 seconds with a time of 37.58. In 5th position with a future triple Three Peaks winner (1984/85/87), Hugh Symonds, now of Kendal but then representing Altrincham, while close behind him in 6th was Alan McGee (Keswick) who three years later was to become "Fell Runner of the Year".

Saturday, June 8:

Perfect conditions greeted competitors in the seventh Ennerdale Horseshoe race, although the same description could not be applied to Jos Naylor, who had won all six previous events. Though he had won both the Welsh 1,000m Peaks Race a week earlier and the Manx Mountain Marathon at Easter, he was now suffering from a recurrence of his old back trouble, which had caused him to pack up Cumberland and Westmorland-style Wrestling in 1955 at the age of 19: "My sciatic nerves were badly damaged and it was November before they were back to life again. To run with a pair of dead legs is one of the most depressing feelings I've ever

experienced. I think I ran with more determination to win a race that day than ever before. It was a great relief when it was over.”

Despite his handicap, Jos led all the way round, as usual, and achieved his second-fastest time, 3.32.42, 62 seconds adrift of his 1972 record. Dennis Weir (Sale H.), who had been runner-up in the previous four races, could only manage 6th position on this occasion, while a grand battle for 2nd place was fought between two men who were each 13 years Naylor's junior (he was then 38), Andy Churchill (Clayton) and Mike Short (Horwich), with the latter eventually gaining the upper hand by 21 seconds, almost eight minutes behind Jos. The Wasdale shepherd was to stretch his unbroken run of victories to nine altogether, with Short terminating his domination in the 1977 race, after which Jos never won again. Harry Walker was 4th, Pete Bland 14th and the now-famous fell race photographer Peter Hartley (Rossendale) 15th, while Rob Jackson's father, Bob (Sale H.), whose racing career was brought to a halt just over a year ago by knee trouble (temporarily, we hope), came in 11th (he is now a member of Horwich RMI). 60 finished out of 62 starters. Alan McGee from nearby Cleator Moor won the junior race up and down Crag Fell, last summit on the Horseshoe.

Saturday, July 13:

Andy Churchill finally fulfilled the promise he had shown over the previous two years by winning the Wasdale Fell Race. And not even the fact that Jos Naylor was suffering from both his back problems and his Pennine Way record run three weeks previously could take

the shine off this splendid victory as his time of 3.53.12 was less than five minutes outside Naylor's 1973 record. The two rivals were in close contact for much of the race but Churchill had the stronger finishing power on this occasion.

There was intermittent low cloud which resulted in a few navigational errors, notably those incurred on Scafell Pike by the joint winners of the inaugural 1972 race, Jeff Norman and Harry Walker. Jeff was lying 3rd here and descending only to Mickledore Ridge before realising his error, which enabled him to get back on course and finish 6th. Harry had reached this next-to-last checkpoint in 2nd place but then had the misfortune to drop into Eskdale. Undeterred, he displayed his customary fortitude by climbing back up and gaining 17th position to clinch the team prize for Blackburn Harriers over his present club, Clayton-le-Moors. Meanwhile, Dave Halstead (Blackburn) and Naylor had been locked in contention for 2nd place, with Dave managing to break clear to finish 2.11 ahead of the local favourite in 4.02.34, despite falling on the final steep descent of Lingmell. Jim Smith, now of Todmorden Harriers but then of Bury AC, came in 4th, a typically strong performance, while his present-day clubmate Tony Shaw, competing in Rochdale's colours, was 8th, an improvement by one position over his Ennerdale run, while Harry Blenkinsop finished 10th.

Saturday, July 20:

The second Bens of Jura Fell Race attracted a field of 17 starters, one less than the previous year and most of them Englishmen. The day was clear apart from some summit cloud. The

inaugural winner, Bobby Shields (Clydesdale H), set off determined to repeat his triumph, strongly challenged by Martin Weeks, but it was the Scotsman's arch-rival, Brian Finlayson (Lochaber), who eventually took command at the first of the three Paps, Beinn a'Chaolais, and forged ahead to victory in 3hrs 39 mins, almost 16 minutes inside Shields' record. Shields himself retired but Weeks kept going to finally claim 3rd place. Meanwhile, the 1973 runner-up, Jim Smith, was steadily making inroads on Finlayson's lead, reaching CP6 on the third Pap, Beinn Shiantaidh, in 2nd place, five minutes adrift, but coming to within one minute of him about halfway along the concluding three miles of road. He finished 1.08 in arrears, retaining 2nd place almost 10 minutes ahead of Weeks. Jim's persistence was to pay off the following year, however, when he emerged victorious over a mist-shrouded course. Pete Bland came 4th in the 1974 race, one position in front of Donald Booth (Thames H&H), who was to revive the event in 1983 after a lapse of eight years.

NB:

The October issue will cover the 1974 Borrowdale, Burnsall, Ben Nevis, Mountain Trial, Langdale Horseshoe and Three Towers – space permitting.

**HOC ERAT IN VOTIS
(THIS IS WHAT I
WISHED)**

This phrase is from Horace's SATIRES and means that with the passage of time desires are changed. We look retrospectively at our discarded dreams and wish that we had brought them to fruition.

*Just fifty years ago I first ran the hills
above my town where tall chimneys of soot
blackened mills
thrust into blue and grey; escape to freedom.
Although so much of memory dims with
passing years
this might have been just yesterday.
A hawthorn tree above the cobbled path
that climbed so steeply behind grey
stone church.
The rasping breath, the stinging sweat to
blind the vision,
and legs that seemed to drag interminable
weight.
And then the turn, the flight to valley floor.
How quickly victory draws the future for
each of us,
the roads that we must now take through
life;
but there are unknowns to intercept our
schemes
and time creates other dreams for us.
So all that we would have
will never be, but I am thankful
for times that have enriched my life,
for dreams are of the flimsiest web.
Peter Travis*



Jeff Norman: Barnoldswick, 1974 Photo: Bill Smith

BUNNY RUN SERIES

MISS IT MISS OUT!

Ask any of the thousand plus athletes who chose to take part in the Bunny Run series of races starting with the Tuesday before Easter, and culminating in the now traditional end of series relay why they compete, and their answer will more than likely be: The Cadbury's Creme egg at the finish. The extensive chocolate Easter egg prize list. The same fixed 3 mile off road route. The specially brewed Hoppity beer available. The free yard of ale drinking contest. The junior version using a pint of orange. This years free raffle for bottles of spirits. The carrot cakes, blow up rabbits, giggle ball rabbits, jester hats...you name it and it is likely to be there! But more than anything it's the atmosphere generated by the above, and you the runners which make it an event that simply cannot be missed. One of the organiser's speciality is to always make it a night to remember if it happens that you're a birthday girl or boy, and if you happen to be the big '40' then watch out. There is always a rendition of Happy Birthday sung in harmony like only fell runners having a good time can, a signed card by as many people as possible, a suitable birthday cake and a drinking challenge. This year Holmfirth's Russell Bamforth celebrated his 18th at BR1, and duly took 90 seconds to dispose of a half yard of ale - not bad for someone who until that day had never indulged in alcohol!! While Russell came of age, two others were finding out that life begins at forty. At BR3, Darwen's Neil Holding a tea totaller, might have thought he'd stumped the organisers, but a half-yard of orange proved a harder task than beer. Neil held up to the legend on his birthday cake of being a 'Cool Dude'. Being in the knowledge that Neil Taylor of Ilkley was forty at BR4, brought about four specially brewed Briscoe bottles of 'Taylor's Fortieth Tipple', and a curvaceous 'boob cake'. His courageous attempt at the yard of ale brought rapturous applause and whoops when he finally stopped the clock at 6 minutes and 43 seconds. A feature of every Bunny Run is that the juniors have a drinking contest in the Guide Inn, after the prize giving, their task is to drink a pint of orange and then place the empty glass on their head. The man from Del Monte says YES to four times winner Gareth Johns who's best time was 6 seconds, Victoria Rogan won twice the best being 9 seconds, and Danielle Kane won the other two.

BUNNY RUN ONE West Yorkshire CS/3m/300ft 30.3.99

SARAH'S DEBUT

"It wasn't anything like I expected" was Sarah Rowell's comment after competing in her first ever Bunny Run, she found the lactic acid building up in her legs on the final long run in, but still improved the lady veterans O/35 record into the bargain by 46 seconds. In second and third were Kath Drake and Amy Green who along with Pam Farnworth in 36th position won the ladies team for Spenboro'. After helping Bingley regain the Northern 12 Stage title at Wigan two days earlier, British champion Ian Holmes - who ran the 3rd fastest short stage - got back to doing what he does best...winning fell races.

Although admitting to being "very tired" after his road exploits, Holmes was first past the egg stage marker at the "Grinning Stone" - his 13th en route victory in 3-32, 2 seconds clear of Marc Moore now with Bingley, with Robe Hope 3rd.

Slippery footing on the steep bank on the long lap slowed all the 235 runners, including healthy 47 ladies considerably, despite it being a dry fine evening.

First Uncle Buck home was Steve Oldfield in 7th overall, who is the over 40 record holder at 18 minutes, and along with Pauline his better half are regular series runners. Bunny Run One is the only race where perpetual trophies are awarded, because it is the original one, these are in the form of cuddly bunny rabbits, that look like the real thing, but have an engraved plaque down their bellies with the winners names.

A new introduction this year was Briscoes Brewery supplying the Guide Inn with kegs of premium bitter aptly named Hoppity, and at £1-20 a pint a bargain well appreciated by the thirsty runners.

1. I. Holmes	Bing	17.40
2. A. Wrench	Tod	17.57
3. R. Hope	P&B	18.03
4. S. Livesey	Clay	18.06
5. G. Oldfield	P&B	18.14
6. M. Horrocks	Clay	18.32
7. S. Oldfield	BfdA	18.52
8. I. Greenwood	Clay	19.00
9. M. Moore	Bing	19.04
10. J. Wright	Tod	19.07

VETERANS O/40

1. S. Oldfield	BfdA	18.52
2. R. Crossland	BfdA	19.34
3. D. Thompson	CaldV	20.21
4. A. Robinson	Clay	20.53
5. D. Britton	FellandD	20.58

VETERANS O/50

1. J. Holt	Clay	20.26
2. P. Carr	Kghly	20.48
3. D. Rhodes	BfdA	22.23

VETERANS O/60

1. M. Mahoney	StBedes	24.37
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LADIES

1. S. Rowell O.35	P&B	20.41
2. K. Drake O.35	Spn	22.17
3. A. Green	Spen	22.58
4. H. Johnson	Ilk	23.11
5. M. Green O/40	Bing	23.55
6. J. Tompkins	LeedsUni	24.18
7. S. Taylor	Bing	24.19
8. P. Oldfield O/40	BfdA	24.21

JUNIORS U/16

1. M. Buckingham	Unatt	20.36
2. A. Foster	Settle	21.53
3. J. Carter	Spn	22.23
4. I. Harvey	Tod	22.34
5. S. Clegg	Bing	22.49

BUNNY RUN TWO West Yorkshire CS/3m/300ft 6.4.99

WHAT A BLUNDER

For the first time ever we didn't bag the numbers a mega mistake, as the 234 runners set off around Harden moor the sun was out. But by the time the majority of the runners were descending through the wood the Heavens opened with rain coming down in stair rods. With runners numbers disintegrating because of the rain, the finish recorders had a major problem and it's only thanks to Michael Fryer and Linda Crabtree, along with Geoff Gamett the timer that kept the race literally afloat. Our solution was to ask the runners if they could remember their numbers, but most couldn't, or got the digits mixed up. So we ended up writing down the surnames of the runners and constructed the results that way, not an easy task when you consider at minimum you have a runner finishing every two seconds! It does help having a long finish funnel which is just one person width, one other mention, we hope you all said thanks to our Creme Egg Bunny Girl Claire Drake who was out in all weathers dishing out the those well earned eggs. The moral of this tale is you will never run in another Woodentop race without your number being in a plastic bag come hell or high water...or even sunshine!

Series winner last year, Ian Holmes and Kath Drake notched up comprehensive victories. Holmes was actually 17 seconds quicker than last Tuesday despite the freakish downpour, "once the rain started coming down, all I was interested in was getting back to the finish as soon as possible", said a bedraggled Holmes, who also took the egg stage in 3-26.

Shaun Livesey in second is the only real threat to Holmes in the series, but he has led Clayton Le Moors now to two team victories with backing from Mark Horrocks and Ian Greenwood.

One of the pleasing aspects of the Bunny Runs is the amount of under 16's competing on average it's 30 a race, boys and girls inclusive. Many parents choose to chaperone their siblings around the course, but several find the pace of their youngsters too quick for comfort. Mark Buckingham is the class apart averaging around 21 minutes for the course; can you better that dad?

At each race, Mary and John from the Guide Inn donated 3 bottles of spirits for a prize draw, which meant all runners had a chance of winning, a surprise was the amount of under 16s who won the alcohol. Our only concession here was that they must be accompanied by an adult, and that they bought the prize for £5, and we made sure the kids collected the money.

1. I. Holmes	Bing	17.23
2. S. Livesey	Clay	18.05
3. M. Horrocks	Clay	18.31
4. S. Oldfield	BfdA	18.37
5. T. Plant	Belper	19.02
6. I. Taylor	Unatt	19.02
7. J. Wright	Tod	19.14
8. I. Greenwood	Clay	19.18
9. B. Whalley	P&B	19.20
10. S. Sweeney	Bowland	19.22

VETERANS O//40

1. S. Oldfield	BfdA	18.37
2. R. Crossland	BfdA	19.53
3. J. Butler	Kghly	20.24
4. A. Nixon	Prest	20.47
5. D. Britton	Felland	20.52

VETERANS O/50

1. D. Rhodes	bfdA	22.27
2. M. Coles	Skyrac	23.38
3. C. Tordoff	Bing	24.32

VETERANS O/60

1. M. Mahoney	StBedes	24.52
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BUNNY RUNS

**Rounded up by
Dave and Eileen
Woodhead**

LADIES

1. K. Drake O.35	Spn	22.24
2. S. Corbin	P&B	23.07
3. A. Green	Spen	23.14
4. H. Johnson	Ilk	23.37
5. L. Kemp U/16	Holm	23.47
6. J. Tompkins	LeedsUni	24.07
7. E. Spencer U/16	Skyrac	24.09
8. P. Oldfield O/40	BfdA	24.26

JUNIORS U/16

1. M. Buckingham	Holm	21.15
2. A. Foster	Settle	21.35
3. G. Johns	Holm	21.58
4. I. Harvey	Tod	22.11
5. J. Carter	Spn	22.21

BUNNY RUN THREE West Yorkshire CS/3m/300ft 13.4.99

SAM 'STAGED' A WIN

1988 and 1990 English champion Shaun Livesey added another first to his long list of achievements - a prestigious Bunny Run victory.

Despite finishing regularly at the sharp end of these evening races, Livesey had never notched up a win. Three days earlier he was disappointed with his 5th at Pendle, and took some ribbing over being beaten by veteran Steve Oldfield, but revenge was 'sweet' as he left Oldfield 11 seconds behind. The now 36 year old also led his team Clayton to the team eggs again.

It was Wharfedale's Sam Wadsworth though, who shot to the head of the 189 strong field, anxious to add his name to the illustrious list of en-route 'egg stage' winners. He actually took the one kilo bar of chocolate prize by out dipping his rival Andy Beevers in 3-26, only 4 seconds shy of Holmes' record. Wadsworth did pay for his exertions as Beevers virtually ran into the back of him, once the marker was passed, and tailed home in 68th place in 23-07. Meanwhile Beevers kept the pace going and eventually finished 4th in 19-01.

Kath Drake claimed her second win, and her 4th series title to date - 1993, 1994, 1998 and 1999. This was also her 10th victory, but Kath didn't have things all her own way. Karen Slater was the fastest away, and seemed to be swept along at a much too faster pace which eventually caught her up at the 2 mile mark. In second, a relative newcomer and name to watch was 32 year old Helen Johnson, who was closing on Drake in the latter stages to finish only 4 seconds adrift in 47th position and one position. This was Johnson's best result in a Bunny Run ever, and shows she's progressing after a viral infection affected her winter training.

Settle's Sally Shepherd sealed the series victory in the under 16's, along with Mark Buckingham who will feature highly in the English Junior championships for 1999. Whilst Mick Mahoney of St.Bedes took the O/60's, and Christine Porritt the O/50's lady title.

1. S. Livesey	Clay	18.23
2. S. Oldfield	BfdA	18.34
3. M. Horrocks	Clay	18.41
4. A. Beevers	Leeds	19.01
5. B. Whalley	P&B	19.05
6. T. Waterworth	Clay	19.11
7. J. Hemsley	Ilk	19.14
8. I. Taylor	Unatt	19.22
9. C. Loftus	Kghly	19.26
10. S. Bottomley	Eccles	19.39

VETERANS O/40

1. S. Oldfield	BfdA	18.34
	Kghly	19.41
3. R. Crossland	BfdA	20.04
4. P. Hughes	StBedes	20.21
5. D. Thompson	CaldV	20.39

VETERANS O/50

1. S. Sanderson	BfdA	22.37
2. M. Coles	Skyrac	23.38
3. C. Tordoff	Bing	23.58



Sam Wadsworth, Wharfedale, Bunny Run 2 Photo: Steve Bateson

BUNNY RUN FOUR West Yorkshire CS/3m/300ft 20.4.99

RIVER RUN

The records kept on tumbling for Ian Holmes as he claimed his 4th Bunny Run title in 6 years, his 16th race win and 15th en route 'egg stage' victory.

Torrential rain and strong winds gave Holmes another record as well - the slowest winning time ever by 30 seconds. Not that this bothered the actual course record holder at 16-43 however, as he slogged it out through the deep puddles and running water, which are normally recognisable as paths, tracks and bridle ways. His battle with Sean Willis to the egg stage marker at Grinning Stone proved eventful, as Willis tried every trick in the book to withstand the challenge. "Certainly it was the closest ever egg stage finish I've been involved in" commented Holmes. Times were unavailable here, because our timer couldn't see the start or hear the air horn due to the weather, and mist which enshrouded Harden Moor, but it was slow.

As normal Holmes eased off the pace, allowing Shaun Livesey to take the lead, but on the long loop lap through the woods Holmes quickly gained control. It was on the slippery steep banking climb shortly after where Livesey chose to zig zag to find better purchase, whereas the direct approach was favoured by Holmes that a gap appeared.

Despite admitting to being "very tired" and "looking it" after being out sprinted at the Anniversary Waltz 3 days earlier, Holmes commented mischievously, "because we couldn't have a Lancastrian, Shaun Livesey winning the series for the first time, could we?"

Holmfirth's Lisa Lacon won her first Bunny Run here, finding the atrocious conditions to her liking; after placing 3rd the previous week in her series debut. In the overall Amy Green and Sally Corbin tied for 2nd, behind Drake.

All prizewinners in the overall series received a special bottle of "Holmsie's Bobtail Brew" courtesy of local brewery owner Paul Briscoe, (who finished 6th in the Three peaks race days later). The beer, which marks Holmes' achievements in this popular series, carries the legend: 'This traditional stout celebrates the achievements of the undisputed King of the Bunny Run series, Ian Holmes. It makes his British championship pale into insignificance!' Of course not forgetting they also had choice of chocolate Easter egg off the table, to accompany the beer. Then the merriment really started with the wonderful buffet of sandwiches, quiche, sausage rolls, pizza and yummy sticky caramel slices.

1. I. Holmes	Bing	18.41
2. S. Livesey	Clay	18.48
3. P. Sheard	P&B	18.54
4. M. Horrocks	Clay	18.58
5. S. Willis	Tod	19.10
6. G. Oldfield	P&B	19.13
7. S. Oldfield	BfdA	19.16
8. S. Wadsworth	Wharfe	19.31
9. I. Greenwood	Clay	19.38
10. T. Waterworth	Clay	19.53

VETERANS O/40

1. S. Oldfield	BfdA	19.16
2. R. Crossland	BfdA	20.28
3. P. Hughes	StBedes	21.14
4. J. Butler	Kghly	21.31
5. A. Shepherd	Settle	21.40

VETERANS O/50

1. S. Sanderson	BfdA	22.47
2. D. Rhodes	BfdA	24.09
3. M. Coles	Skyrac	24.27

VETERANS O/60

1. M. Mahoney	StBedes	26.05
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LADIES

1. L. Lacon	Holm	23.12
2. S. Corbin	P&B	23.49
3. A. Green	Spn	24.05
4. H. Johnson	Ilk	24.24
5. A. Dennison	BfdA	24.52
6. K. Rogan	Wharfe	24.58
7. A. Lloyd O/35	StBedes	25.02
8. J. Hodgson	Sadd	25.09

JUNIORS U/16

1. J. Henry	Spn	21.21
2. M. Buckingham	Holm	21.38
3. J. Carter	Spn	22.30
4. A. Foster	Settle	23.04
5. G. Johns	Holm	23.31

TRIVIA

Two and a half million fluffy Easter chicks are born on Easter Sunday.

Eight million chickens are eaten on Easter Sunday! 80 million Easter eggs are sold.

15 million visit church.

19 million visit DIY stores and it's the busiest time for A&E Hospitals.

3RD SUNNY BUNNY RELAY West Yorkshire CS/3 x 3m/300ft 27.4.99

SIMPLY THE BEST - THE RELAY

The traditional end of series relay attracted record 52 teams of 3, nearly a staggering twice as many as in the previous years, which resulted in several new course records. The claret and gold vests of Pudsey & Bramley with the 3 fastest leg runners overall, Gary Oldfield 12-53, Gary Devine 12-56 and Shane Green 13-04 were easy winners in a new record.

An unusual feature is the weird and wonderful names that are concocted by the runners, this year Tree Fellas, Three Planks, Just Made It, Mixematosis, Missmatch, Over T'ill and 3 Generations were just a few. Also family teams are encouraged with 7 taking part, this can comprise of your Great Aunt Bessie twice removed, Uncle Bulgaria, as long as there's a pimple connection we're not bothered. In this category the House of Hounslow under the Wharfedale name set a new record of 47-41, comprising of Sam, Martin and Steven (dad and two sons).

Another sad mad category is the solo relay, this year 'Johnny No Mates' alias Paul Buckley set a new record for this category of 54-22, and ran successive legs of 17-33, 18-22 and 18-27. 'Pudsey Pacer' Mick Lolley the former record holder was beaten into second place this year in 57-11 and 41st position.

Pudsey and Bramley Girlies won the ladies section with Estelle Brown 19-15, Sarah Rowell 16-02 and Angela Srivastava (Pange) 17-13 finishing 31st with a time of 52-30 well short of P&B's record of 46-10. Maybe if Sarah hadn't run the Three Peaks two days before finishing 2nd, she may have clawed a few more places back! Missmatch were second ladies with Jane Leather 18-31, Caroline Harding 19-02 and Sally Corbin 15-29, Sally's time proved the fastest of the night, and collected the chocolate bonus, an Easter egg of course.

Under 16 team Holmfirth Heroes and over 40 team Tree Fellas were the other record setters with 46-27 and 47-03 respectively.

There were two teams who kept the same runners as last year Susie Jolly, Pauline Oldfield and Debbie Crossland comprised Red, White and Blue, and family team Halifax Triers, Nick Fryer, Michael Fryer and Linda Crabtree.

A special mention though must go to the Landlord and Landlady of the Guide Inn, John and Mary, who only took the pub over 2 weeks previous to the races starting after running a Post Office in Northumberland. They literally were thrown in at the deep end, and Tuesdays will never seem the same again.

1. Pudsey & Bramley	38.53
2. Keighley & Craven	42.02
3. 3 Planks	42.38
4. Yeadon Chicken Skins	42.54
5. Tree Fellas O/40	43.03
6. N. Derbyshire	43.13
7. Pudsey & Bramley Ramblers	43.18
8. Wharfedale 'B'	43.44
9. Preston 'A'	43.54
10. Fellandale 'A'	44.02



Amy Green, Bunny Run regular Photo: Steve Bateson

Gareth Webb reports on British & English Championships

March 7 NOON STONE RACE Todmorden, Lancs.

Last year's British bronze medallist Gavin Bland got his English championship campaign off to the best possible start with a convincing win.

The former world U20 silver medallist was never out of contention as he led a four-strong group comprising Simon Booth, Rob Jebb and reigning champion Ian Holmes through the clawing mud and biting gales before making a bid for home.

Mark Kinch, who although having raced sparingly throughout the winter admitted to being "very fit", held a slight lead in the early stages through Withens Gate and Stoodley Pike before slipping back. Holmes was to suffer on the concrete path beyond halfway ("my feet were so cold I could hardly feel them") as Booth and Kinch moved up to take the minor placings behind second place Jebb, who had an excellent run.

A delighted Bland said: "I love it when conditions are heavy like this. It suited me as I could really get stuck in. Having said that, my hands were so cold after the race - it felt like they weren't my own!"

"I knew I was in good shape and felt confident of a top-three finish. I thought I could win, but you're never sure. The British and English are my main aims this year and I'm taking things race by race and seeing how things go."

Three-times M40 champion Dave Neill continued where he left off last season by finishing a superb eighth overall from Mervyn Keys, a recent addition to the veteran ranks, with Duncan Overton pipping Tony Hesketh in the M50 race by one place (in 49th) and just three seconds.

April 17 ANNIVERSARY WALTZ Stair, Cumbria

Gavin Bland put himself in the driving seat in both the British and English championships with a finely-judged victory.

Bland, winner of the English championship opener at Noon Stone in March - English champion from 1991 but who has yet to land the British - caught early leaders Ian Holmes (the defending champion), Simon Booth (race winner for the last two years) and Borrowdale team-mate Benm Barsdley a third of the way up Robinson, the opening climb.

From then on the group ran together throughout Hindscarth to Dale Head before Holmes and Bland pulled clear on a downhill section. Despite Holmes being able to open a 10m lead at Catbells (the final checkpoint), Bland was able to dig in and move alongside the Bingley runner in the fields towards the finish before sprinting clear in the last 50m to win by just two seconds.

Simon Booth, a silver medallist in both championships last season, repeated his third place from Noon Stone to maintain his medal prospects once again as reigning British champions Borrowdale won the team race.

"I'm very, very pleased," said Bland, a sheep



Gavin Bland winning Noonstone
Photo: Peter Hartley

Tracey Ambler - 35th in last year's championships - underlined her massive improvement by winning the women's race from Borrowdale's Nicola Davies, the first W40 finisher. The former Ilkley Harrier finished 146th from a quality 450-strong entry.

Borrowdale held off Bingley for team honours with Clayton taking the M40 award, Kendal the M50 race and Keighley the women's.

Results and organiser's report in centre section.

Gareth Webb

farmer. "I ran a bit tired today as I've been very busy at work this week (it's the lambing season) out on the fells all day. I won't be doing the next English race at Callow (May 2) so it will be the end of the season (Scafell Pike) before I can finish the English championships.

"This win stands me in good stead in both championships. My next race will be the Donard-Commedagh Race (May 22) in Ireland. I didn't run it when it was last a championship race, so I'm looking forward to it."

Three-times English M40 champion Dave Neill - who is bidding for an unprecedented fourth consecutive English M40 crown as well as a first British title - also made it two wins out of two to add to his impressive victory at Noon Stone. The 43-year-old Mercia runner once again enjoyed an outstanding run placing fourth overall with Mervyn Keys finishing second M40 in 20th just one place clear of Mike Wallis.

Former English M40 champion Tony Hesketh was first M50 finisher in 37th place overall with Brian Schofield second ahead of double British champion Jim Patterson.

After a highly successful season on the country, Angela Mudge got back into

championship winning ways on the fells as she bids to land a third consecutive British title by sealing a comprehensive victory.

The 28-year-old Carnethy runner once again proved the class act as she showed a clean pair of heels to many top male runners by placing a superb 55th overall from the quality 450-strong field.

Scots filled the first three positions as Tracey Brindley (97th) and Jenny Rae (127th) took the minor places. Tracey Ambler - winner of the English championship opener at Noon Stone - maintained her good form as she bids for a first English title.

Former BOFRA champion Karen Slater finished her W40 in fifth as reigning champions Carnethy took the team award.

May 2 CALLOW RACE Minton, Shropshire

With three championship wins under his belt, Gavin Bland is just one victory away from his second English title.

Having won both 'medium' races at Noon Stone and Anniversary Waltz, victory here means that a win in his favourite race at Borrowdale in August will give Bland - who last won the English title back in 1991 - an unassailable lead in the best four-from-six race series.

After Anniversary Waltz, two weeks ago, Bland said he had no intention of competing here today. But with his form being such that a call-up for either the World Trophy or Mt Kinabalu Race in Borneo - which clashes with the final 'short' race at Scafell Pike in September - a strong possibility, Bland decided to run here and "try and pick up a point or two."

And he clearly did much more than that. After sitting in on the first climb back in seventh, Bland caught early leader Rob Jebb at the



Callow: Jean Shotter of P&B Photo: Steve Bateson



Dropping off Catbells, Derwentwater beyond Photo: Peter Hartley

stream crossing before the steep climb up Callow. And from then on they ran side-by-side over the smooth, steep, grassy terrain with just two seconds separating the pair at the line.

"Believe me it wasn't a sprint finish!" said Bland. "We were both tired. I was struggling a bit today and knew that if I could get a bit of a lead over Rob towards the finish then I'd beat him. But it was close. It was a great course, though - a proper fell race. I really enjoyed it."

After finishing second M40 in both English championship races thus far, Rossendale's Mervyn Keys turned the tables on three-times M40 champion Dave Neill by finishing a superb fifth overall - three places and thirty seconds in front of the Mercia runner.

Tony Hesketh continued his bid for the M50 title in 23rd a couple of places clear of Kendal's Mike Walsh.

Cumberland Fell Runner Janet King found the steep climbs (and descents) to her liking as she claimed her first win of the championships.

Having finished fifth at Noon Stone and tenth at Anniversary Waltz, King proved too strong for last year's winner Polly Gibb as she came home 21 seconds clear for a well-timed win. Karen Slater continued her fine form of late by taking third and first W40.

May 22 TISO DONARD-COMMEDAGH RACE Newcastle, N. Ireland

The British championships moved to Northern Ireland as the province staged its largest ever fell race.

Reigning champion Ian Holmes, second behind Gavin Bland in the Anniversary Waltz championship opener five weeks earlier, was back to something like his best after coming through on the final descent off Commedagh to slice 54 seconds off his own two year old mark, set when the championships were last held here in 1997. Second placed Rob Jebb also dipped inside Holmes' old mark of 64.23 as Simon Booth occupied third spot for the second race in a row.

Robin Bryson and Jebb opened a lead by the Donard summit before the Bingley runner edged clear on the descent only for Holmes to time his strike to perfection to put himself at the top of the championship standings with four races to run.

Pre-race favourite Gavin Bland - currently leading the English championships as well as the British before today - was well below-par having suffered all week with a heavy head cold. The Borrowdale runner slipped back to 15th but can still make up lost ground when the championships move to Wales (Welsh 1000m Peaks) on June 5.

Angela Mudge continued her bid for a third consecutive British crown with her second win in succession. Having missed out by half a minute on a course record in the Anniversary Waltz in April, the 28-year-old Carnethy runner proved a class apart finishing ahead of many seasoned performers in 27th place overall to erase her own two year old mark of 76.41 by almost four minutes.

Cosmic's Tracey Brindley, runner-up in the opener, maintained her medal bid with another second place finish - just two seconds outside the old mark - as Jennifer Rae also repeated her Anniversary Waltz position (in third) to make it a 1-2-3 for Scotland.

Despite the cold, gale force winds, records were also set in the M40, M50 and W40 races. Three-times English M40 champion Dave Neill seems on course for a first British M40 crown with a stunning sixth place overall; double British M50 champion Jim Patterson finished second veteran to take M50 honours as Nicola Davies won the W40 race in fourth place overall.

Race sponsors Tiso (outdoor specialists) provided almost £700 (700 pounds sterling) worth of prizes to celebrate the mini 'invasion' from the mainland, another factor to please Down District Council and NIFRA, the race organisers.

- continued on page 27



Brian Devine of Northern Ireland's Ballydrain Harriers climbing Robinson Photo: Peter Hartley

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Serious Country

I'd started to fade and lose my drive – just after getting through the Steak Diane, I think. Certainly I went to bed thumping myself for starting a gourmet meal with a glass of whisky – which wiped me out in about an hour. So it hadn't been easy the next morning to be up and about at 6 30 am – ready to get to Dex's for a 8 30 am lift for a 9 am pick up to drop us off at the Nenthead Mines Museum to start this Sunday's running.

Some of you living in the Deep South – say Sheffield - won't know much of the cosmopolitan delights of glamorous Nenthead. For a start it's high up – the Co-Op is at 1450' above sea level. It also boasts a restored Lead Mining Museum – a good place to go with its own café. We brought the kids from school here en route to Cross Fell and they showed us the mega attraction of the aerial runway in the middle of the village. However, in the February Winter Weather, Nenthead was losing its attractiveness. The grey rain washed down on the grey stone from the grey sky, as we stood on the grey parking spot. Everything had become washed over by grey clumps of mizzle. It was cold too, chilly, and the rain was gradually seeping into our souls, ignoring all those guarantees on our luxury fell running stuff – ie our Helly Hansons, Tee Shirts and lightweight cags. I must admit while I was Little League Stuff, the others were well known Fell Running Stars – and therefore had a position to keep up. Angus aka William Tait – all round hard man of the Allendale Fells, Ruth Fletcher, Female Triathlete and Champ and Dex Armstrong (aka Dave) Fast Fell Man of Haydon Bridge and Northumbria, (and ace dare devil banister varnisher in his spare time). Even this dream team were looking around. I just thought either it isn't as bad up there as it is down here – or if it is we'll have to get back. I was wrong on all counts. Only Eva and Barney seemed keen on the trip – and that's because they are dogs – and like all Fell Running Dogs they are even harder than their masters. I must admit my worries about this trip began when Angus sneaked off to the shop and came back with Choc Bars. A 3 Mars Bar trip was obviously something special.

So the moment of parting had arrived. Ruth got back from the Ladies Loo, we faced into the rain and left the womb like sanctuary of Dexter's Volvo for the less sheltered prospect of the track through the mine workings. We went past lovely Mill Cottage, and then on to the Moor Track, each gate representing a further step into the Misty Wet Wild. Why was I doing this? Because I was too chicken to

say "Hold on chaps. Just what are we about here? Why are we going to risk mild influenza just to clock up a few miles. " But I couldn't say that. The Moors were before us, and the wind was Wuthering away – or whatever it does on the Cumbria/ Durham border. The rain was certainly being blown into us – our psyches were being slowly diluted as the wind blew the water through the fabric of our clothes and into our souls.

The worst bit is always the take off. You get out of the car, and you hare up the road and then you become aware that today isn't the day you going to run for ever. In fact, I clung onto Ruth as my only port in the storm. Barney was way up front on the track with Dex. Eva was pushing along, her wiry coat making her look like an exceptionally energetic teddy bear. Her legs were that sort of length too. How did she do it – and she was relatively mature for a dog. She would also shame me by rushing off on personal sorties, and then race back – and I could still only barely keep up with her. The further I ran in the rain, the less fit I felt. The stony track just put more pressure on. As I looked up a side valey (re-entrant) a rock just fell over and tumbled down – the fell runners equivalent of that tree in the jungle that doesn't fall down if you're not there to look at it. Presumably here the rain had eroded its support and goodbye rock – the earth moves on.

We saw ahead of us an old hut with a red corrugated iron roof. We turned off up the fell side, at first following a miners' path by Middle Clough. Every so often fragments of miners' stone work would emerge through the turf, like the remains of a city, submerged by grass and moss. It is like in Scotland where old Stalkers' Paths make you stop and consider the men who toiled to make this track. This is now their monument. We remember them (and not necessarily their masters who set them to work.)

The line of ascent now goes over tussocks and boggy bits, which slows down Ruth and I, though they empower Angus and Dex. The green bits look verdantly gleaming, and Ruth stands on one when trying to cross to a firmer muddy bit. She goes in, up to her shin. I do my olde worlde courtesy act and lend a hand to help her out. Then we both realise she can't get out. The moss has iced up below and her foot is gripped by an ice fist underneath the bright green moss. We get her out, but it is a bit scary. The ground is very firm, which helps, but it is firm because it is iced over solid. The extra help is balanced by the knowledge that if you fall over you will land heavily on

solid ice. Good grips are going to be few. It is a bit like being on Star Trek or Dr Who and landing on a planet where things are not as normal. This is like normal North Pennine Peat Hills, but under the peat are ribs of iron and it all feels odd as you thump down onto sheet metal earth.

More relics as we catch up with Dex and Angus gathered round a strange stone arrangement – a cross and two stones, positioned on a sort of stone plate. Angus, who knows these hills like his own back garden, explains that this marked a Monks' Trail from Durham to Cumbria, high up to avoid the robbers in the valleys. In the gloomy rain pouring mist this seems an odd sort of comfort – Brother Kilroy was here circa 1170 – bit it is always good to know we are not the first people there. In fact the moor is thick with ghosts – Monks and Miners, not to mention Grouse Shooters and Naturalists. However, at the moment we feel that everyone else has gone home and left this land to us. There is nothing to see – just heath and bog and grey and wire fence – an odd sort of sensory deprivation.

The Crosses show us to be on course – well, they show Angus that – we are fairly much in his hands. So we head up to a pile of stones in the middle of some wet grass – the top of Nag's Head. Now we are on the ridge, we don't have so much climbing to do., but we are open to the wind buffeting us across the ridge, throwing rain at us, in a closed mist. It was very difficult to have an any sense of how this journey was panning out. We were running beside fences which at least gave us a sense of direction and some safety, but we seemed to be in some sort of void, in which all usual land marks of passing, were just absent.

The weather got worse as we got to the top. The wind turning up the rain penetration rate by about 200% . Dex dropped back to me " Next time I ring up about a Sunday run – you'll say no." As always his energy and smile increased as the weather deteriorated. Now he was without his glasses (which just kept misting up) but with his grin. He knew neither of us would have turned down this opportunity for a special walk on the very wild side. This is certainly unpleasant – but it is also character building – and it is a grade one adventure. YEES !

Ruth and I kept together as the path snaked through various peat hags, all firm to the foot with frost. Her energy and her giggly fun made me think I was out with a larky school girl rather than a Doctor of Nutrition (and Cat Management). And also the British Senior Iron Lady. Eventually we caught up with Dex and Angus sheltering behind a cairn as big as a chimney, made out of square flat stones.

As we caught up they clambered over the fence, with the dogs using their own methods - Eva tunnelling to Victory and Barney doing a Colin Jackson, one bound and he was free, over the wire.

At last we go downhill, I think we are heading for home. We're not. The mist clarifies itself and we can see deep Cloughs and a dark green patch of damp trees. We pick up speed and we get warmer. We come to a massive Inca like wall - with a track nearby. Ruth and I enjoy the convenience of the high walls (to quote Ted Hughes). We linger awhile in the shelter, glad that the gales have gone away for the moment. We cut down to a dip, then head up the next clough - Little Gill. I can't work out why the stream is flowing milk white and what mineral can be discolouring the water so. When you get close you can see that the white at the bottom of the stream is ice with the current rain rushing over it, the ice staying as ice, unmoved by the warmth of the water. Then straight up the opposite bank. My legs, never very keen, are now reduced to a fit of the Staggers. At the top we come to another fence, which Angus recognises. We go for a bit of speed here. We are in our two groups, Dex and Angus and Barney, Ruth and Eva and me. It is a mile of straight running.

Not very straight, and certainly not very even. Now a mile is just four times round the track. But with my tired legs tired again from the day's outing and the ground slippy and glass like in hardness and double glazing, this effort is hard. I struggle up, unable to get much grip. Just when the ground seems about to level out, it develops another attack of the shadowy mounds. Then in grey out the fence suddenly turns angle, and leads across more mud and ice to where three fences meet. One of them has a gap filled in with a tasteful wooden pattern of laths. Through that we cross to meet a trig point on a plinth - Burnhope Seat (only 50 feet less than a Corbett at 24 50) - an English Graham.

Angus gets out the Mars Bars. We have been running about an hour and fifteen minutes, navigated by his energy and local knowledge and fired by his infectious enthusiasm. Like any good general he knows that an army marches on its stomach so here are the reinforcements. The good news is that we are now turning to be on our way home, the bad news is that it will take us an hour to get back. An hour !! But Angus is on a roll and nothing it seems can stop his drive and confidence in us. And that makes us feel good in itself. We set off down the line of the fence, the ground still ice-rink like with grass sticking through - like an inadequate flower arrangement - or the top view of a baldy man.

But it is the peat hags that are really weird. I'm used to that Peat Experience sensation of walking through chocolate cake mix. I once did a Fellsman with dust hags. But this is strange. The top level is slippy slime, smeared onto welded mud. The mist limited our view to about 5 yards and the peat mounds meant it wasn't easy to see in any case. Ruth and I discussed the Fellsman which has a similar section on Fleet Moss.

"You know, this is Serious Country for running. You make a mistake here and you're in trouble," she said.

We'd stopped for a bodily maintenance session behind the peat hag. We looked around - there was nothing - just mist and mud with a garnish of grass. Nothing for our comfort. An alien environment. It certainly was Serious Country - you couldn't afford to make a mistake here. There was nothing casual here. One slip and we'd all have a big problem on our hands. We were a long way from any form of help. This was Committed Running as well as Serious.

I looked around into the murk. Nothing to see. Under our feet just ice and mud and Primeval Peat (the well-known Early Jazz Singer). I looked into my mind. Effort had become automatic. I wasn't running well but I was running and I kept on running. Without thinking. A sort of Fell Running Nirvana.

Then to my surprise I saw a hut down on our right and a large chimney up on our left with two little chimneys next to it. One of the two chimneys advanced to us - it was Angus. We were back at the Chimney cairn, only this side on the other side of the wire. There was good

shelter behind the stones as I felt for the millisecond I ran past it, before crossing the fence (Barney leapt over it again, Eva negotiated) and then downhill. Dex hove alongside, despite my telling him not to worry. "You don't want to get dropped off in conditions like this" he said.

Down to a col. I'd obviously got much slower (End of Term Blues ?) (actually the beginnings of flu - though I didn't know that - yet !) and poor old Dex had to keep slowing down to run back and pick me up. But we were going down. Yet again the absence of any landmarks meant that we could be anywhere. Ditches appeared in front of us and we followed them, with icicles hanging on their sides. Then we moved away, pulled by the homing instinct inside Angus' head. Now we were not running alongside ditches but crossing them. Then a green mound to one side and a sort of cabbage green track down to a shape on my right.

A patch of water evolved to our left I recognised it - Perry Dam. Now undredged and filling up, grown over and gravelly, neglected and untended. This had once been a significant source of water for the valley industries, keeping this North Pennine Eco-System going. So much we had seen today spoke of people working hard in awful conditions - it was kind of sad to see another monument gone to ruin. Which was also true of us too, I expect. But I knew Perry Dam, the name because Angus had brought us up here a fortnight ago on a completely different route, again in preparation for the Allendale Challenge. Now though all that remained was to get on the track and canter back down the gully of Old Carr



Many of us rely on sponsorship of one sort or another, and our sport would be a great deal poorer without it. Not all are sports shoe makers or sellers, however. In Scotland sponsors have a habit of being distilleries. Glen Rosa supports the Glen Clova Horseshoe. Prizes here being presented to Dan Duxbury, Ronnie Gallagher, Ian Bimrose, Dave Cummings, Colin Turbett and Mike Abram Photo: Joe Perkins

Burn to the red corrugated hut at the end of main valley, and so down to the Mill. This seemed to take much longer – would we ever get there. My legs had gone.

“What a sense of achievement”, said Ruth. She was, of course, again, right. But it seemed more than just another good Sunday Run for the Records. I was too far gone to think that through. We got back to the five-barred red metal gate, regrouped and trotted back to the car.

Next time I’m in Nenthead, I’ll go and visit the Museum to get some sense of what all the works we’d seen were about. We had the Fell Runners Hymn at Church that evening

Not for ever by still waters
Do we ask our way to be.
But the steep and rugged pathway
May we tread rejoicingly.

We had certainly been on a steep and rugged pathway – unwillingly to start with – but somehow the Sunday Morning Run had become something rich and strange – the monuments to the miners and monks who survived here, the whole grim and gloomy grey clag, the weird colourings of rich gold brown moor grass and grey clear ice below, the water and ice and mud of the peat. It had been one of those Sunday Morning Runs which go beyond routine – away in the wild, cut off from our normal lives by the mist and the rain, isolated from a normal cosy life by the effort of running, we’d instead been exposed to the world of the past and its Ozymandian monuments “Look on my works ye mighty and despair.” And the world of the Pennine Hills at their almost indifferent. It was a strange experience. The day hadn’t been the usual Sunday Morning when the effort of getting out of bed before anyone is rewarded by breakthroughs of golden sunlight over frosty dale or breakthroughs of spirit over flesh by 2 fi hours worth of 10 laps of a 4 mile course. Our day had broken through to the heart of fell running in a remote hill – it was serious running in serious country. I can’t wrap it up in an easy sentence – that’s why I’m trying to get this down. It wasn’t an epic battle against wind and snow and weariness; it wasn’t a dance of joy over the Fells of Higher Fun; it was a sense of what goes on in the fells when we’re not around. Wild nature almost indifferent to us, History carrying on past and beyond us. We’re only visitors.

As I say, Serious Country.

I got back to a phone call from one of my school pupils who lives near the Mine Museum. “Mr Fry, next time you run past our house, please give advance warning. You looked disgusting.”

Mike King

Continued from page 23

June 5

WELSH 1000m PEAKS RACE

Aber Foresore, N. Wales

Gavin Bland remains on course for his first British title by claiming his second win in the best four-from-six race series.

Bland, who won the opener at the Anniversary Waltz in April, sat out the second race in Ireland (Donard-Commedagh), allowing chief rival Ian Holmes to take the spoils. On this evidence, though, Bland - who smashed three-times British champion Colin Donnelly’s seven year old mark of 3.37.56 by over ten minutes - will take some stopping as he moved back to the top of the championship standings.

Many would regard this 21-mile race as one of the toughest on the calendar, starting at sea level at Aber Foresore and taking in 8500ft of rugged climbing before finishing on the summit of Snowdon. And, mindful of the distance, terrain and vagaries of the weather. It was no surprise that the tone for the race was set early on with a large field sticking together eventually whittling down to nine who passed through Ogwen in 1hr 47mins.

All the big names were in attendance including Holmes, Rob Jebb, Simon Booth, Jonny and Gavin Bland, last year’s winner James McQueen, Ben Bardsley, Andrew and Jim Davies with Mark Rigby and Mark Roberts just two minutes off the pace.

Pen-Y-Pass saw Bland begin to exert some authority on proceedings passing through in 2.41 alongside Welsh international McQueen with Jebb, Booth, Jonny Bland and Bardsley a further minute back.

Bland moved clear on the long climb up Snowdon to finish just 15 seconds clear of Jebb with Booth just over a minute behind for third - the position he has occupied in all three championship races thus far.

The quality of the field is underlined by the fact that the first seven home all bettered the old mark including Donnelly - who reaches veteran status in September - in fifth. Holmes slipped back to finish a disappointing ninth.

Dave Neill made it three wins out of three as he maintained his bid for a first British M40 title. Neill finished an excellent 14th overall just two places ahead of two-times British champion Angela Mudge who had arguably the run of the day.

The 28-year-old Carnethy runner - winner of the 24-mile Three Peaks Race in April - thrives on tough races like this. And after being just 12 minutes behind Bland at Ogwen - and 21 minutes adrift at Pen-Y-Pass - went on to finish an outstanding 16th overall to take over 28 minutes off World 100km champion Carolyn Hunter-Rowe’s eight year old course record of 4.30.53.

This was Mudge’s third championship win and second course record of the series. Janet King finished second ahead of Ambleside’s Jenny Rae to add to fifth places at Donard-Commedagh and tenth in the Anniversary Waltz. Former British W35 champion - veteran women are now classed as W40 - Nicola Davies finished fourth and first W40 home.

Gareth Webb

MEN (21m, 8500ft;
inc. British & Welsh champs race 3 of 6)

1. G. Bland (rec)	Borrow	3.27.20
2. R. Jebb	Bing	3.27.35
3. S. Booth	Borrow	3.28.49
4. J. Bland	Borrow	3.29.12
5. C. Donnelly	Eryri	3.33.45
6. J. McQueen	Eryri	3.33.54
7. B. Bardsley	Borrow	3.34.42
8. M. Rigby	Amble	3.39.12
9. I. Holmes	Bing	3.40.06
10. A. Davies	Borrow	3.40.22
11. J. Davies	Borrow	3.43.03
12. E. Roberts	Eryri	3.43.27
13. M. Roberts	Borrow	3.43.49
14. D. Neill (M40)	Mercia	3.46.44
15. A. Schofield	Borrow	3.52.05
16. A. Mudge (W, rec)	Carn	4.02.39
17. J. Hunt	CFR	4.03.06
18. S. Shuttleworth	Amble	4.03.16
19. G. Schofield (M40)	Horw	4.03.56
20. M. Wallis (M40)	Clay	4.04.47
21. N. Carty	NBH	4.05.50
22. P. Maggs	MDC	4.08.25
23. R. Owen (M40)	Eryri	4.08.41
24. M. Holroyd	Borrow	4.09.31
25. J. Patterson (M50)	Albert	4.10.08
26. S. Bourne	Alt	4.10.34
27. T. Jones	Eryri	4.11.36
28. H. Grubb	NottsUnOB	4.13.38
29. G. Devine	P&B	4.16.36
30. I. Cowie (M40)	Mercia	4.17.06
31. S. Fairmaner	Traff	4.17.41
32. S. Cadman	Mercia	4.18.10
33. D. Keeling	Traff	4.19.20
34. J. King (M50)	CFR	4.20.25
35. A. Ward	Carn	4.23.06
36. AN Other		4.23.06
37. I. Edmond	Unatt	4.25.18
38. D. Tait (M50)	Dark Pk	4.26.02
39. C. Speight (M40)	Kend	4.26.12
40. M. Johnston	Carn	4.26.53

TEAM:

1. Borrowdale	25
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WOMEN

1. A. Mudge (rec)	Carn	4.02.39
2. J. King	CFR	4.20.25
3. J. Rae	Amble	4.34.20
4. N. Davies (W40)	Borrow	4.41.21
5. K. Jenkins	Carn	4.43.05
6. K. Slater (W40)	K&C	4.49.23
7. J. Lloyd	Eryri	4.49.54
8. P. Gibb	Mercia	4.55.33

TEAM

1. Carnethy



Supervet Jack King, here pictured at Sailbeck, took championship points Photo: Steve Bateson

Burnsall : 102 years of organisation!

Last year Leonard Horton and David Smith celebrated 50 years of involvement in the Burnsall Feast - meaning that, between them, they will have put in 102 years this year! It was back in 1948 when two fresh faced young men just out of the RAF were co-opted on to the organising committee. Today Leonard is chairman and president, David secretary of this, the oldest fell race on record. If anyone disputes this, it is referred to in Elizabethan times!

The 'modern' fell race was started after a discussion in the Red Lion and one local character, Tom Young, is supposed to have run it naked. As many men only had one suit, there are a number of references to naked runners. However, the Victorians are likely to have considered a man in underwear 'naked' and this may be the start of the legend - certainly it would be a foolish gentleman who tackled the famous wall with his wedding tackle exposed!

It has since become a highlight on the fell running calendar, with athletes attracted by the racing tradition and visitors enjoying the sideshows and amusements in the setting of one of the most picturesque villages in the Dales.

The war years interrupted the smooth running of the show and attempts to resurrect it in 1947 were abandoned when there was a national polio scare which produced a Government edict banning gatherings of large groups of people.

As Mr. Horton puts it, the following year they were more or less instructed that



Dave Hodgson winning 40 years ago



David and Leonard. A lifetime's dedication

their help would be required on the organising committee by village postmaster Robert Smith, David's father.

He had been secretary from 1911 and was to continue until 1951, when David took over and was in office until 1984.

"Robert Smith said to me that he was expecting me to help and did I know that they had a paid official to be the clerk of the course," relates Mr. Horton.

"I said I did and was told I was going to be his understudy and the following year I would be doing it on my own - but I wouldn't be getting paid!"

Mr. Horton was appointed as vice-chairman to Wing Commander Alec Knowles-Fitton and later succeeded him in the combined role as chairman and president.

"I was thinking of packing it in now I've done 50 but I was rudely informed by several of them that I was carrying on," said Mr. Horton. "I'm not as robust as I once was but I've got a good team around me and as long as they want me I'll carry on."

Both men remember the Burnsall Feast Sports of 1954 when heavy rain caused the Wharfe to flood the village green. Despite the efforts of Skipton fire brigade to pump back the water, it was a doomed task and the event was cancelled.

Other memories are of the number of buses which used to arrive from all over the north, bringing runners.

"The buses were parked all the way down the hill, from just below the Fell Hotel right to the top of the wood," said Mr. Horton.

Times have also changed in the sport. Just after the war, famous Olympic runners such as Derek Ibbotson would write in to ask for an entry form. Today the country's top runners would be asking for an appearance fee just to turn up.

"There have been changes but we like to feel it is still true to its traditions. I'm sure it'll be going in much the same format 50 years hence," said Mr. Horton.

The race has a magnetic appeal to runners who return year after year, Dave Hodgson, past FRA Chairman, having clocked 40 consecutive Burnsalls! It has also attracted international support, including a squad of Ghurkas who ran it as a squad. It takes place within the context of a traditional 'Sports', held on the Feast of Saint Wilfred, patron saint of the village church, with events for children, pet shows and side shows. A brass band starts the day (one bandmaster is buried near the route supposedly so that he can hear it) and festivities continue throughout daylight hours. Any profit goes towards the upkeep of the village hall, the village green and the two local churches along with other deserving local groups.

BOOK REVIEWS

HOUND TRAILING:

A history of the sport in Cumbria by John Coughlan (Published 1998; printed by Frank Peters: Gatebeck, nr. Kendal; 146 pages of text plus 20 pages of photographs. £11.95 in UK, £12.95 in Eire).

Hound Trailing, along with Wrestling and Fell Racing, forms part of many Lakeland Sports and Shows, as well as being run as an independent event, and indeed many of the courses could truly be described as canine fell races. The sport dates back at least as far as the 18th century and, like Fell Racing, is not confined to the Lake District, it having also been popular during the 19th century along the length of the Pennines from Derbyshire to the Scottish Borders. The first trail run under the auspices of the Hound Trailing Association (founded 1906) was actually run at Ingleton three years later.

This new book confines itself to telling the history of the sport in what is now Cumbria, and actually begins, after a very brief preamble, with details of the 1909 champion. The book is, in fact, chiefly a record of the annual championships in each class (seniors, senior maiden, puppies, puppy maiden and open restricted), and as such will be of great interest to Hound Trailers and followers of the sport, though possibly of limited interest to anyone else, even the dedicated Lakeland enthusiast. There are also profiles of various trailers over the years and two very good sections of photographs, some of them superb action shots, including two depicting hounds leaping walls (plus a striking colour shot on the front cover of hounds leaping a fence) and one of hounds crossing the river at Cleator Moor Sports, venue of the Kinniside Fell Race.

There is, however, no reference at all in the book to other Lakeland sports, though one trailer mentioned Arthur Dalzell of Keswick (c. 1930), was surely a relative of the legendary guides racer, Ernest Dalzell, who was killed in France during the First World War, while another one named Mr. Fleming of Backbarrow, was almost certainly Dalzell's great rival, James Fleming. One omission which I feel would have made the book much more palatable to FRA members and other outdoor enthusiasts is a brief outline of some of the courses, though probably the author, obviously writing with seasoned Hound Trailers in mind, felt that he had no need to go into such details as they would already be known to most readers.

The author, John Coughlan, is Hound Trailing correspondent for **The**



Grasmere Hound Trail Photo: Bill Smith

Whitehaven News, having come to live in Cumbria in 1989 from his native Eire, where he had previously been involved in the sport. The book does in fact conclude with just over three pages of text and photographs on the sport in Ireland, where it is known as "Draghunting".

I personally found the book a very interesting read, though one to be read over several sessions rather than at one sitting, but I would advise non-Hound Trailers to have a look at it before buying. It is certainly essential reading for followers of the sport and equally must be included in any library of Lakeland literature.

Bill Smith

A WESTMORELAND SHEPHERD:

His life, poems and songs by Fred Nevinson, compiled by Anne Bonney (Helm Press, Kendal: 1997. 93 pages of text and photographs. £6.99).

The author of this little book was born in 1916 at Skelwith Fold, the birthplace of Ernest Dalzell 32 years earlier. Fred Nevinson was taken to Little Langdale when a fortnight old and lived there till 1931, when he moved to the Ambleside area for three years. He then lived mainly among the fells between Kendal and Shap, finally renting his own farm at the age of 40 at Borrowdale Head, on the southern flanks of the Shap Fells, where he lived till retirement in 1988, when he and his wife moved to Kendal.

I must admit that I found some of the earlier parts of the book a bit tedious, but those describing his years around Selside and Borrowdale Head make "bully reading", and should appeal to all those interested in the fell country. Remember, too, that this is the kind of life lived by many fell runners prior to the influx of "off-comers" into the sport, and indeed is still lived today by many such as Jos Naylor, Roger Gibson, Alan Riley and Gavin and Jonny Bland. Unfortunately, from our viewpoint, the only references to fell running in the book are in Nevinson's

remembrances of his growing years in Little Langdale, when he "ran about the hills like a young deer!" and a photo of guides racer J.J. Leck of Troutbeck, Windermere, at a Troutbeck Shepherds Meet.

The final third of the book is given over to Fred's poems and songs, the latter mainly hunting ballads in the traditional style, including tributes to various noted huntsmen such as Willie Porter of the Eskdale and Ennerdale, Anthony Chapman of the Coniston and Johnny Richardson of the Blencathra. Most of them are of considerable merit. Nevinson has a keen sense of humour which surfaces quite often in his reminiscences, poems and songs, and is sometimes, surprisingly for this type of book, quite risqué. The text is greatly enhanced by numerous photographs, many of a historical nature.

Recommended to all with an interest in true Lakeland life.

Bill Smith

World Mountain Marathon Championships

La Chappelle en Vercours (France)

Two Glossopdale Harriers, Audenshaw PE teacher Andy Trigg and Bolton IT lecturer Mark Seddon finished second in the World Mountain Marathon Championships. The event consists of a gruelling two day test of mountain running and orienteering skills with a course that runs mainly through forested hillsides covering 70 kilometres with 9000 feet of climb. All competitors compete in pairs and have to carry all their own equipment for an overnight bivouac in the hills.

At the end of day 1 the Glossop lads were in third place eight minutes behind a Swiss and a French team. However, they managed to pull a place back by clocking the fastest time of day 2 by over 3 minutes from the nearest competitors still leaving them five minutes adrift of the Swiss.

There were over 1500 pairs in the event which by British standards was rather short. A winning time of 8 hours is well inside the normal expectation of a UK mountain marathon, around the 12 hour mark.

Next years event is likely to be in Slovenia where the British duo will be looking to take their UK experience to go one better.

May 8

**P&O EUROPEAN FERRIES
KNOCKDHU HOME
INTERNATIONAL
Co. Antrim, Northern Ireland**

Rarely, if ever, have Home International titles gone to brother and sister pairings - but Simon and Kate Bailey were able to do just that turning back a high quality international field in impressive fashion.

What makes their achievement all the more remarkable is that both are juniors and only serves to highlight their huge potential - a strange word 'potential' when one considers how they managed to tear the international field apart.

Simon Bailey underlined his massive improvement when he outpaced former British and English champion Mark Roberts to win at Wrekin in March. And should there have been any doubt as to Bailey's immense talent, the 19-year-old Staffordshire Moorlands runner once again proved the man to beat, holding off two-times World Trophy fourth-placer Robin Bryson and English bronze medallist Rob Jebb to win by nine seconds.

Scotland's Neil Wilkinson and Jebb forced the pace on the opening lap with Bailey tucked in behind. But on the second (and final) lap, Bailey was able to seize control and although Bryson moved through quickly to take the lead on the final climb, Bailey proved too strong.

"It's my best ever win, especially against a field of this quality," said Bailey. "I thought I had an outside chance of winning it as I'm running well at the moment. My aim was just to set off steady at the start and see how things went. Robin went past me on the final climb but I felt confident I could take him on the descent. I'm just really pleased to win."

English U18 champion Kate Bailey's win was no less stunning. In-form Jackie Hargreaves and English and four-times British champion Angela Brand-Barker were just two of a strong women's field who found Bailey in outstanding form. And if brother Simon was able to win by a slim margin, Kate's victory was all the more emphatic, coming home over half a minute clear.

"I'm really pleased. I thought I had a good chance of making the top-three but I wasn't really sure," said the 18-year-old Staffordshire Moorlands runner. "I hadn't raced against one or two of the English women before so I just made certain I was first woman all the way.

"Some of the women went off hard at the start and so I just stuck with them. Jackie

Hargreaves caught me at the end of the first lap but then I went away again."

Dave Neill retained his M40 crown as England successfully defended their over-40 title. Neill, who improved by two places on last year's run, was ably backed by Steve Oldfield, who finished one place back in 7th, and Mervyn Keys who placed 12th.

England were denied a clean sweep of team titles by Scotland who took the senior men's race for the first time ever.

MEN (4.7m, 1470ft)

1. S. Bailey	Eng	35.20
2. R. Bryson	Irl	35.29
3. R. Jebb	Eng	35.47
4. N. Wilkinson	Sco	35.50
5. C. Donnelly	Sco	36.00
6. D. Neill	Eng V	36.03
7. S. Oldfield	Eng V	36.13
8. R. Hope	Eng	36.21
9. M. Rigby	Sco	36.33
10. J. McQueen	Wal	36.37
11. M. Cayton	Eng	36.41
12. M. Keys	Eng V	36.48
13. B. Ervine	N. Ire	37.14
14. N. Carty	N. Ire	37.38
15. A. Symonds	Eng	37.43
16. A. Schofield	Borrow	37.49
17. S. Livesey	Eng	37.53
18. L. Siemaszko	Eng	38.20
19. A. Liston	Sco	38.13
20. A. Millington	Fife	38.31
21. K. Varney	Sco V	38.37
22. A. Vaughan	Wal	38.40
23. M. Wallis	Eng V	38.42
24. M. Kinch	Eng	38.45
25. J. Baker	Wal	39.02
26. M. Flynn	Sco V	39.46
27. S. Cassidy	Sco	39.59
28. R. Owen	Wal	40.02
29. P. Howie	N. Ire V	40.12
30. J. Patterson	N. Ire V	40.25
31. M. Laing	Sco V	40.29
32. T. Rowley	IOM	40.30
33. C. Pierce	Wal	40.32
34. J. Seeley	Sco	40.37
35. D. McNeilly	N. Ire	40.50
36. E. Dyer	Wal	41.09
37. D. Hughes	Wal	41.24
38. S. Jones	Wal	41.36
39. S. McLoone	W'lands	41.45
40. A. Jenkins	Sco	41.49

U20

1. S. Bailey	Eng	35.20
2. M. Cayton	Eng	36.41
3. A. Symonds	Eng	37.43
4. L. Siemaszko	Eng	38.05
5. S. Cassidy	Sco	39.59
6. C. Pierce	Wal	40.32
7. J. Seeley	Sco	40.37
8. D. McNeilly	N. Ire	40.50
9. D. Hughes	Wal	41.24

M40

1. D. Neill	Eng V	36.03
2. S. Oldfield	Eng V	36.13
3. M. Keys	Eng V	36.48
4. K. Varney	Sco V	38.37
5. M. Wallis	Eng V	38.42
6. M. Flynn	Sco V	39.46
7. R. Owen	Wal V	40.02
8. P. Howie	N. Ire V	40.12
9. J. Patterson	N. Ire V	40.25
10. M. Laing	Sco V	40.29
11. S. Jones	Wal V	41.36
12. A. Jenkins	Sco V	41.49

TEAM

1. Scotland
2. England

U20 TEAM

1. England
2. Wales

WOMEN

1. K. Bailey (U20)	Eng	43.13
2. J. Hargreaves	Eng	43.49
3. A. Brand-Barker	Wal	44.50
4. J. Clark	Eng	45.08
5. S. Armitage	Sco	45.40
6. E. Turner	Wal	45.43
7. J. Lloyd	Wal	46.20
8. K. Jenkins	Sco	46.21
9. S. Bretherick	Wal	46.22
10. S. Corbin	Eng	50.02
11. J. Walker	N. Ire	50.24
12. S. Donnelly	N. Ire	50.52
13. A. Sandford	N. Ire	53.24
14. E. Scott (W40)	W'lands	54.13
15. I. Knox	Sco	54.26
16. S. Woods	Eryri	55.34
17. H. Forbes	N. Ire	56.13

TEAM

1. England
2. Wales

U20 TEAM

1. England
2. Wales

JUNIOR RACE (girls unless stated)

1. L. Hughes	Eng	26.10
2. A. Cassells (boy)	Fife	26.17
3. N. White	Holm	27.30
4. S. Gatford	Eng	28.04
5. T. Rees-Owen	Wal	28.45
6. M. Shiell	Sco	29.10
7. L. Richardson	Eng	31.08
8. L. Hughes	Wal	33.10
9. S. Williams	Wal	34.50
10. J. Munnis	N. Ire	37.11
11. S. Laing	Fife	38.53
12. H. Williams	Wal	41.15

Gareth Webb

Profile: Frank Sykes



Silly hat! Frank inspects the course at Chew Reservoir a week before the race

As promised, a profile of a race organiser - one of those without whom we wouldn't have a sport! Our roving reporter, Ray Swatcher spoke to the Chairman of Saddleworth Runners.

Frank Sykes, at 50, has found himself a new interest, an involvement in amateur dramatics that has overloaded an already hectic schedule and after 20 years of running and enjoying such events as the O.S. Mountain Trial ("the first and best") temporarily reduced his training to Sunday runs with the club but he has stayed true to his philosophy: have a go at whatever you want to do as long as you enjoy it. This is a philosophy that he hopes that he has passed on to his three children; who all enjoy a wide range of interests. 17 year old Matthew does run and could be good, but doesn't train, 11 year old Zoë enjoys running, but is too young to be committed while 15 year old Ben has other interests "there is a great temptation to push your children into what YOU want them to do, but they must find their own way. There are too many coaches and parents who try to live out their own frustrated ambitions through their children and we often see the result of that in athletics," he adds, "How many juniors or good schoolboys do you actually see coming through into the senior ranks?"

He reserves criticism for the FRA on this point, with his opinion that their policy on junior race limitations was misguided when they lowered the age limit for 'A' races just because there were a couple of good young lads about that missed the age cutoff. "For our races, we stick to the old limits, it's a dangerous trend to start lowering them."

Frank's best known race must be the infamous Chew Valley Skyline, a 13 mile bogtrot around the Saddleworth moors that, for many years was the shortest 'long' on the calendar, it's classic simplicity and tough terrain proving a bar to the sub 1 hour 45 minute record that would have taken it down to a medium. The idea for the race came to him after a couple of experiences at other races. First, at a short race on a baking hot day where there was not even a cup of water to be had at the finish, leaving many runners

distressed, Frank thought "we can do better than that"; then, at a longer race, seeing the 300 plus competitors crowding round the tiny window of a caravan as handwritten results sheets were pasted up - "everyone was obviously working really hard, but I felt that we could do better". Finally, at a long Lakeland classic he overheard the leader of the Mountain Rescue Team talking to the organiser. The mountain rescue man pointed out that there were still two runners missing, to which the organiser replied "well, if they're not here by five, tough, I'm going home!". It was on his way back from this event that Frank formed the idea of the Chew valley race. "I'm not one to criticise without doing something about it" he comments "if you don't like something, don't expect other people to change it for you, do something yourself!" So, instead of writing letters and complaining, Frank decided to see if he could put on a race that offered everything that a runner could want at a decent price: a good course, a modest prize list, drinks and food at the end and somewhere to get changed and get warm. While not detracting from the runners' own responsibility to look after their own safety on the fell, Frank also decided that a safety and medical backup and some form of third party insurance, were also essentials.



Frank & Paul Blagborough win the Bowfell Class at the Saunders MM. 1984

This may not seem strange to those of you who have only been running for 5 or 10 years, but at the time of the inaugural run in 1980, much of this provision was new and unusual. The weather on these moors can be extremely fickle and the ground underfoot treacherous (it's up here that the Moors murderers are said to have buried their victims - bodies that have never been found) so the safety and insurance aspects were seen as essentials. By the end of the inaugural event (won by Mike Short and organised under the auspices of Frank's club at that time, East Cheshire Harriers) the spring day of the start had turned into a winter down-pour.

Over the years the race has seen snow, ice fog, hail, rain and also it's share of sunshine and potential accidents have always been avoided. The course entails running around one of the highest man made reservoir's in England and, on one occasion, the perfect short cut presented itself with the reservoir frozen solid. Knees only turned to jelly later when a ranger pointed out that if a runner had gone through the ice, it would have been the fall that killed him, not the cold water! As water was still being drawn off from below the ice, there could have been a drop of 20 foot before actually hitting the surface. The race, however, has an excellent safety record, with only idiots putting themselves at major risk. "I spotted a roadrunner at the start one year carrying no gear, so I insisted that he go back and equip himself properly. He, however, decided to dump his bag and equipment near the second checkpoint at Broadstone and continue head down into the race. As he came off Featherbed he bonked, but, not recognising the signs, kept running until he keeled over, passing out by the reservoir - the runner behind who attended him reckoned that he was unconscious before he hit the ground, of course the Mountain Rescue team were close at hand to assist - That's why I've always believed in using the Mountain rescue, and in insurance cover."

Frank certainly set some standards with the Chew race, insurance is now automatic on registration of a race with the FRA, and we see many more races where value for money is more important than profit.

The Chew Race itself disappeared when Frank decided that the course had taken enough of a hammering. After ten years of the race there were paths where none had previously existed and the size of the field had begun to worry him. He replaced it with a long 'O' event which connoisseurs have come to love, a good challenge and a long day on the fell. Except this year - as you will see from the advertisement elsewhere in this issue, the Chew Valley Skyline is back, for one year only, with the usual high standards of organisation and a good list of prizes but, thankfully, with limited numbers.

This is not the only race that Frank organises but it is the one that shows how good organisation can 'rub off' on other races. We now come to expect these standards, and so we should. "Value for money is the watchword for our races," says Frank "runners don't come to races to be ripped off"

*Reproduced from The Fellrunner
February 1994*

Martin Stone's Long Distance News Summary

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' examines 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@staminade.demon.co.uk

BOB GRAHAM CLUB ACHIEVEMENT OF THE YEAR AWARD 1997/98

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 1998/99 award should be sent to: Mr. Fred Rogerson, Tethers End, Lindeth, Windermere, Cumbria. Tel: 01539 444586.

Data Protection Act

The Data Protection Act requires us to tell all members that their addresses, dates of birth and club names will be maintained on a computer.

This allows us to send you an FRA calendar and three magazines each year. You have the right to request that your name be removed from the computer database and you should contact the Membership Secretary if this is your wish.

Unless your details are kept on a computer we will be unable to send you an FRA calendar, the magazine or an annual membership renewal form.



*The Wadsworth Trog may not count as officially Long Distance but it put paid to this pair of Walshies!
Steve Bottomley laments their passing
Photos: Allan Greenwood*



The Cuillin Round - a sub-24 hour round of the Black and Red Cuillin, Isle of Skye

The Cuillin Round includes the Red Hills (Glamaig, the Deargs, Marsco, the Black Cuillin outliers (Belig, Garbh Bheinn, Bla Bheinn), Sgurr Hain - Sgurr na Stri, and the Black Cuillin Main Ridge. Included in the Main Ridge is Sgurr Dubh Mor in keeping with the official record route (Beard, Moran, Hyslop), and also the outlying Munro Tops Sgurr Sgumain and Knight's Peak. The KP is thought by some to be lower than 3000ft but is a good excuse to visit the Pinnacle Ridge, with a simple traverse south to Sgurr Beag. Sgurr na h-Uamha - included after considerable lobbying by Paddy Buckley - provides a classy finish to the Main Ridge.

The Round involves 59 tops, 33 miles and more than 23000 feet of ascent, much of this length involving scrambling/climbing up to Mod/Diff standard (no rope used). It was completed by Rob Woodall on 31 May 1999, in 23 hours 28 minutes. Better route-finding would suggest 22.30 as a fair target time. It is believed to be the first such traverse of the Red and Black Cuillin - but Rob would be keen to learn of any similar ventures.

The route as designed starts and finishes at the JMCS Coruisk Hut. This is aesthetically better and ensures

reaching the Inn Pinn early, before the crowds arrive. However, for logistical reasons the successful attempt started and finished in Glen Sligachan - the Inn Pinn being crowd-free due to mist and a strong southerly wind. A 2-hour queue is not unusual in good conditions, making the Inn Pinn a much harder obstacle than its Mod grading would suggest.

Thanks go to Paddy Buckley, Yiannis Tridimas, Wynn and Steve Cliff, Ronnie Jackson, Sari Luoma and the rest of the team for help in planning and Round and providing ridge/trackside support on the day. Ronnie completed his first ever Main Ridge traverse with Rob on the day (9.30) and two days later did the Main Ridge again with Yiannis in 8.30!

Rob Woodall

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