

*The*  
**Fellrunner**  
*June 1992*



# The Fell- running Specialists



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## Bit at the front Neil Denby

Sometimes I despair of my fellow fellrunners; they can be obstreperous, awkward, annoying, pedantic; they can show such a lack of humour that you'd think their faces would crack if they ever stopped taking the sport so seriously; they can be impulsive, destructive, downright dangerous...

On the other hand they can be generous, warm, open handed; they can be careful of the environment, helpful, humorous and, above all, a friend in need. Whilst I have come across both types recently, I would prefer to dwell on the latter.

Howarth Hobble, 1992, 30 odd miles of rolling Yorkshire countryside to pass through with just a couple of small problems at the start - Brontë Bridge is narrow and a slight route change involves a bottleneck at a stile. The first type (not the race leaders, they were long gone) gained seconds by judicious use of the elbow on the Bridge, and by queue and wall jumping at the stile. Fortunately they were only a handful, faces set into granite seriousness. The second type stood in line, exchanging jokes and stories, wreathed in smiles and generally being pleasant to each other. At the end of the race they sat around, enjoying the food, not complaining that the shower water had run out, men and ladies stripping off to wash and get changed together without even noting the fact. They had had a good day out on the fell; they had stopped to talk to friends, eaten, drunk, walked where the going got too hard. This is not to say that they hadn't put in maximum effort; they had; but above all they had enjoyed

themselves. I wonder if the granite faces can say the same thing?

*Just a year after the publication of the results of The Fellrunner survey it is perhaps a timely moment to remind the membership that The Fellrunner is the sum total of their contributions. We rely greatly (and gratefully) on our regular contributors and advertisers but this does not mean that there is no room for new talent. Around 100 individuals contributed to the magazine directly during the last year, plus more than 200 in the results section, (and many more indirectly), many for the first time. If you have had anything published in a club or association newsletter and feel it's worthy of a wider audience, please drop us a line; if it's not been published elsewhere, that's even more welcome.*

*In response to suggestions made in the survey, The Fellrunner has tried to stabilise its production to the dates you see below so that those of you who subscribe to the Up and Down magazine could receive fairly evenly spaced publications. Unfortunately, these dates are now fixed with printers etc. and I am unable to change them to accommodate the fact that the publisher of Up and Down has felt it necessary to alter their publication date by a full month. My apologies, therefore, to those of you who receive two publications, hot on each others heels. The co operation between the two editorial teams in not duplicating material etc. has been excellent and, despite this unfortunate situation, should remain so.*

### John Brooks Appeal

In the February issue of *The Fellrunner* Selwyn launched an appeal to recover part or, hopefully, the whole amount of £1,200 which the FRA Committee had agreed to underwrite in connection with John Brooks' barrister's fees at the Carol Matthews inquest.

The response has been tremendous and, so far, £992 has been received. Cheques have come in from individual members, from clubs and also from suppliers and retailers of fellrunning equipment. There have been so many donations that it has been too great a task for me to acknowledge each one individually.

I would, therefore, on behalf of the FRA Committee, like to take this opportunity of thanking all those who have generously supported the appeal and let's hope that during the next few weeks the £200 shortfall may be recovered.

Our thanks to everybody for their help.  
- **Barbara Carney, FRA Treasurer**

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## Get it on disk!!



The Association has bought some right expensive computer equipment to try to drag us into the 20th century. If you can provide articles etc. on 3+ inch discs of DOS or DFS format (not Unix); preferably in ASCII; then we can handle them easily - the amount of stuff that comes that is obviously a computer print out is growing but still needs to be re-typed if the disc isn't with it. This costs us MONEY! We can handle RISC OS as well if you must. Disks will be returned immediately.

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



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**I'm looking to establish fixed publication dates: 1st week in June, October and February. Deadline for articles, letters etc. for the next issue is SEPTEMBER 6th**

Neil Denby, 39 Withside, Denby Dale, W. Yorks HD8 8SF (0484 861812)

### Results and Race Reports to:

David Weatherhead, 47 Clarendon Road, Elwick, Bingley BD16 3DL (04226 343798)

### Advertising Copy to:

Francis Uhlman, Beudy Newydd, Llanfrothen, Gwynedd, LL48 6SP (0766 770257)

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COVER PHOTO: Coniston Fell Race 1992 descend below Old Man.  
INSET: English champion Cheryl Cook - profiled inside.



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## George Miller

George Miller of Liverpool Pembroke AC, an FRA member since the mid-1970s, died in hospital during the early hours of Sunday, March 22nd, as a result of an accident at home five weeks earlier when he had fallen downstairs and fractured his skull, among other injuries. George had been a lifelong athlete and a former Regular Soldier, including active service throughout the last world war.

Although most his his athletic career had been devoted to road, track and cross-country running, he had loved the fells and outdoors in general and began competing in fell races during the late '70s after he had turned 60. In 1988, at the age of 72, he completed the Snowdonia Marathon along with his son Carl, also an experienced, thought not regular road runner. George was a quiet unassuming man with a good sense of humour. "A thorough gentleman." as

many have said of him. We extend our sympathies to his widow, Elsie, daughter Karen and son Carl.

*Bill Smith*



*George Miller competing in the  
1979 Edenfield Fell Race.  
Photo: Bill Smith*

## Notice of Annual General Meeting

**10.10.1992 4pm CHAPEL STILE  
VILLAGE HALL, LANGDALE,  
AMBLESIDE**

This year the A.G.M. will once again follow the Langdale Race, but will revert to its former venue in the village hall.

**MOTIONS:** Any motion for the Agenda should be notified in writing to the Secretary by 10.9.92.

**NOMINATIONS:** Nominations for club representatives to the Committee and for Committee posts should be notified in writing to the Secretary by 27.9.92. Clubs affiliated to the F.R.A. have 2 votes at the A.G.M. and nominations for Club Representatives should also be with the Secretary by 27.9.92.

## FRA Radios C.B. Radios now available

As reported in the last *Fellrunner*, the Association has bought 10 c.b. radios which are now available to race organisers. It is hoped that the use of the radios will significantly improve the organiser's ability to monitor competitors progress, particularly in long and medium events.

The sets are each powered by non rechargeable batteries which will not be supplied by the FRA. The scheme will be administered by committee member Pete Browning, and technical advice on the use and maintenance of the sets has kindly been offered by John Fish.

It is hoped that written notes for guidance will be produced and possibly a course may be set up to make some training available for race organisers

Organisers should initially contact Pete Browning on 0254 56681.

## Subscriptions

Members are warned that the annual subscription, which has stood at £6 for the last six years, will need to rise in 1993 if the present standard of service is to be maintained. For the last year or so the F.R.A. has in fact been deficit financed and so our reserves have been run down. This situation has mainly been due to increased costs and inflation over a number of years, but we have also spent considerable amounts of money this year on what we feel are improvements in the service the F.R.A. offers. This includes over £1000 on radio sets, £1200 on legal expenses for the Matthews Inquest (now partly recouped), and £800 on new trophies.

At the moment we are not sure of the exact figure which we shall be recommending to the A.G.M. It is likely however that this will be a substantial increase which will then allow us to continue for a number of years without any further rise. We think that this is sensible because it will enable us to avoid frequent and expensive changes to our standing order payment facilities.

The value for money which members have had over the last couple of years in receiving three magazines of a greatly improved quality, and a fixtures calendar, together with the costs of staging championships (which currently runs at well over £1000 per year), and all the other membership benefits, has been excellent. In fact, as I have said, it has been too good! The Committee hopes that you will bear with us when the increase is moved at the A.G.M.

- Selwyn Wright

# News and Views

## Secretary's Corner

There have been two committee meetings since the last edition of The Fellrunner.

### Uppermill, 1.3.92

a) The apparent inability of the AA of England to meet the English World Cup team expenses this year is causing concern. The requirements of the England teams are no different from previous years, but only £2500 has been allocated against our budget of £7500. BAF is still in its infancy and although there are teething problems, we intend to ensure that some of the money that fellrunning puts into BAF finds its way back. Vigorous representations continue.

b) Club membership, first claim, second claim and the nine months rule have raised comment in recent months. It was intended to include a short item in this issue in an attempt to clarify the rules and seek members views on their implementation. This has been deferred until amendments passed at the recent BAF AGM are confirmed in black and white.

The committee will also be looking at the FRA rules and Constitution in the near future because of impending changes to AAA laws as a consequence of BAF.

c) A request for the introduction of a British Veterans Team Championship was referred to the fell and Hill Running Commission for consideration.

d) The committee was most concerned to learn of the NW Water policy to levy charges for fellrunning over company owned land with effect from April 1992. Paying to run over open land is considered to be unacceptable and North West Water have been advised of our objections, (see report on page 6).

### 2. Burnley, 4.4.92

a) The response from NW Water was discussed. We accepted their arrangement to meet representatives of the FRA in an endeavour to have their charging policy reconsidered. Organisers of races likely to be affected have been contacted to seek their reactions. FRA advice is to resist any charge for running over open land and we will give every possible support to organisers facing access problems.

b) BAF finances are a mystery to me, but Selwyn Wright and Norman Berry continue their efforts to obtain funds for the English World Cup Teams. Hopefully, once we have established our standing in the new structure of British Athletics, a smoother passage will be possible for the future.

c) The BAF Fell and Hill Running Commission is now responsible for the British Championships. Negotiations are in hand for them to purchase the trophies and surplus medals from the FRA.

The FRA is to purchase a suitable trophy for the English ladies Team Championship and are also appraising what additional trophies and medals are required for the Junior/Intermediate championships.

- Mike Rose

## Views

### Thanks, Male

Dear Sir

We would, through The Fellrunner, like to thank Malcolm Patterson and all his helpers for making the April Safety and Navigation course most enjoyable.

The accommodation at Edale Youth Hostel was first class, plus the time and patience shown by Malcolm and several club members from Dark Peak was really appreciated (they even brought their own David Bailey).

## Was it a joke?

Dear Sir

I am concerned about the Race Review for Stanbury which appeared in the last Fellrunner. Humorous articles are all very well and have always been welcomed in the magazine, however, if this article is meant to be a joke (as I think it is) it should not have appeared as a 'Race Review' where the majority of readers, not at Stanbury, might take it at face value.

Dave and Eileen Woodhead organise at least four fell races each year - which must be the best value for money in the calendar - low entry fees, long prize lists. In addition they help at many others, to say nothing of the way in which they help fellrunning in general and provide much advice to individual fellrunners.



Juniors try out stretching exercises under the eye of coach Wilf Paish. (see p. 14)

Photo: Neil Denby

A very relaxed and informal weekend, with talks on safety, navigation, training and sports injuries, all given by experts, plus practical exercises on the surrounding fells. For anyone who needs that little bit more confidence it's a weekend not to be missed; it really is worthwhile so thanks once again from everybody who was on the course.

Yours faithfully,

Alan McGuinness

Jeff Fletcher

Rosendale Harriers & AC

PS. The only thing it was short of was a karaoke on the Saturday night!!!

If every recipient of The Fellrunner put one hundredth of the time back into fellrunning as Dave and Eileen do, no race organiser would ever have to ask for volunteers again.

I suggest clarification of the article in the next edition as well as apologies to Dave and Eileen. I for one (and I think I speak for most of those at Stanbury) would like to thank Dave and Eileen for their efforts and particularly for Stanbury.

Yours faithfully,

Wendy Dodds

see traditional 'race review' on page 21.

# Views cont.

## Keep a low profile

Dear Sir

Regarding the reference to the FRA's low profile policy in your 'Bit at the Front' in the February issue of The Fellrunner, I feel that we definitely should retain it, mainly for the same reasons outlined in my letter 'Hands off our Sport' in the same edition. Surely we want only people who are interested in fell racing, not money-grabbers and/or sensation-seekers? If the likes of Stan Bradshaw, Jos Naylor, Pete Bland, Billy Bland, Harry Walker, Dave Hodgson, Linda Lord, Carol Haig etc. can remain faithful to our sport for so long, who cares about the other type?

Incidentally, I'd like to point out that my article 'On the Right Track' contained the odd printing error, notably the reference to the Powderhall Half mile *Fell Run* it was, of course, a track event.

Yours faithfully,  
Bill Smith.

## Several pedants write...

Dear Sir

Re: your photo of the excellent Del Davies on page 9 of your last edition. If Del was running in the Peris Horseshoe, he should not have visited the summit of Moel Hebog!

Although a man of many hidden qualities, an ability to fly is not one of them, and the positions of Moel Siabod and Lliwedd in the background confirm that he is indeed on the summit of Moel Hebog, and at least 5 miles off course - in a race in which according to the official results, he finished third.

Could it be a case of wrong photograph, wrong race and wrong caption?

Yours in jest,  
E.L. Pedantico

Yes, Ed.

Dear Sir

If Del Davies went over Hebog on the Peris, I hope the vets prize was a place on the next FRA Navigation course!

Yours faithfully,  
Richard Wilson

Dear Sir

No doubt it has already been pointed out to you, but if the caption on page 9 was correct then Del looks likely to be the last man home in the Peris Horseshoe Race. In fact I think that this shot by Francis is of Del in last year's Hebog race, if I'm not mistaken. An old but wise head on old but fit legs! If only I had Del's talent....!

Yours 'til the jelly babies run out\*,

Tom Mackie

\* Pedol Peris 1991: Lliwedd - extra energy for the climb up Snowdon.

Dear Sir

Was the February issue of The Fellrunner trying to send a message about the navigational abilities of fellrunners?

Firstly, on page 9 there is a photograph alleging that Del Davies was on Moel Hebog in the Peris Horseshoe race. Now, I've followed Del the wrong way off a hill in the mist on one occasion, but we didn't go that badly astray! I'm trying to imagine his excuse: something like "I came off Snowdon the wrong way and I was going so fast down the hill that I didn't notice Beddgelert flash past before the next climb". By the way, I can confirm that the picture was taken on Moel Hebog; it's not just the rocky terrain, I have got in my photograph album a picture showing almost exactly the same view from the summit - the prominent hill on the right in the background is Moel Siabod.

Secondly, on page 26 an advertisement from Harveys, of all people, suggests that Kentmere is in Western Lakeland and Ennerdale in Eastern Lakeland. Maybe someone is in need of the product advertised alongside by Silva! (By the way, which end of the needle does point west?)

Finally, what have you done to the Black Mountains on page 22? After their show of strength which you report, it seems churlish to relegate them to the status of hills.

Yours faithfully,  
Anthony Kay

*While we're on the subject of errors, my thanks(!) to all the other correspondents who pointed out the caption error. As well as the Del one, the captions were missing on the photographs with the Hugh Symonds profile and should have read:*

*Top: Hugh setting the (still unbeaten) record at the Glossop race 1984.  
Bottom: 2nd at Pikes Peak, 1982.*

*Also, missed by all you eagle eyed writers, Hugh's name was misspelt. He has already received my apologies. -Ed*

## Tough races

Dear Sir

Reading through the latest issue of The Fellrunner I came across a very sad piece headed 'Tough Races'. It follows a number of related articles in the past which have attempted to rank races i.e. find out which is the hardest. All I can say is, "For Heaven's sake, does it matter?!" I don't need anyone to tell me whether a race is tough or not.

A race is as hard as you want to make it. If you put 100% into every race then every race is 'tough' isn't it? You don't need to read how hard a race is; apart from looking at a map, your legs remind you at the time or more often the next day, of your level of fitness.

I do however have one suggestion to make which may improve Roy Heselden's formula. That is to include whether or not toilets are provided, and how many. Surely this is a crucial factor which limits/enhances performance.

So to round up, please, please, please could you not encourage these sad people. There's nothing wrong with the current AL, AM, AS system. If we don't nip this in the bud now people will be writing in suggesting how race 'toughness' can be measured by counting how many times you break wind! Actually that sounds a better measure.

Yours faithfully,  
Geoff Hall

## Life beyond fellrunning

Dear Sir

Having noticed the cheap remark at my expense in the last issue of The Fellrunner I felt it wasn't worthy of a reply. However, the membership ought to know the reasons why I decided to step down from the committee, call it resign if you will, and not be influenced by 'Rumour has it'.

1. I can no longer give the necessary commitment to committee affairs due to changed circumstances outside fellrunning.

2. I have made a conscious decision to no longer compete in fell races. At some time we all have to make the decision as to how much time we are prepared to put into the sport and I feel that the time is right now for me to do other things. It is no good looking back in say 5 years time and regretting not doing something else when the opportunity was there, one could only blame oneself. Basically, there are other things I wish to do more than fellrunning which has taken up so much of my time in the past.

Therefore, the decision to stand down from the committee was obvious; it would not have been fair on you, the members, to have carried on. I would like to give my best wishes to those who are involved with the sport and to wish all the best of luck. Many thanks are due to all the support I have been given in the past from many people and in many ways, from vocal support at races, to moral support when I most needed it, to practical support in getting to races, I have many good memories of the sport and have made many friends, the camaraderie is something special within fellrunning.

Yours in sport,  
Rod Pilbeam

## Three Peaks

Dear Sir

After an interval of some years, during which competitors behaved impeccably, the 1992 Three Peaks Race was slightly marred by the reappearance of an old problem: failure to report a retirement

The reason we require retirement to be reported is twofold: Firstly, it prevents the expense of an unnecessary search and secondly (and this is the important one), the commitment of resources to a search



## Views cont.

for someone who is not lost can seriously impair our ability to go to the assistance of someone who really needs it.

In the present case, the competitor concerned did not in fact fail to report his retirement altogether but he did delay reporting for some considerable period. After retirement at a fairly early stage, he became a spectator, following the race and not reporting until he returned to the finish some hours after the last reported sighting of him by race officials. This raises an important point which, frankly, we had not fully appreciated.

The fact is that competitors being out on the course have little concept of what happens in the 'back office' or of the huge strides organisers have made in recent years to improve efficiency.

The system we adopt is designed to identify overdue runners and their last known location, as quickly as possible. We do not wait for the race to finish; that may be too late. Good radio communications with our summit checkpoints and the use of motor cycle despatch riders from the valley checkpoints enable us to monitor the development of the race, and more particularly, the progress of each individual competitor. The use of the tag system allows race control to determine to within one minute the time each runner passes through a checkpoint.

That in turn means that we can identify possible problems very quickly though how we deal with them can vary. However, when there is a howling gale with a high wind chill factor, as was the case this year, we tend to act first and as questions later and thus, avoiding an unnecessary search requires retiring competitors to report as soon as possible.

This is recognised in FRa rule 7 which requires 'immediate' reporting and this is taken a stage further in the Three Peaks Competition Rules which, appreciating the geographical spread of our race, requires immediate reporting to the nearest checkpoint with a further 'failsafe' reporting at Race Control, together with the handing in of any unused tags and, of course, the numbers.

Doubtless there will be one or two competitors who regard rules like this as an unwarranted interference with their freedom to come and go but those who, like me, have stood in the witness box at a Coroner's Inquest know only too well that this is not the case.

For the vast majority of competitors who recognise the wisdom of the rules and comply with them, I have nothing but gratitude; their assistance in helping us to provide enjoyment rather than tragedy is greatly appreciated.

Yours faithfully,  
*D.A.Croft, Secretary, Three Peaks Association*

## Responses to Mike Cudahy

Dear Sir,

Karrimor claim their mountain marathon is the world's toughest test of mountain

running and navigation skills and I am surprised at Mike Cudahy's criticism that the Elite and A courses were too hard last year. He makes some fair criticisms but other statements are not correct. For example he suggests that if the hour added to the Elite course on day 1 because of problems with permissions 'is deducted from the times it is doubtful if more than 25 teams would have made the camp'. The results show that 16 teams finished and another 13 retired at the camp or on day 2 so that 29 actually reached the camp. With another hour there would probably have been well over 50.

The Elite should be planned for the best runners to have a long day out. The rules state that competitors should be able to finish their course within the winners time plus 50%, and perhaps for the Elite Karrimor should change this to winners time plus 25 - 30%. Mike was over 50% behind the fastest team at BF where he retired this year, he was not within 50% of the winners time in 1990 and only 4 minutes inside it in 1989 so he should have entered a more appropriate course. Come on, Mike, accept your age and beat me on the B or Score instead of trying to compete with the next generation on the Elite and then complaining that it is too hard.

Yours faithfully,  
*Colin G Powell*

Dear Sir

Regarding the letter from Mike Cudahy in the February Fellrunner:

The text contains some valid points which should provide Karrimor with useful feedback, unfortunately these points are somewhat lost in a letter the general tone of which is nothing short of insulting. Certainly the Elite and A classes were too long, the failure rate shows that, but 'hopelessly unrealistic'? I cannot possibly see how the event can be described as a debacle; and as for 'if their products were as badly researched as this years event they would soon be bankrupt'???

My own experience of the event - my partner and I completed the score class - was that it was over very demanding terrain, had plenty of route choice and was very well supervised from start to finish. I spoke to several other competitors who agreed that this years course was hard but, unless I am much mistaken, I recall reading complaints by competitors in The Fellrunner that the 1990 course was not hard enough!

One final point I would like to make is that surely, when writing a letter of this nature, common decency dictates that it is sent directly to the people it is aimed at??

Yours faithfully,  
*Kevin Walker*



Hallamshire Harriers' C. Graham heads past Ribblehead viaduct on the Three Peaks race.  
Photo: Peter Hartley

# Diplomacy wins the day

for now.....

The threat of charges for running over open land owned by North West Water has been lifted for this year due to the diplomatic efforts of FRA Secretary Mike Rose. Adopting the 'softly, softly' approach to negotiations rather than the angry reaction advocated by some commentators, Mike has established relations with NWW (who seemed to be unaware of our existence whilst perfectly happy to charge us) on a reasonably co operative basis. The threat of charges has been lifted *for this year* only and it is important that we keep up the pressure through our elected representatives and by eliciting the opinion of our MPs, local councillors etc. At the same time I would urge us to be careful that we do not prejudice negotiations by making threats. We know that it can be made difficult for NWW to collect their proposed levy and we know the unfairness of charging for recreational use of open land - but the results of our negotiations could set an important precedent for other water companies, the National Parks, the National Trust etc. and should not be prejudiced.

We should be particularly careful that rumours and false information do not find their way into the national press as has happened recently. To my mind, the less the press are told about fellrunning, the better. (The misinformation published after the Three Peaks could have had serious repercussions!) If anyone feels that they have any information that might help in negotiations then please let Mike Rose know, either through The Fellrunner, or direct.

Parts of the correspondence between Mike and NWW are published below; full versions are available to any member who would like them.

North West Water have three documents that relate to access. Full versions of these documents are available from The Recreation and Conservation Manager, NWW, Chadwick House, Warrington Road, Risley, Warrington, WA3 6AE.

## 1. 'Green' portfolio on conservation, access and recreation. Issue No.1. Our commitment to Freedom of Public Access to Open Land. March 1990

This paper sets out NWW's commitment to promote freedom of public access in a manner compatible with reasonable operational, land management and conservation requirements. Freedom of public access is interpreted as the appropriate use of designated public rights of way, concessionary routes, access areas and any other special access arrangements for the pursuit of individual, family or normally non-commercial activities such as walking, rambling, jogging, picnicking, horse riding, cycling, rock climbing, heritage exploration or nature study.

## 2. 'Green' portfolio on conservation, access and recreation. Issue No.3. Our charging policy for recreation. October 1991.

This paper refers to the contents of Green Portfolio 1 and describes their approach towards encouraging the continuation of certain activities free of charge, and for continuing to charge for other recreational facilities on both land and water.

It discusses at some length whether freedom implies free of charge and whether any activity is really free. We hardly need reminding that the costs arising from free public access are met by NWW customers through water service charges.

It reveals that 'direct charges' are best derived from organised events using land, building or water resources (e.g. orienteering, fell races, hunts, rough shoots, rallying.



*The Water Authority provides Howarth Hobble runners with a free sample of their product.  
Photo: Peter Hartley*

canoe marathons on reservoirs, regattas or any group activity requiring organisational involvement and/or attendance of NWW staff.

The objectives for direct charging are stated to be:

1. to obtain a commercial return on those land and water assets considered appropriate for generating income.
2. to recover some of the management costs where a commercial return is not appropriate
3. to use charging as a means towards better management of the estate.

## 3. Conservation, access and recreation Advisory Committee. 20th February 1992. Proposed charges for recreational activities 1992/93.

CARAC considered the above paper at their meeting on 20th February 1992 and recommended the proposed charges. The charges were agreed with NWW for implementation with effect from April 1992.

The charges for Fellrunning and Orienteering are effectively 50p per competitor, (there are various minimum total amounts depending on the status of the event). Arbitrary direct charges are also levied on sub aqua groups and canoeing.

The 23 members of CARAC are representatives of: Standing Conference of Northern Sport and Recreation; Central Council for Physical Recreation; British Sports Association for the Disabled; Sports Council (2 regions); National Farmers Union and Country Landowners Association; 5 Conservation bodies; 2 National Park planning boards; 5 County and District Councils; 3 other public bodies; 2 Tourist boards. The FRA heard of these proposals from the Sports Council on 27th February 1992 and a correspondence ensued: 24th March 1992:

Recreation Activities Charges 1992/3.

I have received a copy of the above paper from Chris Dodds of the Sports Council. The FRA is dismayed to learn of your proposals to require payment where races take place over company land. ... we would

have appreciated some dialogue during the formation of your policy.

During the build up to water privatisation, the FRA and many individual members wrote expressing concern about continuing access... we were given bland assurances that no significant changes of policy were anticipated and that there was nothing to worry about. ... our worst fears are now being realised.

Fell races are not profit making ventures. They are put on ... purely for the benefit of the sport... organisers may ask why they should spend time and energy arranging an event so that NWW can take an easy income without any significant expense or involvement.

There is little doubt that if your proposed charges are implemented some races face extinction ... and they will have been killed off by NWW.

...I am not aware of any race where a landowner has requested payment simply for allowing us to run over open land. We are therefore dismayed with the idea that a privatised water company should now deem it necessary to require a 'commercial return' when your predecessors ... did not seek to benefit financially from our activities.



... it is quite unacceptable to be asked for an arbitrary payment simply to run over rights of way or open country. The FRA requests that the proposed charges for fellrunning be reconsidered, and representatives of the association would be happy to meet you to discuss the matter ... Mike Rose

30th March 1992.

Thank you for your letter ... I am grateful for your considered statement. As you know, matters of access have held a high profile in the run up to privatisation and ever since. That is why NWW has been proactive in removing any ambiguity by issuing two initial policy statements. The first (see above) sought to establish the philosophy, and provide reassurance. The second sets out the parameters and background to a charging policy. I hope that you will agree that the logic which leads to para. 10 has been carefully thought through.

Both these policy documents were considered by CARAC (on which all access and recreation interests are primarily represented through the Sports Council and other sports bodies).

The proposed charges were considered by CARAC at their meeting on 20th February, when it was resolved that NWW should implement the charges, but that the matter should be subsequently reviewed at their meeting in October. The idea is that, on the basis of experience and representations received, the Committee will be able to advise us on the fairness and practicability of the rates charged, in order to establish charges for 1993/94. ...

I therefore welcome your letter as an input to the necessary charges review process and would certainly be pleased to meet you to discuss the matter...

Bill Foster, Recreation and Conservation manager

April 7th 1992

Thank you for your letter ... I am afraid the logic you refer to, which leads to charging for fellrunning, completely escapes me; the reasons appear to be entirely 'commercial' whatever that means.

We have no direct link with any of the bodies represented on your advisory committee; the FRA is a constituent of the British Athletic Federation through their Fell and Hill Running Commission. The composition of your committee is most interesting. I wonder how many of the representatives have ever been to a fell race? My guess is that the majority don't even know what fell running is about, yet they are apparently prepared to endorse charges for fell running without deeming it necessary to consult the very people who will be affected.

Your proposals came out of the blue ... some race organisers have already received notice of intent to charge and, as a consequence, at least one event is now in jeopardy.

...it would be appreciated if charges could be suspended, at least until we have had the opportunity to make our representations.

Mike Rose

*On Thursday 7th May 1992, a meeting took place between NWW and the FRA. The FRA was represented by Selwyn Wright, Pete Browning, Norman Berry and Mike Rose. We met NWW recreation and Conservation Manager, Bill Foster, and his local officers, George Grime, Peter Guy and Phil Luff.*

*We discussed NWW's approach to charging for particular activities and explained our objections. NWW were surprised that Fellrunning was not represented by any of the bodies on their advisory committee (CARAC) and that we had only learned of their policy after it had been confirmed by their board. Because we were not consulted, they agreed to waive the charges for 1992 and advised us to prepare a submission stating our case to be considered by CARAC.*

*The meeting was amicable and I think that we achieved as much as could reasonably be expected at this stage. We shall ask CARAC to reconsider the charging policy for Fellrunning at their meeting in September.*

- Mike Rose.

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# Rossendale celebrate



## Graham Wright, one of Rossendale's founder members, profiles the Lancashire climb



Trevor Birtwistle being chased up Worsaw Hill by Rossendale clubmate and junior Brendan Taylor.  
Photo: Peter Hartley

The formation of an athletics club in the Rossendale valley came to fruition in 1968 thanks to current president Walter Whitaker and local schoolteacher Eddie Roberts. Eddie, a keen fellwalker, runner and climber had transformed his school cross-country team and, together with a group of interested people, began by transporting a small group of local runners to fell races up and down the country. With only a few races to choose from in those days, their first foray into fell running was at the Pendle race which then started in the village of Roughlee and not the present Barley venue. Other races entered by the fledgling unit were the Skiddaw and Fairfield races both of which boasted an entry list of around 30 runners. Two of the original founder members are still competing regularly today, both as veterans; Bobby Ashworth, who has had a long list of successes through the years in all categories of events and Graham Wright who has been responsible for investigating and organising the club's own fell race promotions.

A small club by comparison with its more illustrious neighbours, with an active membership of probably less than 100, there have been several members throughout the years who have made an impact on the fellrunning scene.

Derek Ratcliffe and Pete Irwin have won the Karrimor Mountain marathon five times whilst both runners have been highly successful individually especially in tough A longs. Pete, (also famous for his Guinness drinking) and partnered by Ken Taylor, has won the Haworth Hobble five times plus one partnered by Keswick's Colin Valentine and one with new Rossendale man Andy Schofield. The partnership of Pete and Ken has won the 'King of the Mountains' tag on many occasions in the 3 Peaks Yacht Race and they have held several of the leg records. Ken has also won the KIMM in 1985, paired with Irishman Robin Bryson,

and was placed third in the British Championships (veterans) last year.

Other well known names include Ray Rawlinson, also now a vet, who has had a brilliant career on the fells, mainly specialising in the short events, and his partner in events such as the Calderdale and Rossendale Way relays, Bob Ashworth. This pair are still the ones to beat!

Shaun Livesey's record speaks for itself, highly versatile, succeeding in all types and categories of race, Shaun has made international status on numerous occasions and won countless races. New blood to the club has come in the shape of Andy (Scoffer) Schofield, a prolific fell fanatic who has proven to be a useful and versatile addition, notching up his first victory earlier in the year by beating Andy Trigg at the Wadsworth Trog.

With many of the more established fell runners now in the vets ranks and few youngsters coming through at the moment, leaner years can perhaps be predicted in the near future. No such problems, though, on the ladies side; for many years Rossendale had no lady fell runners whilst at the present time the club has a nucleus of keen ladies competing regularly in races and relays.

Rossendale's most famous son is undoubtedly David Lewis and, although Dave's forays on to the fells are few and far between these days he has competed in fell races in the past, still holding the record for the Hades Hill Race which he set in 1982. Dave still attends the Tuesday and Thursday evening training sessions at Marl Pits sports centre and trains on the fells with the lads.

Whilst many senior runners see the fell as their first home many also turn to the road and cross-country circuits when required and the club has been successful in recent years in cross-country and road relays at national level. The club also boasts an enthusiastic track and field section.



Judith Wood of Rossendale pictured in the 1992 Rossendale race.  
Photo: Steve Bateson



### APPLICATION FOR MEMBERSHIP TO THE FELL RUNNERS ASSOCIATION

The Fell Runners Association was formed on the 4th April 1970, to look after the interests of fellrunning throughout the British Isles.

#### MEMBERSHIP BENEFITS

Three magazines per calendar year, containing race results, reports, photographs, articles etc.

A very competitive calendar listing over 200 events.

Membership runs from January 1st to December 31st.

Anyone joining after October 1st will get 15 months membership.

Club affiliation: one nominated member will receive the above information.

Return to Membership Secretary: P. Bland c/o PETE BLAND SPORTS, 34a Kirkland, Kendal, Cumbria LA9 5AD (Tel: 0539 31012)

Please mark envelopes 'F.R.A.' and enclose remittance as follows:

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# jubilee

Several fell races are now promoted by the club, the most enduring of which is the Rossendale fell race which, although not now following the original route, was held this year for the 23rd time. Previous winners include Colin Robinson, John Calvert, Dave Cannon, Jeff Norman, Ricky Wilde and John Wild. Two short, fast blasts are held annually from the village of Cowpe, near to Rawtenstall. The Sunday morning Cowpe Fair fell race and the Wednesday evening Cowpe Hill race, the latter gaining an A short classification. Also held annually on a Wednesday evening in mid August is the Musberry Heights Race organised by club member Mervyn Keys. The boxing day race at Whinberry Naze is always very popular; described as a festive fell race, fancy dress runners outnumbered 'sensible types' this year whilst Santa on the summit trig is always a welcome sight with his sack of smarties.

The increasing popularity of fell relay type events has spawned the now annual Rossendale Way Relay. Following the same format as the highly successful Calderdale Way relay this years event attracted an entry of 55 teams. Clayton-le-Moors Harriers were the winners this year after the host club had thrown down a challenge for anyone to beat them on home ground!

Other notable members include Paul Sanderson who, having been a member in the formative years, moved to Shropshire where he was the driving force behind the formation of Telford AC and where his fell experience prompted him to organise the Wrekin Fell race and the Stretton Skyline amongst other events. Paul, although not now competing regularly on the fell, is the only runner to have completed all 23 Rossendale races.

Prolific fell photographers Peter Hartley and Steve Bateson are also club members. Whilst Pete's promising fell career was cut short by injury, Steve's passion for photography has overtaken his enthusiasm for competition. Their superb photographs can be seen in *The Felirunner* and other magazines year after year.

Rossendale is a small and friendly club with a mainly local membership. Regular discos, dances and socials are organised whilst club matters are always decided on an informal basis. Runners do their own thing and no-one is ever coerced into doing races or events they don't want to. Likewise, relay teams are put together by consensus and agreement; unlike some of the larger clubs, everyone knows each other, there are no strange names or faces.

Club training nights from our superb base at Marl Pits sports centre in Rawtenstall usually see a large group of runners take to the hills and moors, ideal training country with plenty of open access, footpaths and tracks.

This year we celebrate our silver jubilee as a club with it's roots set firmly in the fell running tradition who can feel proud of the valuable contribution we have made to fellrunning in Lancashire. Here's to the next 25 years.



*Ken Taylor, Paul Mitchell, Pete Irwin and Dave Horsfall lead the 1992 Haworth Hobble up Main St., Howarth.  
Photo: Peter Hartley*



*The photographer photographed: Pete Hartley  
crossing the Red Burn in the 1988 Ben Nevis.  
Photo: Steve Bateson*

## Three Peaks Race

The Three Peaks Race Committee regrets the unauthorised statement which appeared in some press reports, stating that Brent Brindle had been banned for two years from the 3 Peaks Race, because of a breach of safety regulations.

However, the Committee wish to point out that Brent's delay in reporting his retirement caused unnecessary deployment of Mountain rescue Team personnel.

After full consideration of all the circumstances, the committee has decided not to apply a ban, but to advise Brent of the problems caused by his delay in reporting his retirement and request that, in future, he complies with Rule 7 of the FRA Rules for Competition, which requires immediate reporting of retirement from a race.

*\* Advertisement Feature*

## Knackered! Why?

Until recently it has been very difficult to control training effort and there were only simple ways of measuring this i.e. time, distance and number of repetitions - but these measurements do not tell you about the amount of stress your body is suffering. The idea of smart training is to repeatedly place an overload on the body which will eventually mean that this load can be handled with less stress but will also allow recovery to let improvement take place. This can now be achieved with the aid of a **heart rate monitor**. You can use the relationship between your maximum heartrate, work output and resting heart rate to train at the right intensity for your body; this enables you to produce power and speed more efficiently for a given heart rate as you become fitter. By using a controlled heart rate for a given routine, the heart rate will remain the same but the time taken for the exercise will decrease and the recovery heart rate will be lower. Overtraining will be a thing of the past as fatigue produces an elevated heart rate and anybody that has overtrained will have great difficulty reaching normal training heart rate. Avoid this overload! Interested?

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# Jones the Runner

*Francis Uhlman finds a talent in the hillsides...*

Two fell runners ran for Britain at the World Cross country championships in Boston, Massachusetts on March 21st of this year. One, already well known, was Paul Dugdale of Horwich who ran for England at the Keswick World Cup back in '88. The other was 17 year old Colin Jones of Eryri Harriers, the youngest male member of the British team. Running in his first world championship Colin was expected to be the also ran in the British team, the non-counter. Instead he strung together 5 sub 5 minute miles on an ice bound, snow spattered course in sub zero temperatures to finish 31st of 114 starters, only 6 seconds (and five places in a blanket finish) behind the best British junior. Colin's time for the 5 mile course was 24.52, one minute 25 seconds behind the *sixteen* year old Kenyan winner! At the end of the race Colin felt 'fresh'. He enjoyed the race; the conditions were 'just right'. Snow and ice? No sweat.

Ten days later, playing a muckabout, silly game of football with friends, Colin kicked out at an awkwardly spinning ball, twisted sideways and tore a cartilage in his right knee. On April 25th he was operated on at Gwynedd Hospital where micro surgery was used to repair a 'bad' tear. Colin's leg will be in splints for 6 weeks; he won't be running again for 6 months. a few years back he might have kissed goodbye to athletics; instead, with patience, a lot of physiotherapy and a slow return to full strength, Colin will be back in competition next year.

Colin's performance in Boston was largely ignored in the British press apart from a one line comment in Athletics Today which read "Colin Jones ran magnificently". *The Fellrunner* redresses the lack of coverage with an outline here of his young career.

Born in Snowdonia on 8th April 1974, the son of Moi and Hilary and brother of Caroline, Colin speaks Welsh as his first language and attends Bryn yr Efail Comprehensive near his home town of Pontrug, near Caernarfon. He takes his A levels this summer in Computer Studies and History and hopes, as far as a future career is concerned, to study Sports Therapy at Bangor Tech. - which seems like a good idea since he can't even walk at the moment! Personality wise, he's thoughtful, sensitive, gregarious, honest, cheeky and wise beyond his years. He puts his feet where his mouth is. In a most engaging way, he'll tell you exactly how good he is at running and then prove it in performance. He is a compulsive talker, mostly about running, and loves being a part of fell racing where his courage and

commonsense can only be an asset to the sport. If he's not competing, he'll come along and support his father who is a competent veteran runner (who blew his own schoolboy talent away with cigarettes).

Colin turned to running because he couldn't get into his primary school football team. He took revenge on football in a big way (and football has nipped back

His first love, however, is fell racing, he holds most of the junior race records in snowdonia, including the under 16 and under 18 Snowdon records. In the Snowdon race last year, Colin gave Trish Calder a five minute start, threaded his way through 350 odd senior backmarkers and overtook her well before halfway. Since he admires her running, he got a kick out of it, though he insists it wasn't deliberate! In senior fellracing, Colin first showed his real class in a well attended evening race at Llyn y Parc, Betws-y-Coed, where he finished just seconds behind 'King' Colin Donnelly, who had no idea that anyone was within half a mile of his back, he then smashed the race record at Mynydd Mawr by over a minute, finishing 33 seconds ahead of Dafydd Roberts (who placed 8th at the Pen-y-Fan British championship race this year. Later, competing at Ben Screel in his first (and only) British championship event, Colin finished 13th overall, 56 places ahead of the next junior, Matthew Whitfield, who is undoubtedly a rising star in junior fell racing. Colin was less than 2 minutes behind winner Keith Anderson, who was himself 40 seconds ahead of Colin Donnelly in second place.

On the track, Colin Jones' records are not yet notable, mainly because he's hardly done any races. a best of 15.30 in the 5000 metres gives no indication of his time potential, because he's already run 31.01 for 10000 metres on the road. Most of his trackwork has been done in training, not racing, though his intention is to "give it a go" when the time is right and the right race comes along. This may mean that he gives up fell racing altogether for a while after next years World cup in France, at least until he's had a chance to test his track potential.

Colin has never been coached professionally, but his father Moi advises him and supervises a rigorous training schedule which emphasises quality not quantity. He never trains more than 10k because he's not going to race more than 10k for the time being. Nor does he enter races for the sake of racing. For the past three years, each year has been more or less mapped out in advance and no race has been entered without forethought. a rough weekly training schedule reads like this: *Monday*; 50 mile round trip to the nearest track at Colwyn Bay. 400 metre reps against the clock. Starts in the inside lane and moves out a lane for each rep. attempting to maintain same speed. All the track work is speed oriented, all quality work. Every 400 metres rep is timed by his father on the trackside. Gets home totally knackered *Tuesday*; Hill reps with Eryri Harriers in Llanberis. Again, the emphasis is on quality work which he reckons showed up on the course at Boston which was dotted with short sharp bursts of hill climbing. *Wednesday*; Weight training in the gym in Bangor, working on thigh muscles and chest. Colin looks very skinny, but his racing weight is a surprising 9 stone 4 lbs. he looks a lot

at him now). Early success came in Urdd Cymry (Welsh Youth) running events, followed by selection for Welsh Schools in track and cross country. At the age of 15 he won the Welsh Schools Track Performance cup for a 3000 metres win in 8.48, beating a 16 year old record. he also won the Welsh Schools Cross country Crystal Vase. Later that year he ran for Wales at the Mountain racing world Cup in Die, finishing 23rd, improving on that by 3 places at Telfes the following year. Last year at Zermatt he improved his position again to be the highest place Briton, his 12th place putting him six places up on the next 17 year old. he also got a British international place at Susa in 1990.

In December 1990 he won the youth's Cross Country race at the prestigious Durham cross country meeting, leading from start to finish and earning a write-up from the Daily Telegraph which described him as a "heart warming glimpse of the future" and compared him directly with Peter Elliott. That performance brought him to the attention of the British selectors, who picked him to run in his first cross country international in Portugal.

lighter than that. In the month since he tore his cartilage, he's lost 13 lbs in weight, mainly due to leg muscle wastage. *Thursday; Rest. Friday; Rest. Saturday;* Either a race or a 10k burn-out. *Sunday;* Steady short run to clear out lactic acid.

His weekly mileage has never been more than 25 miles, always speed and quality; stamina will come later. He gets annoyed with people who call him naturally talented without appreciating the graft, the commitment and the dedication both of himself and of his family who give him total support. There's no great tradition of athletic excellence in Snowdonia, no training grounds other than the roads and mountains. Those, like Colin, who succeed, like the great Griffiths brothers from Beddgelert, like the promising juniors Richard Jones and Carwyn Williams, like the superb triathlete Dafydd Roberts, do so in spite of, not because of, athletic facilities. As for recognition, public acclaim and 'success' well, you've really got to believe in your own worth in this neck of the woods because, apart from the affection and applause of your friends, the only sound to greet you is the echo of your own feet on the rocks.

Colin has got that kind of self belief. Even if he's not sure about his ability in other areas, he knows that he is a good runner - as far as the rest of us can see, he's dead right!  
*(photo by Moi Jones)*

## Snippets

### Richard Crane : Running the Himalayas

On the occasion of our last AGM, Hugh Symonds made a superb slide show presentation of his 'Mountains of Britain' run and this has encouraged us to make equally adventurous plans for this year.

Through your columns, may I bring to the notice of readers that Richard Crane has agreed to join us on Friday evening, 13th November 1992 at the King's Head Hotel, Thirlspot, nr Keswick, at about 8.00 p.m. and to present his slide show on "Running the Himalayas".

You will be aware that we are not an athletic club, but nevertheless promote the O.S. Lakes Mountain Race and the Fairfield Horseshoe, Skiddaw and Latrigg Junior Races, and in making arrangements for the 'social' side of our AGM, I am sure we have organised something special and of particular interest to fell runners and their friends, all of whom will be most welcome. There will be no charge.

*Edwin Coope, General Secretary  
Lake District Mountain Trial Association.*

## Upstarts

### A look at up and coming runners

*The Fellrunner's roving reporter is, this issue, in Manchester, to catch up with another of the runners who is getting close to winning hut hasn't quite pulled it off yet.*

Second to Andy Peace at Camethy 5 Hills Race; second to Colin Donnelly at Great Hameldon Hill, it's only a matter of time before physiotherapy student **Neil Wilkinson** pulls off his first victory.

23 year old Neil runs for Manchester University where he is currently embarking on his second degree, his first being in mathematics. Despite being asthmatic he has always had an involvement in sport since playing for his school first team at Rugby on both the wing and at full back. Of mixed parentage (Scottish and English) Neil had the misfortune to be born in the South but his gentle Scottish accent shows where his heart really lies. Raised and educated in Scotland he took to track running at the age of 16 and was coached for the next couple of years leading to some notable successes such as a county third (Dumbartonshire) and pbs such as 4.07 for 1500 metres and 2 minutes dead for 800 metres. He trained with some well known Scottish athletes but found that he just did not have the turn of speed required of track running. "I could keep up with them during the winter, but as soon as the spring came, they got faster and I didn't!" he says. "I more enjoyed running on the country where I found that I had some stamina, natural endurance."

It is his natural talent led him to have a go at fellrunning, but not in the UK, preferring to try out the Swiss mountain races at Thyon - Dixence and Sterre - Zinal where the 'runnable' terrain led him to finish in good positions. He then had a go at a couple of Lancashire races, not really shining, and the 1990 Ben Nevis where he was down in the 40s. A serious leg operation put a stop to his running for a while but, on recovery "my running was revitalised and I thought I'd have a go at a Championship event." Neil picked Scree Hill but found the going tougher than he expected and finished in the 50s. "There were just too many people and I was disappointed with my performance; I have some speed - having done a sub 31 for a 10k - but found that I just couldn't use it".

The following month he gained, on more runnable terrain, 22nd place in the British Students Cross Country championships and then, after a twelfth at Thyon, would have won his first British fell race at Winter Hill had it not been for a navigational error near the finish. "I was leading in the last half mile and then followed the wrong flags right near the end, losing 1 - 1/2 minutes" and finishing third to Clayton's Simon Thompson, just 31 seconds adrift.

This performance perhaps belies Neil's dislike of rough ground as much of the Winter Hill race is on open moorland and there is some quite steep climb. Neil was wrongly reported as being a Clayton runner (who also have a Neil Wilkinson) and some confusion arose when it came to



*Neil Wilkinson on the last descent at Carnethy.  
Photo: Brian Covell*

the awarding of the team prize, Horwich eventually being confirmed as the winners.

A notable scalp at Winter Hill was fourth placed Colin Valentine and Neil added to this by beating Jack Maitland at Camethy, along with other well known runners. He found out here that his birth could qualify him to run for Scotland and, indeed, he has been accepted in the team for the Knockdhu Home International in June. He currently has his sights set on the Scottish World Cup qualifier at Dollar Hill.

Neil gained his first British championship points at Coniston where he took 15th place, losing some 10 places on the steep, rough descent. "This is one of my best results," he says "I felt I ran better here than before apart from the descent. You try living in Manchester and training on hills - it's virtually impossible!" "The Camethy result also meant a lot to me, especially beating such a consistently good runner as Jack".

Unusually, Neil trains seven days a week but concentrates on quality rather than quantity. He may well train hard for 3-4 weeks and then take a week off and does give the concession to a race of taking the day before off. A typical week includes a track session (based on a 5000m schedule), a couple of road runs and 3-4 longer runs ranging from 3/4 miles to 7/8. Weekends are devoted to getting on the fell with a race or hill run on Saturday and a long steady run or race on Sunday. His immediate ambition is to get into the World Cup squad for Italy and, of course, to do better in a British Championship Race. "As long as I don't have to navigate," he says "as I keep promising myself that I'll go on the FRA navigation course but have never got around to it!" "My favourite type of race is personified by the Thyon-Dixence, runnable ups and downs and a really hard finish, plenty of room for plenty of effort but no navigational skills required." And as for wins? "I was a member of the winning Isle of Man beer racing team for three years running, beating a field of 40 - 50 teams, but as I had to dye my hair orange for that it's perhaps best to draw a veil over it..."





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# Championship Round

Keith Anderson gave notice of his intention to hang on to his British fellrunning champions hat for another year as he stormed to victory to take maximum points in the two British Championship races at Pen y Fan and Coniston. Third to the summit of Pen y Fan, Anderson, noted for his descending, was able to put over a minute between himself and second placed James Ward of Derby by the finish, smashing his own 2 year old record in the process. Andy Peace is currently lying second with two thirds giving him a total of 56 points. He also won the first Scottish Championship counter at Camethy where the local honours very much went to the Livingstone club with three in the first six.

In the vets contest, Bob Whitfield has also recorded two wins and Ambleside's Mick Hoffe two seconds to leave them clear of the chasing field with the V50 section being led by Don Ashton with a win at Pen y Fan and a second at Coniston. Roger Bell, with a second and a third is lying second.

A double win in the Ladies event as well, with Clare Crofts leading all the way at Pen y Fan to equal the record and then breaking Pauline Stuart's 7 year old record at Coniston. Winners of the lady vets section were Jackie Smith at Pen y Fan and Sue Parkin at Coniston.

The English Championship has seen three races complete, Edale, Coniston and Grisedale and Brian Thompson, with two wins and a 5th at Coniston, currently heads the table. Gary Devine and Wilf Brindle have two high point counters, Grisedale and Edale, and are currently level on 55 points. Although it's early days, it looks like the main contenders in the V40 category are going to be Bob Whitfield and Billy Bland. Each has scored three times with Bob pipping Billy on two of those occasions, at Grisedale (where the winner was Rossendale's Ray Rawlinson) and at Coniston, with Billy reversing the positions in taking first vet (7th overall) at Edale. Bob Whitfield currently has 60 points to Billy Bland's 58.

The English ladies competition is wide open with three different winners at the three counters; Yvette Haigh at Edale, Angela Brand-Barker at Grisedale and Clare Crofts at Coniston.

The first junior counter was marred by the necessity to disqualify the first six after some confusion over the route towards the end. On the grounds that the contest is the best three out of four - so the ones disqualified can still complete the series - and in fairness to the vast majority of the field who completed the correct course, the FRA Committee have decided that the result will stand.

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Gillian Hale of Mandate descending the rough ground below Coniston Old Man.  
Photo: Steve Bateson



## Record runs at Coniston

Keith Anderson, the British fellrunning champion, gave a clear demonstration of his current superiority over his rivals in the Coniston fell race. The Ambleside AC man covered the eight and three quarter mile course in 1 hour 5 minutes and 22 seconds to break Kenny Stuart's 1985 record by 24 seconds.

Noted as a descender rather than a climber, Keith took a 10 yard lead before the top of Wetherlam, steadily increased it over Swirl Howe and Coniston Old Man before a lightning descent left Ian Holmes (1.09.08) and Andy Peace (1.09.17), both of Bingley Harriers, nearly 4 minutes in his wake.

Ambleside were pipped for the team prize by Bingley. However, with Mark Rigby and Martin Bagness unavailable through holidays and illness respectively, Ambleside are hopeful of reversing the result in the next British title race at Dollar, near Stirling, this June.

Claire Crofts of Dark Peak won the ladies race in an outstanding time of 1.24.49 with Kendal's Sue Parkin second in 1.26.46. Claire's was also a record breaking run, lopping almost 2 minutes off Pauline Stuart's 1985 mark.

The junior race, which had a record field, is reported on in Junior News on page 4.

- Nick Matthews

## English Champs in brief

### Edale 29.3.92

For the first time the Edale Skyline was made a pre-entry race and numbers limited to 300. Ultimately this was seen as the right decision which eased pressure on the administration and disruption to the village.

From the start mid-morning the weather deteriorated and for two hours the runners battled against high winds and heavy rain. Needless to say there was a high ratio of non-finishers.

As can be seen from the results this was a very close tussle with a sprint finish, only three seconds separating first and second.

*F. Galbraith.*

### Grisedale 25.4.92

Brian Thompson won his second English Championship Race, leading at the summit and finishing comfortably ahead of a fast descending Wilf Brindle. Angela Brand Barker, now running for Keswick, was determined to keep her course record and held off veteran Jackie Smith. This year there were prizes for the first veterans and ladies teams won respectively by Cumberland Fell Runners and Keswick AC.

*Pete Skelton*



*Nat Whitfield powers up Mouldry Bank in the U12 section of the Coniston junior race.*  
Photo: Steve Bateson

## Welsh Championship

The 1992 Welsh Championship has had to be changed from what was originally published in the 1992 calendar. Planning ahead is very difficult when the critical date of the World Cup is unknown; neither does it help that the British Championship has also changed from what was originally published.

The Three Feathers Race is replaced by Ras Berwyn on Saturday June 27th, and Moel Hebog is replaced by the Snowdon race. Apologies are extended unreservedly to all concerned.

In order to try and prevent a similar situation arising next year the Welsh Committee has decided not to select its Championship races until the World Cup date is announced and the 1993 British Calendar published. The list of races will be printed in the first edition of The Fellrunner in 1993.

## Duddon Valley; May 31st; Ashton is English Champion

In winning the four opening English counters in the vet 50s category, Don Ashton has become, at this early stage in the season, the English o/50 Champion; probably the earliest that anyone has ever been in an unbeatable position. The Duddon race itself was won by Gavin Bland who, with Jonathon Bland and Billy Bland (all from the Blanderdale, oops, Borrowdale, club) took three out of the first four places. Ian Holmes, just 8 seconds behind Gavin's 2.44 for the tough 20 miler spoilt their clean sweep in second place. Borrowdale took the Team prize.

First lady Yvette Haigh followed up her fine win at Edale and second at Pen y Fan to mount a strong challenge for the English title in a time of 3.20 with Jackie Reid of Cumberland Fellrunners in second place, first vet, of course, Billy Bland; 1st vet 50, new English Champion Don Ashton.

## Pen y Fan

This was the week when the forecasters got it wrong. The weather on race day should have been wet and windy; it was warm and sunny. The nightmare scenario of competitors getting lost and their cars sinking into a quagmire of a car park did not arise. Apart from not getting the results distributed quickly, an impossibility in a location as remote as this, the organisation appeared to go without a hitch.

One of the main reasons for the inclusion of this race in the British Championship is the quality of the course: no road, a long unrelenting climb with plenty of opportunity for overtaking, a thunderously steep but grassy and safe descent. Although a somewhat inaccessible venue the course can cope with the large numbers that often attend such events.

The ladies started fifteen minutes earlier than the men. It had been reported that some of the female championship contenders would like the opportunity of racing amongst themselves, rather than being overwhelmed by the sheer quantity of men in a mixed race. In the event twenty one competitors started and it was Clare Crofts who gradually pulled away from Yvette Haigh and the rest of the field on the ascent of Pen Y Fan. At the summit there was some hesitancy and a video reveals some interesting route choices. Alice Bedwell, a member of the host club M.D.C., seventh at the top was able to show some of the others the optimum line of descent, and pull herself into third place at the finish. However, with nearly a two minute lead at the turn, Clare was not to be caught, and her finishing time equalled Tricia Calders record set in 1990. I think with a few men for company on the way down, Clare would have broken the record?

First to the summit in the mens race was a new name, James Ward, just ahead of Andy Peace. However, Keith Anderson was only thirty seconds adrift and was able to power his way down the mountain, overtaking and putting over a minute between himself and Ward and Peace. In the process he smashed the course record by just over a minute, with Ward also being inside it and Peace equalling it.

The drought condition prevailing in the Southern half of Britain throughout the winter was probably a contributory factor in the fast climbing times. However, the descent times were slow in comparison and sadly this may well be due to erosion on this much visited highest summit in South Wales.

*J. Gibbon*



*Don Ashton, here seen at Pendle Half Tour, is confirmed as English v50 champion at Duddon.*  
Photo: Peter Hartley

# Junior News



Leeds U14 Adam Burnett climbs Mouldry Bank with many juniors in his wake. He finished 4th in his class.  
Photo: Steve Bateson.

## Good and bad news

The good news about the first junior championship race at Coniston was that it attracted one of the biggest fields for a junior race that I have ever seen with 61 starters, boys and girls, in all age categories from u/12 to 18. The bad news is that a mistake near the finish by the leading group led to the first half dozen being disqualified and the championship status of the race put in question. The race was confirmed as a Championship event by the FRA Committee (see Championship Round up). Organiser Nick Matthews noted "This is the largest Junior entry at Coniston (especially girls). I must apologise and commiserate with those who think they were 'hard done by'. Compromise is never satisfactory to everybody." As the confusion appeared to arise from the failure to follow course markings, Nick is "putting forward for greater standardisation of course marking for junior and senior events." "Fell running is not like cross country or track; responsibility for direction finding, local knowledge and navigational skills are part of the sport."

The leading group were all in the u/18-18 class and so other class winners were not affected by the mix up. For the record they were: *u/14, 20.27, Anthony Turner, Buxton; u/16, Andrew Williams, 20.30, Audenshaw; u/12, Stephen Savage, 22.32, Ambleside; Girls uH2, Lindsey Brindle, 27.05, Horwich; u/14, Helen Matthews, 27.55, Horwich; u/16 Joanne Coon, 30.44, Bathgate. Leading u/18s were William Styan, 20.04, Holmfirth; Robert Hope, 20.24, Horwich and Robert Jebb, 20.30, Bingley. Neil Wilkinson was the first inter, running the main race.*

Hopefully, the mix up will not discourage juniors from competing; the new formula certainly attracted them to Coniston! Maybe other race organisers will be encouraged to hold junior races if there is such a demand. The next junior championship race is Five Cloughs on June 30th.

## Wilf Paish

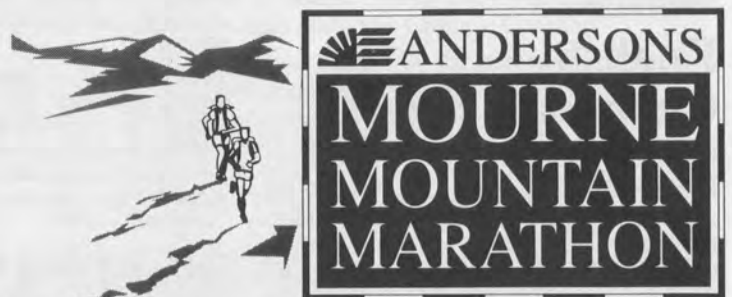
A couple of dozen hardy souls braved the exposed track of Carnegie College in Leeds to be put through their paces by former national coach Wilf Paish. Having been coach to Peter Elliot and currently coaching both League Champions Leeds United and not very League Champions Yorkshire CCC, Wilf comes with impeccable credentials. He first gave a talk on the essential attributes to work on at any sport : speed, stamina, strength and skill and outlined how no one ever reached the top without dedication. No-one to train with? Train on your own. No time? Make time. No talent? We all have talent somewhere. He pointed out to the youngsters that they might well get mocked by their peers for being dedicated but had to put up with that and gain their enjoyment through doing well at their chosen sport. He is currently training a group which, he says, "includes three medal possibilities for the next but one Olympic games." They should not be drawn into bad habits - and these include not just the obvious like smoking and drinking, but the more insidious like staying up late and eating the wrong diet. The general message is 'all things in moderation'; fish and chips is fine; but only once a week!

Wilf then took the boys and girls out on to the track to do some stretching exercises which were both difficult and enjoyable. Most of them required a partner and in this way Wilf got the juniors to work together. A track session followed, doing an 'up and down the clock'. This entails running 100m, 120m, 140m, 160m, 180m and 200m consecutively with times based on the first 100m. Whatever that time is, you have three seconds in which to do the extra 20m. You then come 'back down' from 200m to 100m. Not as easy as it sounds - try it for some speed training sometime!

Wilf finished off with a 16mm film (no videos when this was made) showing the technique and training of some of the great runners of the past (including a thin Brendan Foster and a David Bedford with hair down to his shoulders.)

The day was rounded off with a hill session run by Andy Trigg and Wilf on the hill at Carnegie used by many top athletes to improve their strength. All in all, a good day.

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# Calendar Update

Below are included additional races and alterations to race dates or details.

All the information below is listed in chronological order according to when the races will **NOW** be held.

SAT. JUNE 20. MDOC LONG-DISTANCE FOOTPATH RELAY. U (Unclassifiable). 9.30 a.m. 69m/13,000' from Lyme Park, Disley, near Stockport. £20 per full team (20 legs): £12 per half team (10 legs). NS/LK. Unbelievably complicated handicapping system for juniors, ladies and vets. Details: M. Greenwood, 6 Hollins Road, Macclesfield, Cheshire, SK11 7EA. Tel: (0625) 613411.

SAT. JUNE 27. ELDWICK FELL RACE. CS. 3 p.m. 3m/500 ft from Eldwick Memorial Hall, Bingley. Details: P. Jebb, 1 Grange Road, Eldwick, Bingley BD16 3DH. Tel: (0274) 563386.

MON. JULY 6. HATHERSAGE GALA FELL RACE. BS. 7.30 p.m. from Seal Field, School Lane, Hathersage. £1.50 on day only. PM. over 16. Junior race on Saturday 4th July at 3.00 p.m. Records: 16.38 M. Wilson 1988; f. 21.12 S. King 1988. Details: B. Griffiths, 7 Dale Crescent, Hathersage, Sheffield S30 1AP. Tel: (0433) 50560.

WED. JULY 8. FELLSIDE FELL RACE. N. 7.15 p.m. 7m/1900' from Fellside Village, near Caldbeck. £1.50 on day only. NS/LK/ER. Over 18. Records: 51.43 J. Bulman 1991; f. 59.26 A. Curtis 1990. Details: S. Lewsley, 2 Holme Eden Farm Cottages, Warwick Bridge, Carlisle CA4 8RQ. Tel: (0228) 562170.

WED. JULY 22. MELBREAK TWO TOPS. Please note that this race will now be held on this date and NOT on the 15th July.

SAT. AUG 1. CRAIG DHU HILL RACE. AS. 3.15 p.m. 2.85m/1,223' from ?. £1 on day only. PM. Over 16. Details: M. Geddes, Inistrynich, Newtonmore, Invernesshire, PH20 1AR. Tel: (0540) 673228.

SUN. AUGUST 23. RAS Y CNICTH will now take place on this date not August 30th.

SUN. SEPT. 13. Y ORKSHIREMAN OFF-ROAD MARATHON. N. 8.00 a.m. 26m/??' from Haworth Community Centre, Butt Lane, Haworth. £10 per team of two to organiser. PM/NS. Over 16. Records: 3.58.40 D. Quinlan/A. Rushworth 1991; f. 5.19.55 M. Green/R. Whitehead 1991. Details: C. Crane, 38 Denholme Lane, Oxenhope, Keighley, W. Yorkshire, BD22 9SJ. Tel: (0535) 643777.

SUN. SEPT. 27. THE WHERNSIDE. BM. 10.45 a.m. 13.5m/2150' from Dent Village. £3 on day only. Teams (4) free. LK/NS. Over 18. Also junior race: 13-17 years; 2.5m/1000" £1. Also cross-country race for U9/U11/U13. Details: C. Gardner, Stone House, Cowgill, Dent, Sedbergh, LA10 5RL. Tel: (05875) 380.

SAT. OCT. 3. LLOYNEY LIMP. AM. 11.00 a.m. 12.4m/3176 from the Lloyney Inn, 4m NW of Knighton on the B4355 (GR: SO 245759). £2 to organiser by 26th September or £2.50 on the day. Teams free. PM/NS/LK/ER. Over 18. Details: G. Davies, Sunny Side, Knucklas, Knighton, Powys, LD7 1PR. Tel: (0547) 520363.

SAT/SUN. OCT. 24/25. KARRIMOR INTERNATIONAL MOUNTAIN MARATHON. O. Two-day event for teams of two in six classes - E, A, B, C, SI, S2. Entries vetted and strictly limited. Venue to be communicated to competitors shortly before the event date. SAE for entry form to Mrs. J. Longbottom, Karrimor International Ltd., Clayton Park, Petre Road, Clayton-le-Moors, Accrington, Lancashire, BB5 5JP. Tel: (0254) 39853.

THE MOFFAT CHASE has 3000' of climb; not 300' as printed in the calendar.

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| <i>Sporting Image, Horbury (0924) 262444</i>                   | <i>Foothold, Glasgow (041) 2481013</i>               |
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# Results & Reports

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Brian Horsley of Calder Valley drops off Whiteless Pike, Buttermere Sailbeck 1992.

Photo: Steve Bateson

Sylvia Watson powers down Knowl Hill,  
Rossendale 1992.

Photo: Peter Hartley



## GUISBOROUGH WOODS RACE

Cleveland

BS/5.75m/1000ft 27.12.91

### REPORT

In excellent conditions the going was fast, all fallen trees had been cleared this year so steeplechasing skills did not come into play. In the senior race Marco Cara led from Steven Hale at the end of the first lap. On the second lap Steve passed Marco on the quarry climb and these two moved away from the rest of the field as Marco gave chase but the gap at the finish remained virtually the same as that established on lap two. At the end these two were almost two minutes ahead of the field.

In the womens race Carol Greenwood (Haigh) established another course record in this area, running away from a quality field to record 41.48, which takes minutes off the old record. She was nevertheless chased very hard by a much improved Alice Bedwell.

Jon Williams came back to some excellent form to win the veterans race, whilst his orienteering colleague Dave Noble, finally moved away from Brian Hood on the last lap to win the Super Veterans title.

Look out for a ten miler on Boxing Day next year.

### RESULTS

1. S.Hale	Perth	35.17
2. M.Cara	Mand	36.26
3. G.Webb	CaldV	37.20
4. P.McHugh	N/Marske	38.13
5. C.Wright	Mand	38.21
6. J.Williams V	Mand	38.32
7. F.Smith	Salt	38.47
8. K.Wood	Salt	39.09
9. S.Kelly	M&C	39.31
10. D.Rose	P'lee	39.52

### VETERANS 0/40

1. J. Williams	Mand	38.32
2. C.Todd	Harr	40.48
3. J.O'Kane	Shiid	41.23
4. R.Bunch	NewAyc	41.54
5. K.Wilson	Mand	42.05

### VETERANS 0/50

1. D.Noble	CLOK	47.09
2. B.Hood	Mand	47.25
3. R.Stevenson	Mand	50.07

### LADIES

1. C.Greenwood	Cald	41.48
2. A.Bedwell	MynCwm	43.45
3. G.Hale	Mand	45.37

### BOYS U/18

1. P.Guy	NewAyc	13.01
2. P.Weal	Mand	13.40
3. B.Ward	Mand	17.50
4. P. Ward	Mand	19.03

### BOYS U/16

1. S.Galley	Wigg	15.33
-------------	------	-------

### BOYS U/14

1. M.Crawford	P'lee	14.45
2. A.Gallery	Wigg	15.33
3. M.Garratt	Mand	15.34

### GIRLS

1. H.Gladders	Mand	18.40
2. P. Ward	Mand	23.45

## AONACH MOR GONDOLA

HILL RACE

Highland

AS/2m/2000ft 1.1.92

### REPORT

This race seems to have a curse on it! Perhaps the idea of having a hill race on New Year's Day was not such a good one after all. Last year Glencoe was blocked by a landslide and no-one could reach Fort William from the South. This did not really matter as the race had to be cancelled because of gale force winds meant that the gondolas forming the link between sea level and the Hill Top Restaurant of the Nevis Range Ski development were not operating. This year, all seemed well before the start. There were gales the night before but on the morning of the race this all abated and the gondolas were working. Perhaps it should be explained that the importance of the gondolas is that the race is an up hill one only, and the runners run from the bottom gondola up some 2000 ft or so to the restaurant at the top gondola station. While they are doing this the Race Organiser/Time Keeper has to get to the top before them. In the absence of a helicopter, a gondola is the only way! This year, no sooner had the race started, when the emergency braking system came into operation. By the time the Chief Engineer was summoned and the gondolas restarted, virtually all of the runners had made it to the top. We managed to get timekeeping of a fashion, courtesy of the helpful ladies from the restaurant who braved the disgusting weather to stand outside to note the runners times. Unfortunately, for the first six runners they had a watch without a second hand! Therefore, although it is believed that the joint winners established a new record the organisers would prefer not to be questioned too closely about this!

Although runners from all over the country travelled up for the race including well known hill runner Andy Dytch from Clydesdale Harriers masquerading as a member of the revilingly named, Roshven Cream Team, the race was won by local rivals "Big" Phil Hughes, and "Wee" John Brooks.

Third was John Maitland, and his Dad - John Maitland Snr, was first Super veteran. Fourth was Andy Dytch. First veteran, in 13th place, was Billy Brooks Snr (father of John). The youngest running member of the family, Billy Jnr, was second senior boy in 11th place. First senior boy was Steven Cameron from Invergarry, a member of Lochaber Athletic Club.

As the first three runners were from Lochaber Athletic Club the team prize went to Lochaber.

First lady was Jean Smith from Greenock Glenpark Harriers who before the race was dubious about starting as she had had an (over) enjoyable New Year! Entering was well worthwhile for her as she won a half bottle of whiskey. Second lady and first lady veteran was Shirley Clarke from Highland Hillrunners.

This is a unique race as all the competitors get a hot toddy at the finish, courtesy of one of the sponsors, Augustus Barnett. They also got a free bowl of soup courtesy of the organisers, followed by a free hurl back down the hill in a gondola courtesy of Nevis Range. This appears to be a good formula for a race on New Years Day as there was a record entry this year.

Oh, and the roads were not blocked until after the race! The next day, 2nd January, roads to the north were blocked by landslides and at Fort William flooding beside the distillery made the road impassable!

*Sandy Hastings*

### RESULTS

1. P.Hughes	Loch	24.00
1. J.Brooks	Loch	24.00
3. J.Maitland	Loch	25.00
4. A.Dytch	Clyde	27.00
5. G.Brooks	Loch	27.30
6. S.McLoone	G'nock Glen	28.00
7. A.MacKenzie	RCT	28.20
8. M.Powell	LdsUni	28.34
9. S.Cameron	Loch	28.41
10. R.Campbell	Loch	28.51

### VETERANS 0/40

1. B.Brooks Snr	Loch	30.06
2. R.Cant	Loch	30.59
3. T.Ross	Fife	31.13

### VETERANS 0/50

1. J.Maitland	Loch	30.10
2. C.Chrysal	Loch	32.07
3. E.Campbell	Loch	43.03

### LADIES

1. J.Smith	G'nock Glen	34.21
2. S.Clarke V	H'land Hill	37.13
3. K.Darke	LdsUni	39.04

## CAPTAIN COOK NEW YEARS DAY RUN Cleveland

CS/5.5m/750ft 1.1.92

### REPORT

A record entry of 186 took part. The day was ideal for the race, a fairly strong wind on the runners' backs for the ascent.

Mike Chorlton appeared after a months lay off due to injury, to put in a good performance. M.Philipson won the junior event on his first attempt.

*S.Stevenson*

### RESULTS

1. M.Cara	30.04
2. M.Chorlton	30.39
3. C.McBumly	31.10
4. D.Pearson	31.36
5. M.Pickering	31.45
6. P.Buckby	31.55
7. B.Firth	32.24
8. T.Livingston	32.43
9. D.Leaf	32.57
10. G.Chapman	33.04

### VETERAN 0/40

1. B.Firth	32.24
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### LADY

1. S.Wright	37.31
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### LADY 0/35

1. J.Nicholson	42.01
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### JUNIOR MALE

1. M.Philipson	33.19
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### JUNIOR LADY

1. J.Smith	39.53
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## NINE STANDARDS RACE

Cumbria

CM/8m/1800ft 1.1.92

### REPORT

Very British conditions suited a man who apparently does most of his training in France, for this annual New Years Day race from Kirkby Stephen. Strong winds accompanied runners over a course consisting of road, track and a peaty fell top. Peter Holdsworth, on home leave from his Lyon workbase, had managed to get sufficiently far ahead of the hundred strong field, along the road and track to be able to lose his chasers when navigation or familiarity with the course became useful later on. Many good names were amongst those who went astray in the mist on the final mile to the Standards. Dave Richardson kept on course and was surprised to find only one runner had finished ahead of him, albeit four minutes earlier.

Runners may have welcomed the strong wind initially when it assisted their climb to the Standards, however many were almost reduced to a standstill when they turned for home. One who certainly was not complaining was Peter Holdsworth who set a new record.

*A.Richardson*

### RESULTS

1. P.Holdsworth	Lyon	55.17
2. D.Richardson	Kend	59.42
3. C.Gittrow-shaw	Clay	60.19
4. L.Ci'anson	Kesw	60.29
5. B.Crewdson V	Black	60.33
6. G.Newsam V	Clay	61.02
7. D. Ashton V	Black	61.10
8. J.McIntosh	Bury	61.26
9. A. Life	Clay	61.37
10. R. Allen	Unatt	62.23

### VETERANS 0/40

1. B.Crewdson	Black	60.33
2. G.Newsam	Clay	61.02
3. L.Stephenson	Kend	63.06
4. L.Shaw	Black	63.17
5. J.Humble	Tyne	63.48

### VETERANS 0/45

1. Y.Tridimas	Unatt	65.10
2. T.Walker	Amble	65.55
3. D.Munroe	Clay	67.26

### VETERANS 0/50

1. D. Ashton	Black	61.10
2. A.Evans	Amble	63.29
3. C.Brown	Mercia	64.06

### VETERANS 0/55

1. J.Shepherd	Unatt	67.16
2. P.Duffy	Aber	67.39
3. R.Bray	B&F	70.17

### LADIES

1. A.Bedwell	MynCym	65.25
2. A.George	Mercia	68.47
3. W.Dodds V	Clay	70.52
4. S.Rowell	Lds City	71.32
5. L.Warin	Skip	78.29
6. S.Richardson V	Kend	79.56
7. R.Dunk V	Kend	86.51

## EIGHTH ANNUAL TRIGS

POINT RACE

Staffordshire

CM/15m/1 500ft 4.1.92

### REPORT

There was a rush of entries during the last week this year which produced one of the largest fields to date. It was a quality field with the overall winner coming from anyone of ten people. The veterans and ladies also was to be equally exciting. The weather was good, no rain and mild. Where is the snow I keep promising?

In the race, six people broke away with Jonathan Taylor, Dave Troman, Paul Cadman, Dave Neill, Steve Palmer and Nick Pugh. Close behind was Dave Miller and Mike Hartley. At Moors Gorse they had pulled away.

In the ladies race, Carol Greenwood had already a big lead with Elaine Statham, Andrea George and Alice Bedwell chasing hard behind and now having their own battle.

Dave Troman pushed hard to Castle Rind and by Brereton Spurs only Jonathan Taylor was with him. By the time they entered the last Trig point it was a sprint, and Jonathan Taylor just won with last year's winner producing his fastest ever time.

In the ladies race Carol Greenwood produced a fine run to take the ladies record, with Elaine Statham second and Andrea George third.

*Richard Day*



**RESULTS**

1. J.Taylor	Holm	1.27.33
2. D.Troman	Merc	1.27.45
3. N.Pugh	G.O.	1.28.07
4. S.Palmer	Unatt	1.28.46
5. D.Neill	StaffM	1.28.56
6. P.Cadman	Merc	1.31.57
7. D.Miller	Merc	1.34.04
8. M.Hartley	Macc	1.34.37
9. K.Jellyman	R&D	1.37.09
10. P.Gebbett	Nott	1.37.34

**VETERANS 0/40**

1. J.Marsh	T Hendre	1.43.37
2. M.Wittering	H'cote	1.43.51
3. R.Hyman	Merc	1.44.10
4. P.Cheek	Macc	1.44.34
5. M.Bradbury	Staff	1.44.46

**VETERANS 0/50**

1. J.Greatholder	C&S	1.40.18
2. C.Brown	Merc	1.47.22
3. E.Knight	Merc	1.49.06
4. B.Morris	WrexOC	1.50.01
5. A.Ireland	E'wash V	1.50.33

**LADIES**

1. C.Greenwood	CaldV	1.42.28
2. E.Statham V	Stoke	1.50.11
3. A.George	Merc	1.50.48
4. A.Bedwell	MDC	1.51.51
5. W.Dodds	Unatt	1.59.52

**CARRAGHYN**

**Isle of Man**

AS/2m/1 100ft 4.1.92

**REPORT**

Perfect weather conditions were enjoyed for the opening round of the Manx Fell League. The course is straight forward enough, one mile and 1100ft up and tire same back down.

Tony Rowley showed he means business in this year's championship by recording an emphatic victory over Keith Callister, who was going for his fourth consecutive win in this event. Fell runner turned Mountain Jaker - Tony Varley, showed he could still handle the Mills with a fine third place, fifty seconds clear of top veteran David Young who broke the course record for the 0/40s by some ten seconds.

*Richie Stevenson*

**RESULTS**

1. T.Rowley	MFR	17.55
2. K.Callister	ManxH	18.42
3. T. Varley	MFR	18.53
4. D. Young V	MFR	19.43
5. J.Crellin	ManxH	19.45
6. D.Bawden	MFR	20.30
7. P.Kenny	MFR	20.47
8. D.Maddrell	MFR	20.50
9= R.Stevenson	MFR	20.53
9= S.Temple	MFR	20.53

**VETERANS 0/40**

1. D.Young	MFR	19.43
2. P.Corlett	ManxH	21.21
3. S.Hall	ManxH	21.59
4. J.Wright	MFR	22.32
5. G.Hull	MFR	22.47

**BOULSWORTH HILL RACE**

**Lancashire**

BM/6.5m/1200ft 11.1.92

**REPORT**

A perfect day on Friday, with views as far as the Lakeland fells, meant that flags were probably a little too widely spaced.

This caused a few problems for the leaders in the twenty yard visibility hill fog, that rolled in just before the race was due to start. This did not prevent Shaun Livesey knocking well over a minute off the record. How much more could have been knocked off in good visibility, I wonder?

The ladies record was also broken with Sarah Rowell reducing Carol Greenwood's old mark by over three minutes.

For the first time a junior race was held with R. Ashdown of Keighley being the first of the fourteen starters to finish.

The large entry of 348 (over 100 up on last year), could result in next years' race being a pre-entry race. There just is not enough parking for that many cars. Keep your eye on next years fixture list for further details.

**RESULTS**

1. S.Livesey	Ross	46.14
2. A.Trigg	Gloss	46.24
3. C.Valentine	Kesw	46.46
4. I.Ferguson	Bing	47.26
5. W.Ramsbottom	P&B	47.47
6. P.Sheard	P&B	47.53
7. G.Webb	CaldV	47.56

8. C.Lyon	Horw	48.10
9. G.Devine	P&B	48.33
10. A.Maloney	Roch	48.54

**VETERANS 0/40**

1. K.Taylor	Ross	50.44
2. J.Holt	Clay	51.23
3. P.Lyons	Bury	51.39
4. K.Carr	Clay	53.21
5. J.Nixon	AchRat	53.33

**VETERANS 0/50**

1. R.Bell	Amble	53.23
2. D.Ashton	Black	54.08
3. T. McDonald	Bing	56.46
4. R.Jaques	Clay	59.54
5. R.Dewhurst	Clay	1.00.44

**VETERANS 0/60**

1. D.Clutterbuck	Roch	1.06.30
2. E.Frost	Clay	1.15.10
3. J.Burrows	Clay	1.20.07

**LADIES**

1. S.Rowell	Leeds	52.14
2. C.Greenwood	Cald	55.35
3. J.Teague V	Bing	1.00.16
4. L.Lord V	Clay	1.02.04
5. W.Dodds V	Clay	1.02.09
6. A.Lee	Clay	1.02.30
7. L.Bostock V	Clay	1.03.22
8. D.Gowans	Acc	1.04.12

**INTERMEDIATES**

1. P.Boyd	Black	51.17
2. R.Skelton	CaldV	53.53
3. B.Elsworth	Kgly	56.42
4. C.Ashton	Black	59.32
5. T.Hird F	Kgly	1.05.37

**JUNIORS**

1. R.Ashdown	Kgly	21.04
2. I.Wilcock	Kgly	22.12
3. A.Bumett	Leeds	22.45

**STANBURY FELL RACE**

**Yorkshire**

BM/7m/1200ft 25.1.92

**REPORT**

Steve Hawkins, younger brother of International, Mick, carried the Bingley colours to victory in this event which drew over 400 runners. The 24 year old dry stone waller was shadowed throughout the return leg by Andy Trigg, who was never more than a pace behind.

On a course frozen hard most of the leading runners opted for road shoes except the first two, and from the start a large quality group held ranks until four broke away at Ponden Beck. Steve and Andy gradually built up a useful lead and had a sprint finish to the line, but in spite of the close competition the course record, held by Colin Donnelly, remained intact

Carol Greenwood won the womens title for the fourth time and in the process annihilated the record by more than a minute and a half.

**RESULTS**

1. S.Hawkins	Bing	45.16
2. A.Trigg	Gloss	45.17
3. W.Brindle	Horw	45.52
4. C.Valentine	Kesw	45.57
5. M.Bell	Horw	45.59
6. I.Ferguson	Bing	46.12
7. S.Livsey	Ross	46.21
8. A.Schofield	Ross	46.26
9. T.Byrne	Bristol	46.27
10. W.Ramsbottom	P&B	46.30
11. M.Roscoe	Leeds	46.36
12. G.Devine	P&B	46.58
13. R.Ashworth V	Ross	47.00
14. M.Lee	Bolt	47.12
15. G. Wilkinson	Clay	47.20

**VETERANS 0/40**

1. T.Hesketh	Horw	49.17
2. J.Holt	Clay	49.39
3. J.Hope	AchRat	50.27
4. G.Newsam	Clay	51.45
5. A.Judd	F'dale	52.02

**VETERANS 0/45**

1. P.Lyons	Bury	50.31
2. K.Carr	Clay	51.22
3. G.Howard	nk	53.33

**VETERANS 0/50**

1. B.Toogood	DkPk	50.26
2. D.Ashton	Black	52.04
3. I.Noot	EPOC	55.43
4. B.Wilson	DkPk	56.15
5. R.Jaques	Clay	56.53

**VETERANS 0/60**

1. B.Fielding	F'dale	60.28
2. D.Clutterbuck	Roch	63.09
3. R. Appleby	Bing	75.06

**LADIES**

1. C.Greenwood	Cald	54.08
2. J.Kenyon	Horw	56.29
3. K.Drake	Spem	57.50
4. L.Bostock V	Clay	59.40
5. A.Lee	Clay	59.42
6. W.Dodds V	Clay	59.52
7. L.Lord V	Clay	60.04
8. T.Sioan	Belle	60.49
9. M.Leven V	NEVets	61.31
10. A.Isdale	Bing	61.59

**LADY VETERANS 0/35**

1. L.Bostock	Clay	59.40
2. M.Leven	NEVets	61.31
3. K.Thompson	Clay	62.09

**LADY VETERANS 0/40**

1. W.Dodds	Clay	59.52
2. L.Lord	Clay	60.04
3. I.Rawlinson	Clay	62.26

**CREG NY BAA**

**Isle of Man**

AM/10m/2700ft 2.2.92

**REPORT**

London bom Tony Rowley repeated his recent Carraghyn win, when he appeared out of the gloom to claim success in the Creg Ny Baa race.

In windy and misty conditions, nineteen competitors set off on this ten mile course, with Rowley soon splitting the field. After Snaefell, only Tony Varley, and last year's winner Keith Callister could hold the Douglas brickie, and they too were left to fight out second place by Carraghyn.

Rowley eventually crossed the finish line back at Windy Comer, with a near two and a half minute advantage from Varley, who had got the better of Callister on the final climb.

David Young again won the veteran class in record breaking time in a fine fourth place.

Thanks to the officials for braving some very nasty weather conditions at the finish, at the aptly named 'Windy Comer'.

*Richie Stevenson*

**RESULTS**

1. T.Rowley	MFR	1.16.37
2. T. Varley	MFR	1.19.01
3. K.Callister	ManxH	1.21.53
4. D. Young V	MFR	1.23.07
5. R.Stevenson	MFR	1.27.14
6. D.Corrin V	ManxH	1.27.22
7. D.Maddrell	MFR	1.27.40
8. D.Bawden	MFR	1.27.41
9. R.Moughtin V	Western	1.28.11
10. P.Corlett	ManxH	1.31.53

**VETERANS 0/40**

1. D. Young	MFR	1.23.07
2. D.Corrin	ManxH	1.27.22
3. R.Moughtin	Western	1.28.11
4. P.Corlett	ManxH	1.31.53
5. M.Cowboume	MFR	1.33.24

**VETERAN 0/60**

1. B.Baxter	ManxH	2.39.28
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**HANCHURCH HILL RACE**

**Staffordshire**

N/6.5m/950ft 9.2.92

**REPORT**

Not known as a major fell running area, the Potteries hosted this new addition to the calendar. The distance and climb were obtained from a smallish wooded area, but most competitors thought the terrain provided a tough test this early in the season.

Dave Neill, Paul Cadman and Nick Stone had a close battle, until Dave broke away near the end to gain a seven second victory. Cecilia Greasley and Mercia's Andrea George were having a head to head battle, until temporary brain fade (missing a course marker), allowed Carol Banlin to slip through and profit from their mistake.

*Richard Denby*

**RESULTS**

1. D.Neill	Staff M'nds	33.46
2. P.Cadman	Merc	33.53
3. N.Stone	Staff M'nds	34.14
4. P.Bowler	Staff M'nds	34.36
5. D.Miller	Merc	34.42
6. T.Hulme V	Penn	37.01
7. S.Qiarlesworth	StaffM	37.20
8. R.Couth	Merc	38.21
9. N.Hambrey V	Kend	38.38
10. M.Priestley	Merc	38.39

**VETERANS 0/40**

1. T.Hulme	Penn	37.01
2. N.Hambrey	Kend	38.38
3. R.Dawson	Telf	39.13



**VETERANS 0/50**

1. T.Goodwin	Poll	46.31
2. D.Walker	Merc	48.10
3. D.Steele	N'castle	50.19

**LADIES**

1. C.Banlin	Hels	43.46
2. S.Exon	Stret	44.34
3. M.Freeman	Pott	49.53

**TISO CARNETHY FIVE HILL RACE**

**Midlothian**

**AM/6m/2500ft 15.2.92**

**REPORT**

Despite us having the four seasons in one day during this year's race, this did not seem to deter most of the field from bettering their times, and considering the high winds, sleet and snow, it certainly was a surprise to the organisers when it was noted that the first nineteen to finish were inside Andy Peace's winning time of 54min 13sec, of last year.

With a total of 415 finishers out of the total of 435 who declared on the day, again we have created another record for the Camethy, beating our previous total of 411 in 1989. I just cannot confirm if they all stayed behind for a meal this year. It certainly seemed like it, according to the lady who co-ordinates the catering. To think we had another 100 marshals, official communications personnel and Red Cross to feed on the day, I personally am surprised we had enough to go round.

There is always something 'special' at Camethy, and this year was no different. As well as having a cake baked in the shape of a heart, which was presented to the first lady competitor whose name was drawn 'out of the hat', we had another incident relating to the fact that the previous day was Valentines Day. Lionel Wilson of Camethy H.R.C bet his girlfriend that she would not make it to the top of Camethy Hill in time to see him pass. Well, his girlfriend, Dawn Johnston, also a member of the Camethy Club, did just that, and made it to the top of Camethy, in time to see Lionel approaching. Here is the surprise though, for instead of him passing through this checkpoint, he went over to where Dawn was standing, got down on his knees, and PROPOSED. He took a ring from his bum bag, and put it on her finger. Although he ran off soon after, lets wish them many happy year's together.

Another human interest story from Camethy being that a local athlete, Karen Hogg, who was first lady to finish in last November's Gulf Everest Marathon was presented with the Ian S.McKay-Nisa Trophy honouring this achievement. This trophy was presented by one of the Gurkha soldiers who came up from Powys, Brecon, to do us the honour. Karen, prior to competing in this event raised a considerable sum for the community in Nepal where the race is held.

*William Scott*

**RESULTS**

1. A.Peace	Bing	49.20
2. N.Wilkinson	ManUni	50.04
3. J.Maitland	P&B	50.27
4. A.Kitchen	L'stone	50.32
5. S.Nicholson	L'stone	50.39
6. R.Lee	L'stone	51.03
7. J.Wilkinson	GALA	51.13
8. C.Roberts	Kend	51.18
9. G.Bartlett	Forres	51.21
10. G.Schofield	Black	52.19

**VETERANS 0/40**

1. B.Knox	Teviot	55.42
2. J.Blair-fish	Cam	56.12
3. R.Boswell	Loch	58.16
4. S.Furnace	Black	58.39
5. E.Butler	Aber	58.40

**VETERANS 0/50**

1. R.Bell	Amble	59.45
2. A.Philipson	G'forth	59.53
3. A.Evans	Amble	60.19
4. G.Armstrong	HELP	62.55
5. D.Amour	H'ind H.R.	65.15

**VETERANS 0/60**

1. J.Gillies	Cam	80.50
2. A.Hope	Loch	96.28

**LADIES**

1. T.Calder	ESPAC	58.47
2. Y.Hague	L'stone	60.05
3. C.Bolland	L'stone	63.52
4. J.Salvona	L'stone	65.21
5. A.Mudge	Ochil	66.17
6. C.Menhennet V	Clyde	66.21
7. K.Hogg V	P'cuik	67.10
8. G.Hale	Mand	68.11

**JUNIORS**

1. N.Mendum	Stom	58.42
2. M.Johnston	Cam	58.44
3. A.Johnston	D'fries	75.50



*Clothes for all occasions needed as the weather fluctuates on the Carnethy Race.*

*Photo: Brian Covell*

**HALF TOUR PENDLE**

**Lancashire**

**BM/9m/1800ft 15.2.92**

**REPORT**

This year 260 runners were treated to a bright and breezy morning for the Half Tour. Shaun Livesey broke clear of a leading group of a dozen, after reaching the fell on the climb to the summit of Pendle. The section from the summit to the Nick, was into a strong headwind which was behind the runners after the turn, so making for a fast finish. A change of route towards the end added half a mile Mid 250 ft of climbing, but seemed popular and will be retained next year.

In the ladies race Carol Greenwood continued her return to form, beating last year's winner, Janet Kenyon, by three minutes.

Sadly only six runners took part in the first Barley Hill Junior Fell Race, with B.Rawlinson beating S.Robinson in a fine race, despite the small field.

*Keith Thompson*

**RESULTS**

1. S.Livesey	Ross	64.44
2. I.Ferguson	Bing	66.05
3. J.Parker	Ilk	66.12
4. S.Thompson	Clay	66.14
5. M.Rigby	Amble	67.51
6. C.Walker	P&B	67.53
7. A.Schofield	Ross	69.53
8. A.Wrench	Tod	69.56
9. C. Valentine	Kesw	70.14
10. T.Lofthouse	Bing	70.21

**VETERANS 0/40**

1. J.Holt	Clay	71.54
2. D.Famworth	Clay	75.05
3. B.Schofield	Tod	76.14
4. M.Shaw	Bing	77.27
5. P.Bramham	Unatt	77.38

**VETERANS 0/45**

1. J.Nuttall	Clay	73.07
2. B.Mitchell	Clay	73.11
3. K.Carr	Clay	75.55
4. D.Scott	Clay	79.34
5. C.Taylor	Clay	81.45

**VETERANS 0/50**

1. D.Ashton	Black	76.27
2. R.Jaques	Clay	82.25
3. F.Gibbs	H'bourne	83.56
4. R.Dewhurst	Clay	85.58
5. S.Bradshaw	Clay	86.55

**VETERANS 0/60**

1. D.Clutterbuck	Roch	95.00
2. D.Talbot	Clay	99.45
3. A.Frost	Clay	113.12

**LADIES**

1. C.Greenwood	Cald	77.57
2. J.Kenyon	Horw	80.52
3. H.Diamantides	Amble	83.28
4. R.Pickvance	Kend	86.05
5. W.Dodds V	Clay	86.13
6. A.Lee	Clay	86.34
7. L.Bostock V	Clay	88.56
8. J.Nicholson V	R'tree	90.36

**BARLEY HILL JUNIOR FELL RACE**

1. B.Rawlinson	Unatt	22.54
2. S.Robinson	Black	23.46
3. C.Singieton	Clay	26.11

**BLAENGARW BUNNY RACE**

**N/3.5m/1500ft 15.2.91**

**REPORT**

For those brave enough to venture into the depths of the industrial valleys of South Wales there exists an untapped reservoir of austere beauty for the fell runner to explore. The Garw valley north of Bridgend, Mid Gamorgan is no exception. To reach the hidden charms at the head of this valley one must pass through a seemingly continuous single line of terraced houses, with the relics of a previously prosperous industrial age all too evident.

This new race, marking the arrival of Clwb Rhedwyr Brycheiniog on the scene in South Wales, formed in the first part of the 1992 two race Steam Bunny series and true to the organisers reputation is a course of quite vicarious and vicious charm. Featuring arguably the steepest climb and the biggest tussocks in south Wales now that Fan Gyhirych and the Trans Fan are now sadly defunct, this is not a course for faint hearts or weak ankles! To this microcosm of fell running pain are added the delights of a fast start on forest track to get the lactate levels up nicely before the big climb and an eyeballs out grassy finish via an old tip to the finish field.

An excellent field of 30 was graced with one of the Horwrich Brindle clan, Wilf, having made the long trip south in search of a race and found himself a suitable challenger to the local gov'nor Graham Patten. With scant regard for projected finish time of 30mins these two surged up the climb of Blaengarw itself and remained locked together until the final descent when Wilf, with an impressive exhibition of descending prowess effectively saw off "no slouch" Pattens challenge. With Wilf having opened up a decisive lead by the coal tip finish, Graham played his last "no scruples" card and took a direct line to the finish, rather than the marked course, to cross the line just in front of a peeved Brindle and to be promptly penalised an arbitrary 10 seconds and relegated to second place. With co-bunny Simon Blease allowing MDC's Graham Burke to sprint ahead on the line after calling him back from a radically wrong route choice, it is hoped that this will epitomise the friendly rivalry between the old and new South Wales clubs.

*Chris Gildersleve*



*Colin Valentine climbs Bank Hill, Pendle Half Tour.*

*Photo: Bill Smith*



**RESULTS**

1. W.Brindle	Horw	27.14
2. G.Patten	Bath	27.17
3. G.Burke	MDC	30.32
4. S.Blease	C.R.B	30.32
5. L.Foulkes	MDC	31.11
6. S.Long	Unatt	31.18
7. M.Walker	W'bury	31.28
8. A.Orringe	MDC	31.53
9. L.Williams V	C.R.B	32.09
10. C.Ryder V	C.R.B	32.11

**VETERANS 0/40**

1. L.Williams	C.R.B	32.09
2. C.Ryder	C.R.B	32.11
3. J.Sweeting	MDC	33.16

**LADIES**

1. J.Teague	Bing	33.37
2. S.Ashton	Chep	40.09
3. S.Woods	MDC	44.11

**TIGGER TOR FELL RACE**  
Derbyshire  
BM/9.5m/1400ft 16.2.92

**REPORT**

The seventh Tigger Tor race and now part of the Totley/Tigers race series drew a record entry of 308 runners, and next year will have to be pre-entry.

The weather was much kinder than last year, in spite of a howling gale and a dusting of snow, after the heavy overnight rain. But was it going to be as much fun without last year's six inches of snow?

Andrew Ward, from Clowne road runners, a newcomer to the fells last year, twice led the race. But after navigational errors fell behind for local Dark Peaker Tim Tett, to take the runners over the old Roman fortress of Carl Wark and onto Higgin Tor. After Cowper Stones summit on Stanage Edge, Tett began to stretch out the field on the long descent, but on the final climb up to Houndkirk Moor, Ward took the lead to finish 23 seconds ahead of Tim Parr, just outside the course record, but in this years gale force conditions who knows what next years race might bring.

Third place Bob Ashworth, had a great run to comfortably win the veterans title. Bob Toogood was second veteran and 10th overall, won the over fifty prize in style.

Carol Greenwood (Calder Valley) who as Carol Haigh held the record over the old course will be pleased to add her married name to the records for this years Ladies race.

Dark Peakers Tim Tett, Alistair Cory-Wright and Andy Harmer won the team prize, with other locals Hallamshire Harriers Road runners (?) second. First ladies team was Skyrac, and second, Totley A.C.

*Don Longley*

**RESULTS**

1. A.Ward	Clowne	1.01.44
2. T.Parr	Gloss	1.02.07
3. B.Ashworth	Ross	1.02.32
4. T.Teti	DkPk	1.02.59
5. A. Cory-Wright	DkPk	1.03.02
6. C. Manning	Clay	1.03.19
7. S.Ogthorpe	H.H	1.04.22
8. S.Logue	Horw	1.04.26
9. A.Green	H.H	1.04.28
10. B.Toogood V	DkPk	1.04.35

**VETERANS 0/40**

1. B.Ashworth	Ross	1.02.32
2. A.Harmer	DkPk	1.05.46
3. H.Waterhouse	Sadd	1.06.50
4. D.Cartwright	P'stone	1.07.44
5. G.Berry	DkPk	1.08.02

**VETERANS 0/50**

1. B.Toogood	DkPk	1.04.35
2. T.Acensley	Sadd	1.13.44
3. D.Owen	L'wood	1.16.32

**LADIES**

1. C.Greenwood	Cald	1.11.24
2. J.Kenyon	Horw	1.14.47
3. L.Evans	ND'by	1.19.17
4. A.Watmore V	DkPk	1.20.34
5. P.Bishop	Ward	1.21.53
6. C.Proctor	Mand	1.22.24
7. J.Ramsden	Kesw	1.23.14
8. J.Cutts	Dews	1.23.28

**JUNIORS**

1. C.Manthorpe	Hall	25.30
2. A.Tumer	Bux	25.59
3. J.Hart	Roch	28.22

**WADSWORTH TROG**  
Yorks/Lancs  
BL/20m/4000ft 22.2.92

**REPORT**

**RECORDS SMASHED IN 'THE BEAST'**

With the clear fine weather in the days immediately preceding the Wadsworth Trog fell race, one may have been lulled into thinking that 'THE BEAST' had gone into hibernation this year, but it started to stir on Friday night and by the day of the race, true to form, wind and rain were driving across the moors. Despite this, both the men's and women's records were smashed in this twenty mile race over very rough and exposed terrain on the north side of Hebden Bridge.

The race was won by Andrew Schofield of Rossendale in a new record time. Carol Greenwood was the first woman home, knocking nearly twenty minutes off the time of last year's winner Wendy Dodds, who was second woman home.

The entry limit of 200 was reached well before closing date. There were a large number of veteran entries which made up nearly half the field of 159 starters, of which 138 completed the course.

Split times at checkpoints 3 and 9 indicated that many runners "died" over the last section most of which was into the teeth of the gale. Credit should go to the race marshalls who stood on the moor tops for over five hours checking the runners through.

*Bernard and Kay Pierce*

**RESULTS**

1. A.Schofield	Ross	2.54.38
2. A.Trigg	Gloss	2.55.25
3. C.Valentine	Kesw	2.57.06
4. A.Jones	Gloss	2.58.10
5. B.Ashworth V	Ross	3.03.53
6. J.Holt V	Clay	3.08.31
7. S.Thompson	Clay	3.08.54
8. G.Winder V	CaldV	3.10.48
9. T.Spire V	Ross	3.12.44
10. I.Greenwood	Clay	3.13.20

**VETERANS 0/40**

1. B.Ashworth	Ross	3.05.53
2. J.Holt	Clay	3.08.31
3. G.Winder	CaldV	3.10.48
4. T.Spire	Ross	3.12.44
5. R.Sutcliffe	CaldV	3.15.04

**VETERANS 0/50**

1. D.Ashton	Black	3.29.23
2. B.Price	CaldV	3.37.05
3. B.Thackery	DkPk	3.55.29
4. K.Talbot	Ross	3.55.29
5. G.Webster	Spem	3.56.59

**LADIES**

1. C.Greenwood	CaldV	3.24.00
2. W.Dodds V	Clay	3.52.00
3. K.Darke	LdsUni	4.03.35

**TITTERSTONE CLEE RACE**  
Shropshire  
AS/2.5m/750ft 22.2.92

**REPORT**

This year marked the tenth anniversary of the event and local lad Don Thompson of Harlequins Orienteers who organised the first event in 1982 was again on hand to man the summit trig point.

As usual, with a free route to the summit, groups of runners could be seen each treading their own particular line over the heather to the final steep rocky climb to the main ridge. At the summit there was little to choose between the first ten battling against the strong wind. Shaun Mansbridge made a bid for glory on the tricky descent but Graham Patten and Andrew Darby were on hand to quickly overhaul him and Graham pushed ahead to a comfortable win. Andrea George the recent Mercia signing was just inside the first thirty and Karen Patten was the second lady to make it a good day for the Bristol duo.

*Mike Day*

**RESULTS**

1. G.Patten	Bath	18.53
2. A.Darby	MDC	19.05
3. S.Mansbridge	Mercia	19.19
4. M.Ligema	CroftA	19.39
5. P.Cadman	Mercia	19.47
6. DJackson	Telf	19.57
7. M.Freer	LeicC	19.59
8. J.Hope V	AchRat	20.00
9. G.Burke	MDC	20.03
10. H.Lorimer	Hadd	20.05

**VETERANS 0/40**

1. J.Hope	AchRat	20.00
2. P.Stott	Hebog	20.06
3. N.Berry	Holm	21.00
4. J.Nixon	AchRat	21.07
5. M.Trevor	Sandwell	22.28



*Difficult to tell if you're coming or going as weather batters at "The Beast".  
Photo: Peter Hartley*



**VETERANS 0/50**

1. B.Nicholas	Mercia	22.21
2. C.Brown	Mercia	22.19
3. M.Pierpoint	Mercia	25.10
4. J.Finlay	Camb	26.46

**LADIES**

1. A.George	Mercia	22.22
2. K.Patten	Bath	23.16
3. D.Harvey V	Tipton	25.22
4. A. Steven	Prest	26.32
5. S. Ashton V	Chepst	26.35
6. L.Davies	Shrews	30.22

**LONG MYND VALLEYS RACE**  
Shropshire  
AM/11m/4500ft 23.2.92

**REPORT**

The organisers decision to change the position of the start and finish to the bottom of the Cardingmill valley produced some fierce debate before the race as to the optimum routes to and from the first and last checkpoints. The change was made to try and help ease traffic congestion up this popular valley, to produce a better and exciting finish for spectators and to ensure the race reached its deserved A long category status. Most people afterwards seemed to think the change was for the better.

Many fell runners who have never done the race are incredulous that 4500 feet of ascent can be achieved in Shropshire, after all its not the Lakes! The majority of the climb is in the last five miles and includes the ascent of Callow and Yearlet. Here the course lives up to its name and crosses the very steep valleys which cut their way into the Long Mynd.

Most runners chose to run up the valley to checkpoint one and Tim Haywood was already forging ahead. By checkpoint two at Ashes Hollow he was over a minute clear of the chasing pack and by checkpoint four his lead was over two minutes. The pack, however, had some knowledgeable runners including Paul Stott, Paul Cadman and Mike Ligema all of whom were bidding their time for the steep ascents.

By the finish a delighted partisan crowd of Mercia helpers cheered madly as Paul Cadman appeared on the skyline hotly pursued by Paul Stott. The two of them had pushed through from checkpoint five leaving Tim Haywood to sadly fall away to seventeenth place. Six veterans were in the first sixteen. Andrea George had a storming run to win the Ladies prize.

*Mike Day*



RESULTS		
1. P.Cadman	Mercia	1.47.05
2. P.Stott V	Hebog	1.47.14
3. N.Fenwick	MiltK	1.48.48
4. J.Nixon	AchRat	1.49.18
5. D.Davies V	Hebog	1.49.35
6. C.Kemp	SamHelen	1.49.40
	Hunc	1.49.41
8. A.Nicholas	Eryri	1.49.43
9. J.Blair-Fish V	Camethy	1.49.55
10. M.Freer	LeicC	1.50.06

VETERANS 0/50		
1. C.Brown	Mercia	2.09.04
2. B.Morris	Wrek	2.10.49
3. B.Nicholas	Mercia	2.21.25
4. M.Pierpoint	Mercia	2.27.21
5. C.Spears	Mercia	2.32.17

LADIES		
1. A.George	Mercia	2.08.01
2. A.Farrell	Wores	2.43.50
3. E.Cowell	Wrek	3.21.28

### TITTERSTONE CLEE AND LONG MYND - OVERALL

RESULTS		
1. P.Cadman	Mercia	2.46.26
2. P.Stott V	Hebog	2.47.32
3. M.Freer	LeicC	2.50.03
4. J.Nixon V	AchRat	2.52.39
5. S.Taylor	Prest	2.53.05

VETERANS 0/40		
1. P.Stott	Hebog	2.47.32
2. J.Nixon	AchRat	2.52.39
3. J.Hope	AchRat	2.54.40

VETERANS 0/50		
1. C.Brown	Mercia	3.16.01
2. B.Nicholas	Mercia	3.28.01
3. M.Pierpoint	Mercia	3.42.51

LADIES		
1. A.George	Mercia	3.15.07
2. E.Cowell	Wrek	5.00.28

### SNAEFELL

#### Isle Of Man

AS/5m/1900ft 1.3.92

#### REPORT

Tony Rowley made it three fell league wins out of three when he recorded a start to finish victory up and down the highest mountain on the island. Weather conditions deteriorated to howling gales with rain and snow for the event itself and the field of twenty-one runners were gradually strung out as Tony pulled clear to a comfortable lead by the finish, nearly three minutes outside his own course record.

RESULTS		
1. T.Rowley	MFR	43.22
2. D. Young V	MFR	46.38
3. I.Callister	MFR	47.19
4. R.Stevenson	MFR	47.28
5. D.Maddrell	MFR	47.50
6. D.Corrin V	ManxH	49.57
7. P.Corlett V	ManxH	50.12
8. D. Bawden	MFR	50.52
9. M.Cowboume V	MFR	51.40
10. S.Temple	MFR	52.57

### NEW CHEW

#### Lancashire

0/17m 1.3.92

RESULTS		
LONG COURSE		
1. M.Seddon		3.24.43
2. D.Parker		3.27.45
3. B.Berzins		3.40.43
4. R.Bloor		3.48.56
5. J.Crummett V		3.50.11
6. M.Hartnell		3.53.16
7. D.Rosen		3.57.53
8. P.Gorvett V		4.03.34
9. J.Kewley		4.21.21
10. D. Jones V		4.22.46

SCORE COURSE 3 hrs. 30 mins		
1. R. Wilson		3.30.24
2. G.Orchard		3.33.56
3. B.Tait V		3.30.58
4. T.Ratecliffe		3.17.11
5. L.Campbell V		3.32.00
6. P.Driver		3.46.00
7. G.O'Neil V		3.25.54
8. J. Richard son		3.22.32
9. M.Campbell		3.13.00
10. J.Tiffany		3.24.25

SHORT COURSE 12m		
1. M.Buin		2.43.20
2. S.Long		2.54.11
3. P.Glover		2.55.13
4. A.Trigg		2.59.40

5. D.Powell V	3.08.04
6. G.Berrow VL	3.08.15
7. R.Powell	3.11.19
8. D.Gibson V	3.22.38
9. M.Littleford V	3.34.06
10.1.Blunk VL	3.36.27

### MOEL Y CI

#### Gwynedd

AS/2.25m/800ft 7.3.92

#### REPORT

The tenth anniversary race saw the biggest field by far. It was run after atrocious weather conditions prior to the race, making it the most slippery yet. The race was started with the main runners taking the lead, with Colin Donnelly reaching the summit almost thirty seconds clear, he went on to maintain the same gap with fellow club mate Emlyn Roberts, to the finish. The 1990 winner, Simon Booth came in fourth position. There was also an exciting race between the two veteran runners Del Davies and Don Williams from start to finish, with only a second between them at the end.

I would like to congratulate the FRA for the new format registration form which was used with a Welsh translation and was found to be ideal. The age at the top right hand corner was a nice touch.

#### RESULTS

1. C.Donnelly	Eryri	18.11
2. E.Roberts	Eryri	18.39
3. R.Thomas	Hebog	19.01
4. S.Booth	Borr	19.07
5. D.Roberts	Hebog	19.08
6. H.Griffiths	Hebog	19.26
7. T.Bolland	S W'loo	19.47
8. G.Kenny	S W'loo	19.47
9. D.Hun	Eryri	19.49
10. J.Hey	Unatt	20.03

#### VETERANS 0/40

1. D.Davies	Hebog	20.46
2. D.Williams	Eryri	20.47
3. D.Williams	Eryri	21.24
4. M.Blake	Eryri	21.59
5. C.Hartfall	Eryri	22.45

#### VETERANS 0/50

1. G.Lloyd	Wrex	24.43
2. P.Norman	Wrex	25.13
3. T.Hildige	Eryri	26.53
4. J.Nicholas	Eryri	27.13
5. T. Hayes	Eryri	32.14

#### VETERAN 0/60

1. J.Pope	Eryri	32.34
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#### LADIES

1. T.Yarham	Eryri	24.37
2. A.Cartwright V	Wrex	27.17
3. S.Bennell V	Eryri	27.37
4. A.Bond	Wrex	29.05
5. N.Lloyd V	Wrex	29.20
6. C.Pratten V	Wirral	42.15

#### JUNIORS 11-12 Yr

1. J.Hart	Roch	9.22
2. S.Lea	Unatt	9.47
3. G.Jones	Rhiwlas	10.59

#### JUNIORS 9-10 Yr

1. A.Cartwright	Wrex	11.53
2. C.Prys	Rhiwlas	12.12
3. J.Fisher	Eryri	12.45

### ILKLEY MOOR FELL RACE

#### West Yorkshire

AS/4.5m/1150ft 8.3.92

#### REPORT

The weather was perfect with conditions underfoot good. A record entry of 260, probably a maximum, saw both men's and women's records broken.

James Parker was up with the leading pack from the start, with last year's winner and record holder, Gary Devine, with Peter Dymoke and Mike Jubb all in there. The pace was fast and by the time Badger stone was reached the winner was going to come from these four. On the fast descent to Keighley road, Peter and James had broken away, it seemed to be between these two now. At the last turn for the finish, Peter Dymoke overshot the sharp left hander giving James Parker the chance he needed on the long, fast downhill to the line that could not be made up by Peter, and James came in winner and a new record holder.

A poor entry in the womens section, and a winning margin of over two minutes, Carol Greenwood seemed to have no opposition, she easily beat last year's course record.

K.Foster

#### RESULTS

1. J.Parker	Ilk	37.29
2. P.Dymoke	L'ston	37.30
3. G.Devine	P&B	38.04
4. M.Jubb	DkPk	38.07
5. G.Schofield	Black	38.25
6. R.Jamieson	Amble	38.35
7. W.Ramsbottom	P&B	39.01
8. G.Webb	Cald	39.12

9. P.Sheard	P&B	39.30
10. C.Watson	Clay	39.32

#### VETERANS 0/40

1. B.Schofield	Tod	42.32
2. A.Judd	Felndale	42.39
3. K.Shand	Roch	43.30
4. P.Bramham	Craven	43.36
5. P.Jebb	Bing	44.48

#### VETERANS 0/45

1. P.Lyons	Bury	43.19
2. N.Berry	Holm	44.55
3. K.Munton	FRA	45.31
4. P.Jepson	Bury	46.37
5. C.Marsden	Unatt	46.37

#### VETERANS 0/50

1. W.Jowsey	Ilk	47.04
2. T.Cock	LdsCty	49.21
3. G.Rawlinson	Clay	53.17
4. R.Cutts	L'wood	56.11
5. P.Waite	CaldV	56.37

#### VETERANS 0/60

1. B.Hargreaves	Tod	59.21
2. B.Sweet	Ilk	61.10
3. D.Briggs	Hull	61.19

#### LADIES

1. C.Greenwood	CaldV	45.12
2. A.Thorpe	Hyn	47.34
3. E.Wright	Amble	50.55
4. J.Schreiber	P&B	51.00
5. E.Thackray	Felndale	51.54
6. S.Niedram	P&B	53.10
7. M.Sanderson V	Roch	54.20
8. L.Fisher V	H'land H.R	55.23

### IAN ROBERTS MEMORIAL FELL

#### AND ROAD RELAY

AM/9m/3800ft 15.3.92

#### REPORT

Sixty five teams turned up despite hail and snow on the Friday night, and the promise of more to come. The only fine weather we've had for five years was last year when the turn-out was down! Perhaps the masochism of the event necessitates a touch of the elements.

Horwich and Pudsey contested all the way. Pudsey only getting in front with Gary Devine on leg four. Fine runs from Sean Livesey, and Jeff Hornsby put Rossendale and Spenborough in contention. Hallamshire veterans finished a very creditable thirteenth.

#### RESULTS

1. Pudsey & Bramley		95.27
Leg 1 (road)	A. Walker	22.38
Leg 2 (fell)	Ramsbottom	24.17
Leg 3 (road)	Sheard	24.04
Leg 4 (fell)	G.Devine	24.24
2. Horwich		95.35
Leg 1	A.Bell	22.38
Leg 2	B.Brindley	24.03
Leg 3	Barlow	23.58
Leg 4	C.Lyon	24.56
3. Spenborough		97.14
Leg 1	Padgett	23.41
Leg 2	Damiani	25.26
Leg 3	J. Hornby	22.37
Leg 4	Beskerville	25.20
4. Rossendale		97.24
5. Bingley		98.56
6. Holmfirth		99.52
7. Hallamshire		100.44
8. Rochdale		101.38

#### LADIES

1. Bingley		124.03
Leg 1	M.Green	29.55
Leg 2	A.Isdale	32.41
Leg 3	S.Robinson	28.43
Leg 4	J.Teague	32.34
2. Pudsey & Bramley		127.02
3. Bingley		133.39
4. Denby Dale		134.39
5. Penistone		134.49
6. Glossopdale		145.44

#### VETERANS

1. Hallamshire		104.53
2. Rochdale		108.38
3. Denby Dale		112.15
4. Bingley		113.22
5. Holmfirth		113.29
6. Penistone		116.03
7. Pudsey & Bramley		117.19

### BLACK COMBE FELL RACE

#### Cumbria

AM/9m/3800ft 15.3.92

#### REPORT

Against the forecast, the weather held good for the Black Combe fell race, over the new course for the first time. Patchy cloud on the summit did cause one or two navigational problems, but all runners checked in correctly. The new course provided nine miles and 3700 ft of ascent, all of which to the strong runner, is mnnable?!



The leading runners were up and over the steep ascent on the way to the summit (for the first time) before the main pack had cleared check point 1. With a 1400 ft ascent up to the last checkpoint, the winning time was fast, but then the last two and a half mile descent is good fast runnable terrain.

Appreciation of the course was expressed by many runners and all appeared to enjoy the soup, rolls and tea offered on completion. A Black Combe speciality.

RESULTS		
1. A.Bowness	CFR	68.14
2. B.Thompson	CFR	70.08
3. D.Lee	CFR	71.47
4. B.Bland V	Borr	71.55
5. J.Hodson	Amble	72.25
6. G.Bland	Borr	73.38
7. M.Wallis	Clay	73.42
8. H.Jarrett	CFR	73.59
9. M. Woods	Clay	74.09
10. P.Clark	Kend	74.16

VETERANS 0/40		
1. B.Bland	BofT	71.55
2. D.Davies	Hebog	77.30
3. J.Hope	AchRat	79.40

VETERAN 0/50		
1. J.Taylor	Amble	98.26

VETERAN 0/60		
1. J.Peel	B Combe	116.24

LADIES		
1. C.Greenwood	CaldV	85.08
2. R.Pickvance	Kend	88.40
3. J.Kenyon	Horw	89.21
4. V.Dempsey V	Kend	97.13
5. J.Sutcliffe V	CFR	116.36

## HAYFIELD OLLERSETT MOOR

### FELL RACE

Derbyshire

N/6.5m/830ft 22.3.92

#### REPORT

According to feedback it was an extremely enjoyable race, not yet categorised. Run in cool showery conditions and very wet underfoot.

RESULTS		
1. A. Ward		42.11
2. N.Wilkinson		42.15
3. N.Stone		42.50
4. J.Norman V		43.11
5. D.Gibbons		43.33
6. A.Jones		43.53
7. M.Foschi		44.37
8. J.Cant		44.42
9. P.Lyons V		45.23
10. J.Stow		45.24

VETERANS 0/40		
1. J.Norman		43.11
2. P.Lyons		45.23
3. T.Hulme		46.35
4. V.McKay		48.34
5. F.Fielding		48.46

VETERAN 0/50		
1. J.Beswick		61.32

LADIES		
1. C.Greenwood		50.22
2. J.Teague		52.11
3. S.Exon		54.11
4. S.Newman		55.02
5. M.Chippendale		57.27
6. A.Crosby		57.34
7. N.Cendrowscz		61.24
8. S.Stafford		61.56

## AXNFELL RACE

Isle Of Man

AL/21m/7000ft 22.3.92

#### REPORT

This is a handicap event with athletes being started at intervals and with conditions on the day windy and misty good navigational skills were called for. First man away was veteran Bob Baxter, two and three-quarter hours ahead of scratch man Tony Rowley, and he was never caught to win by a relatively slim three minutes (in over six hours running!). Building worker Tony recorded the fastest actual time in finishing seventh overall and Dave Corrin broke his own veteran course record by five minutes. Thanks to timekeeper Walter Kennaugh who was on duty for seven hours.

RESULTS		
1. B.Baxter V	6.29.23	(6.29.23)
2. J.Gell	6.32.39	(5.02.39)
3. D.Davies	6.35.52	(4.50.52)
4. D.Corrin V	6.37.37	(4.22.37)
5. E.Brew V	6.39.29	(5.34.29)
6. D. Young V	6.51.13	(4.26.13)
7. T.Rowley	6.54.29	(4.09.29)
8. R.Stevenson	6.55.00	(4.25.00)

## FIENSDALE FELL RACE

Lancashire

AM/9m/2600ft 28.3.92

#### REPORT

To win a fell race you first of all have to arrive on time. Chris Hirst knows this very well, he entered the race three years ago, set off from home, then did a U-turn when he realised that it was not an afternoon race!

This year a similar fate befell Colin Donnelly. Arriving ten minutes after the start he ran off to meet the leading pack. Here at the top of Fiensdale, he found them in hot pursuit of who else but Chris Hirst. Although Chris had never been on these fells before, navigation held no problems for a several times British orienteering champion. Chris led the field for much of the race but failed to get his reward. Uncertain of the line up the final climb of Parlick, he was caught by Robin Jamieson and Graham Schofield. They waited for the steep final descent to the finish at Fell Foot then showed no mercy. An exciting finish - only seventeen seconds separating the first four.

For the second year running John Nuttall narrowly failed to lift the veterans prize. John reckons he gave nine years away to Mike Walsh and was less than the nine seconds behind the time that is recorded in the results.

The ladies race was a great disappointment. Ruth Pickvance was never troubled after Janet Kenyon twisted an ankle. But where were the women? The lure of a prize of the same value as the overall winner failed to attract them. Only five took part, compared to fourteen last year. What do we have to do to encourage them?..... Male strippers on the bar of the Talbot after the race! Would John McGonagle, Scoffer and Selwyn Wright please contact the race organiser.

Now, we'll definitely see you all next year!

Brian Jackson

#### RESULTS

1. R.Jamieson	Amble	1.18.42
2. G.Schofield	Black	1.18.47
3. C.Hirst	Sett	1.18.55
4. D.Neill	S&M	1.18.59
5. M.Fleming	Amble	1.19.39
6. P. Ward	Pres	1.19.43
7. R.Owen	Black	1.19.44
8. S.Houghton	Cald	1.19.52
9. P.Lambert	Clay	1.20.26
10. A.Taylor	S'fields	1.21.01

VETERANS 0/40		
1. M. Walsh	Kend	1.21.36
2. J.Hope	AchRat	1.23.04
3. S.Furness	Black	1.24.32
4. G.Newsam	Clay	1.30.21
5. G.Woolnough	Kend	1.31.44

VETERANS 0/45		
1. J.Nuttall	Clay	1.21.45
2. K.CatT	Clay	1.28.55
3. G.James	B&F	1.36.12

VETERANS 0/50		
1. R.Dewhurst	Clay	1.38.22
2. E.Murray	Chorley	1.41.34
3. M.Coles	Skyrac	1.42.24

VETERANS 0/55		
1. G.Arnold	Pres	2.02.23

VETERANS 0/60		
1. B.Thompson	Air'trs	2.39.57

LADIES		
1. R.Pickvance	Kend	1.36.57
2. J.Kenyon	Horw	1.43.43
3. L.Warin	Skip	1.46.13
4. S.Gaunt	Holm	1.59.18
5. J.Taylor	W.ch'srs	2.01.41



Bkipool's supervet George James looking pleased with himself on the climb to the last checkpoint on Parlick Pike in the Fiensdale Fell Race.

Photo: Bill Smith

## BELLS STORES GISBOROUGH

MOORS RACE

Cleveland

BM/12.5m/2900ft 29.3.92

#### REPORT

The day started badly when at 6.30am I was at the top of Hanging Stone putting out a fire and clearing chopped-down trees, which the same idiots who had lit the fire had apparently used to build some sort of shelter! However, the day then ran smoothly thanks to preparation by all supporters.

The main race started with Marco Cara making an early move to head the field by a few yards at Belmangate Top. It was apparent that Marco was going for it from the off and he still held a slim lead at Captain Cooks Monument with the race still anybody's. From this point Marco made a real effort to make a decisive break, with two surges, increasing his lead to a comfortable ninety seconds at Hanging Stone, which he held to the finish.

In the ladies race Sheila Wright retained her title with another excellent performance, running consistently for two thirds distance but then finishing strongly.

In the short races it was a case of careful route finding, as leaders in three of the four categories who competed were either disqualified due to missing checkpoints or simply followed the wrong route and had to backtrack long distances.

#### RESULTS

1. M.Cara	Mand	94.10
2= A. Ward	Wild	96.34
2= D.Pearson	Mand	96.34
4. D.Ramsay	Read	98.10
5. S.Bell	Waif	99.24
6. P.Buckby	NMarske	99.46
7. C.Saint	LdsC	100.03
8. N.Raitt	Mand	100.18
9. D.Henderson	Alnw	100.25
10. R.Firth V	Mand	100.56

VETERANS 0/40		
1. R.Firth	MAND	100.56
2. B.Hilton	LdsC	101.35
3. A.Judd	Feindale	103.06

VETERANS 0/50		
1. R.Stevenson	Mand	119.02
2. B.Milbum	Durh	120.36
3. D.Preston	Harr	122.33
4. B.Speight	Felndale	122.42
5. B.Hood	Mand	127.59
6. D.Wrigley	VallS	128.02

VETERANS 0/60		
1. S.Jenkinson	B&S	178.41

#### LADIES

1. S. Wright	Mand	116.08
2. M.Levy	NEVets	119.49
3. J.Newton	CMC'	122.55
4. J.Shoter	Felndale	132.35
5. S.Morley	Nidd	137.14
6. C.Procter	Mand	138.41
7. J.Lochead	DenbyD	140.01
8. C.Kenyon	Felndale	145.30

#### SHORT RACE

1. P.Bentley	Midd	30.42
2. M.Garratt	Mand	32.46
3. I. Atkinson	Walls	33.28

#### MEDIUM RACE

1. P.Guy	NewtA	45.37
2. D.Archer		49.13
3. D.Churchill	Mand	56.15

## ROSTREVOR TO NEWCASTLE

RELAY

Northern Ireland

20m/5200ft 29.3.92

#### REPORT

Ballydrain Harriers were clear winners of the eleventh four stage relay (2 x Fell, 2 x Road) across the Moume Mountains.

Robin Thomas of visiting Scottish team, Hunters Bog Trotters, was fastest on leg one but on the Eagle Mountain section, Brian Ervine broke his own record by eight seconds to give Ballydrain a lead of more than seven minutes over Newcastle A.C. at the change over.

John Curran reduced their lead by the end of leg three and although Richard Rodgers was fastest on Slieve Donard stage, Gordon Murray was only five seconds slower bringing Ballydrain home ahead of Newcastle A.C. with Belfast club, Albertville, third.

For the first time, there was a ladies' team setting a time of 4.09.01. Also running, was ladies' champion Roma McConville, husband Pat and their two sons, who finished just behind the ladies.

Brian Ervine



**RESULTS**

1. Ballydrain H.	2.46.03
2. Newcastle A.C.	2.52.12
3. Albertville H.	3.00.49
4. Belfast A.R.F.	3.01.53

**DON MORRISON EDALE SKYLINE**

**FELL RACE**

**Derbyshire**

**AL/21m/45b0ft 29.3.92**



Pushing up the hill in another championship race: Conixton  
Photo: Steve Bateson.

**RESULTS**

1. B.Thompson	CFR	2.38.23
2. A.Trigg	Gloss	2.38.26
3. G.Devine	P&B	2.38.38
4. G.Bland	Borr	2.43.44
5. W.Brindle	Horw	2.43.53
6. C. Valentine	Kesw	2.44.18
7. W.Bland V	Borr	2.47.08
8. M.Wallis	Clay	2.47.12
9.I.Ferguson	Bing	2.48.10
10. A. Jones	Gloss	2.50.33
11. R.Whitfield V	Bing	2.51.12
12. G. Webb	CaldV	2.51.23
13. M.Freer	Leics	2.52.07
14. A.Bowness	CFR	2.52.23
15. H.Jarrett	CFR	2.53.33
16. P.Sheard	P&B	2.54.26
17. B.Brindle	Horw	3.02.42
18. J.Bland	Borr	3.02.52
19. T.Haywood	Declux	3.02.59
20. A.Rushworth	Bing	3.03.05

**VETERANS 0/40**

1. W.Bland	Borr	2.47.08
2. R.Whitfield	Bing	2.51.12
3. K.Taylor	Ross	3.04.31
4. S.Breckell	Clay	3.06.32
5. R. Mitchell	Mand	3.07.44
6. J.Coulson	CaldV	3.08.16

**VETERANS 0/50**

1. D.Ashton	Black	3.10.06
2. R.Bell	Amble	3.11.58
3. B.Toogood	DkPk	3.15.08
4. B.Price	CaldV	3.29.50
5. A.Philipson	Gosph	3.32.28
6. C.Brown	Mercia	3.34.1M
7. B.Thrackray	DkPk	3.34.39
8. H.Blenkinsop	Kesw	3.35.19

**LADIES**

1. Y.Haigh	P&B	3.15.59
2. C.Greenwood	CaldV	3.16.08
3. J.Smith V	DkPk	3.26.11
4. P.Gibb	P&B	3.34.37
5. W.Dodds V	Clay	3.40.17
6. A.Wright	Macc	3.42.43
7. J.Reid	CFR	3.44.41
8. A.Isdale	Bing	3.52.20
9. J.Schreiber	P&B	3.53.05
10. S.Boler V	Pstone	4.00.34

**LADIES VETERANS**

1. J.Smith	DkPk	3.26.11
2. W.B.Dodds	Clay	3.40.17
3. S.Boler	P'stone	4.00.34
4. H.Bloor	Thames	4.11.43
5. A.Kelly	Bolt	4.18.34

**TEAMS**

1. Cumberland F.R.	8.24.29
2. Borrowdale F.R.	8.33.44
3. Pudsey & Bramley	8.37.41

**SLIEVE MUCK NOVICE RACE**

**Northern Ireland**

**AS/3.5m/1400ft 5.4.92**

**REPORT**

The term "novice" is slightly misleading as anyone who has not won a NIFRA championship is eligible to compete at Slieve Muck and the race is also the opening round of the Ladies and Junior championship.

Neil Carty and Ian Lyle looked anything but novices as they dominated the event from the early stages and disputed the lead for almost the entire distance. Lyle ran extremely well in only his second fell race to finish second to pre-race favourite, Carty, who clocked a remarkably fast time considering the snow on the upper part of the course. For his efforts, Carty gained selection for the Braycot International Hill Race in County Wicklow later in the month.

The best performance of the day, however, came from Northern Ireland Ladies' Champion, Roma McConville, who was just five seconds outside the record in twenty eighth place overall.

The large field of forty nine runners was substantially up on last year and indicates that NIFRA's efforts in promoting the sport are paying off.

Brian Irvine

**RESULTS**

1. N.Carty	Unatt	31.41
2.I.Lyle	N.Down	32.05
3. J.Brown	BARF	33.55
4. G.Murray	B'drain	34.28
5. B.McBumey	N'castle	34.48
6. P.Rodgers	N'castle	35.49
7. E.Hawkins	N'castle	36.01
8. K.Quinn V	N'castle	36.15
9. M.McNiff	BARF	36.44
10. R.Forde	DCH	37.18

**VETERANS 0/40**

1. K.Quinn	N'castle	36.15
2. A.Corish	A'ville	40.14
3. F.Boal	B'drain	41.02

**VETERANA 0/45**

1. F.Strickland	B'drain	38.03
2. R.Donaldson	CIYMS	41.14
3. J.Gibson	B'drain	45.02

**LADIES**

1. R.McConville	N.Down	42.16
2. S.Pruzina	BARF	46.45
3. M.Havem	Newry	47.17
4. C.McConnell	BARF	47.35

**JUNIORS**

1. N.Jackson	B'drain	37.51
2. C.Adgey	A'ville	39.45

**PENDLE FELL RACE**

**Lancashire**

**AS/4.5m/1500ft 5.4.92**

**RESULTS**

1. S.Livesey	Ross	30.26
2. G.Schofield	Black	31.11
3. J.Maitland	P&B	31.20
4. D.Neill	Staff	31.28
5. G.Huddleston	Clay	31.35
	Ilkley	31.43
7.I.Ferguson	Bing	31.55
8. G.Wilkinson	Clay	32.03
9. N.Wilkinson	ManU	32.14
10. e.Roberts	Eryri	32.28
11. A.Schofield	Ross	32.34
12. M.Woods	Clay	33.02
13. T.Lofthouse	Bing	33.17
14. J.Hey	Unatt	33.17
15. S.Breckell V	Clay	33.30

**VETERANS 0/40**

1. S.Breckell	Clay	33.30
2. B.Mitchell	Clay	34.05
3. R. Lyons	Bury	34.38
4. D.Beels	Roch	35.31
5. T.Spicer	Ross	35.37



Winner of Pendle Sean Livesey, here pictured at Blackstone Edge  
Photo: Peter Hartley

**VETERANS 0/50**

1. D. Ashton	Black	34.46
2. P.Fleming	Horw	39.00
3. J.Blackall	Clay	40.35
4. M.Thompson	Clay	42.33
5. P.Ward	Unatt	44.08

**LADIES**

1. K.Drake	Spem	38.23
2. N.Wilkinson	Black	38.24
3. A.Thorpe	Hynd	38.46
4. A.Whatmore	DkPk	40.01
5. W.Dodds V	Clay	40.37
6. L.Bostock	Clay	41.05
7. G.Cook	Roch	41.12
8. L.Lord V	Clay	41.35

**PEN Y FAN**

**Brecon**

**AS/3.5m/1900ft 11.4.92**

**RESULTS**

1. K.Anderson	Amble	30.00
2. J.Ward	Derby	31.03
3. A.Peace	Bing	31.07
4. G.Devine	P&B	32.02
5. D.Neill	Staff	32.09
6. M.Jubb	DkPk	32.11
7. S.Hawkins	Bing	32.23
8. D.Roberts	Hebog	32.25
9. R.Whitfield V	Bing	32.45
10. P. James	BOK	32.46
11. J.Parker	Ilkley	32.52
12. J.Hooson	Amble	33.00
13. G.Wilkinson	Clay	33.04
14. R. Jamieson	Amble	33.10
15.I.Ferguson	Bing	33.22
16. P.Cadman	Mercia	33.32
17. M.Hoffe V	Amble	33.33
18. M.Whitfield	Bing	33.40
19. J. Atkinson	Amble	33.47
20. M.Peace	Bing	33.49
21. M.Wallis	Gay	33.49
22. A.Schofield	Ross	33.50
23. M. Fleming	Amble	33.53
24. R.Thomas	Hebog	33.55
25. P.Bowler	Staffs	33.56
26. T.Hesketh V	Horw	33.57
27. H.Griffiths	Hebog	34.16
28. J.Hey	Warr	34.22
29. W.Brindle	Horw	34.48
30. G.Webb	CaldV	34.51

**VETERANS 0/40**

1. R.Whitfield	Bing	32.45
2. M. Hoffe	Amble	33.33
3. T.Hesketh	Horw	33.57
4. J.Hope	AchRat	35.55
5. T.Hulme	PFR	36.00
6. P.Stott	Hebog	36.14
7. D. Davies	Hebog	36.21
8. J.Blalr Fish	Cam	36.36

**VETERANS 0/50**

1. D.Ashton	Black	35.47
2. R.Beil	Amble	36.50
3. P.Murray	Horw	39.42
4. A.Evans	Amble	39.44
5. H.Blenkinsop	Kesw	40.58
6. G.Lloyd	Wrex	43.22
7. B. Johnson	CFR	44.01
8. A.Daniels	AchRat	44.07
9. B.Price	CaldV	44.10
10. T.Hildige	Eryri	44.23

**LADIES**

1. C.Crofts	DkPk	38.15
2. Y.Haigh	P&B	39.28
3. A.Bedwell	MDC	41.46
4. J.Smith V	DkPk	42.17
5. A.George	Mercia	42.18
6. P.Gibb	P&B	42.25
7. N.Lavery	Amble	42.42
8. W.Dodds V	Clay	42.46
9. C.Hughes	Read	42.55
10. T. Williams	Eryri	43.39
11. A.Wright	Macc	44.47
12. J.Teague V	Bing	45.06

**LADIES VETERANS**

1. J.Smith	DkPk	42.17
2. W.Dodds	Clay	42.46
3. J.Teague	Bing	45.06
4. D. Kenwright	SamHelen	47.05
5. S.Bennell	Eryri	50.36
6. N.Lloyd V/45	Wrex	52.49

**JUNIORS U/20**

1.M. Whitfield	Bing	33.40
2. R.Thomas	Hebog	33.55
3. J.Bland	Borr	35.25

**TEAMS**

1. Bingley	19 pts
2. Ambleside	27 pts
3. Hebog	59 pts



## DARWEN MOORS FELL RACE

### Lancashire

BM/11m/1800ft 12.4.92

#### REPORT

This year's race was moved forward by a couple of weeks and conditions looked like being the worst for a few years. Overnight rain had left the course heavy with mud but the rain thankfully stopped in time for the off. Once out of the Brinscall Woods, a group of three comprising Colin Donnelly, Graham Schofield and Mark Aspinall had established a gap on the rest of the field. They were still together by Darwen Tower - reaching about forty minutes - but Aspinall was beginning to drop off the pace. Schofield managed to hang on to Donnelly through Tockholes Wood but Donnelly's strength began to tell on the second climb of Great Hill, where he forged ahead to take a forty second victory, his second in this event and second of the weekend, having won at Wardle the previous day.

In the Veteran's category, Steve Breckell, Tony Hesketh and Bob Ashworth were all together at Great Hill. From there, Steve kept his lead just beating Tony by two seconds. Don Ashton took first place in the Super Veteran's category after competing in the Pen Y Fan race the day before.

K. Robinson

#### RESULTS

1. C. Donnelly	Eryri	1.18.03
2. G. Schofield	Black	1.18.46
3. M. Aspinall	Unatt	1.19.57
4. A. Selby	Bolt	1.20.12
5. R. Owen	Black	1.20.24
6. J. Bradley	Prest	1.21.53
7. C. Haskett	Dundee	1.22.11
8. P. Tumer	Bolt	1.22.24
9. S. Breckell V	Clay	1.22.45
10. T. Hesketh V	Horw	1.22.47

#### VETERANS 0/40

1. S. Breckell	Clay	1.22.45
2. T. Hesketh	Horw	1.22.47
3. R. Ashworth	Ross	1.23.55

#### VETERANS 0/45

1. D. Kearns	Bolt	1.25.36
2. P. Lyons	Bury	1.26.47
3. J. Nuttall	Clay	1.27.29
4. K. Carr	Clay	1.28.47

#### VETERANS 0/50

1. D. Ashton	Black	1.28.10
2. D. Brown	Clay	1.42.31
3. T. Marshall	S'port	1.42.52
4. G. Flitcroft	Horw	1.43.04

#### LADIES

1. C. Greenwood	CaldV	1.32.30
2. J. Kenyon	Horw	1.35.27
3. R. Pickvance	Kend	1.38.50
4. C. Banlin	Helmsby	1.41.25
5. A. Lee	Clay	1.42.30
6. L. Bostock	Clay	1.42.32

## LLANBEDR TO BLAENAVON

### Mid Glamorgan

AL/14m/4500ft 12.4.92

#### REPORT

Despite a poor weather forecast the rain held off until we all got to the bar after the race. The Pen Y Fan Race the previous day had attracted a good crowd, many of whom stayed on for our race. I was a little worried by the prospect of getting the extra competitors to the start, but a mini bus and furniture van with driver provided by our visitors seemed to swallow large numbers and in the end we had two cars spare.

Running conditions were excellent if a little cold. As sweeper I can't comment on the race up front but there were some pretty good times around. In our thirteen years the two hours has only been broken eleven times; nine of these by Andy Darby, so two under two hours was good in this years race. The ladies record was smashed by Lydia Gould with six minutes in hand over the old time. There was also a very high completion figure of eighty two finishers out of eighty four starters, considering for many this was the second race of the weekend.

I was also very pleased feat my dire warnings at the start about not climbing fences were heeded and I've already had a letter from the fanner thanking as for our consideration for his property.

G. Buffet

#### RESULTS

1. J. Nixon V	AchRat	15&38
2. E. Roberts	Eryri	1.59.55
3. I. Powell	WrekO	2.02.54
4. D. Huws	Eryri	2.03.30
5. P. Cleary	CaldV	2.03.47
6. G. Webb	CaldV	2.05.53
6. T. Jones.	Eryri	2.05.53

8. L. Gwilym	MDC	2.07.09
9. F. Williams	Eryri	2.10.17
10. C. Taylor	Mercia	2.10.18

#### VETERANS 0/40

1. J. Nixon	AchRat	1.58.58
2. J. Blair Fish	Camethy	2.10.36
3. M. Parker	Keyham	2.12.34
4. R. SutcliffeCaldV		2.13.09

#### VETERANS 0/50

1. A. Daniels	AchRat	2.45.30
2. T. Hildige	Eryri	2.55.48
3. C. Gravina	Amble	3.20.16

#### LADIES

1. L. Gould		2.16.13
2. W. Dodds V	Clay	2.26.13
3. A. Wright	Macc	2.29.57
4. T. Williams	Eryri	2.35.54
5. R. Graham	Banb	2.36.19
6. D. Kenwright	SamHelen	2.36.40

## CASTLEWELLAN

### Co. Down

CS/4.5m/850ft 16.4.92

#### REPORT

Robin Bryson taking part in a Hill and Dale Race for the first time since his recent fourth place in the World Mountain Racing Championships had a comfortable win in this midweek race.

On the steep climb to the top of Slieve Na Slat, Robin moved clear, completing the ascent in 7.1.2. The climb also sorted out the minor places with Neill Carthy moving past John Curran to finish in second place. John, not known as a fell runner held on to be fifth.

Beme McAlister dominated the ladies race, leading all the way to post a new record, ahead of last years winner Roma McConville.

D. Watson

#### RESULTS

1. R. Bryson	N'castle	26.12
2. N. Carthy	Unatt	26.32
3. J. Patterson	Duncaim	27.12
4. B. McKay V	A'ville	27.18
5. J. Curran V	N'castle	27.37
6. J. Hayes V	B'drain	28.15
7. J. Brown	BARF	28.18
8. I. Gourly	BARF	28.30
9. P. Howe	Lame	28.36
10. D. Watson	N'castle	28.40

#### VETERANS 0/40

1. B. McKay	A'ville	27.18
2. J. Curran	N'castle	27.37
3. F. Hammond	LVO	30.53

#### VETERANS 0/45

1. J. Hayes	B'drain	28.15
2. B. McGee	Lame	29.54
3. J. Gibson	B'drain	33.39

## MOELWYN PEAKS

### Gwynedd

AM/9.5m/2800ft 18.4.92

#### REPORT

The race started promptly with sixty-three competitors in the senior event and six Juniors in a four mile race at the beginning of the course.

Conditions on the peaks were bad, with wind and poor visibility. Mist at around one thousand feet prevailed for most of the day, and throughout the race. Despite the conditions the winner Hefyn Griffiths was only forty-nine seconds slower than the 1991 winner, when conditions on the mountain were almost perfect. The radio handsets were a great asset and I was in constant contact with all the marshalling points during the race, which proves how essential it is to use radios on all fell races.

E. Hughes

#### RESULTS

1. H. Griffiths	Hebog	1.22.37
2. J. Hey	Warr	1.22.49
3. G. Williams	Eryri	1.22.59
4. R. ThomasHebog		1.23.04
5. D. Davies V	Hebog	1.24.28
6. T. Jones	Eryri	1.24.32
7. D. Davis	Hebog	1.24.35
8. R. Seager	Cham	1.25.05
9. B. Beahell	Hfx	1.25.43
10. C. Williams	Hebog	1.29.28

#### VETERANS 0/40

1. D. Davies	Hebog	1.24.28
2. D. Williams	Eryri	1.29.59
3. M. Blake	Eryri	1.35.44
4. D. Williams	Eryri	1.36.12
5. H. Stansfield	Eryri	1.37.32

6. I. Smith	Bolt	1.37.59
7. J. Sweeting	MDC	1.38.42
8. J. Bennell	Eryri	1.42.59

#### LADIES

1. A. Brand Barker	Eryri	1.45.45
2. A. Stentiford	Macc	1.59.50
3. H. Musson	Unatt	2.03.04
3. K. Darke	Leeds	2.06.40

#### JUNIORS

1. A. Turner	Buxton	34.45
2. S. Buckley	Hebog	37.03
3. S. Llywelyn Lewis	Unatt	44.40

## MANX MOUNTAIN MARATHON

### Isle Of Man

AL/30m/8000ft 18.4.92

#### REPORT

John Nixon, took top honours by winning the event for the first time at the age of forty four years. In extremely difficult conditions he beat last year's winner, Andy Hauser into second place with four times winner champion and record holder, Brent Brindle, third. The swirling mist and strong North West wind made going very difficult in this, the longest fell race in the British calendar, so no records were broken. After the first hour Brindle, Hauser and Pete Irwin were in the leading bunch. Irwin retired at Injebreck and the other three kept fairly well together until South Barrule where Hauser lost his way on the descent in the mist. It was not until Bradda Caim, only two miles from the finish that Nixon gained a substantial lead on a tiring Brindle who was also caught by Hauser in the closing mile.

In the Standard Class the event was won by newcomer Paul Driver and newcomer Donald MacPheesecond.

Arthur Jones - Hon. Sec. Manx Mountain Marathon Organisation

#### RESULTS-ELITE

1. J. Nixon V	AchRat	5.05.58
2. A. Hauser	Holm	5.19.34
3. B. Brindle	Horw	5.27.10
4. A. Belton	Macc	5.29.51
5. D. Marshall	N.Z.	5.49.19
6. D. Keams V	Bolt	5.49.23
7. R. Stevenson	ManxFR	5.53.38
8. R. Fowler	Chorl	5.56.28
9. P. Browning	Clay	5.57.07
10. M. Cowboume V	ManxFR	6.03.28
11. N. Robinson	DkPk	6.33.13
12. I. Callister	ManxFR	6.43.52
13. M. Kelly V	Bolt	6.47.17
14. S. Marshall	Clay	7.50.05

#### STANDARD

1. P. Driver	Macc	5.46.57
2. D. MacPhee	Kild	5.48.23
3. P. Cheek V	Macc	5.56.49
4. A. Ireland	Macc	6.05.38
5. A. Bagley	Stock	6.10.19
6. D. Ashton V	Saif	6.11.11
7. N. Hindle	Altr	6.12.16
8. D. Young	ManxFR	6.15.56



Last year's MMM Winner, second this year.

Andy Hauser here pictured at Simon's Seat.

Photo: Peter Hartley



## BIGNIAN TO THE TOP

### Co.Down

AS/2m/2000ft 23.4.92

#### REPORT

This race was run in the foulest of weather conditions with the start line shrouded in heavy mist and the runners being lashed with heavy rain driven by a gale force wind.

The conditions were to have a significant part to play in the final result with the first man to the top, Robin Bryson going off line to allow Brian Ervine in to take the race. Bryson sorted himself out to finish second veteran Billy McKay third. The unattached Neill Carty trying his hand at fell running this season added to his second place at Castlewellan, a creditable fourth.

The heavy mist nearly spelt tragedy for Paul Rodgers as he started to go off line, but luckily clubmate Brian McBumey was on hand to lend help.

In the ladies race Roma McConville overcame the conditions to finish nineteenth overall.

David Watson

#### RESULTS

1. B.Ervine	B'drain	25.34
2. R.Bryson	N'castle	25.40
3. B.McKay V	A'ville	26.56
4. N.Carty	Unatt	27.36
5. P. Rodgers	N'castle	28.20
6. B.McBumey	N'castle	28.21
7. J.Brown	BARF	28.50
8. E.Hawkins	N'castle	29.00
9. I.Gourley	BARF	29.10
10. N.Jackson	B'drain	29.12

#### VETERANS 0/40

1. B.McKay	A'ville	26.56
2. M.McVeegh	N'castle	35.02
3. R.McKee	LVO	35.08

#### VETERANS 0/45

1. D.Rankin	A'ville	29.45
2. B.Magee	Lame	31.56
3. J.Sloan	N.Down	32.42
4. D.Connolly	Armagh	35.46
5. J.Gibson	B'drain	36.12

#### LADIES

1. R.McConville	N.Down	32.10
2. S.Pruzina *	BARF	36.20
3. M.Havron	Newry	37.42
4. C.McConnell	BARF	40.36

## GRISEDALE GRIND FELL RACE

### Cumbria

AS/4m/1600ft 25.4.92

#### RESULTS

1. B.Thompson	CFR	27.58
2. W.Brindle	Horw	28.18
3. G.Huddleston	Clay	28.39
4. G.Devine	P&B	28.56
5. J.Parker	Ilkley	29.07
6. R.Rawlinson V	Ross	29.10
7. G.Wilkinson	Clay	29.13
8. J.Bland	Borr	29.16
9. J.Bulman	Borr	29.17
10. C. Walker	P&B	29.17
11= R. Whitfield V	Bing	29.18
12= K.Manning	Clay	29.18
13. W.Bland V	Borr	29.23
14. S.Thompson	Clay	29.25
IS. R.Jackson	Horw	29.58
16. A. Maloney	Roch	30.00
17. T.Hesketh V	Horw	30.01
18. M. Wallis	Clay	30.05
19. G. Bland	Borr	30.11
20. M.Fleming	Amble	30.17

#### VETERANS 0/40

1. R.Rawlinson	Ross	29.10
2. R. Whitfield	Bing	29.18
3. W.Bland	Borr	29.23
4. T.Hesketh	Horw	30.01
5. R.Ashworth	Ross	31.42
6. K.Shand	Roch	32.03

#### VETERANS 0/50

1. D. Ashton	Black	31.47
2. R.Bell	Amble	32.03
3. H.Blenkinsop	Kesw	35.50
4. R.Bunn	Hales	36.38
5. C.Sheppard	CFR	36.54
6. B.Hillon	CFR	38.50

#### LADIES

1. A.Brand Barker	Kesw	34.54
2. J.Smith V	DkPk	35.20
3. N.Wilkinson	Black	53.40
4. J.Kenyon	Horw	35.49

5. C.Hughes	Read	36.36
6. L.Thompson V	Kesw	36.58
7. C.Hunter Rowe	P&B	37.34
8. A.Isdale	Bing	38.45
9. K.Beaty	CFR	39.17
10. W.Knox	Kesw	40.28

#### JUNIORS

1. M.Whitfield	Bing	30.40
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#### TEAMS

1. Clayton
2. Borrowdale
3. Horwich

## MYNYDD MAWR

### Gwynedd

AS/4m/1300ft 25.4.92

#### REPORT

No records were broken this year, the runners having to battle against a strong wind, but in clear visibility. It proved to be a close struggle between Eryri and Hebog for the leading positions with Hefyn Griffiths gradually improving and finishing well clear of the Eryri duo of Emlyn Roberts and Dai Huws.

Paul Stott broke the evergreen Del Davies's dominance in recent years in the veterans category, while Bob Hughes won the over fifties in his first fell race, a pleasant introduction to the delights of fell running.

Dewi Tomos

#### RESULTS

1. H.Griffiths	Hebog	32.18
2. E.Roberts	Eryri	32.38
3. D.Huws	Eryri	32.42
4. R.Thomas	Hebog	32.53
5. J.Hey	Warr	33.32
6. G.Owen	Eryri	34.31
7. P.Stott V	Hebog	34.38
8. F.Williams	Eryri	34.42
9. D.Dafis	Unatt	34.46
10. E.Evans	Eryri	34.54

#### VETERANS 0/40

1. P.Stott	Hebog	34.38
2. D.Davies	Hebog	35.28
3. D.Williams	Eryri	35.38
4. I.Smith	Bolt	38.02

#### VETERANS 0/50

1. R.Hughes	Unatt	41.07
2. T.Hildige	Eryri	41.40
3. B.Evans	Prestatyn	44.34
4. T.Hayes	Eryri	46.47

#### VETERANS 0/60

1. J.Pope	Eryri	52.37
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#### LADIES

1. T.Williams	Eryri	41.08
2. H.Parry	Unatt	46.03
3. S.Bennell	Eryri	47.49
4. M.Fookes	Eryri	57.58

#### INTERMEDIATES U/18

1. T.Garside	Hebog	39.57
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#### BOYS U/16

1. A. Vaughan	Eryri	19.38
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#### GIRLS U/16

1. R.Tomos	Eryri	25.46
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## THREE PEAKS RACE

### North Yorkshire

AL/23.5m/4500ft 26.4.92

#### REPORT

Gale force winds and heavy ground conditions greeted competitors in the thirty ninth annual race over the Three Peaks. However, although conditions were the worst for several years, they fell short of being severe as all the tops were clear and there was a merciful lack of rain.

The results were very similar to last year, with the first two in the men's race, first lady and winning team all being a repeat of 1991. Outstanding performances were again achieved by Ian Ferguson, who won the race for the third time, Sarah Rowell, who finished fifteenth overall, thus winning one of the medals awarded to the top twenty finishers as well as the ladies' trophy. Don Ashton's Super Veteran's time in difficult conditions was meritorious as was the third place in the race by newcomer, David Neill.

There are two points worthy of mention. Firstly, given the overwhelming demand for places in the race, it is disappointing that one hundred and sixty of the original entrants in the race, did not start. It is difficult to avoid the conclusion that some entries are being submitted by runners more in hope than anticipation that they will be fit enough to start the race.

Secondly, it is regretted that a competitor's delay in reporting his retirement caused severe inconvenience to race control officials and the unnecessary deployment of Mountain Rescue personnel. When an accident occurs in a fell race, speed in confirming that a runner is overdue and the accurate identification of the search area is of paramount importance. The race control procedures in the Three Peaks Race are designed to achieve this objective and it is comforting to know that within thirty minutes of the cut-off time at Ribbleshead, an overdue runner was identified and rescue personnel deployed. Unfortunately, the circumstances leading up to this "proving of the system" were totally unnecessary. This incident caused unwelcome publicity and could have delayed a response to a genuine emergency.

A special thanks to the Daily Mirror newspaper for their continued support of the event.

Dave Hodgson



Three Peaks: Sarah Rowell finishing in 15th place overall.

Photo: Peter Hartley



## RESULTS

1. I. Ferguson	Bing	3.01.11
2. A. Trigg	Glos	3.05.09
3. D. Neill	Staffs	3.07.15
4. A. Schofield	Ross	3.07.30
5. G. Schofield	Black	3.08.13
6. A. Hauser	Holm	3.09.31
7. R. Cudworth	Hales	3.13.01
8. P. Sheard	P&B	3.14.22
9. P. McWade V	Clay	3.16.02
10. M. Freer	Leic	3.18.12
11. J. Wiczorek	Acc	3.18.44
12. K. Taylor V	Ross	3.18.51
13. D. Horsfall	Bing	3.18.56
14. F. Loftus V	Horw	3.19.02
15. S. Rowell L	Leeds	3.19.11

### VETERANS 0/40

1. P. McWade	Clay	3.16.02
2. K. Taylor	Ross	3.18.51
3. F. Loftus	Horw	3.19.02
4. S. Breckell	Clay	3.20.13
5. J. Holt	Clay	3.20.26

### VETERANS 0/50

1. D. Ashton	Black	3.26.26
2. P. Lambert	ValS	3.57.49
3. G. Collinson	Felndale	3.59.41
4. R. Jaques	Clay	4.00.56
5. P. Murray	Horw	4.02.05

### VETERANS 0/60

1. D. Hodgson	Felndale	4.19.22
2. D. Talbot	Clay	4.35.57
3. D. Clutterbuck	Roch	4.43.04

## LADIES

1. S. Rowell	Leeds	3.19.11
2. C. Hunter-Rowe	P&B	3.44.03
3. C. Greenwood	CaldV	3.48.06
4. S. Watson V	ValS	4.00.20
5. W. Dodds V	Clay	4.01.28
6. A. Lee	Clay	4.05.56
7. E. Thackray	Felndale	4.07.28
8. K. Thompson	Clay	4.12.56

## TEAMS - MEN

1. Bingley H.	60 pts
2. Clayton H.	66 pts
3. Rossendale A.C.	104 pts

## TEAMS - LADIES

h Clayton H.	625 pts
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## PENTYRCH HILL RACE

### Mid Glamorgan

BM/7.5m/1700ft 28.4.92

## RESULTS

1. C. Hallett	Brist	49.24
2. P. James	Brist	49.31
3. S. Rhind	C'diff	50.17
4. G. Burke	MDC	51.21
5. G. Davies	Taff	53.00
6. L. Gwillyn	MDC	53.14
7. B. Yannetta	C'diff	53.46
8. S. Blease	Brych	54.09
9. M. Mussa	H'beat	54.15
10. J. Diamond	Croups	54.20

## VETERANS

1. B. Worley	Ponty	57.13
2. J. Tumbull	Beddau	58.07
3. J. Finch	Chepst	60.27

## LADIES

1. J. Nelson V	Brist	60.05
2. A. Bedwell	Brist	61.57
3. A. Clarkson V	Croups	63.23

## CONISTON

### (English Championships)

AM/9m/3500ft 2.5.92

## RESULTS

1. K. Anderson	A'side	66.22
2. K. Holmes	Bingley	69.08
3. A. Peace	Bingley	69.17
4. P. Dymoke	Livingstone	69.26
5. B. Thompson	CFR	69.43
6. S. Hawkins	Bingley	69.46
7. B. Whitfield	Bingley	70.25
8. D. Neill	Staff/Moor AC	70.27
9. J. Atkinson	A'side	70.39
10. G. Bland	B'dale	70.58
11. W. Brindle	Horwich	71.02
12. G. Huddleston	Clem	71.13
13. G. Wilkinson	Clem	71.20
14. M. Hoffe	A'side	71.21
15. N. Wilkinson	Macc	71.22
16. R. Jameson	A'side	71.36
17. J. Bulman	B'dale	71.40
18. B. Bland	B'dale	71.45
19. J. Hooson	A'side	72.21
20. J. Parker	Ilkley	72.29

## LADIES

1. C. Crofts	DPRF	84.49
2. S. Parkin	Kendal	86.46
3. J. Kenyon	Horwich	88.48

### VETERANS 0/40

1. B. Whitfield	Bingley	70.25
2. M. Hoffe	A'side	71.22
3. B. Bland	B'dale	71.45

### VETERANS 0/50

1. A. Hewitt	Ross	78.33
2. D. Ashton	Blackburn	80.03
3. R. Bell	A'side	81.24

## TEAMS

1. Bingley	18
2. A'side	40
3. Borrowdale	67

## PENISTONE HILL RACE

### Yorkshire

BS/6.5m/1055ft 4.5.92

## REPORT

A big thank you to Yorkshire Water for sponsoring the race thus enabling every runner to have a T shirt. All proceeds from this year's race have been donated to Woodhead Mountain Rescue (around £400)

Ideal racing conditions and a good crowd on the top of Hartcliffe hill saw Rob Bergstrand run out an easy winner, just missing out on his own record. A fine run from road runner B. Pickersgill took the first veterans prize. Our thanks to Tony Hulme from Running Bear for the spot prizes.

- Dave Cartwright

## RESULTS

1. R. Bergstrand	Mandate	38.33
2. G. Damiani	Spensorough	40.25
3. D. Gibbons	Salford	40.26
4. M. Jubb	Dark Peak	40.59
5. S. Bell	Watford	41.52
6. R. Seager	Chamwood	42.12
7. M. Sykes	Unatt.	42.14
8. D. Watson	Holmfirth	42.21
9. S. Oglethorpe	Hallam	42.22
10. B. Pickersgill	Longwood	42.24

## LADIES

1. G. Greasley	Macc	49.17
2. A. Jorgensen	Penistone	52.58
3. J. Johnson	Denby Dale	54.09
4. R. Briggs	Hallam	54.33
5. J. Town	Denby Dale	54.43
6. E. Denby	Denby Dale	55.39
7. K. Whittingham	Denby Dale	56.12
8. J. Lochhead	Denby Dale	

### VETERANS 0/40

1. D. Bonnington	Steel City	42.30
2. P. Buttery	Holmfirth	44.15
3. T. Hulme	Pennine	44.42
4. G. Band	Dark Peak	45.03
5. C. Calladine	Penistone	45.28

### VETERANS 0/45

1. B. Pickersgill	Longwood	42.24
2. D. Cartwright	Penistone	45.47
3. R. Harcastle	Longwood	46.33
4. R. Asquith	Holmfirth	48.13
5. D. Trash	Barnsley	49.32

### VETERANS 0/50

1. D. Bamforth	Holve V.	45.38
2. K. Bamforth	Holve V.	47.51
3. B. Sprakes	Dark Peak	49.23
4. P. King	Denby Dale	50.34
5. K. Pickering	Rockingham	51.29

## INTERMEDIATES

1. M. Jones	Penistone	20.13
2. S. Metcalfe	Longwood	21.28
3. C. Day	Holmfirth	22.10
4. A. Burnett	Leeds	22.18
5. M. Warmby	Meltham	22.20

## JUNIORS

1. M. Quarumby	Spensorough	13.15
2. A. Turner	Meltham	14.47
3. T. Rich	Bradfield	14.58

## TEAMS

MENS	Holmfirth
LADIES	Denby Dale
v MEN	Penistone

## BLACKSTONE EDGE

### Lancashire

AS/3.5m/1200ft 20.5.92

Well, that's the tenth one over with and what good conditions we had, warm, dry and a slight breeze on the summit; I honestly thought that the nice summer evening would have enticed a few more out. As it happened, it was my second lowest field ever - some said it must have been the European Cup Final on the telly and others the Turk's heads in the bog

that kept them away! I don't know, perhaps I'll have to put it on at the weekend with hundreds of others.

Speaking of bogs, I heard on the grapevine that all the leaders took a tumble at some point or other. Gary Devine was leading when he fell and turned his ankle but still managed third with Sean Livesey winning again in 28.02, his first win since 1988 when he put down the second fastest time ever (27.12) for this course. I was also impressed with Andrew Wrench's run, coming in second; the lad's really improving this year. Local lass Glynda Cook was first lady home in 36.30 putting 72 others behind her. Organiser's club Rochdale won the mens team with 49 points and the vets team with 109 points. Other organiser's please note that vets teams are the thing for the future - 53 out of 150 entrants were vets over 40.

My apologies to everyone about the venue for the prizegiving, the landlord is a bit of a dick. He would not let Sportsfeet sell on the car park as he was frightened of losing his late licence and also the price of the drinks! The trouble is that the place is run as a night club and as I've said before, there's nowhere else to go - yet! See you all at Tumslack.

- Kevan Shand

## RESULTS

1. S. Livesey	Rossendale	28.02
2. A. Wrench	Tod	28.30
3. G. Devine	Pudsey	29.09
4. R. Jackson	Horwich	29.12
5. M. Keys	Ross	29.13
6. G. Wilson	Salford	29.17
7. A. Maloney	Rochdale	29.24
8. J. Logue	Horwich	29.35
9. J. Hey	Warrington	29.49
10. G. Webb	CV	29.55

### VETERANS 0/40

1. I. Holloway	Rochdale	30.48
2. B. Waterhouse	Saddleworth	30.53
3. D. Beels	Rochdale	31.05
4. J. Winder	CV	31.46
5. H. Waterhouse	Saddleworth	31.53

### VETERANS 0/45

1. P. Lyons	Bury	31.43
2. B. Jackson	Horwich	33.11
3. C. Keogh	Rochdale	33.52

### VETERANS 0/50

1. T. Macdonald	Bingley	34.17
2. K. Talbot	Ross	33.35

## LADIES

1. G. Cook	Rochdale	36.30
2. V. Hamlet	Ross	37.04



Amble side's Paul Savage climbs Mouldry Bank out of Coniston.

Photo: Steve Bateman



**North Cape Dollar Hill  
Scotland AS 5m/2000ft**

The fastest descent from the top of Dollar Hill by over 30 seconds was not enough to prevent Keith Anderson suffering his first British Championship defeat of the current season. On a blistering hot day, with the ground solid underfoot it was Robin Bergstrand of Mandale who, with an amazingly fast descent - over a minute quicker than the next to the top (Neil Wilkinson of Manchester University - profiled on page 11) - took the honours, holding off Anderson as he pulled over a minute back to finish just 11 seconds behind. Wilkinson dropped to fourth place as he was passed by both Anderson and 3rd fastest descender Steve Nicholson of Livingstone Ac. This place, combined with the 6th place of Peter Dyrrioke and 13th placed A. Kitchin, meant that Livingstone took the team honours.

Bob Whitfield maintained his 100% record by taking the vets class over a minute clear of second placed Tony Hesketh with Roger Boswell third, a further minute and a half down.

The race took place on one of the hottest days that the race organiser can remember and with a record field of 227 entrants. It seemed likely that the course record would be broken with such firm underfoot conditions and with the leading British Championship contenders on the starting grid but the record set by Malcolm Patterson last year was never in serious danger. This was probably as a result of it being *too* hot, which will also have contributed to the high drop out rate in a race not noted for its DNFs - with 10 non finishers - some top names amongst them!

Leading ladies contender Clare Crofts also suffered a defeat with Tricia Calder equalling her 1989 record on this course, a time of 46.25. Clare came in second, over two minutes behind with Yvette Hague hot on her heels.

In British Championship terms Keith Anderson is still well clear with Andy Peace not competing at Dollar and Bob Whitfield has virtually sewn up the veterans title. Congratulations are also due to J.Brooks of Lochaber, an excellent performance by a junior to finish in 26th position overall and to Andy Maloney who gained British Championship points (see profile in February edition).

**RESULTS**

1. R Bergstrand	Mandale	38.53
2. K Anderson	A'side	39.04
3. S Nicholson	L'stone	39.49
4. N Wilkinson	M'c'r Uni	39.54
5. D McGonigle	Shett'ston	40.09
6. P Dymoke	L'stone	40.28
7. D Neill	Staffs M	40.32
8. M Roberts	Kendal	40.54
9. S Hawkins	Bingley	41.05
10. J Parker	Ilkley	41.12
11. J Atkinson	A'side	41.38
12. J Wilkinson	Gala	41.43
13. A Kitchin	L'stone	42.05
14. M Rigby	W'lands	42.07
15. J Pyrah	Edin Uni	42.11
16. R Jamieson	A'side	42.23
17. R Whitfield	Bingley	42.29
18. G Wilkinson	CleM	42.36
19. G Bland	Bor'dale	42.42
20. N Martin	Fife	42.45

**VETERANS**

1. R Whitfield	Bingley	42.29
2. T Hesketh	Horwich	43.38
3. R Boswell	Lochaber	45.10
4. W Bland	B'dale	45.16
5. P Stott	Hebog	45.54

**LADIES**

1. T Calder	Hunters	46.25(v)
2. Clare Crofts	DkPk	48.42
3. J Kenyon	Horwich	49.10
4. J Salvona	L'stone	51.41
5. J Smith	DkPk	51.52

**JUNIORS**

1. J Brooks	Lochaber	43.26
2. P Mowbray	Edin Uni	43.45
3. M Whitfield	Bingley	45.07
4. H Hutchinson	Edin AC	49.29
5. R Jebb	Bingley	49.45

Full reports and results of 'Stop Press' races will appear in October.



UP—Shaun Calderbank stays stride for stride with his Horwich clubmate - Coniston Junior Race  
Photo: Steve Bateson

AND UNDER — P. Wallace, Pennine Fellrunners, crosses the stream in Sell Gill — 3 Peaks.  
Photo: Peter Hartley



# BARF TURKEY TROT

Category 'new', 5+ miles/1500ft  
26th December 1991

Newly formed club Belfast Association of Rockclimbers and Fell Runners - BARF for short, promoted this new event with 18 men, 4 ladies and 2 mountain bikers starting. Obviously there was a good representation from the climbing community. This race is the first time a midwinter fell race has been held over here, although Newcastle AC hold a club run up Slieve Donard (Xmas morning) and Ballydrain Harriers a handicap x-country since the 1930's. Certainly this is a welcome addition, with the route designed to be straight forward in bad weather, but actually no summits are run over.

Host clubs Jim Brown showed that his winter training programme is going to schedule with runner-up spot behind Brian Ervine, who actually was remarkably close to his estimated 45 minutes. In third, came former junior champion Edmund Hawkins, in his only fell race for the whole season of 1991, due to injury. 'Touch wood' the 21 year old joiner should make a welcome presence amongst the leading contenders in 1992. Joanne Boyle, 14th overall was well ahead of the other 3 ladies, while the 2 mountain bikers didn't fair at all. One being slower than the runners, and the other fell off!

Afterwards the days events, winter training ideas and more importantly gossip was discussed over mulled wine in a nearby cottage. The consensus of opinion being the race completed a refreshing different Boxing Day to the normal one of attempting to finish off the turkey leftovers.

## A. Mourne

### BARF TURKEY TROT

1. Brian Ervine	Ballydrain	44.43
2. Jim Brown	BARF	47.19
3. Edmund Hawkins	Newcastle	47.38
4. Geoff Dawson	LCCC	53.12
5. Kevin Quinn (v40)	Newcastle	53.36
6. Big Tim	BARF	55.13
7. Martin McNiff	BARF	56.22
8. Dawson Stelfox	Dalriada	58.12
9. Martin McMahon	BARF	58.34
10. Ian Rea	Dalriada	58.38

### LADIES

1. Joanne Boyle	BARF	1.04.29
2. Roisin O'Hare	BARF	1.12.55
3. Margaret Stelfox	Dalriada	1.15.10
4. Moira Rea	Dalriada	1.16.36-

### Rumour has it

that the British Championship next year will consist of 3 races, 1 short, 1 medium and 1 long. They will be 1/2 Turnslack (short); normal Turnslack (medium) and treble Turnslack (long). Proper fell runners will be catered for with a new title called "Fellrunner of the Year" and a new format to suit.



or try taking her out to the...



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\*

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# British Athletics Federation

## England suffers in new set up

Since the last issue of The Fellrunner the Commission has met once and progress has been made on several fronts. However, the problem of integrating the FRA into the new structure remains.

It was decided after some discussion not to interfere with the format of the British Championship. Therefore the 1993 competition will be organised on exactly the same



*Neil Shuttleworth seeks out the man who has an established sports injury clinic, is a respected authority on injuries, a sprinter and a participator in a variety of contact sports. He has also been England physio for the last four years. He is.....*

## Eddie Caldwell

The fell running connection with England began in 1988, the year that Keswick hosted the World Cup. "Other national teams had medical back up," explains Eddie, "but not England, so Dave Cartridge recommended me to England's team manager at the time, Dave Hodgson" (He now feels that Cartridge will return to his best this season after a two year lay off due to a debilitating illness.) He has remained with the England team ever since, treating a variety of injuries.

"By and large injuries don't fall into groups," he says "I treat a wide range of problems - no injury has foxed me yet. I study a lot and am a member of the Northern Institute as well as being qualified professionally. I'm a member of the London and County Society of Physiologists and have a Diploma in Sports Science". Eddie has also been involved in sports other than running.

"In my youth I was a wrestler and went from a lightweight to a heavyweight, topping 16 stone". Eddie taught P.E. after studying for a B.Ed degree, then 20 years ago began the sports injuries work. Actually only two out of three patients have sports related injuries. He's had some odd cases - ask him about the ones that aren't publishable!

He lectures regularly - the next one is on arthritis - as the pile of books on his desk testified, and he relaxes by training as a sprinter; training 5 days a week and taking regular rests as he advises his patients to do. In the 1980s he was Lancashire County veteran sprint champion at 100m or 200m and still enjoys fell running. Now **12h**

stones, the Bolton Harrier enthuses "Bliss for me is a day out on the fells, especially if the weather is really bad".

Married to Marie, they have three grown-up children and live near the end of the Three Towers route. In fact Redisher Lane, opposite Eddie's house, goes directly on to the last section of the Three Towers near Holcombe Tower. Their interest in sport has rubbed off as the many trophies in the reception area show, "They're not all mine", jokes Eddie.

Treatments used are varied and depend on the nature of the injury, including massage, osteopathy and homeopathy with some modern technology such as electrotherapy thrown in if the situation warrants it. Each injury is different. Each patient unique. He charts each patient's treatment programme and as a general rule finds runners would do best to wear the right shoes for the terrain. The most common injury a fellrunner gets is an ankle injury, followed by hamstring pulls and low back pain..

Stretching, warming up and resting occasionally are Eddie's suggestions to keep injuries at bay. "I feel rest is important. Swimmers and cyclists will do as I say, but a runner rarely". His reputation means that sportsmen and women from abroad have sought him out. Did the runner from Germany take his advice? "Certainly," he says, "he'd come a long way for a long standing problem. The golfer from Florida also respected my advice"

So if you're hurt, seek out Eddie and he'll no doubt work some of his magic on you.

- Neil Shuttleworth

lines as this year. The choice of races has been delegated to the FRA Championship Committee and when it, has been made will be published in The Fellrunner and 1993 Calendar in the usual way.

The rules that govern our sport will be those listed in the FRA calendar. However, they have become out of date in the sense that the AAA rules which are often referred to in conjunction with the FRA rules have been replaced by the newly coded BAF rules. Therefore there has to be a general revision to take account of the new situation.

As was hinted at in the last edition of The Fellrunner, the initial teething problems of the new set up are taking longer to settle down than at first hoped. The incremental subscription scheme as operated in England has met widespread and active opposition. When the Southern Counties tried to collect subscriptions, many of the smaller clubs refused to pay point blank. Informed sources say that the system is so unworkable there will have to be a major rethink in the very near future.

It has been noted that the Fell running increment and FRA affiliation fee are substantially the same thing. In effect BAF at the moment is collecting revenue from clubs for running the sport whilst to all intents and purposes it is already the FRA that is doing the same job out of their own funds. The situation is not helped either through the inability of the English AAA to provide full funding for the World Cup in Susa, the first time that England have found themselves in this position; one that is all too familiar to the Scottish, Welsh and Northern Irish.

When the idea of BAF was first mooted, it was indicated that the guiding principle was that the individual commissions would be responsible for the administration of their branch of athletics. It was generally accepted by all parties that, against this background, the role of the FRA could easily be assimilated into the new scheme. However, as BAF evolved, so the goalposts seem to have moved: power was to be devolved to the areas (in the case of England this meant the Southern Counties, the Northern Counties and the Midland Counties). In short, the Commissions would lay down the guiding principles and the areas would put them into practice. This might suit Track and Field, Cross Country and Road Running, but the position with Fellrunning is different because previously in England and Wales the FRA had always had governing authority and had never been accountable politically or financially to the areas.

The above must seem unintelligible if all one really wants to do is run on the hills. However, the implications are important. On the positive side it should be recorded that in Scotland, Wales and Northern Ireland the situation is more satisfactorily defined. However, most British fell runners live in England, and most of the administration of our sport has always been carried out by the FRA and, it should be emphasized, to the satisfaction of most participants. Somehow this must be taken on board the new structure.

- Jonathon Gibbon



# FRA British Relay Championships 1992

## Organised by Keswick A.C.

The fourth F.R.A. Relay Championships will be organised by Keswick A.C. based on Threlkeld, near Keswick. The routes will be, in the best Lakeland tradition, steep and rough, and teams will require navigational ability.

The event will be over four legs, all starting and finishing at the Salutation, in Threlkeld. Each team will consist of six runners - one on the first and last legs and two on the second and third legs. All legs will be "A" category and navigation will be important on legs two and three. The winning team will be expected to complete the course in about three hours 20 minutes.

The event will be based in Threlkeld village, just off the main A66 road between Penrith and Keswick, under the slopes of Blencathra. The start and finish for each leg will be at the Salutation Inn.

Refreshments will be available in the village hall from about midday. Car parking will be limited so in order to minimise disruption the organisers would be grateful if teams would "double up" wherever possible.

The event is taking place in October, when weather conditions can be bad, over rugged and exposed terrain. The safety procedures will be strictly and rigorously enforced and the organisers reserve the right to alter the course in extreme conditions.

Full details of the event will be sent on 30th June 1992 to every club affiliated to the F.R.A. Closing dates for entries will be 31st August 1992.

### DATE:

Sunday, 18th October 1992.

### VENUE:

Threlkeld Village, near Keswick.

### START TIME:

Race start time 10.30a.m. from the Salutation Inn.

### REGISTRATION:

From 8.30 a.m. to 10.00 a.m. on race day at the Salutation Inn. The team manager must declare the team names and running order. Race numbers, control cards and black and white maps will be issued.

### MAP:

The whole event will be in the area bounded by Eastings 30 - 38, Northings 25 - 32. A black and white photocopied map of this area will be provided to each team. Teams are strongly advised to obtain the actual Ordnance Survey 1:25000 maps of the area. These are:-

1. Outdoor Leisure 5 The English Lakes - Northern Eastern area.

This covers all of legs one, three and four, and all of leg two except Bowscale Fell.

2. Caldbeck Sheet NY 23/33

This covers Bowscale Fell on leg three.

Maps must be carried on legs two and three.

### ENTRY FEE:

£18 each team of six - includes refreshments.

### ENTRY LIMIT:

A provisional limit of 80 teams has been imposed. The organisers will try to ensure that every club affiliated to the F.R.A. and the S.H.R.A. will be allowed to enter teams in the following categories:

SENIOR MEN

LADIES

VETERANS

Additional teams may be entered but will be accepted on a first come first served basis, if there are places left after the closing date.

### ENTRIES:

A detailed entry form will be sent to every club affiliated to the F.R.A. and the S.H.R.A. on Tuesday 30th June, 1992. Entries must be received no later than Monday 31st August, 1992. Entries must be sent to Peter Skelton, 2 Towers Cottages, Towers Lane, Cockermouth, Cumbria CA13 9ED.

### TEAMS:

Each team will comprise six runners - one runner on the first and last legs, and two runners on legs two and three. All team members should have fell running experience and be capable of using a map and compass. Runners for the second and third legs will be vetted for suitable experience and must have completed at least one "AM" fell race during the year. The organiser will reserve the right to reject any entry where the competitor's experience for any leg is in doubt.

### SAFETY EQUIPMENT

All competitors must have access to the following safety equipment on race day:

- 1) map.
  - 2) compass.
  - 3) whistle.
  - 4) Full body windproof cover.
- These items must be carried.

### FACILITIES:

Refreshments and toilets will be available at the village hall.

### ROUTE:

The race will consist of four legs. The route will be steep and rough in the best Lakeland tradition. It is important to remember that weather conditions on the day can significantly increase running difficulties and particularly navigation. Flagged route sections must be followed. Cut-off times will be applied to each leg and there will be a mass start for the remaining competitors.

### LEG 1 -

#### Little Doddick Fell AS/1,450 ft/2.5 miles

Start: Salutation Inn.

Check 1: Little Doddick Fell.

GR: 332269.

Finish: Salutation Inn.

### LEG 2 -

#### Bannerdale Crags and Bowscale Fell. AM/2,100 ft/10 miles

Start: Salutation Inn.

Check 1: Path Junction 344273.

Check 2: Bannerdale Crags. GR: 335290.

Check 3: Bowscale Fell. GR: 340310.

Finish: Salutation Inn.

### LEG 3 -

#### Blencathra. AM/2,500 ft/5.5 miles

Start: Salutation Inn.

Check 1: Path Junction 344273.

Check 2: Blencathra summit.

GR: 322276.

Check 3: Bleas Fell (Knowe Crags).

GR: 311270.

Finish: Salutation Inn.

### LEG 4 -

#### Bleas Fell. AS/2,300 ft/2.5 miles

Start: Salutation Inn.

Check 1: Bleas Fell (Knowe Crags).

GR: 311270.

Finish: Salutation Inn.

Please note that a shortened course may be implemented in case of bad weather on the day.



Sailbeck Buttermere 1992  
Chris Valentine on the summit of Whiteless Pike.  
Photo: Steve Bateson

## Danny Hughes to retire

After 20 years as Secretary of the Cumberland fell Runners Association, I feel the time has come to retire. When I took over this job in 1973, it seemed quite a simple matter to organise a couple of races over the fells each year for 50 - 70 Lakeland enthusiasts. As the number of competitors grew steadily, and as the number of races we organised increased to nine, the job became more demanding. Luckily, I have been supported by the dedicated CFRA committee members, a host of personal friends, and my family, David and Johnny manning checkpoints and Rachel helping on registration and at the finish. Those who know what really goes on realised long ago that Norma, my wife, is the one who really keeps everything on an even keel.

Currently we organise the Buttermere Sailbeck (Northern Counties), the Ennerdale Horseshoe and the Muncaster 'Luck' and Wasdale fell races. During my time as secretary, we have staged 109 fell races, involving 11,615 competitors. Norma has typed the results for most of them. 99.5% of those taking part in our races have been great to know and it has been a rewarding experience providing the means by which they could enjoy their days on the fells in competition with other mountain lovers. I have always refused to be deterred by the 0.5% who think the world revolves around them and create hassle out of all proportion to their minute numbers - but they are there and do present race organisers with problems they could do without!

I would rate Kenny Stuart and Jos Naylor as the two greatest fell men of this period be-

cause of their truly outstanding ability and dominance and also because of their great affinity for the fells and their unfailing courtesy and gratitude for the many who give of their time and effort voluntarily to enable the sport to exist.

Many of the innovations introduced by CFRA in this period have become standard in the sport. Our attitude towards race insurance was introduced into the FRA against fierce opposition - it is now gratefully acknowledged as a service to all race organisers. Our experience of the death of Bob English in the 1982 Ennerdale resulted in an in-depth review of safety which forms the basis for the current FRA safety rules. We have always been promoters of international competition and again have prevailed in the face of great initial scepticism, as the annual outing to the World Cup testifies. When the question of independence for fellrunning arose, we were firmly in the camp of traditional athletics. This proved to have the greatest support when it came to testing the views of the membership. Conse-

quently, fellrunning is now irrevocably tied into the athletic administration, with a voice on the highest committees of the sport.

I am not opting out of fellrunning of course - I'm building up my training for the time I hit 60, by which time I expect the FRA will have introduced an over 60 championship! Although voted off the FRA committee at the last AGM, I was 'retained' for the Fell Running Commission. My job as secretary of the International Mountain Racing Committee is quite demanding and, as you might expect, is unfortunately very political.

You will still see us at the CFRA races doing some minor job - or we might even qualify for that most demanding of posts - checkpoint controller. I retire at the end of this year (Wasdale is my last race) with many happy memories, and wish my successor a long and happy term of office - any volunteers, please contact me!

*-Danny (& Norma) Hughes - Hon. Secretary (& Asst. Sec.!) CFRA.*



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## Race review

Stanbury; 7 miles, 1200ft, BM

# No Loafing Allowed

*Apologies to the Stanbury Race organisers for the offence caused by the article headed 'Race Review' in the February edition of The Fellrunner. It was a humorous article and as such misappropriately headed. To set the record straight, here is a traditional review of the race, reprinted from 'Up & Down' magazine.*

This race is now to become more readily identified as the 'Sreen Malt Loaf Run' and isn't just a fell race. It's developed into a classic, unforgettable social occasion, a winter pilgrimage so to speak. Why? Because over 450 runners enjoy cheap £1 EOD, free tea and biscuits before and afterwards including spectators and if the prize giving was attended a sight to behold in oodles of prizes. In all over 130 men and all ladies and juniors received some prize-spoils, not counting the much sought after malt loaves, which gave nobody the excuse for loafing around.

Certainly no-one was loafing as the race climaxed with Steve Hawkins and Andy Trigg stride for stride into and up the quarry face, on the line, the 24 year old Grassington dry-stone waller, Hawkins had it by one second, and with it the offer of an original oil painting of Ponden Kirk, the wall of heather, which 25 minutes earlier had reduced the whole field to a hands and knees crawl. This area is in fact a Site of Special Scientific Interest being an example of heather moorland being managed for grouse production, and supporting an associated bird life.

On a course designed to cater for all tastes - fell, road and cross country - several chose road shoes against studs, and with a frozen terra firma top coat the question was did they gain? Hawkins and Trigg chose studs, but Wilf Brindle and Colin Valentine certainly made swift progress after the trig turn for 3rd and 4th. It was this solid ground which allowed PE teacher Trigg to compete, because normally his Saturdays are occupied refereeing school rugby union.

Taking the ladies trophy for the 4th time, Carol Greenwood found only Janet Kenyon trailing her as the field including 43 ladies descended into Sladen Beck. From thereafter Carol's pace proved unrelenting, and in the process she annihilated the record by 1 minute 42 seconds.

In the free-to-enter junior quarry races 12 year old Adam Burnett and 13 year old Victoria Wilkinson set new record marks by 12 and 16 seconds respectively. In fact a high standard was achieved here with the first 4 being within the old record. Who says there are no up and coming juniors? On this evidence the talent is there, let's nurture it and kindle the flame for the future's sake.

Our motto still stands, '£1 to run, lots of fun, oodles of prizes is no surprises'.

*"Darby and Joan"*



First 5 home: L to R: Martin Bell (5th); Andy Trigg (2nd); Steven Hawkins. (1st). Wilf Brindle (3rd); Colin Valentine (4th).

Photo: Dave Woodhead



## Congratulations!

**Congratulations to Sarah Rowell and Colin Valentine on their fantastic 4th overall (1st mixed team) in the 1992 Haworth Hobble. In fact Sarah's been in devastating form all this spring — 15th overall from a field of 436 at the Three Peaks Race can't be half bad.**

Sarah's choice of sweatshirt's pretty impeccable too because we at *Up & Down* think we're putting out some pretty good reading for fell runners. There's news, comment, current affairs (eg the access question), race profiles, runner profiles, a superb training column from Dennis Quinlan, a regular "Understanding Injuries" page from chartered physiotherapist Denise Park, archive material from top fell running historian Bill Smith, readers' letters and competitions.

Our race reports are different too - we don't try to cover every race but for those we select we try to tell you about the course and the organisation as well as the winners., and often include grid references of checkpoints as well That way you can tell if it's your kind of race even if you didn't attend.

And then there are the photos — 60 plus photos in a typical issue from the front, the middle and the back of the pack too!

Colin and Sarah both subscribe to *Up & Down*. If fell runners of this quality do, shouldn't everyone? Join the front runners — fill in the coupon below.

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# A Southerner at the Three Shires

*Mike Fry probably the most southerly based UK FRA member, attempts the Three Shires Race (13m/4000ft).*

I was glad to be there - whatever purists may say about Ambleside Youth Hostel - it sure beats sleeping out on the back roads of Cumbria, after a fairly foul day at school and before a fairly hectic day on the fells.

I'd rushed up after school (where my best 5th year set rehearsal had started in female tears and ended in male fistcuffs (the joys of teaching drama)). Then I rushed down to the station and headed for Euston (chilli bean burger), on to the train (salmon and cucumber sarnie), changed at Oxenholme - panicking about my E.T.A. as the hostel closed to newcomers at 10.30 - even if I'd booked. Got to Windermere at 9.40 - and found a taxi - just as well as no buses. Sharing it with someone dressed as a sixties dolly bird got the fare down to three quid - and there we were - Ambleside YH at ten.

I needed all the sleep I could get as I hadn't slept much the night before (packing and excitement) - and meeting friends again out of the blue keeps you up late chatting. I got to bed about 11.15 and didn't dare turn the light on in case I woke anyone else up in my 2 man dorm - so I just piled things on the floor (and so took ages to find anything in the morning).

However, there is something about waking on a Saturday to the sounds of swans on Windermere. I stayed in bed till 7, then got up. The sun was producing clouds of steam off the water and breaking through the heat haze, the fells around looked golden russet and stone, a rabbit ran through a meadow by a wall. Good, eh? Even with some bright green person doing aerobics on the lawn. Breakfast was good (I couldn't get to eat again till much later today) and friends from the Youth Hostel offered me a lift to the pub.

We stopped at Ambleside for some shopping, then off towards Coniston and turn right for Little Langdale, quiet and pastoral, with a nice crowd of people outside the Three Shires. My friends dropped me off, while they headed Langdale-wards and I tried to make sense of everything.

As always, faced with the possibility of gear and book buying, I succumbed to the lure of Pete Bland (a famous name, even in Essex) sales van and the cardboard boxes on the grass, then headed back to the pub to register. The bar was crowded with people queuing for the loo, rubbing wintergreen on and registering. I told them my name, which obviously sounded odd with my posh southern twang amongst the Cumbrian, Yorkshire, Transpennine and Scottish dialects - I collected my number and the safety pins plus the two plastic numbers to hand in half way round and at the end, to show I wasn't lost. Then off to the map to check it agreed with the cut up bit of the Langdale map I had in my bumbag (*Mike wrote waist bag, but I couldn't let that pass!* - Ed.) plus compass, whistle and cag. (I had to buy a special map to cut up as I couldn't face destroying one of the ones I already own - then I did it with my back to the dorm so no-one could see me). It took ages to work out what was best to wear; my thermal top felt muggy, but would it be muggy when the temperature was 10 degrees lower on top? I then nearly forgot to change my shoes. Everything was very low key and rather fun. As it was my second fell race I knew a bit more about the form - even so I didn't allow enough time to warm up as I was still dithering about my clobber (and afraid of looking conspicuous). Selwyn (organiser's husband and someone I'd met before on a course in his official capacity as secretary of the FRA) yelled at us to line up, then addressed us in the style of Henry Five at Agincourt (only not so loud). He told us we must all have a map, compass, whistle and cag, but he wasn't going to insist on a kit check (I'd like to see him try with 350 of us). I worked my way to the back, so as to not look pushy, then someone must have said start because the chap next to me said "Oh, we've started." So I set the digital watch and off we went.

*This shows the first big mistake* - if I'd been at all canny, I'd have reasoned that if stuck at the back I would get hemmed in by the narrow lanes and paths. I would also have got more aggressive about being at the back of the pack.

A jolly trot down to the river and the error became apparent. The whole race bunged up at a single track

bridge over the River Brathay (GR 317028). Some took the plunge and splashed across the ford - I was worried that sopping wet feet this early might get blistery in 12 miles time - so stayed on the bridge. We cheerfully poured along the lane and out towards the intake wall. The view was pretty spectacular - a craggy hillside with streams of runners belting up to it - two main streams, with occasional individual variants. They weren't actually belting along either, most were fell plodding, going up in a basic fast walk. I avoided the straight-up-the-side route and headed for the get-up-there-at-a-steady-fast-pace lot.

On Melbreak in August, I'd lost places badly by not pushing on the ups and then being overtaken when trying to run downhill. Now all those years in Scotland trying to catch John Matthews up paid off. I can walk uphill fast and I did, allying Matthews hill technique with all the fitness and speed work I'd done with Barry Ansell and Maurice Brazier back home, basically crawling up the hill as fast as I could and never letting up. I set a target - a bloke in a red Horwich vest about ten places ahead, and got to him; then pushed. But I was still only about 1/4 up the field, there were a lot more ahead of me than behind me.

But I was pushing. It was working. We got to the top of Weatherlam in 45 minutes, and it was basically downhill from here to the half way point at the Three Shires stone on Wrynose Pass.

The weather had started sunny, but had now clouded over. We were actually running in mist and my thermal vest was coming in handy. I was doing well and wasn't going to stop now. I should have. The pack around me ran over and along and were soon speeding downhill; I stopped to check the map and compass.

Of course, I should have done it before, a bearing from a known point is much more reliable than one somewhere on the side of the mountain. If I'd been walking I wouldn't have got so far down the mountain, on what the compass now showed to be the wrong direction. People nearby saw my map and compass and focussed on them - they were running unencumbered by such mechanical aids (despite Selwyn's warning). We made some progress, but it took me ages to orient the map and work out where we

were, my naturally slow reactions in mist made worse by the fact that people seemed to be relying on me for guidance (a responsibility I didn't want) and that we had to think fast to avoid losing any more time. In any event we had to find our way across the top of the valley and up on to a high ridge. Fortunately someone turned up who seemed to know what he was doing so we followed him.

Getting ourselves safe was the prime objective - we didn't need the disgrace of being rescued. We wasted 20 minutes to half an hour on that. When we finally found the path it was broad, clear and unmissable, trampled by the studs of 340 runners - none of them were anywhere in sight. I felt sick and fed up, all that organisation and effort to come last. (This was Hurt Pride; inexperienced Southerners *ought* to come last). We slogged along to Prison Band and got to the second checkpoint on Swirl How at 1 hour and 15 minutes, then at a good downhill pace along the wide ridge towards Great Carrs. I'd overtaken one runner - a lass who thought I was a late starter, I was so far behind. I'd got so confused that I couldn't remember whether we had to visit the summit rocks of Great Carrs, so did anyway. (No need, it wasn't on the list). I could now see the road below and battled on, but I'm no good downhill and the runner I'd overtaken going up Swirl How now sped past me. And so down to the road, John Matthews would have been amazed at the speed I was going down - and on steep grass too. At the road I handed in my tag, claimed an orange drink - it all looked a bit like a messy picnic - a large plastic bottle of orange and stacked plastic cups. There were fourteen spare - "Don't worry lad, there's thirty behind you." This wasn't actually true, but it was kindly meant. So we ran over the road, glancing quickly at the Three Shires Stone to one side and headed up Pike o'Blisco. (You don't actually get much time to drink in the scenery, except literally when imbibing large amounts of the local streams - drink stations on tap).

The last thing I wanted to do was to run up this track, but I got going, overtook some runners and tried to enjoy the scenery - not easy when your mind is on your feet and on your will to keep going. I slogged up the path and then a right hand turn on to the fell side. Then I panicked.

I knew my friends were going over Crinkle Crag, and they said they might call off at Pike o'Blisco. Here was I, last and at the back so thought I'd better make an effort and actually overtook some people before reaching the Pike.



*Mike Fry found himself sat next to Ruth Pickvance, on her way to winning the Fiendsdale Race.  
Photo: Bill Smith*

This bit of the course demands getting off Pike o'Blisco down to the road and then reascending Liny moor Fell. No problem, only the straight line is out as it's straight over a rim of crags; you have to go down to left or right and round to an access point and up. But how far to the side do you have to go? Paths (= go fast) go round the sides but are not direct. I'd studied the map and thought I could head over the top, to the left of the crags. Navigation to get there proved to be no problem. The mist had lifted and I could see Blea Tam House standing out like a white lighthouse, but I couldn't see over the hillside to detect crags. There was also a good fast path going in that direction. So I set off, enjoying the semi scrambling on the track, probably because I didn't have time to think through what I was doing. I thought I'd found a good way down, which no one else had spotted. I thought that but still got caught up by three more (whom I thought I'd seen off earlier on). The path went down to the left and a couple of runners belted off to a plantation to one side of these unseen crags. (Of course, if you knew the area, you could reece all this. Problems of being a Southerner). Down we go (combining Matthews steep grass just-get-down-here-and-we'll-have-coffee techniques with Barry/Maurice just-keep-on running energy).

We get down (leaping out of the bracken at passing tourists) and run round the tarn and the final stop is ahead. Up we go, behind 5 runners, including the three who overtook me on Pike o'Blisco. They meet a mini ridge and take the easy route side. Right, so we head for the top and hammer up that (walking style). 5 more places gained.

Up, up and up. Run if you can. Then I get to the top, give in my number and realise that I can't make any sense of the country around. It looks much more hilly than the map implies. It's also the end of a long race (2hrs 51). I just can't get it together. I slog on in the direction of the valley, following a lone runner in a red Horwich rest, hoping he knew where he was going. (I'd used him as a target way back on Wetherlam - someone to overtake - now he just panted "I can't run any more"). He was on course for a clear grass path, trampled by the buffalo like prints of a herd of studded fell running shoes. It looked OK, so I kept along it, running downhill fast (as I needed to, I'm easily overtaken going downhill). At a crossroads I get the map out and work out where I am. Then I spot the first flag, guiding us back home. The flags are real rag bag collection - bits of bunting to new triangles to faded yellows - to some blue and white plastic tape labelled Reebok. But it gets us down, past the last tired checkpoint official to the road in front of the inn - crammed full of strolling finished runners. I have to ask where the finish is - and it's a turn left into a field job. So I finish. But I'm so late the excitement of the end of the race is over. Boards are up with people's positions - the first 270 - so I have done badly - no last minute miracle twist to rescue me. I grabbed some orange and a cup of tea, then a vegetarian pastie and another cup of tea. It's all very relaxed and easy, like a garden fete in vests. The prize ceremony features carved slate trophies and T shirts. The race is won by Gavin Bland, a famous name spotted, and I recognise Colin Valentine as the chap who came second at Melbreak in August.

Although I'm well fed up with my own performance, the atmosphere is easy and relaxed, the organisation excellent. I want to do it again, but properly now.

I now have to slog back the 5 miles to Ambleside, worrying about tomorrow afternoon's rehearsal at school. I pass a bus stop, then later a bus passes me. There's a meaning in that. Once in town I head for the new bus station, then Wilfs Eats, above the fellrunning and climbing shop Rock and Run. Here food is good and plentiful and cheap. The lady at the next table turns out to be Ruth Pickvance, the ladies winner (another Famous Name). Then off to buy some books on fellrunning, queue for the bus and home by midnight. 21 hours in the Lakes, disappointing that there was no famous victory - but a challenge to try and get it right next time. Certainly interesting, and the next day at Sunday training, belting around the Belfairs woods I had this insufferable grin on my face (as I came last) - well, this may be hilly, but it's not a real Fell. It was all very exciting.

And two days later I did my foot in.

## Not a Race Review

# Julian scores

*(stupidly)* "Why do they call them fell races, then, Julian"

*(emphatically)* "I keep telling you my name's not Julian"

*(petulantly)* "Well, whatever your bloody name is; why do they call them fell races?"

*(patronisingly)* "Well, my dear, I just happen to know the reason; let me just get another half of lager and top up your babycham and I'll tell you. On second thoughts, you'd better go, that man behind the bar keeps asking me my age."

*(muttering)* "Well you don't look much above 14 and that bum fluff makes you look even more stupid"

*(defensively)* "You know that all the best fellrunners are unshaven and manly; I haven't shaved for a fortnight to get this rugged look"

*(laughingly)* "Rugged, more like bloody tufted to me! One good breeze would blow the lot away. All right, all right, I'm going for the drinks"

*(irascibly)* "Well, that took you long enough"

*(proudly)* "Those nice rugby players helped me at the bar; it's such a crush."

*(informatively)* "Well, you asked me about fell races"

*(yawningly)* "So I did, but it doesn't matter"

*(almost angrily)* "Yes it does, I've done three of them now and the same thing happened in all of them"

"What?"

"I fell"

*(light dawning)* "Oh, I see; does everyone have to fall then?"

*(patronisingly)* "No, silly, you have to take it in turns. Some people are quite good at it and can do tricks - like somersaults and twists. It takes years of practice to get up to really high standards. Some people just show off to the spectators by doing tumbles right in front of them; sometimes even specially for the camera"

*(questioningly)* "Doesn't anyone ever get hurt, then?"

*(animatedly)* "Course they do, that's the whole point, you're not a proper fell runner until you've got an injury. Then you can become a full time spectator"

*(interested, this sounds more like her cup of tea)* "What do they do then?"

*(even more animatedly, he could be on to a winner here, and after all Julian is a red*

*blooded male)* "Well, to be really good at it takes a lot of practice. First you have to run a fell race or two..."

*(disappointed)* "I don't like the sound of that..."

"No, listen, that's the hard bit over with. You have to have a 'tumble' or a 'twist' but you must learn to refer to it properly - "I took a tumble at the Whatsisdale", or "I turned my ankle on the rough descent at Thingy Hill - I was really doing well too"- then you have to learn some medical terms and talk a lot about your physio"

*(dreamily)* "Those rugby players were talking about my physio"

*(under his breath)* "I doubt that" *(out loud)* "No, a physio is someone who looks after injuries for money, you have to have your own and they have to be expensive"

"Is that all, then?"

"No, the best is yet to come. You then have to go out to the shops and buy a lot of expensive gear; preferably in really bright colours, and then wear it to fell races. You hobble convincingly to a point 300 yards from the finish and shout the winners in. Some of them will even do a special tumble for you when they hear a complete stranger shout their name two inches from their ear"

*(more interestedly)* "I like the sound of the gear; but how do you learn their names?"

"You don't, there's always someone else yelling just a bit further on. If you can remember their names though, you can talk to them loudly in the pub as if you've known them all your life. 'Had a good run, Billy?'; 'Saw you tumble, Gary, are you all right?'; 'Thought you'd got that one, Colin' and, best of all..."

"What?"

*(triumphantly)* "You get to hang around in the pub afterwards as if you'd actually done the race - with no effort involved at all!"

*(mendaciously)* "Mmm, I like the sound of the gear"

*(hopefully)* "Shall I take you to one then? Would you like that?" *(leaving, arms linked)* "Will you buy me some of the flash gear then, sweetheart. Is it very expensive, Julian?"

*(resignedly)* "I keep telling you my name's not Julian..."

N.B. All characters and events are fictitious. Any resemblance to any fell race or fell runner, living or dead, is purely fortuitous.





# The Role of the National Centre for Athletics Literature

The role of the librarian of the National Centre for Athletics Literature (short title NCAL) is to acquire, keep and make available the archives and literature of Track and Field Athletics, Road, Cross Country and Fell Running - not to exclude Race Walking.

The collection is in the main library of the University of Birmingham. Since it was begun in 1969 it has grown like the proverbial Topsy and about a quarter of the stock is in a store a quarter of a mile away. For this reason and because it is manned single-handedly it is best to make an appointment if you are coming from a distance to use the collection.

The collection is open to all bona fide followers of athletics and our hours are 9 a.m. to 5 p.m. Mon. - Fri. You are advised to check up before hand for details of our closures during Public Holidays.

The very valuable and unique collection consists of about 8,000 items. There is a Catalogue of the NCAL (price £1.50) available in book form. The collection is strong on the history, statistics and techniques of the sport with an unequalled section on the Olympic Games. There are well over a hundred hours of tape recorded archives here and lots of photos - some very ancient. We are delighted to include the Fell Runner in our excellent sequence of serials.

We provide all normal specialist library services and endeavour to satisfy all enquirers whether they telephone, write or visit. If there are specialists in the history of Fell Running out there I should especially be glad if they would make themselves known to me as I do value the back-up support of such experts to supplement my own carefully garnered reference resources. There is no end to the queries received especially from genealogical researchers, publishers of books and producers of media programmes.

Our telephone number and FAX numbers are as follows:

Tel: 021 414 5834

Fax: 021 471 4691

Our address is The National Centre for Athletics Literature, The University Library, Edgbaston, Birmingham B15 2TT.

John Bromhead, NCAL

## Shropshire Weekend

This annual curtain raising weekend put on by the enthusiasts of Mercia, contains races of such complete contrast that they almost defy the two extremes of fell running. This is remarkable considering that this is after all, rural Shropshire. The task of organising and co-ordinating the events fell to Somerset based Mike Day, after a long tenure by Eddie Harwood and a years stand in by Paul Cleary.

### TITTERSTONE CLEE

Cleeton St. Mary, Nr. Ludlow.

Category 'A' Short, 2+ mile/750ft

22nd February 1992

Saturday's event takes an uninspiring route up the unprepossessing highest point of Shropshire, the whale backed ridge of Titterstone Clee. Despite the above comments the race is enthusiastically supported, and appeals to the "bumpy x-country runners". Perhaps this is why it attracts a wide variety of runners from 'flatland' clubs like Leicester Corinthians, Milton Keynes and Cambridge Harriers. Who incidentally last year starred in a mass-bonk on a gale lashed Long Mynd race! Though few of these clubs ever seem to venture further west into Welsh races, so perhaps Offas' Dyke still exerts some kind of psychological power!

Local lad Don Thompson of Harlequins Orienteers who organised the first race in 1982 was again on hand to man the summit trig point, for this the 10th anniversary. As usual, with free route choice, groups of runners trod their own particular line through last year's dead bracken. Up the final stiffish pull towards the "golf-ball" radome which terrorises the hilltop, there was little to choose between the first ten battling against the biting cold wind. Mercia's Shaun Mansbridge made a bid for glory on the tricky descent, but Graham Patten and Andy Darby were on hand to quickly overhaul him. Care must be taken on this descent as a turned ankle now would



Sue Ashton of Chepstow on the ascent at Titterstone Clee.

Photo: Steve Hughes

be a disaster if the double is contemplated! Recent Mercia signing Andrea George continued to show her talent to finish inside the first 30, with Bristol nurse Karen Patten in 2nd from the 90 competitors.

### LONG MYND VALLEYS

Carding Mill Valley, Church Stretton.

Category 'A' Long, 11 miles/4500 ft

23rd February 1992

### MYND OVER MATTER

That night, the severe weather that had beaten up runners at The Beast, Wadsworth Trog turned its attention to Church Stretton, and the omens for Sunday weren't favourable. Amazingly, it dawned bright and clear. A decision to change the start/finish to the bottom of the valley produced some fierce debate as to optimum route to and fro from the first and last checkpoints. This decision helped ease traffic congestion up this popular valley, produce an exciting finish for spectators and moved the race to a deserved 'A' long status.

Once at the head of the valley, the field split into several groups for the ascent up The Pike, but the fastest route seemed to be the original. After slithering out of control into Jonathan Hollow on route to ch 1 Ashes Hollow, the race turns south for the long boring slog along the Long Mynds spine. Runners then topple down Boiling Well (honest) to reach ch 2. From this point onwards the race gets better and better with ascents of Grindle, Hanging Brink, Packetstone Hill, Callow and Yearlet all to be savoured. In the last 5 miles these get steeper and steeper, and the course lives up to its name, with route choices open. Early leader Tim Haywood sadly became a statistic of the steepness trailing in finally 17th. While another casualty Mike Legema got it completely wrong off ch 7 Yearlet, and ended up back in Ashes Hollow! The knowledgeable veteran Paul Stott had Paul Cadman in tow, but to a delighted partisan crowd senior admin officer at Bilston College Cadman descended the new finish with 11 seconds to spare. Another regular Shropie visitor Nigel Fenwick from Milton Keynes pulled through brilliantly to take 3rd place. A teacher from Wem, Andrea George did the double finishing a creditable 42nd out of 138 finishers, with only 6 retirements. In the super vets 52 year old lecturer Colin Brown dominated, and it seems that if you want to do well on the fells, get yourself a job in education. Congratulations to all the Cambridge Harriers who mastered the race this year.

The near vertical plunge down the side of Burway Hill for the final water splash before the finish line, gathered a horde of ghoulish spectators awaiting the next great prat fall. Overall, the weekend was a great success with excellent racing over very varied terrain, washed down by competent organisation and marshalling. Only one thought remains - surely there is a more inspiring route up Titterstone Clee?

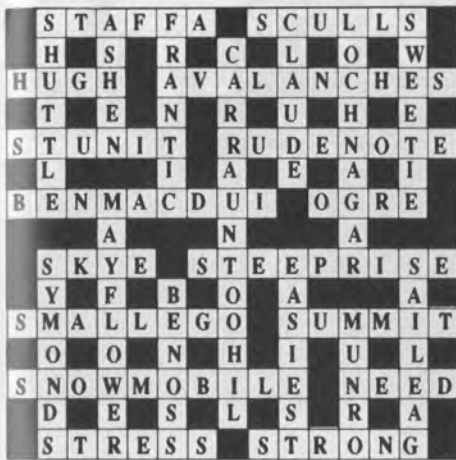
"Wheeze"

## Competition winners

Winners of the last crossword were Tom Mackie of Gwynedd, Martin Pickup of Preston and Sion Edwards of York. 21st birthday T shirts are on their way.

Winner of the WORDSQUARE and *In Monte Viso's Horizon* is Mike Hawkins of Derby. Thanks for a bumper entry to both competitions

The **BAF** competition continues. The point of the competition was missed by JG's Beans Activate Farts and by Derek Ratcliffe's claim that the initials stand for an Italian fellrunner Blair Agostini-Fishi; Richard Wilson got the right idea in trying to describe the nature of BAF from it's initials, coming up with Bureaucratic Anonymous Fiasco. And, you naughty boys and girls, I didn't know that so many swearwords started with B or F so the best I must keep to myself! Have another go, a T shirt or the complete BAF rulebook to the wittiest.



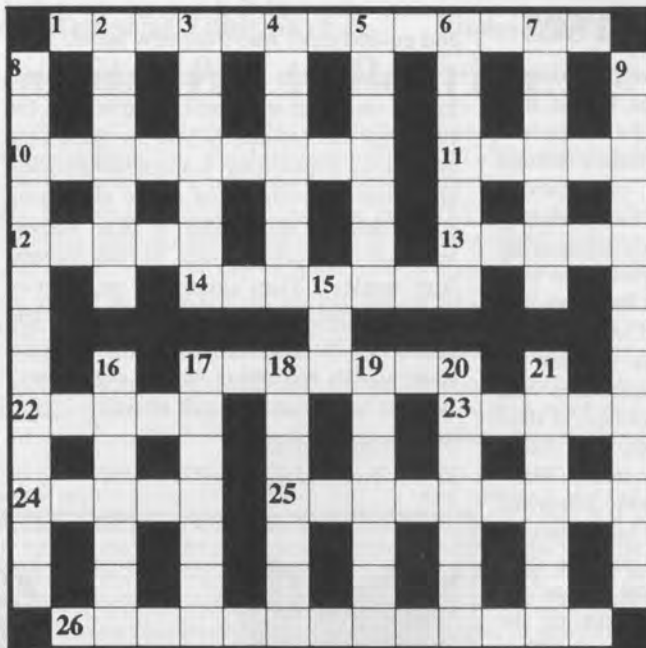
## Shepherd's Skyline

(Todmorden)

Before the race was given birth I had, from all directions, run the horizon's dark obelisk. From Mankinholes where grim stoned houses stoically kept the winter's cruelty outside the thickness of their walls. From Lumbutts - in the hollow, by mill dam that served as swimming pool on hot summer's day. From deeper in the valley; from Todmorden, a grinding climb, past farms that with tenacity clung to a moorland edge.

Today, with so many years behind, I see the line, diagonal, dissect the sweeping coarseness; plunge from the ridge's monument and climb once more where 'Long Stoop' stone has marked the centuries for less enthusiastic travellers of these hills. I relive the days of youthful freedom and I am refreshed once more.

Peter Travis



### Clues Across

- 1 Five sounds like arm bone before natural talent shows susceptibility to injury(13)
- 10 and 24 Make four, common market above, needed in rain at 22 (9,5)
- 11 Maybe returned holding top part of 10 (5)
- 12 If you're 8 at 22, you could be in this, with each one nearly sick (5)
- 13 Old English gent around willow shoot (5)
- 14 Final order with the end, the end of the lawn missing (3,4)
- 22 Not odd model, happening (5)
- 23 Damn duck, greeting (5)
- 24 see 10
- 25 Payment to mule men, confused (9)
- 26 Host taken in church around a cat. Speech must be clear at 22 (13)

### Clues Down

- 2 Being a novice, I point out each one, 100 in need so I shouldn't attempt long A 22s (13)

- 3 French one I make; it's all the same to me! (7)
- 4 Sat iron ones, emergency food for 22 (7)
- 5 Two legged part of bike with part of bike! (7)
- 6 Cow's call with wind makes illegal thrust (3,4)
- 7 Roman earth in type of ground at 22 (7)
- 8 Take care if you're this at 22! Practical acquaintance in brief independence (13)
- 9 Wet substance evidences 10,24 to stay dry at 22 (13)
- 15 22 with three wheeled cycle, no bike (3)
- 16 Push to halt ship (5,2)
- 17 Back, er, breast bone (7)
- 18 Survived, not recorded, prof (5,2)
- 19 Tea round twitch, in a mess (7)
- 20 The one that comes after the ten (3,4)
- 21 10,24 Change insurance from useless and bare to opposite (5,2,9,5)

FRA T shirts for the first three correct entries drawn from the editor's bumbag. Closing date September 1st.

Entries to *The Editor*, 39 *Withy side, Denby Dale, West Yorkshire, HD8 8SF*

*Prize Crossword*

## Goatfell

### Trigg breaks record

Glossopdale's Andy Trigg crept inside one of the longest standing fell records when he beat Andy Styan's 1979 time by just two seconds in 1.13.11 on May 16th. Glorious sunshine and about the best view of the mountain seen so far this year provided great spectator conditions for the crowd gathered in the Ormidale Park for the race. Thanks to a radio link with several checkpoints up to the summit it was possible to keep people informed of progress as the 86 entrants set off for the

top of Goatfell. Quick calculations by MC Frank Anderson drew the crowds attention to the fact that the record was in danger and, spurred on by their enthusiastic encouragement, Andy crossed the line over five minutes ahead of the next competitor. This was team mate Adi Jones, followed by Lochaber's Phil Hughes.

The ladies race was won by Livingstone's Joyce Salvona with Ruth Pickvance (Kendal) and Wendy Dodds (CleM) in the runner up positions in what was, apart from the record, a generally slower race than in recent years due to the hot weather.

- Arran Banner

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# Horses for Courses

Fell racing is facing an unprecedented number of external pressures at the moment with every sign that the problems will get worse rather than better. Issues relating to charges for land usage, environment damage, access, safety and the predatory nature of a running press keen to open up pastures anew for a hungry readership tend to force the fell running establishment into a protectionist frame of mind. Against this must be balanced the points of view of some race organisers and committees who want to try to increase the numbers at their races (see the race report for the Jack Bloor Races in the February Fell runner). Many races, particularly in the more urbanised uplands of Lanes and Yorks take place in the "back yard" of towns, perhaps contributing race proceeds to local causes and at the very least providing part of the entertainment for a gala or fete. A fall in numbers at these races may result in loss of face for the organisers within their community and yet any kind of protectionist policy formulated for races which take place in wilder and more sensitive areas can only have a deleterious effect on the more "urban" races. And let's face it, there is a world of difference between a race on Ilkley Moor and a more isolated place like Pen-Y-Fan even though they are both graded as AS.

The current grading of races gives some indication of their degree of difficulty and distance but does not address the wider issues such as local facilities, suitability for novices and environmental sensitivity. So perhaps it is time to consider an overhaul for a grading system that has given good service for 22 years but now finds new pressures creating some shortcomings. One possibility would be to extend the lettering system to 3 to give an additional grading, for example "U" or "E".

The "U" grading could stand for "Urban, open to all comers, good facilities, suitable for newcomers, Unlimited numbers."

The "E" grading could stand for "Experienced runners only, Environmentally sensitive route, Entry and facilities limited."

To give some meaning to the gradings and to that bit of card that Pete Bland religiously sends us all each year (never to see the light of day again!), "E" races could be for "Entry by FRA members only" with cards to be shown at registration. "U" races, being open to all comers, could be advertised in the running press if the organisers so wished which would help to reach some middle ground with the likes of Lord EMAP et al who want to open up new avenues. If a novice tries a "U" race and likes it he then has the option of joining the FRA if he/she wants to try an "E" race. Under this scheme everyone benefits - the "urban" course organisers, the FRA, the running press and of course the runners themselves, in particular the

novices who will find a more controlled and guided entry into their new sport.

Kruschev tried to say "Niet" to everything. In the long run we don't believe that the FRA can successfully follow the same kind of policy. A carefully considered revision along the lines suggested above may bring some reward and foster a new respect amongst the protagonists in the current "turf battles". Then again, the prospect of procine aviation may be just as likely and one of the things which attracted us to the sport was its refreshing lack of regulation!! Is this a luxury we can still afford?

The Steam Bunnies.

*Simon Blease & Chris Gildersleve*



*Steam Bunnies at Barmouth before the Yacht race.*



*Photo: Steve Bateson*

## Race Review

# Rivington Pike

With the hundredth anniversary of the race coming up next year (only the Hallam Chase is older), now seemed an appropriate time to look at this short sharp shock of a race, before the celebrations begin. The race may be even older, but the first officially chronicled race was held in 1893 as part of celebrations to mark the rebuilding of the Railway Mechanics Institute (the RMI of Horwich RMI). Less than a hundred races have been run as there are gaps in its history which include the two World Wars. The current race was inaugurated in 1954.

The South Lancashire peak is 1,192 foot above sea level and, because of its prominence, had a beacon tower raised on it in 1733 so that fires could be lit to warn the populace of the imminent arrival of the Spanish Armada. Although it was never used, the tower remains and is a perfect point to run around after the steep 1,100 foot ascent.

This year's race saw a splendid run in terrible conditions by Keith Anderson who led all the way; having got to the top first there is no way that anyone is going to catch this man going downhill! His time of 16.41 did not endanger the 11 year old record of John Wild - an incredible 15.53 - which has now stood for one year longer than the 1971 record of Ron MacAndrew, his 16.30 achieved in ideal conditions. Given good weather, rather than the rain and wind of this year, Anderson might be the second man to get inside 16 minutes.

The ladies race was also won in an excellent time, less than 2 minutes off Carol Haig (Greenwood's) 1986 record. Tenth overall was the first junior to finish, up and coming talent Matthew Moorhouse.

Our picture shows A. Prendergast of Chorley flanked by M.Kay (327) and his Bolton team mate. The tower stands firm on the left, while the spectators appear to be about to be blown away on the other side!

- **D. Sender.**

1. K Anderson	Ambleside	16.41	9. A Schofield	Ross	18.20
2. C Roberts	Kendal	16.57	10. M Moorhouse	Salford	18.53
3. A Trigg	Glossopdale	17.43			
4. D Neil	Staffs	17.44	1st vet, T Hesketh,	Horwich,	18.38
5. M Bell	Horwich	17.46	2nd vet, T Martin,	Fyfe,	19.06
6. W Brindle	Horwich	17.54	1st Lady, J Kenyon,		21.34
7. G Schofield	Ross	18.01	2nd Lady, G Cool,		22.54
8. K Vose	Newton	18.18	3rd Lady, A Lee,		23.49

## Favourites fail to flourish.

The Edale Skyline fell race, the first counter in the English Championship this year, lulls the unsuspecting into a false sense of security. A nice, runnable first half gives way at Mam Nick, on the side of Mam Tor - the shivering mountain - to a heavy trog through peat and Turk's head; the race doesn't really start until after Mam Tor with the terrain beyond Lord's Seat permanently heavy.

The race is named for mountain equipment supplier Don Morrison who sponsored the race at its inception in 1974 but sadly died in a climbing accident in 1977. From the picturesque Derbyshire village of Edale the course climbs to Grindslow Knoll and then traverses the skyline via Win Hill, Lose Hill (the two opposing sides in a civil war battle), Mam Tor, Brown Knoll, Edale Cross and back to Grindslow.

This year the form runners were Andy Trigg, here almost on home ground and psyched up for the occasion and Carol Greenwood, the record holder for the course with her 3.12.56 of 1986. High winds and heavy rain made any chance of record breaking remote - and contributed to the high drop-out rate, 40 failing to finish - but there seemed no reason at Mam Nick why the two favourites should not win.

However, in the fast run in down the finish field both Trigg and Greenwood were pushed into second place. Andy by Cumberland Fell Runner's Brian Thompson and Carol by Pudsey's Yvette Haig. Only 15 seconds separated Thompson from third placed Gary Devine, with Andy sandwiched between them just 3 seconds behind the winner, and only 9 seconds separated Haig from second placed Greenwood.

In the inclement circumstances the ladies run was even more remarkable for being only three minutes outside the record. Maybe Carol was suffering from her perennial illness, which is that she enjoys competing so much that she races whenever she can, as she had completed the 33 mile Haworth Hobble and the new Ollersett Moor race in the preceding week. She appeared to have no idea that anyone was anywhere near her at the close of the race and, indeed, the next lady behind the lead two was over 10 minutes behind; this was first veteran lady Jackie Smith of Dark Peak. First men's vet was Borrowdale's Billy Bland in 7th place overall but Borrowdale just failed to take the team prize despite having a Bland at 4th, 7th and 18th. Cumberland Fellrunners took the team honours as their total time for the first three counters was inside Borrowdale's.

It would be difficult to get a more exciting finish to either the men's or ladies' section after 21 miles of gruelling hard work. The race was made pre entry this year for the first time in order to limit the numbers to 300 and this is likely to be the case in the future although there were extra pressures on the organisers this year with it being a championship event.

-D. Sender

### Buttermere Sailbeck

May 10th 9.4m/4250ft.

Ian Holmes, Gavin Bland and Andy Peace ran together for most of the 9h miles of the North of England Championships; Buttermere Sailbeck Horseshoe, the two Yorkshiremen making good use of the local boy's knowledge. Andy took a tumble, resulting in a badly gashed knee, which probably put him out of contention for a notable win. Instead, his club mate Ian was left to forge ahead of Gavin on the final descent from Whiteless.

The newly formed Borrowdale club lifted the team title with the Bland trio. The ladies race was also a close run affair, with the experienced Ruth Pickvance just managing to hold off the up and coming Jackie Reid (CFR) who was competing in only her fourth fell race.

Whilst the senior race attracted a large field of 221 starters, the junior race (15-18) could muster no more than 4! It was, however, won by one of our best talents, Matthew Moorhouse,

staking his claim to the place in the England team denied him last year on grounds of age.

The checkpoint controllers had a hard day as they were battered by hailstorms and chilly winds - as usual, on behalf of all runners, our thanks to them. Thanks also to those on the finish who had difficult conditions to contend with as the parking field took a dreadful hammering in the wet conditions.

Many thanks to Roy Swinbank. Chairman of the North of England AA for travelling to Buttermere to present the awards and prizes. Finally, thanks to everyone else who helped make the race possible. Duncan and Gillian Stuart for flagging and orange at Rigg Beck; Brian and Linda Stagg from Croft House Farm for kindly providing the field and refreshments, Maryport St. John's Ambulance brigade for being in attendance and a special thanks to Roman Halenko - it's good to get a runner offering to help instead of taking a run.

- Danny Hughes

## Easter Sunday Fell Race

Moors still cream with winters dead dried grass

streaked with wet black sodden peat.

The blue enormous nave of sky luke warmed by a cloudy sun which brings enough heat to form the white salty crusts of evaporated sweat especially around the eyes.

The soft peat holding a winters rain cushions and clings.

Gaining the last rise on the second hill brings the first cross into view.

I had seen a cross on this hill before so there is no surprise or thought or maybe just the thought that the cross is well carpentered.

The rise up the last big hill gives a long view of the next cross.

Turks heads and ten miles slow progress thoughts of an unwitting pilgrimage germinate.

Is a better way to homage God a hard slog up this hill to a cross in a sky church

or a time spent kneeling and sitting on benches

beneath a roof of beams and slates?

The marshall on the summit has no wine but offers water

no bread but offers mars bars.

The communion taken the return begins taking a line across the moor to the final short hill and last long descent. The penance is severe.

The only worry, the final hill to the finish. This done. The soul is cleansed, the body purged.

- Ged O'Neill



John Newby of Todmorden and Ian Chetwynd of Blackpool and Fylde with Sailbeck summit in the background.

Photo: Steve Bateson



## Calendrier officiel de la CIME 1992

Date	Denomination	Pays	Cat.	Distance en km	Deniv. max.	Coord inateur	Telephone
21.6	Vugelles-Chasseron	CH	brune	11	1080	Y. Gander, Poste, 1453 Bullet	024 61 23 95
21.6	Six-Blanc	CH	brune	8.5	1195	M. Rausis, Rle de Champex, 1937 Orsifres	026 83 29 22
21.6	Areue-St Martin	F	rouge	23.6	1320	P.Casabone.64570 Pierre-Saint-Martin	59 2841 10/59 88 92 19
28.6	Montroux-Rochers de Naye	CH	rouge	19.7	1700	R. Seematter, Marronniers 26,1800 Vevey	021 921 47 87
4.7	CrStes du Pays Basque	F	rouge	28	750	G. Etxart, 64250 Espeleue	59 93 86 92
4.7	Cross du Mont-Blanc	F	super	23.3	1360	C.Roussel,63,route des Praz,74400 Chamonix	50 55 88 59
12.7	Danisberglauf	CH	grise	10.4	536	Wendelin Parpan, Postfach, 7078 Lenzerheide	081 34 43 91
12.7	Grimp6e du M61e	F	grise	12	800	S. Sledile, Av. de la Mairie, 74970 Marignier	50 34 53 38
19.7	Frutigen-Adelboden	CH	rouge	19	950	Vehrkrebsbiuro, 3715 Adelboden	033 73 22 52
19.7	Montde du Nid d'Aigle	F	rouge	19.2	1800	M. Laurent, 1701 Av. de Miage, 74170 St Gervais	50 93 44 89
25.7	Arles-sur-Tech	F	rouge	50	1320	J. Faure, Alzine Rodone, 66150 Arles-s-Tech	68 39 08 23
26.7	Crites de Meffve	F	rouge	18	765	Club des Sports, r. de la Poste, 74120 Me <sup>6</sup> ve	50 21 3150
2.8	Thyon-Grande Dixence	CH	brune	16.35	680	J.W. Sierro, 1987 H6r6mence	027 81 19 10
2.8	Grand Prix des Isards	F	brune	16.1	710	P. Honthaas, 64490 Aydius	59 34 76 54
9.8	Sierre-Zinal	CH	hors cl.	31	2000	J.C. Pont, Chentevent 28,3960 Sierra	027 55 22 85
9.8	Bareges-Pic du Midi-Bareges	F	rouge	27	1600	Club des Sports "L'Avalanche", 65120 Barfeges	62 92 68 19
15.8	Grand Massif	F	rouge	20.3	1029	C. Sauvage, Club des Sports, 74300 Flaine	50 90 80 74
16.8	Neirivue-Le Moldson	CH	rouge	20	1200	Pascal L'homme, 1668 Neirivue	029 2 26 27 / 029 8 10 66
23.8	Kitzbuehlerhomlauf	A	super	12.9	1234	F. Puckl, Kaiserweg 111, 6353 Going	053 58 25 90
30.8	Cr6tes Vosgiennes	F	rouge	32	1000	L. Marlier, 8 r. de Zimmerbach, 68000 Colmar	89 79 51 87
6.9	Ovronnaz-Rambert	CH	brune	8.4	1360	B. Bessard, 1912 Ovronnaz	027 86 17 84
6.9	Balcon du Mont-Blanc	F	grise	11.647	780	Office du Tourisme, 74700 Cordon	50 58 01 57
20.9	St Julien-Le Salfve	F	rouge	18.5	900	G.Reix, Les Terrasses de Geneve, 74160 Collonges sous Salive	50 43 67 33
27.9	Fully-Somiol	CH	super	7.7	1600	A.M. Bender, Pr6-Fleuri, 1926 Fully	026 46 18 80
4.10	Liberec	CSR	gnse	5.4	567	O. Cepelka, Gagarinova 769,46067 Liberec	
11.10	Sierre-Montana	CH	grise	14.7	955	P.A. Piffaretti, Residences Kandahar, 3962 Aminona	027 41 37 96
11.10	Cr6t de la Neuve	CH	brune	15	830	F. Macheret, 1261 Marchissy	022 68 14 41
26.10	Aslberglauf	A	brune	6	568	F. Puckl, Kaiserweg 111, 6353 Going	053 58 25 90
8.11	La Spiridone	F	gnse	11.3	550	M. Demond, r. Vaucher, 6.01100 Oyonnax	74 77 39 27

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# A Near Thing:

Report on the FRA Fell Navigation,  
Safety and Training Weekend  
24th to 26th April, 1992  
at Edale Youth Hostel

by Bill Houlder.

Unlike previous years the weather was much less clement, windy and wet with sunny intervals. Though the Met office used a more flowery style of prose. At least visibility was good, although Malcolm Patterson stated that, "We always have good weather;" on Saturday morning during his opening briefing. The start was inauspicious, since "our" workroom was busy Malcolm held court on the first floor landing of the hostel. Another break with "tradition" was the housing of all our students within the hostel's main building. As a self-booked YHA "Lifer" I was in Back Tor (All Edale hostel's rooms are named after local landform features).

In general the course went fairly well although the average standard of accomplishment of the students was lower than previously. This being due to us having a greater proportion of absolute novices this time. Their kit also left something to be desired, my casual "hostel wear" shoes gave more grip than some student's "fell" shoes. As a result of Saturday afternoon's exercises on Blacka Moor, influenced by the outcome of the evening Mountain Safety exercise, I decided to supervise the novices (discreetly) during their ascent. One group, unusually allowed to work as a team for their mutual safety, missed the unmanned control one and asked me for help halfway between there and two.

I was able to reassure them and put them on course, which they were anyway, when I had a hell of a fright. I saw another student, a hundred metres away and 30m above me, messing with his map. Then I realised; he was setting his compass! He thought he was at control 2! Before I could react he was gone, fortunately he arrived at two while I was there having realised his error. From two I moved on through three to four arriving with the sweepers. In view of our large proportion of novices we decided to sweep everything we could conceive. Control "officer" sweeping back through three and one to the start. Malcolm took the route to five and on to the finish and I took the edge path to Jagger's Clough. On my return there was an air of, "something not quite right." Eyes were scanning the hill tops, nothing unusual about that controllers have forgotten to retrieve markers before and had to return and missing pupils are usually in the showers. Anyway I dunked my muddy feet "jellyrunners" and all in Lady Brook before gratefully removing shoes and socks and repairing to lunch.

Well fed and enjoying my second coffee I wandered outside to enjoy a sunny interval when Malcolm asked, "Bill where did you last see Tony." "At three he was just leaving when I arrived on the right track for four; why?" "We don't think he got there," was my answer. Tony was one of our better novices, a



Malcolm Patterson's group with Beck Tor at the back.  
Photo: Bill Houlder

good runner and a fair navigator but poor on distance estimation and wearing road shoes. Adding in his lack of experience on the fells we felt somewhat concerned. He wasn't the only overdue, another man was also missing. With apprehension I gathered my clean, dry socks from Back Tor room and commenced, adjusting my kit. Polybag, sweets, PB jacket, Hellyvest, mapcase with compass and binoculars; no cameras they're a distraction (my choice, not instructions: Anyway if the worst had come to pass there would be too many pictures taken and photo labs have been known to spring "leaks" when chequebook journalists were about). None of us envied Malcolm his task of deciding what to do; although we expected the one that came.

We would search the route and environs with the intention of meeting up at Madwomen's Stones. As the slowest I would take the shortest, most direct, route. The Lady Brook's ravine and the gullies near its head were our first problem, all the sides were convex so we had to move up on both sides each checking the other side. Being on the outside of the ravine's curve I could see the ground ahead and the edge path above so I was constantly sweeping both with the glasses. As we neared the ravine's head a shout went up, just as a gust of wind spilled my compass from its pocket in the map case: "There they are!" My little problem sorted I arrived to find them gingerly descending one of the steeper gullies.

Back at the hostel we learned that they'd overshot control four and become "lost" once they had resolved their nav problem they set off for controls four, five and six. But, they could not find a single marker; because our sweepers had removed them. At six an occupant of the shooting hut told them that we had left so they had set a direct bearing for the hostel.

There was no doubt, and still isn't, in my opinion Malcolm had taken the ONLY possible decision.

Full credit, however, to the victims they acted "according to the book" by resolving their problem and "rescuing" themselves. Good sense and good training won out.

May I take this opportunity to point out that this course would not and would not function without the indispensable efforts of certain members of the Dark Peak Fell Runners. Without their assistance as instructors, check-point officers, lecturers and on this occasion search party this course could not operate.

## Snippets

**Czechmate** is a fund organised by hill runners to enable their Czech counterparts to get some experience of international competition. In 1991 the fund enabled two of the organisers of the Jested race from Liberec in Czechoslovakia to travel to Switzerland and take part in the races from Aigle-Leysin and Thyon-Dixence. They also met and swapped experiences with the race organisers and with many of the international group of runners who converge on these events.

In 1992 we plan to assist the Czech team to compete in the Snowdon international race. The idea is to contribute to their fares and enable them to extend their stay to take part in other races in Britain such as Borrowdale, Hebog or Angus Munros. Czechmate thus seeks donations from individuals, clubs and events to help this happen.

What can you do? Raise money at a club event; make a personal donation; buy the Czechmate 'Fixture Mixture' - a calendar of Czech races for 1992 with maps and contact names. **Donations or orders for the 'Fixture Mixture' (£2.25 inc. postage) to Czechmate, 18 Mentone Terrace, Edinburgh EH9 2DF.**



## Plas y Brenin Mountain Triathlon

This now annual event centred on the National Mountain Centre in Capel Curig in North Wales, has become increasingly popular during the six years it has run. The format of the event has always included a fell run to the top of Moel Siabod, canoeing on the twin lakes outside Plas Y Brenin and a cycle - this now mostly off the roads. Each discipline takes approximately one hour for the average competitor, depending on previous experience.

As a member of the instructional staff this was to be my third year of competing in the event, so I knew what was in store, except for the mountain biking which I'd done virtually none of. The minimal amount of training I'd done prior to the event had been in a sprint boat on the lakes here. Triathlon morning was bright and sunny but very windy, with some white horses, so I cunningly changed my tippy sprint boat for a wave crunching sea kayak, much more suited to the conditions, (perks of working at the Centre!).

The event begins with a mass start on the lake, so 90 canoes all rush off to try and get pole positions at the first buoys to be rounded; capsizes and being swamped by waves here slows down a few. Once the adrenalin boost settles down it becomes a steady push into the wind, then downwind, so included a bit of surfing, or being skewed off course for the less experienced, for the first loop. Back head to wind to the far end of the first lake, get out, portage for 250 metres, get back in and canoe a loop around the second lake. The portage (with more people dragging than carrying their boats) is a Godsend as it is a good chance to empty out the water steadily accumulating in the bottom of the boat, getting back in the boat on a rocky shore with an onshore wind is pretty challenging too. Back round the buoys at the mass start area and a cheer from the spectators, before another loop of both lakes again, including the portage.

Some members from the National Kayak Sprint Squad were the obvious leaders here finishing in under 50 minutes. I finished the section quite well up - teaching canoeing for many years has its benefits, and I finished in front of some notable runners and cyclists, who were finding the canoeing rough going.

With wobbly legs and a wet backside we get going straight from the jetty to the path for the fell run up Moel Siabod. I run until I'm out of sight of all the spectators, and relax into a walk for a while. The path is steep at the start but eases into a joggable gradient after a few hundred metres. Passing a couple of friends mar-



1991 massed start.  
Photo: Plas y Brenin collection.

shallng the route they encourage me to push on and explained that I was catching some folk up. Slowly I overtook some of the sprint canoeists who were finding the hill hard work. This made me first lady to the summit, though I knew that Sian Roberts wasn't far behind. The descent is diagonally downhill, so one leg needs to be longer than the other, or you need studded shoes. Going down you pass all those still going up, but also get a fright when you see how close behind your rivals seem to be:

Down at the bicycle park at Bryn Engan, whizz through the timing check, and on to the bike, straight into the fields along by the River Llugwy. After a few hundred metres we have to ford the river. At normal levels it is ankle deep and rideable, but the rain of the previous day had made it thigh deep in the middle thus causing a short bicycle portage whilst wading across. Then out on to the main road (A5) at the Bryn Tyrch hotel. The road westward towards Ogwen is deceptively uphill, so slow steady progress was the case for me whilst I stuffed my face with a fig slice and drank quite a lot of water, as by now I'd been going for nearly two hours. And then two of my greatest fears happened close together; changing gear, the chain fell off and I had to get off and get oily fingers putting it back on, then just past Helyg, Sian came screaming past looking very cool and fresh. Oh well, keep plodding on, she does win national mountain bike competitions. I was passed by quite a few other competitors on this section, my weakest discipline.

At Glandena, we turn right on to the bridlepath leading us back towards Capel Curig, parallel to the A5. This is where the mud and rocks and bog really start, and concentration is at a maximum. One headplant in soft ground brought a few giggles from those who saw me and equally, I saw others do the same. A welcome drinks control at Willies farm, about half way along, and then back to Plas y Brenin, only to turn left and repeat that loop. Arriving at Plas y Brenin the second time there was a sting in the tail section up through the steep forestry roads, along a boggy forest ride and downhill again through the forest to finish along the track by the lake. I found it quicker to run with the bike on many of these sections, due to my lack of experience and nerve, but recovered a few places to finish in the top 30 in the event and second lady to Sian Roberts, who's other half, Dafydd, won the race overall.

The cycling section took longer than the other two disciplines so for 1992 we will do just one loop of the A5 and parallel bridleway. The event is well organised for competitors and spectators alike, with food available all day in the Plas y Brenin bar and on a mobile cafe near the lake. This year there is also a team event, with one person doing each discipline. Entries are limited so get in early; borrow canoe from someone and come and compete, or just be there soaking up the lovely atmosphere of the event with Snowdon as the backdrop.

- Anne Salisbury

# PURE GENIUS

*Neil Schofield reports on one of the toughest races in the world.*

The Cameroon nation was thrust into the international sports arena limelight during the 1990 soccer world cup which brought to the attention of the media the emerging talent of this West African nation. The 18th Guinness / UTA Mount Cameroon race showed that the pool of local athletic talent was not restricted to soccer.

The area surrounding this active volcanic peak shares a somewhat dubious honour with the Hawaiian Islands and Assam in India - they are the only three places in the world which have an average rainfall of over 10,000 mm. Ask any of the competing athletes what they fear about the race and the extreme weather variations will probably be top of their list. Temperatures have been known to range from sub zero at the summit to over 35 degrees at the Molyoko stadium where the race starts and finishes. Combined with humidity of up to 97% in the rain forest, a more difficult test of endurance is hard to imagine.

Its reputation as being the world's hardest mountain race is well earned when you take into consideration the climate, steep slopes and poor quality of footing. The race has "beaten" some of the world's most able mountain athletes with Gobet and Correa being two of this years victims. Helene Diamantides, a previous winner of the race, is under no illusions about the severity of the course "It would be banned in the UK as being too dangerous. There are places where it is so steep you are almost reduced to all fours."

Undeterred about 20 intrepid adventurers made the trip to take place in the Cameroon's premier sporting event. Throughout the build up to the event the locals expressed intense interest in the foreign runners who are elevated to almost celebrity status. The event regularly attracts 2,000 applicants each year from which about 300 locals are selected. The incentive is the equivalent of one months salary for all those who stumble over the finish line. For the lucky individual who wins, one years salary will be their reward.

The 4:00 am wake up call on race day was always going to be a shock. The organisers had been dispatching porters up the mountain with large amounts of water and communications equipment all night long in preparation for the race. Registration resembled a mini-riot. The locals fought their way to the front in an attempt to get any spare entries.

Shortly after 7:00 am the long trek to the top of West Africa began. The crowds thronged the three mile road section to add to this unique atmosphere. The road section at the start and finish is the most controversial part of the race which was added in 1990 after allegations of cheat-

ing. The organisers decision was aimed at improving the control over the athletes but the general consensus was that it added little value to the event.

Jairo Correa led the charge through the humid rain forest up to Hut I where the relatively good footing suited his style. Shortly after this point the rain forest ends abruptly and the runners face the hardest part of the race. The burnt savannah leading up to Hut II can only, at best, be described as a nightmare. The quality of footing deteriorates and it is very easy to spend most of the climb (and descent) on your rear. Correa started to slip back into the pack and soon decided this wasn't going to be his race, dropping out shortly before Hut II. Gobet, the defending champion suffered a similar fate shortly afterwards.

Jack Maitland took the race by the scruff of the neck and pushed on to take the lead. After Hut II the terrain improves slightly but it is still very rocky and tests the concentration of every competitor. It is at this part of the race that the suffering of the runners is most acute.



— a well protected Jack Maitland.  
Photo: John Evans photography

Incidents of mild altitude sickness are common with competitors reporting headaches, nausea and even vomiting. Acute mountain sickness is a concern for most organisers of high level races as it can be fatal in some instances. It is a very unpredictable condition and can cause problems for the most experienced mountain climbers. Although being fit is supposed to help, this in itself is no guarantee of immunity.

Jack Maitland took just over three hours for the 12 mile trip to the 14,000 foot summit - a truly amazing athletic feat. At this stage victory looked certain as Jack's descent is his strong point. However, the untapped local talent then made its move as the eventual winner Thomas Tatab caught and passed the Scot at Hut III. Wearing a pair of plastic sandals Tatab wasn't passed for the remainder of the race. So much for modern technology -

Tatab complains that training shoes make his feet overheat!

Jack was unable to repeat his 1989 performance when he was the victor, instead he settled for fourth, which he had also achieved in 1988.

The women's competition race looked to be a formality as Sally Goldsmith reached the summit in 3 hours 44 minutes - at least 40 minutes ahead of the second placed female, the 1987 winner, Christiana Embelle. Sally had won the race convincingly in 1990 and had been persuaded to defend her title only two weeks before the race. This time it wasn't going to be easy. Embelle caught and passed Goldsmith just before the start of the rain forest but suffered badly on the road section some three miles later. "I had forgotten the agony that I went through last time," remarked Goldsmith "I lost my nerve for the rough descents after doing this race in 1990."

In the last mile and a half to the stadium Embelle was reduced to a shuffle as a result of rapid descent. The crowds spilled over onto the roads as the prospect of a double Cameroon win loomed. With several of the support vehicles also surrounding her the cortege had effectively blocked the road. "I had to walk for about 400 metres just outside the stadium" said Goldsmith "There was just no way through the crowd." Goldsmith crossed the line shortly after Embelle with spectators saying that only the length of a support bus separated the two. The traffic jams outside the stadium persisted well into the evening with most runners being directed between two lines of stationary traffic for the last mile. After 23 miles of some of the harshest terrain in the world it was ironic that the last challenge was man made.

Thanks must go to Mike Short and Simon Townend, the Guinness representative, for a hassle free stay for all the competitors. The event is now bi-annual with the next event scheduled to be held on the last weekend of January 1994. If you want to sample this unique race then write to :The Marketing Department, Guinness Brewing International, Park Royal Brewery, London NW10 7RR.

## RESULTS

### Mens race

1. Thomas Tatab	Cameroon	4-32-51	rec
2. Francis Yenkan	Cameroon	4-37-45	
3. Ekenna Lyonga	Cameroon	4-42-16	
4. Jack Maitland	Scotland	4-42-27	
42. Brent Brindle	England	5-45-24	

### Others

Neil Schofield	England	8-36-00	
Graham Reeves	England	ca 9-00-00	
Shane Megoran	Ireland	ca 9-50-00	
Patrick Lord	Ireland	ca. 11 -30-00	

### Womens race

79. Christiana Embelle	Cameroon	6-23-21	
80. Sally Goldsmith	England	6-23-29	
118. Anne Stentiford	England	6-59-19	



## Long Distance News Summary

19th May 92

Not much news has come my way since the February magazine. As the season of long distance exploits approaches, please keep sending me items for this column.

### LONG DISTANCE AWARD

I keep a register of Long Distance Individual Fell Records and rely on those who set new records to keep me informed. Each Autumn, the panel examines details of outstanding performances and a suitable recipient of the award is chosen. Please send a schedule and brief details of any record-breaking run to:

*Martin Stone, 12 Moorlands, 103 Garstang Road, PRESTON PR1 INN.*

### BOB GRAHAM CLUB ACHIEVEMENT OF THE YEAR AWARD

The Bob Graham Club present an annual award to a member of the club who has completed the most outstanding long distance mountain running achievement/s. The award year runs from 1st May to 30th April and the presentation is made the following October. To be eligible for the award, the member MUST BE NOMINATED by a friend or someone who witnessed the event. In recent years, The Club has not always been made aware of achievements which merit consideration. The nomination should include a description of the challenge, a schedule and reasons why the achievement merits the award. Nominations for the 1991/92 award should be sent by June 1992 to:

*Mr Fred Rogerson, Tethers End, Lindeth, Windermere, Cumbria.*

### TIM LANEY - CALDERDALE WAY RECORD

This route has received a fair amount of attention in the past year. The record set by Dave Yates last September was broken recently by Tim Laney. On 18th April, that horrible Easter Saturday, Tim completed the 53 miles in 8 hours 5 minutes. Supported and paced by fellow Clayton runners he battled against continuous rain, hail and wind for the first four of the six well known relay legs. The cold eventually made him stiffen up, descending became painful and the final miles quite slow. However, he still reduced the record by a good 45 minutes. Tim believes that given good weather a sub 8 hour time is there for the taking.

### GLYN JONES - GALLO WAY ROUND

Glyn devised this route in the Galloway Hills based at Glen Trool in 1990. His

best time to date for the 50 miles, 30 summits and 12,500 feet ascent is 16 hours 34 minutes. The Harvey Map covers the entire route which starts and finishes at Bruce's Stone and visits the three main ranges of The Awful Hand, Rhinns of Kells and Minnigaff Hills. 21 of the tops are over 2000 feet, the terrain is mostly trackless and navigation skills essential. An information sheet is available from Glyn Jones who is also the recorder of successful completions. Glyn's address is:

*The Bing, KIRKINNER, Wigtownshire, DG8 9BZ*

## Forthcoming Events

### THE RINGS OF FIRE - GALLOWAY

I have received details of two low-key events on the 8-9th August, based on the Gallo Way which is described elsewhere. Bruce's Crown is a 50 mile, 12,500ft circuit of summits and traverses the 3 main ranges - Minnigaff Hills, Rhinns of Kells and Range of the Awful Hand. The aim is to complete the challenge within 24 hours, but anyone still on their feet on the Awful Hand Range will be supported until 30 hours have elapsed.

Heart of Granite is the soft option - a 25 mile and 8,500ft round of tops and lochs. The closing date for entries is 17th July. Details from:

*Glyn Jones, The Bing, KIRKINNER, Wigtownshire, DG8 9BZ*

### MUNROS & CORBETTS RELAY

In 1990, a relay team of runners climbed each of Scotland's Munros in 12 days. They were transported between the mountain areas by car and ferry. Eddie Harwood, one of the original conspirators is now planning something even more wacky! In June 93 he intends a team of 8 runners to link all Scotland's Munros & Corbetts within 23 days. The epic will require trips to Mull, Harris and Jura. Eddie is on the look-out for aspiring team members. A suitable CV would read something like - top navigator and mountain person, good team member, level-headed and easy going, loads of spare time, proven track record of stamina and reliability. If you don't possess all of these, please don't bother to apply. For more information contact Eddie at:

*Corriegarth, Loch Oire, LHANBYDE, ELGIN, IV30 3LH - (0343) 843294*

## SMALL ADS

Lineage on small ads is remarkably cheap at £100 for the first 20 words then 10p per word. Why not take advantage of it to let over 5000 readers - members, friends, family - know of your cottage to set car seat to share to races, kit to flog, or even just to trade insults with each other!

Lost after Winter Hill Race 9.5.92 outside Post Office. Olympus XA2 camera in green case. Film of sentimental value. Contact Stuart Smith 0204 493072

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# Profile

## Cheryl Cook

**Bill Smith, himself a Clayton member, looks at the running career of Cheryl Cook.**

Cheryl Cook is the second member of Clayton-le-Moors harriers to win the English ladies Fell Racing Championship, the first having been Vanessa Brindle who triumphed in 1987, while Ruth Pickvance won the British title in 1989. Cheryl, however, has gone one better than Vanessa by winning the title for two years in succession, 1990 and 1991.

Born on December 7th, 1957 at Darwen, Lancashire, at the foot of the West Pennine moors, Cheryl works part time for the Employment service as a new client/claimant adviser. Her future husband, Paul, converted her to the outdoor life during her late teens by taking her fellwalking: "Much to the amazement of my family and friends, I found that I enjoyed it, providing of course that he carried everything, fastened my boots, and helped me over stiles!

"When we married, Paul became more adventurous and I found myself canoeing white water, rock climbing, snow and ice climbing in the Alps, and potholing. My activities came to an abrupt end in 1982 when we returned from a holiday in the Alps, climbing Mont Blanc, and I discovered that I was pregnant."

Cheryl maintained a reasonable standard of fitness after giving birth to her son Lee and, when he was two years old, took the step which put her on the long road to becoming a fell running champion. "I decided to run on the moors just to keep fit. My brother Phil was the runner of the family and I discussed my progress with him, and he advised me to try racing."

Her first fell race was the 1985 Darwen Moors hill race, 11 miles with 1800 feet of ascent: "I had been running for about four months and was doing about 15 miles a

week, but had never run further than five miles before... I ran my heart out and came 5th out of 17 women with a time of 1.45. I was so stiff and sore afterwards, I could hardly walk for a week! I now hold the course record of 1.29.49 which I set in last year's race."

Cheryl's first victory came a year later in an event which covers part of the Darwen Moors course, the 5 mile Great Hill Race, but she then had to wait another year for her second win in the Clitheroe fell race up Pendle: "Clitheroe gave me immense satisfaction because I was able to keep the trophy for a year and have my name engraved on it for posterity!" Shortly afterwards, she gained her second Great Hill victory and towards the end of the year, placed third in the Shepherds Skyline Race across the Yorkshire border. It was around this time that Cheryl joined Clayton-le-Moors Harriers: "My son Lee had started school and I felt that I could now devote more time to running". As a Clayton Harrier, she became inspired by the performances of Vanessa Brindle: "She had just won the English Championship and that became my aim. In my early days I used to ruin more races by going off too fast trying to stay with her. It gave me a lot of pleasure to be partnered with Vanessa in relays later on, such as the Calderdale Way, leg 4, where we knocked something like 14 minutes off the leg record. Trish Calder also inspires me, particularly as she makes me realise that age is no barrier, and I'm looking forward to becoming a vet myself later this year."

In 1988, Cheryl triumphed in the Hutton Roof Crag Race and placed second in the Great Hill, Belmont Winter Hill and Pendleton and, in the Lake District, came 4th in both the Coniston and the Fairfield Horseshoe. 1989 brought a noticeable improvement in her performances, with victories at Skipton, Holcombe, Widdop and Witches Clough, plus several second placings, and a 6th position in the English Championship.

The improvement continued into the 1990 season with noteworthy triumphs in the prestigious Lakeland races at Fairfield, Latrigg and the Coledale Horseshoe, with new records in all three, and a fine second placing to Trish Calder in the Edale Skyline where she got the better of the highly regarded Ruth Pickvance, another of Clayton's 'golden girls', though nowadays gracing the colours of Kendal AC: "I quite surprised myself in that race as I had no idea

at the time that I could run so well over long distances. It made me realise that I was capable of winning the English championship." This target proved to be a realistic one, for win it she did, besides placing 4th in the British.

Last year, Cheryl completed her success in the English and again came 4th in the British. Her season included some impressive victories in events like Kentmere, Ingleborough, Latrigg and langdale, and she and Gary Wilkinson were the first mixed team in the Howarth Hobble, finishing 18th overall: "To that date, the furthest I'd run had been Edale. I was absolutely knackered at the end, but felt that if I could do that I could now do anything." Another highlight of 1991 was her second place to Sarah Rowell in the Three Peaks Race, over 11 minutes in arrears but almost 5 minutes inside Vanessa Brindle's record with a 3.27.41 circuit.

Curiously enough, Cheryl's two World Cup outings have been disappointing, and she feels this has been due to the fact that they came at the end of long, hard racing seasons geared towards winning the championship.

For fell training, Cheryl uses her local Darwen Moors and also includes Great Hill and Winter Hill on longer runs: "I also do some training on the road and have used both swimming and cycling to increase my fitness. I've averaged 40 mpw in the past but have tried to do more in recent months." She prefers medium and long races to shorter ones as she performs better in them and is fond of long, runnable descents like Snowdon and Skiddaw. She dislikes exceptionally steep, rocky or tussocky terrain as they tend to aggravate her ankle problems, to alleviate which she tapes her ankles for racing. She does, however, enjoy all the Lakeland horseshoe courses "because they are *real* fell races as opposed to local moorland events" and provide a great sense of achievement to complete.

In conclusion, Cheryl says: "I feel I still have a lot of improving to do and have ambitions to be competitive on the road, possibly at marathon distance. At the end of the day, though, if I ever decide I no longer enjoy competition, I'll never stop running on the moors where I live because that is what I love. I could not have achieved the success I've had without the support of my family and I'd like to thank them all, especially my husband Paul who has encouraged and supported me despite being unable to run himself due to a long term injury.



Cheryl Cook on her way to establishing the ladies record of 21.21, at Latrigg

Photo: Peter Hartley



*It's hands and knees for the finish at Boulsworth Hill  
(Photo: Steve Bateson) and  
(inset) a runnable descent for Spensborough's J. Penson  
and Bingley's A. Rushworth at Blackstone Edge.  
Photo: Peter Hartley.*

