

The

Fellrunner

October 1999

including full
championship update



Main picture - British champion, Gavin Bland at Lake District Mountain Trial (Photo: Peter Hartley)

Inset Graham Schofield at Grizedale Horseshoe (Photo: Peter Hartley)

Alan Stockdale (Skipton) about to be passed by Adam Baker (Calder Valley) & Carol Lorimer (Cosmic) at Buckden Pike (Photo: Steve Bateson)

England's find of the year, Helen Johnson (Ilkley Harriers) winner at Holme Moss, Snowdon and the World-cup trial race (Photo: Dave Woodhead)

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The Fellrunner is published 3 times a year
1st week in June, October and February.
Deadline for articles, letters etc. for the next issue is

January 6th

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Bit at the Front - Neil Denby

I was in Atlanta around the time of the 1994 Soccer World Cup. For the footballing world, this was a hundred per cent spectacle; a must-see; the pinnacle of four years effort. Fifty miles from Atlanta, they had not heard of the event.

Why? Because Americans don't play much soccer. Now, how about Malaysians and mountain running? The World Trophy, in wanting to become a truly world event, has gone off in search of .. what? Those places in the world where mountain running is a sport - or those places where there happen to be mountains to run? It seems that ever more exotic locations to which the average fell runner has little chance of access are generally considered 'better' because they have

mountains, not mountain runners. One AGM motion asks for the membership's backing to bring this event 'home' - to bid for it to come to Sedbergh in 2001 (therefore the first World Trophy of the new Millennium which, as every educated person knows, starts on January 1st 2001). I hope that you will back this bid.

The results of the World Trophy, with all the UK and Ireland runners who competed in either the official or Open events, are in the results section as are the leading Championship prize winners.

The full list of Championship point scorers will appear in the next issue; this one is always tight for space due to the number of results at this time of year.

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Centre pages contain around 200 sets of race reports and results, including World Trophy and Championship winners.

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FRA MILLENNIUM CALENDAR

By now all Race Organisers should have received their registration forms for next year's FRA Calendar.

Anyone who hasn't yet got their forms ring Dave Jones on 0161 485 1639 as soon as possible

Would Organisers who have got their forms please ensure that they are returned no later than **Saturday, 30th October** so as to ensure that the Calendar can be produced before Christmas.

COMPUTERS

Please provide copy on floppy, wherever possible. ASCII., WORD, WRITE, RTF, MAC OS, even RISC OS will do.

Even if it's a weird format, send the disc with the printout anyway, it may save us TIME and FRA MONEY !!!

GILBERT SCOTT 1932-1999

It is with great sadness I have to report the death of Gilbert, who died in June after a long battle with cancer.

Although Gilbert's name will be unfamiliar to newcomers to fell running, older readers may remember that his star shone brightly in the mid 80's when he was a regular at Lake District races and won the Over 50's category of the British Championship in his first full season in 1984.

The day after his death, I ran to the top of Watch Hill near Cockermouth, where we had often trained, and looked out over the Lakeland Fells. There wasn't a single peak in view which we hadn't run up together, and suddenly all the memories came flooding back in a hot rush of tears.

Unaware of his sporting pedigree or that he was almost 20 years my senior, I first met Gilbert at a sponsored run at our local track. He had only recently taken up road running and was obviously out to make a mark. We ran shoulder to shoulder, until after 40 laps of attrition we both reluctantly agreed to call it a day. From that moment we became firm friends and training partners. I soon found out that he had been a cyclist of near international status (although he was the most self effacing of men, he always believed that only the demands of his job as a self employed plumber and heating engineer, and the geographical remoteness of his home in Maryport prevented him from achieving even greater success). As if this wasn't enough, during his National Service in the Far East he had trained regularly with the great Bruce Tulloh and had given him some very good races on the track. More recently he had become a highly competent canoist: a favourite day out was to paddle across the Solway, eat his sandwiches, turn round and paddle back!

Over the next few years he established himself as a popular and highly competitive figure on the local road and XC circuits and in the early 80's began to try the occasional fell race. It was immediately obvious that his great strength made him well suited to courses with steep climbs and descents and he decided to take up the sport seriously. His British Championship success of 1984 may have come as a surprise to many but not to those of us who had witnessed his near legendary toughness and the thoroughness of his preparation. That he never repeated

this success was largely a matter of bad luck and injuries including operations on both knees, and in 1986 a badly broken arm when he fell near the end of the Coniston race (he picked himself up and ran on to finish 1st Over 50). In 1987, after having led the championship for most of the season, he lost out in the final race, finishing a very close 3rd to Danny Hughes and Bill Gauld. After this, his appearances on the fells became fewer and fewer as continued problems with his knees forced him out of running and back to his first love cycling, where for the next few years he continued to turn out very respectable time trial results.

Throughout his illness, Gilbert fought with the same gritty determination he ran and cycled his races. It was as if he refused to accept there was anything wrong with him or that there was anything stronger than his own indomitable spirit. He seldom complained, even towards the end when he was clearly in a lot of pain, and whenever I visited him he always seemed more interested in my trivial injuries and problems than his own far more serious ones. During his spells of remission, he continued to cycle and occasionally turned up to marshal checkpoints during fell races. When I met him at one such checkpoint on Clough Head shortly after his first bout of chemotherapy he was in typically buoyant mood, and as we walked down together his main preoccupation was whether his knees would see him to Threlkeld.

I last saw Gilbert three weeks before his death. When I called, he was standing on a neighbour's shed, blowtorch in hand, busily repairing the roof. Although he had just undergone a course of radiotherapy and was painfully thin, he was still talking optimistically about getting out on his bike again. In one final act of defiance he cycled to see his horrified doctor a few days later.

Gilbert was a man who was well liked and respected by all who met him. His family, local community, profession, and many friends in the cycling and running fraternities are much the poorer for his loss and he will be greatly missed. He has, however, left behind many happy memories and I sincerely hope that he has taken as much as he could.

Colin Webb CFR

AFFILIATION TO REGIONS OF UK ATHLETICS

Since its formation, the existence of the FRA has always been based on *Individual* membership. During negotiations to link with the AAA of England in the early 80s, we were pressed into accepting Club affiliation, because it was said, athletics is *Club* orientated.

Most Clubs at that time were affiliated to the North of England AA (or Midland or South), and willingly paid a fee to affiliate to the FRA. A few others became affiliated to the FRA only.

When all Athletic Associations were brought together under the British Athletic Federation in 1992, they introduced a levy for each discipline resulting in those Clubs affiliated to both a Regional AA *and* the FRA paying twice for the same benefits. The FRA therefore ceased to accept any further club affiliations, (though one or two slipped through during a messy transition), and encouraged all FRA only clubs to affiliate to their Regional AA.

Today there are still a few active Fell Running Clubs not affiliated to their Regional AA, and we have tended to turn a blind eye. I think the time has come to regularise the situation because:

1. Two of these Clubs, Mercia Fell Runners and Bowland Fell Runners, are becoming more successful in competition and are gaining awards, to some extent funded by the Regional AAs and UK Athletics, and therefore by all the other clubs.
2. Applications to affiliate to the FRA are not accepted nowadays, and new Clubs such as Northumberland Fell Runners have quite properly affiliated to the North of England AA.

I PROPOSE that with effect from January 2000, so far as England is concerned, only Clubs affiliated to the appropriate Regional AA will be eligible to compete in British and English Championships.

Thus Mercia, Bowland, and any other FRA only Clubs wishing to compete in Championships would have to fall in line with the other 265 Clubs affiliated to a Regional AA for Fell Running.

Submitted for your consideration,

Mike Rose, General Secretary

Secretary's Corner

With the Annual General Meeting looming up it is worth reminding our membership how the FRA is managed.

The AGM is a formal business meeting to elect the Executive Committee for the forthcoming year, and to consider motions for the general management of Fell Running and for the benefit of the membership as a whole. It is not a forum to be hi-jacked to pursue minority personal grievances.

The Executive Committee, comprising 18 elected members including 10 officers, meets up to 8 times each year to discuss relevant issues. Sub-committees give in-depth consideration to championships and international matters for approval by the main committee. The day-to-day running of the FRA is in the hands of the officers who follow the principles laid down by the AGM and the Executive Committee.

Three Committee Meetings have taken place since the last issue. These have been long winded meetings and much of the discussion would probably bore readers stiff. Items which may be of interest are:

KENDAL, 16 MAY 1999

1. Agreed in principle to FRA web site, see Bill Waine article, page 2 June magazine. In the meantime Ambleside AC pages have FRA and champs info: <http://www.xldh.demon.co.uk/acc/source.htm>.

2. Noted AW advertisement for applications to fill post of Head of Policy and Support Team, Fell and Hill. Subsequently Robin Morris of Carnethy appointed.

3. Discussion anomalies arising from current definitions of long, medium and short races. General feeling that in reality any problems are minor and hassle of change hardly justified. This topic is now a motion for AGM, see agenda.

4. Following criticisms, committee confirmed it is satisfied with organisation and safety provision for Welsh 1000m Peaks British Championship Race.

KENDAL, 3 JULY 1999

1. Dave Woodhead has complained about Secretary's response to his criticisms of FRA published in Horwich RMI newsletter. Committee supports Secretary's action and contents of response.

2. Secretary reports no takers to organise junior and senior dinners. FRA grateful to Debbie Thompson, Keswick AC and agreeing to look after trophies and medals for this year only. Volunteer still sought for future.

3. Agreed motion to AGM that from January 2000, so far as England is concerned, only clubs affiliated to a Regional AA may compete in British and English Championships.

KENDAL, 11 SEPTEMBER 1999

1. Noted with regret Pete Bland's resignation as England Team Manager after 10 years. Job has grown considerably since Pete was first appointed and to spread load which he has undertaken with enthusiasm and dedication, sub-Committee recommends role be shared by two people. Malcolm Patterson and Robin Bergstrand appointed as joint Team Managers for next year.

2. Agreed to advertise in The Fell Runner for two Assistant Team Managers.

3. Agreed motions for AGM, see agenda.

4. Discussed nominations for Executive Committee, see agenda.

5. Approved sub-Committee proposals for 2000 English Champs Races: Short – Wrekin, Dale Head. Medium – Kentmere, Fairfield. Long – Three Peaks, Ennerdale.

6. Noted British Champs Races approved by UK Athletics Policy and Support Team: Short – Slieve Donard (NI), Dalehead (England). Medium – Clachnaben (Scotland), Cader Idris (Wales). Long – Ennerdale (England), Two Breweries (Scotland).

7. Brett Weeden, Barry Slater and Alastair Scholey have kindly taken over organisation of Junior Presentation Do. Note new venue. Rolls Royce Club, Barnoldswick. See advert.

8. Many thanks to JoAnne Prowse who has taken on the booking arrangements for seniors Presentation Dinner at Shap Wells. See advert.

9. Agreed Press Officer role will include development and management of FRA web site.

Mike Rose, General Secretary

News and Views

THE FELLRUNNER

Three observations relating to the June issue:

First, with reference to the Lank Rigg 'n' Back race results - how jolly unsporting of Mssrs. Bland, Schofield, Byers and Austin to belong to clubs other than CFR and spoil the otherwise uniform results list. What about honorary membership for the occasion, Irvine?

Second, Philip Helliwell's formula (News & Views) would certainly 'standardise' the results but I'm not sure that they would be 'normalised'. Do times actually follow a Normal distribution? Another possibility would be to use speed (distance/time) rather than time. It would be interesting to investigate these measures of performance - has anyone done so?.

Third, with reference to the letter from John McIntosh. As a subscriber to the Zenrunners 'n' climbers magazine myself, the sporadic appearance of which makes its title "But is it really there?" remarkably apposite, I too noted the haiku and thought it strangely beautiful. But it can only be Mr. McIntosh's impish sense of humour which leads him to translate the last line - "*tho' we exist as weightless spirit*" - as "*tho' we came with unleaded petrol*". However, perhaps your French readers would maintain that this kept intact the *essence* of the poem!

Yours sincerely

Peter Normington

WELSH 1000 METRE PEAKS

The Gorphwysfa Club are endeavouring to draw up an archive of the Welsh 1000 metres Peaks Race, and then hopefully publish a history of the event for next year, the 30th anniversary. I am writing to ask if any of your readers could help us in any way with information from the early years (1970 +) or later?

We feel this classic fell race needs a permanent record of it's history as it was part of the early fell running scene in Snowdonia.

There is no doubt that the race is very much a classic in the fellrunning

calendar, and we owe Dr Ieuan Jones and his late wife Joan, a very big "thankyou" for coming up with the concept.

We need any pre 1975 results, anything of interest that has been published about the race and any personal recollections of the race.

We would be very grateful for any help and we will ensure that they will be returned safely. Hopefully we will publish them in booklet form for the New Year.

Your sincerely
Harvey Lloyd

CALCULATING CHAMPIONSHIP PERFORMANCES

Philip Helliwell (letters, June 1999 issue) suggests using standardised normal deviates as a measure of performance in races to provide a comparison of individual results relative to the mean. Unfortunately, this also takes account of the spread of results (standard deviation), which is not desirable for championship placings, since the normal deviate will then regard positions in weak races equal to positions in strong races, and so is practically the same as using rankings (as now). For a simple illustration, consider two races, each with only 3 runners, the first race with finishing times of 1, 2 and 3 hours, the second race with finishing times of 1 hour 59 minutes, 2 hours and 2 hours 1 minute. In both races, the mean (and median) time is 2 hours, while the standard deviation of the first race is 1 hour and that of the second is 1 minute. Thus calculating the standardised normal deviate will result in the winners of both races being awarded 1 "point" (1hour/1hour and 1minute/1minute). Using percentage of median speed will give the first winner 200% and the second winner $120/119=101\%$. Which do you think is the better performance? Although this is only a trivial example, the same point will hold for races with different variation - i.e. quality of field.

Dividing by a median time (or speed in my suggestion, since the distribution of this is symmetric) will only account for the distance of the race, not the quality of the field.

Yours sincerely,
Howard Grubb
Notts Uni OB.

TORSIDE SCAMPER

In my report for the Scamper last year I used the phrase "took a shortcut" to illustrate the reason for the disqualifications, I did not mean to imply that anybody was intentionally cheating and I offer my apologies to the runners concerned for the misunderstanding.

I have been fell running and racing for 15 years and I have never encountered a case of deliberate cheating, I consider myself lucky to be involved in such a sport.

Yours in sport,

Ted Woodhouse, Glossop

INSPIRATION, ADVICE AND GUIDANCE

In June, I organised a training weekend for my club, Norman Matthews joined us for the Saturday to share his coaching expertise. He took us through the principles and practice of training linked to goal setting, and led practical sessions on stretching, circuits, strengthening exercises, stretch band work and a hill session. It proved an excellent weekend, with everyone learning and starting to think about their own training and future goals.

Norman is an inspiring and informative coach who has provided the enthusiasm and impetus for me to develop future coaching sessions for the club. I wholly recommend Norman to other clubs, and know he would be delighted to provide a similar day or weekend for others who would be interested in developing themselves and their fell running.

Yours truly,

Jacky Smith, Dark Peak Fell Runners
(Level II fell coach)

PERIODICALS

I wonder if I could ask your readership if they have any editions of the following obsolete periodicals that they wish to get rid of...

Runner's Review, Athletics Today (when monthly), Marathon and Distance Runner, Athletes World and Athletics Monthly.

I am trying to amass a collection of all such magazines for private research purposes. I am currently preparing for a number of projects relating to the history of the various road and cross country championships held. I would, subject to prior agreement, be prepared to offer a reasonable price for any editions that I am missing.

Please contact me on 0117 932 6713

Yours sincerely,

Chis Holloway (Tipton Harriers)

ANDY WALMSLEY

On Saturday September 4th I was running with a very close friend of mine, Andy Walmsley, when he had a bad fall of somewhere around 100 plus feet off Sharp Edge.

After an air rescue he was taken to Carlisle hospital where he's still being cared for. He is still very poorly as infection needs to be controlled and we're still not clear how things are shaping up inside, but he's smashed his right kneecap badly, lacerating the tendon and broken a rib plus a myriad of cuts - some superficial, some not.

Hopefully, by the time you read this he will be much better and back at home where he can be contacted on (01257) 410753.

The reason I've put this message in is that he is going to need lots of moral support over the next few months and if you know Andy even just a little - as many of you do - I'm sure he'd love to hear from you.

(If for some reason he's not at home, ring me on (01254) 830616 to get contact details).

Tim Kelly

LDMTA AGM and slide show;

The first ascent of Mont Blanc

The Lake District Mountain Trial Association will be holding it's A.G.M. on Friday evening, 12th November at the Kings Head Hotel, Thirlspot, near Keswick at 7.30 pm.

As usual, a professionally-presented slide show will follow and this year, Brian Martland will be presenting "Pioneers and Primulas" - the story of the First Ascent of Mont Blanc.

Everyone welcome - no charge

Calendar Update

SUN. DEC, 18th 1999: LLYN ELSI RACE (BS)

Please note change of venue (and organiser);

From Glan Aber Hotel, Betws Y Coed, North Wales.

Details; S.P. Jones, Llys Gain, Trefriw, North Wales (H) 01690 760190
(W) 01492 641430

URGENT URGENT URGENT!!!

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Membership Schemes - a warning from north of the border

Mark Rigby

How will you feel when one or other 'governing body' prevents you from competing in fell races until you pay them a tenner?! Or won't let you run on another body's 'patch' without paying extra? Or won't let you count in the championship until you pay them a tenner?! Or, if you organise a race, insists on you 'policing' all this by making 'non-members' pay extra, or worse, not letting them run? And, especially, when all this comes about after a sham democratic process involving your club secretary rather than any consultation with you?

Well, it's happened in Scotland and now (like the poll tax!) it's about to affect you. Like me, you're probably turned off by politics in sport, but here's an issue that I think you'll agree is too important to ignore. So I think you ought to know about it - I'm amazed this issue hasn't hit the pages of *The Fellrunner* previously - and I hope someone on the FRA committee will be able to provide more details alongside this article as to what it all means for you and assuring you that they are 'on the case'.

How did Scotland get in this mess?

A very short history lesson: Hillrunning in Scotland became part of the Scottish Athletics Federation (SAF) about ten years ago. Hillrunning interests within SAF are covered by a Hill Running Commission (not a blazer brigade, but a volunteer bunch of active runners - e.g. me!). This negotiates an annual budget from SAF to fund certain activities, by far the most expensive of which is sending Scottish teams of hill runners to home internationals, European and World Trophy events. In turn, SAF gets its money mostly from the Scottish Sports Council (i.e. the taxpayer) and partly through club affiliation fees. The hillrunning budget does NOT cover costs of producing the annual Scottish fixtures calendar, holding the Scottish championship etc etc. These items are the responsibility of a separate organisation called Scottish Hill Runners (SHR), a non-profit making body that produces a fixture calendar and newsletters - in that respect, a Scottish version of the FRA.

A couple of years ago, however, someone in SAF had the bright idea that athletics would benefit from 'professional' administrators / coaches / advisors and from three times as much money coming into the sport. The Scottish Sports Council agreed to increase their grant three-fold to fund this, but only if the money coming from within the sport was raised three-fold too. So, suddenly, SAF had to raise three times more from grass roots runners than they had done previously. To do this they imposed a compulsory membership scheme: £10 from every Scottish athlete, before they could take part in ANY Scottish races.

That's when the trouble started. Because most fell runners believe their sport should remain one of the cheapest, accessible and red-tape-free sports going and that no one should be forced to become a member of anything to enjoy competing in fell races. (Sure, they may see the advantage of joining a club, or Scottish Hill Runners, or the FRA, but that should be on merit, not by compulsion.) And because most race organisers object to having to administer and police such a scheme - they have to go to the trouble of checking names off lists, and taking extra money off non-members, which includes any of you visiting from south of the border, as you'll have no doubt discovered by now at Ben Nevis.

Where does the money go?

Well, not back to the individuals - all they get is an occasional 'news sheet' (OK, the aspiring Olympians among them may gain access to coaching etc). Nor to race organisers, who still pay the same £20 to SAF for their 'permit' (i.e. insurance cover; that, incidentally, is why most organisers up here are reluctant to pay yet more for duplicate insurance through the FRA). Nor to the SAF commissions - the hill running commission budget remains unaltered in real terms, and we still have to ask our Internationalists to pay towards representing their country! Nor to clubs - they actually pay MORE to affiliate to SAF than they did before, so they can hardly reduce the subscription rates for their members. (Indeed club membership is now discouraged, simply because it is optional whereas scheme membership is compulsory.) So that leaves the professional salaries -



Mark Rigby. Photo: Peter Hartley

£150,000 - and the cost of administering the scheme - over £20,000. In addition, there's no accountability to members: next year, we've been told, membership's going up to £11

This whole experience has severely strained the relationship of the hill running commission with SAF. We have protested about all the iniquities (all the above points and many others!) to SAF management ad nauseam yet, despite initial promises that our misgivings were being listened to and that the scheme might be adapted, it seems to have come to nothing. One minor concession we did gain was that SAF agreed to waive the non-membership-levy at Melantee, because we persuaded them it was a 'British' event on Scottish soil and that to impose the levy there would be particularly unfair.

So what next? What might it mean for you?

Scottish Hill Runners will be holding an extraordinary meeting in November to discuss what to do next. The mood seems to be to administer domestic hill running independently of SAF and its red tape, leaving the international side of things behind with SAF. But of course that wouldn't solve the problem of the cross country and road races that many hillrunners enjoy doing in their spare time. There seems little option but to carry on trying to get SAF to listen to us. We are in a cleft stick!

As for south of the border, I confess I don't fully understand the English governing body hierarchy, as it's somewhat different from up here.

Most of you reading this are members of clubs, which in turn belong to (and hence are governed by, in terms of competition) the English AAA, and perhaps regional organisations too, and to a new national body called, with breathtaking originality, 'Athletics UK'. I understand all of these bodies are considering 'membership schemes', which actually means 'money-making scheme' of course, and that must mean some sort of financial compulsion that will affect YOU. I shudder when I read in the athletics press that the Scottish set-up is considered a good 'model' for the rest of the UK! There's also the potential complication of 'reciprocal rights' between schemes in adjacent areas. (Note: there is also currently a Welsh scheme, which doesn't involve non-member levies but does involve compulsory membership for their championship.)

The FRA is uniquely placed to attempt to prevent such iniquities being landed on you. So I hope it has genuine influence, and that the FRA can tell you the current situation and reassure us all. I am well aware that in writing this I risk taunts of 'there go Scotland, cocking things up again'. But I hope you'll see that hillrunners up here have never been given a genuine opportunity to influence what was being done by their governing body, and that something very similar is about to happen to you down there. You have been warned.

Mike Rose, FRA Secretary comments:

UK Athletics expects the several Regions to become self-financing. Money has to be raised somehow. Every UK Region has decided that rather than a significant increase to the subscriptions of affiliated clubs, it would be more equitable to introduce registration of individual athletes. Surely a UK wide scheme would have been sensible, but apparently each Region is going its own way. Mark has described what has happened in Scotland. I will refer to the North of England since that's where the vast majority of English fell runners and clubs are located. (Incidentally, Mark implies that UK Athletics is English but in fact UK means UK).

The North of England AA (NEAA) has recently been touring the Region to introduce their ideas for implementing a registration scheme next year, and all affiliated clubs have had the opportunity

to enter into the discussions. Proposals are not yet finalised but my understanding of the main ingredients are:

Only members of affiliated clubs may register. The clubs will collect the annual fee (£3) from each member and pass to the NEAA.

Registration is voluntary and club members choosing not to register will be considered to be 'unattached'.

Current club levy of £15 for each athletic discipline will be abolished.

Reciprocal arrangements for athletes registered in another Region.

As your rep to the NEAA I regularly discuss developments with the secretary. Personally I have no problem with the proposition that all participating athletes contribute to the management of their sport. Money collected in this way is not intended to finance a bureaucratic empire, but will be ploughed back into local athletics. The AAA of England and the NEAA give generous grants to FRA funds and without this aid your FRA subs would increase. Anybody got better ideas for financing athletics in the Region?

So far as Fell Running is concerned, I have reservations about expecting race organisers to collect levies from unattached athletes. I personally believe the only practical sanction against 'free riders' is not to allow them to compete in championships. (Someone has to pay for medals and trophies!)

Nothing has been decided yet and the FRA will address this issue when we receive positive proposals.



Scotland's Neil Wilkinson at Snowdon

THE JOSS NAYLOR LAKELAND CHALLENGE

Mountain weather in Lakeland in early summer was anything but 'flaming June' and up to the end of that month only three challengers succeeded. These and others had to contend with unseasonal westerly gales and much rain, all guaranteed to make a mockery of carefully planned schedules.

In mid-May, Jack Escritt, Bingley, started the ball rolling with a good run in the M65 group - not that he was best pleased to have his splits blown backwards from Dunmail onwards. He was confident of being within the M60 time, but the westerlies decreed otherwise. Words of wisdom from Joss on Bowfell and this strong mountain man relaxed into a time well within his own age group. On the same day, Phil Turner was making a second attempt as a M50, but those winds and a sore leg caused him to abandon.

Jan Atkins, Chorley, made the most of a weather window in June and was welcomed as only the second W50 to try the challenge. She outran her modest schedule and nearly outran her roadside, Sty Head and finish supporters too, when finishing close to the M50 limit. This is great news for women and our total is now just three. Jan's run should inspire more to go for it.

At the time of going to press, Sept 4, one other run has been confirmed, by George Foot, LDWA. He set the ball rolling for the deep, deep south - Devon, to be exact. But he is a Bob Grahamist, and his laid back approach evidenced familiarity with northern mountains. Leo Pollard, Horwich has also run the time, but his charity and other details are awaited and there should be others to announce in October.

I would remind all that the sample schedules on offer are only a guide and can rarely be followed exactly. Several recces are needed and familiarity with the terrain is of the essence. All fell runners have differing strengths and weaknesses, and conditions prevailing on the day can have a dramatic effect either way. I say this because I think we are attracting some would-be contenders who are less familiar with the fells than was previously the case.

Another point I think worth mentioning is that we have never had success with those who try running as a pair, let alone as a group. It is meant as a solo, supported run and those who would turn it into a group event are going a little against the spirit of the challenge - and it doesn't work!

Confirmed Runs to Sept. 4th

26. Jack Escritt	M65	May 22
27. Jan Atkins	W50	June 12
28. George Foot	M60	June 21

Information, SAE please:
Monica Shone, 21 Woburn Drive, Hale,
Altrincham, Cheshire. WA15 8LZ



England Juniors winning teams in Germany: l-r Lee Siemaszko; Jonathon Parker; Joe Symonds. Front row Natalie White; Laura Hughes; Sarah Gatford. Photo Norman Matthews

JUNIORS SHOW THE WAY AT KNOCKHDU

I know that the results of Knockhdu were in the last magazine and that Gareth Webb gave an excellent report of the tremendous performances of Simon and Kate Bailey in winning the senior races, but I would like to further mention the results of the other juniors who also had outstanding runs, and the fact that this year for the first time we had a junior girls team competing. I had noticed when taking up the post of England Junior Coach that two anomalies existed with regard to the junior girls. One, there was no representative team for Knockhdu, and second, there was only one team - U/18 - at the Junior Home International, whereas in both cases the junior boys had teams competing. I am pleased to say that the FRA committee has now agreed to equal representation for the girls. This change does however bring with it the responsibility to encourage and develop this section of fell running so that meaningful competition is available, and I would ask all club captains and coaches to reflect on this. Certainly at Knockhdu the England junior boys and girls once again showed the standard of the England squad by winning both team races. Michael Cayton was again amongst the senior internationals finishing in 11th place overall, with Andrew Symonds (15th) and Lee Siemaszko (18th) giving excellent support. It was disappointing in the junior girls race to see no teams from Scotland or Ireland this year, but

this did not detract from the fine performances of the England girls, with Laura Hughes winning the race outright - even to the embarrassment of the two boys competing. With Natalie White and Sarah Gatford in 2nd & 3rd and strong support from Lisa Richardson in her first fell international, it was an impressive team performance.

Norman Matthews. England Junior Coach

International Black Forest Teenager Games. July 10/11th 1999. Sasbachwalden. Germany

DOUBLE GOLD FOR ENGLAND JUNIORS

This year's journey to the Teenager Games reverted once again to the overland trip by minibus - as opposed to last years funded trip by air. On reflection it was probably the better choice, as again the time spent with the team on the long journey proved invaluable as friendships were made and team spirit created. Old hands Sarah Gatford - on her third trip, and Natalie White on her second - ensured that new team members Laura Hughes, Jonathon Parker, Lee Seimaszko and Joseph Symonds knew what to expect - especially on the theme park rides.

An overnight stay in Dover allowed the juniors, and team management Pete, Ann, and myself to relax - after a training run of course! - with a fine meal at the local Italian restaurant.

An early ferry crossing the following day allowed us to arrive in Sachbachwalden in plenty of time to settle in before the evening meal. As always the friendliness and efficiency of our hosts was superb.

This year we had the pleasure of a Scottish squad joining us - who under the SAF umbrella had obtained generous kit allowance and funding. Managed by Carol Sharp, the squad made an immediate impact by winning the 800m sprint races. They were very quick, mostly track based youngsters who also wiped the board in the 800m relay races, and not surprisingly did brilliantly in the uphill race. Well done the Scots!

Everyone in the England squad knew that last years results on the Berglauf were a hard act to follow, when the girls won team gold and the boys silver - plus the bonus of individual gold for Kate Bailey and silver for Adam Sutton. The task was not made any easier with the inclusion of three additional countries. But the team spirit was high and after a relaxing day? in a theme park the day before - with free goes on any ride - and there were some very big rides! The juniors set about the business they had come for, to have fun, and to win races.

The temperature was kind at the race start, as Jonathan Parker - the current U/16 British Fell Running champion started the race as he meant to continue - right at the front - and was never headed to win with a record breaking run. When considering those past junior athletes, who had gone before Jonathan, it was a truly outstanding run. Favourite for the race Julius Helm - last years winner and current Junior German mountain running champion - had to concede to the climbing strength of Jonathan. Lee Siemaszko knowing what was required for team gold had also gone from the gun with a determined effort to support Jonathan and battled his way up through the steep wooded section to place seventh, a brilliant effort after his early fast pace on the road. With myself and Ann placed strategically in the wood, Joseph Symonds was encouraged to give his all, as the team gold loomed. Joe duly responded and with an all-out effort that saw him collapse over the line, sealed the victory for the boys, in an outstanding team performance.

The junior girls not to be outdone by the boys also rose to the occasion, with Laura Hughes taking individual silver in her first games. The current England U/16 Champion battled hard against the diminutive figure of Veronika Koren of Slovenia who floated up the steps in the steep wooded section. The quality of her run showed in the winning time, as Laura in second, sliced 17 seconds off Kate Bailey's winning time last year. The backup of fellow team members Sarah Gatford and Natalie White was never in doubt as both girls used their past experience of the course to great effect.

Sarah who has not been able to train for more than a couple of months at a time - through illness and injury - gave her usual 100% effort to finish in fifth place, and with Natalie equally impressive, with a time of fourteen minutes, just two seconds off sixth place. In the dying stages of the race with the positions very tight, both girls were under immense pressure from the Slovakian runners, but with tremendous determination they hung on to make it a unique double gold for England. It was however a nervous half-hour as Pete's rough calculations of our win finally proved correct. The girls had won by one place, another brilliant team performance.

It now only remained for the annual golf tournament, which I have to confess we 'The Management' had a handicap to deal with this year, as Ann was in the middle of changing her swing! This minor adjustment to improve her game proved to be our undoing, and we conceded to a jubilant boy's team.

Not before Jonathan realised that he can't be good at everything and that no matter how bad you are at this game, with three years practise even Sarah got better!

Norman Matthews. England Junior Coach

Junior Ladies. Berglauf; Up Hill only.
2.500m/ Height Climbed 275m

1	Veronika Koren	Slovenia	12:34.41
2	Laura Hughes	England	12:51.41
3	Jana Suchtova	Slovakia	12:58.16
4	Claire Wilson	Scotland	13:10.41
5	Sarah Gatford	England	13:44.48
6	Iveta Kurcikova	Slovakia	13:58.36
7	Dasa Blazeniakova	Slovakia	13:58.74
8	Natalie White	England	14:00.56
9	Freya Murray	Scotland	14:14.22
10	Annekattrin Helm	Germany	14:30.68

Teams

1) England. 15 2) Slovakia 16. 3) Scotland 25. 4) Slovenia 25. 5) Germany 39. 6) Ukraine 54.

Junior Men. Berglauf; Up Hill only.
2.500m/ Height Climbed 275m

1	Jonathan Parker	England	10:31.61
(rec)			
2	Julius Helm	Germany	10:37.38
3	Ratislav Galovic	Slovakia	10:45.51
4	Andrew Lemoncello	Scotland	11:10.91
5	Craig Poole	Scotland	11:13.17
6	Igor Jesenovc	Slovenia	11:15.83
7	Lee Seimaszko	England	11:17.83
8	Nejc Brodar	Slovenia	11:28.76
9	Sergin Bajan	Moldavia	11:35.90
10	Joseph Symonds	England	11:40.26

Teams

1) England 18. 2) Scotland 25. 3) Slovakia 26. 4) Slovenia 27. 5) Germany 39. 6) Moldavia 42.



Start of the junior international open race at Knockdhu - photo Adrian Woods

JUNIOR TRAINING

Resistance Training for Junior's

I have always advocated resistance training for juniors long before it became fashionable and an accepted means of conditioning. The dilemma in the past for parents and coaches has always been the problem of how much, how often and for whom. Unlike running - which juniors can do unsupervised for most of the time - any form of strength training requires supervision if the resistance exercises are to be individually tailored for each junior.

I hope this article offers some guidelines on how to pursue this aspect of training and also allows the junior athletes an insight into what they should be doing if they wish to pursue their athletics seriously.

All juniors who participate in athletics have a requirement for good physical preparation - resistance training has a great potential to address this need and is great for improving any junior's physical ability to tolerate sport stresses, to improve performance, and to avoid athletic injury.

Children initially need to develop cardiovascular fitness, flexibility, and motor skills as well as strength. The responsibility for any coach who determines a resistance program for his junior athlete is great. They must decide if the physical and psychological work of the program is suited to that individual, and that a one to one situation exists. The program must be designed for each child's needs, and the proper exercise techniques and safety considerations employed.

One area of development for all children is upper-body strength. It's been shown that upper body strength in both boys and girls is declining. Upper-body strength limits many sport-specific tasks even at the recreational level. Because of

this lack of strength, specific exercises need to be emphasised in a resistance-training program. The design of any program must also take into consideration the developmental differences. Children do differ from each other physically and emotionally. It's important to realise that children are not just "little adults" and that children of a similar age are not always equal either physically or emotionally. Understanding some of the basic principles of growth and development will allow a more realistic program to be created. This understanding will also help when developing goals and exercise progressions, it's important that an exercise program match's the physical and emotional level of the child. Each junior has a chronological age and a physiological age - the physiological age is the most important aspect and usually determines the capabilities and performance for that child.



Hard training = good results. Andrew Norman, Altrincham, 4th inter at Settle Hills pPH

INDIVIDUALISED TRAINING PROGRAMS

When designing a resistance-training program it must be a part of a total conditioning package. The junior should begin with a basic program that exercises all the major muscle groups of the body and muscles around each joint of the body. Warm-up, cool-down, and flexibility exercises should be a part of each session. Additional sport-specific exercises and exercises based on individual need can be added to the program after the junior has learned basic techniques. Individualising a program requires considering the strengths, weaknesses, and goals of each junior. No major distinction between boys' and girls' resistance training programs needs to be made. Successful performance of a particular sport skill depends on the strength and power of particular muscle groups and not the gender of the participant. To promote proper growth and development, the importance of the child's ability to tolerate the exercise stress cannot be overemphasised, the importance of individualised exercises, and proper supervision, cannot be overstated.

For any program to succeed there is a fundamental need to communicate with the junior regardless of the child's age. All adults should encourage discussion and feedback and should listen to the juniors concerns and fears. Most important, is the need to use common sense and to provide exercise variations, active recovery periods, and rest from training. No single best program exists. Juniors should start with a program that they find acceptable but that becomes more aggressive as they grow older. Changes in the tolerance to resistance training programs can reflect the increased maturity of a child. It's important not to overestimate the child's ability to tolerate an exercise or program. It's far better to start out conservatively than to overload the child's exercise tolerance and reduce the enjoyment of participation. With the proper principles of resistance training, a program can be designed that reflects the child's developmental stage. Using the right guidelines for progression, a resistance exercise program can be started at each stage of development that does not compromise enthusiasm and does not overestimate exercise tolerance.

BODYWEIGHT EXERCISES

Most junior athletes are already doing resistance training of one form or another, whether it is at the club on a circuit session or doing some press ups before getting into bed. This is resistance training with ones own body

weight and is an excellent way to condition the major muscle groups. Simple exercises like sit ups or Chinnies, press ups, squat jumps or treadmill running, (not the machine!) half squats or back to back with a partner are all recommended by the National Coaching Authority.

They indicate the advantages as:

- They can be done at any time, anywhere.
- The common exercises are likely to be natural and therefore safe.
- They are limitless in their extent.
- They achieve success

Bodyweight exercises are the starting line for all junior athletes, and regular sessions per week are an essential aspect of good body conditioning that prepares the youngsters for the rigors of future training requirements.

STRETCH BANDING

A further step up in the resistance ladder is the use of resistance stretch banding. This easy to use method of resistance training is inexpensive at about £3 for a suitable length of banding. The bands come in various colours denoting the resistance strength of the band. The exercise variations are again limitless and cover all the muscle groups. The action of the band is very smooth and none straining - if the right band strength is used. A twenty-minute session with a gradual progression in repetitions can have a super strengthening effect over time. This method of strengthening is used extensively by Physiotherapists in the rehabilitation of injured patients, and as such is an excellent method of strength building for juniors. I have used the method extensively with junior athletes and found it the most effective way to introduce resistance training that is both progressive and safe.

APPARATUS & EQUIPMENT

A further progression in strength building is the use of apparatus and selected equipment. One of the most underrated methods is the use of the medicine ball. Its image is possibly one of 'old fashioned' but I can assure you that with knowledge of the right exercises a medicine ball workout can be very demanding. One of the problems when using equipment is whether or not it is safe. There are a multitude of bodyweight exercises that can be made more demanding by the inclusion of a piece of equipment, the inclusion of a box to rest your feet on when doing press-ups can cut down the number of reps and quickly add to the intensity by the elevation.

This is a simple and safe method, but using an improvised chinning bar that you don't know the strength of can be dangerous if it snaps. Certainly within the gym at school the use of ropes, boxes and the likes of parallel bars can be a great addition, but the improvisation of equipment at home is not recommended. Possibly the best piece of equipment that has come on to the market in recent times is the multi-gym. This piece of equipment if used under supervision can accommodate all the requirements of those juniors who have previously been involved with body weight exercises. The stations are free from danger and with the right weight and number of reps is a great way of resistance training. It goes without saying that no junior should exercise on a multi-gym without qualified supervision.

DRILL WORK

Another underestimated means of conditioning is drill work at the track, going through a series of sprint drills practising technique can be very demanding and again requires careful supervision. The good thing about drill work is that the juniors are building strength and stamina in a form that is event specific and as such is very beneficial.

HILL RUNNING

One of the best conditioning exercises and resistance training techniques is the use of hill running. No matter what running discipline a junior may follow hill work of one form or another is an excellent way to build leg strength. This is not only an event specific exercise for junior fell runners but is great for all juniors, even those who run track. Again the gradient, distance, time running and the time recovering are all a matter of good coaching practice with the training load matching the juniors ability.

IN CONCLUSION

There is no doubt that a junior who embarks on a well planned strength and conditioning program will reap the benefits as they mature through the age groups. It does take time and dedication to do ancillary exercises, but it is time well spent and will save many unknown hours of training down time by staying comparatively injury free in relation to those athletes who choose to ignore this aspect of training.

If you require any further information please feel free to contact me.

Norman Matthews

England Junior Coach.

Tel. 01204 468390

ROCHDALE HARRIERS

6th ANNUAL 3 DAY EVENT

at Norden, Rochdale
11th June to 13th June 1999

This event superbly organised by Phil Roberts and Rochdale Harriers is now firmly established in the calendar.

The three races take place from the Brown Cow Pub, Norden, near Rochdale and consist of a 6 mile road race, a six and a half mile multi-terrain race and the final event is the 6 miles, 1800ft category A Knowl Hill Fell Race.

**Rob Jackson,
(Horwich RMI Harriers)
Gives us his view.....**

Day 1, Friday 11th June – Race 1 6 miles Road Race

Friday evening saw over 100 runners on the start line for the race, but how many would still be there by Sunday?

The course is a tough one, but very scenic with half of it on country lanes.

The first one and a half miles is all uphill, after some respite there is a one and a half mile descent which can be quite punishing on the 'quads'. The finish is just off the main road where it started.

Personally, this was the race I enjoyed the most, but maybe that's because I won it by almost a minute!

The other contenders for the overall title were Dale Gartley, Stockport's leading fell runner in second place, and Ian Shakeshaft of Bolton Harriers who had a great run to finish third overall and 1st veteran over 40. Meanwhile, leading the over 45 challenge was Rob Taylor – team-mate, travelling companion and drinking partner of Dale!

The ladies race was looking competitive with Saddleworth's Lucy Whittaker taking victory by half a minute over Rochdale's Julie Ashworth.

Radcliffe A.C. came over in large numbers and were rewarded with a new team victory over Rochdale Harriers, with Rochdale taking the women's team prize.

Day 2, Saturday 12th June – Race 2: 6½ miles multi-terrain Race

The weather for Saturday afternoon's race was similar to the previous evening – overcast and mild.

Unfortunately everyone's legs were not as fresh as last night which made an already testing course seem even more demanding.

After an initial road section the course consisted of three laps of undulating cross country terrain with a couple of sharp climbs per lap, with a road section to the finish.

Dale was in determined mood and showed it by running the race without a vest and charging into the lead.

Over the three laps I shared the lead with Dale and was able to make a decisive break for the finish in the final 400 yards, winning by six seconds.

Ian Shakeshaft enjoyed another good run for third place again and first over 40.

Lucy Whittaker took a strong field of the women's overall race with almost a two minute victory margin over Julie Ashworth. Team results were the same again.

Most of the post-race chat consisted of debates about how to recover best for the final race, the most popular being eating, sports drinks, massage, radox bath and sleep, but not necessarily in that order! Maybe the best idea is just to try to forget about it and trick your body that you don't have to race again tomorrow.

Day 3, 13th June – Race 3: 6 miles & 1800ft (category A) Knowl Hill Fell Race

Race day dawned warm with some good spells of sunshine.

The three day competitors were all suffering aching and tired legs, but our main fear was that this final race would be invaded by fresh-legged fell runners just doing this one race out of the three. Although this did happen it wasn't on the large scale expected. Almost 150 started the race.

The route involved a long climb to the summit with a steep 'hands on knees' climb in the middle, the terrain being mainly paths and tracks with some tussocks. The return to the finish was by a different route with a sharp descent and climb again in the middle.

Again Dale ran vestless and together with myself and a fresh-legged Paul Dobson of Leeds set the pace. The three of us turned together at the summit.

On the return Dale made a very determined effort to make up the overall time deficit on me, which he did beating me by 28 seconds.



Lucy Whittaker climbing up Dalehead.
Photo Alec Beconsall

Unfortunately for him, this still kept him in second place overall, as my third place in the fell race was enough to give me the overall 3 Day Event title by 35 seconds.

Also, Paul had sufficient freshness to win this final race by 15 seconds, denying Dale an individual race victory.

Ian Shakeshaft maintained his fine form to finish 5th and 1st over 40 in the fell race. This gave him 3rd overall and the over 40 veterans title in the 3 Day event.

In the women's race Lucy made it three wins out of three, winning the fell race by almost a minute from Rochdale's Sheila Wilde. Julie finished 6th in this race, but it was enough to give her 2nd overall in the 3 Day Event with Sheila Norris 3rd overall and first lady O/45 veteran in the 3 Day Event.

The men's team event in the fell race was won by Rossendale Harriers with Radcliffe second and Rochdale third. This gave Radcliffe the overall team title for the first time ever.

Rochdale restored home pride by taking the women's team race title both in the fell race and overall.

The other main category overall winners were Rob Taylor (O45), Jamie Dore (O/50), Bill Backley (O/55) and in the ladies O/35 Jayne Platt, Jeannette Coleman (O/40), Sue Geldeart (O/50) and Doreen Madden (O/55).

Overall it was a great 3 Day Event. Phil Roberts, the race organiser, is a real hero. Nothing was too much trouble for him. Everything went really well – good races, good courses, presentations and results. Phil and the rest of his Rochdale Harriers organising team deserve a really big 'thank-you'.

Rob Jackson (Results in centre section)

IT'S OFFICIAL – WOMEN CAN'T READ A MAP!

Dear Editor,

At the obvious risk of upsetting my female club colleagues I thought it might be of some interest for your readers to learn of this startling new evidence that I came across recently written by the science editor of the Times entitled "Women can't read a map"-allegedly! For years it would seem men have known this to be true-however recently scientists in London have produced documentary evidence confirming this long-lasting belief.

Men and women apparently use their brains differently- something else that men have known about for sometime I suspect! Women are not as good as men at spatial tasks, but are better at dealing with complex verbal information [for example "fetch me my slippers" or "shut up and get on with the ironing"].

Psychological testing had previously indicated these differences, but now revolutionary new brain imaging techniques have shown that they are caused by men and women using their brains differently when they carry out the same tests.

Dr Tonmoi Sharma a very eminent megabrain from the institute of Psychiatry in London, showed the Human Brain Mapping conference in Dusseldorf brain images, taken using a technique called functional magnetic resonance imaging- clever stuff you might think? Twenty volunteers, divided equally between the sexes, had their brain activity monitored while taking memory and language tests. The idea was to see which parts of the



Sue Parkin navigates her way to her seventh Ladies win at the LDTMA. Photo: Peter Hartley

brain were activated for the tasks shown by enhanced blood flow.

In the language test, women's brains were more active in an area known as the prefrontal cortex, used for manipulating information [women always were more manipulative in the cortical sense of the word!] Apparently men showed more activity in the supplementary motor area [i.e. make better car mechanics!] In this test, large areas of the male brain were activated compared with smaller areas of the female brain. Now does any of this come as a shocking revelation to us blokes? I think not. We've been conducting similar but less highly sophisticated tests up on areas like Bleaklow and Black Hill on Sunday mornings for many years and have come to the exact same conclusions as the good Dr.Sharma- most men are superior with the old map and

compass! We fellrunners could have probably saved him and his institute a lot of time and money, but there you have it-the marvels of modern science.

Dr.Sharma's final conclusion was that "When you read a map, it is the spatial working memory that is needed, and this is to do with using the entire circuitry rather than just one particular area of the brain." In plain simple English if you've a screw loose or simply a short fuse you've not much chance of finding your way around a Harveys 1:40,000!

Should women therefore embark on more regular circuit training? Should they simply remain in the kitchen on Sunday's and prepare that roast dinner like the eminent doctor seems to be suggesting?

All this goes with apologies to my wife who can always manage to find her way to and from Sheffield's Meadowhall shopping complex and always seems before me to be able to locate my car keys with pinpoint navigational skills in a morning even without a map and compass [although I usually suspect she has unwittingly transferred them from the previous safe place where I last left them, leaving me at a considerable disadvantage in my frantic daily search].

Now I once received a letter from the right honorable Madge Sharples -veteran London Marathoner- who didn't seem to share my sense of humor in another article I'd written in a running mag. So it's now I feel that I ought to add my disclaimer before I get a tirade of abusive letters and irate female club colleagues queuing at my door to batter me over the head with their hand/bum-bags. I am merely telling it as I read it [with journalistic license].

Yours jokingly [with apologies],

Dave Lindop M.C.P.
Penistone F.R.

INDEPENDENCE DAY CELEBRATION

By Willie Goforit

This year's Oxenhope straw race on 4th July, with the theme Independence Day ensured the fancy dress included masses of Statues of Liberty, Majorettes, line dancers, cowboys and Indians and all things American.

Of course Star Wars, Star Trek, Doctors and Nurses, Policemen, Cartoon characters, men dressed up in ladies clothes and even a team of Naked Chefs - with just an apron to hide their credentials, all made an appearance.

Numerous implements and devices are used to aid carrying the bale; these include prams, stretchers, various poles, roller skates and even skateboards. But the true Yorkshire way is to use ones back and bare hands and show true Yorkshire grit!

Several fell runners once more enjoyed this day out in a West Yorkshire village, where 182 teams of two dashed from the Wagon &

Horses to the Dog & Gun, drinking beer and carrying a full or half bales of straw. The male athlete section was won by Pete Pollitt and his brother Michael in a time of 19.14, and the ladies trophy won by J. Gerdes and J. Clarkson. Fell runners dominated the mixed team section, first Kate Boobyer and Phil Davies, P&B, timed at 22.28, second Julie and Rob Haworth, Middleton Harriers, 10 seconds behind, and third the Bingley team of Jane and Michael Smith. This section is by far the hardest to compete in, because it involves drinking five pints and carrying a full bale of straw over the 3 mile/600ft race route.

The open category was interesting, because the winners Sam Wadsworth and Ted Mason, and second team Lee Thompson and Dave Nuttall are athletes of some note, with the winners actually recording 18.55, some 19 seconds faster than the athletes section.

Next year is the 25th Silver anniversary of the event, so see the FRA calendar advert or send a SAE to Judith Fisher, 17 Lawcliffe Crescent, Haworth, Keighley, W. Yorkshire, to be on the entry form mailing list.



Lee Thompson and Dave Nuttall, 1999 Oxenhope Straw race - photo: Woodhead

Everyone A Winner

'Whoosh, whoosh' the express train had started. I stepped back a couple of paces to behind the imaginary yellow line for fear of being run over. "Go on Andy" I yelled. As usual there was not a flicker of recognition on Andy's face, he remained a picture of concentration as he tried to keep tabs on Mark. The express train continued. Another ten or so runners had gone by at full pelt. I sat down and opened my rucksack. It was a cold day, far too cold for Adie to be wearing his infamous 'Glossopdale Summer Shirt'. I was in a good position for feeling smug. At this point the runners were several miles into the course, many would be tired, hungry, cold and thoroughly wet. They would not be relishing this uphill section. However I was well wrapped up and nice and warm and I reached for my hot drink and mars bar. A solitary runner went by and gave me an envious look. Yes, I was definitely in a good position for feeling smug!

"Go on Frank, go on Simon" I shouted as my husband's team mates ran by. They gave me a wave. I decided it was time to temporarily abandon my snack and get my camera ready as my husband would no doubt soon appear. "Go on Andy" I shouted and clapped and took the obligatory photo. I knew it would give him a boost to see me. Now that my wifely duty(!) was over I sat down and continued my snack. A bunch of runners left the path and ran towards me, I pointed them back to the path. I then lay my walking pole down on the ground realising that it looked like a course marker. "Which way now?" asked another runner, I indicated that he should continue in the same direction. I am often mistaken for a marshall, sometimes to the point of causing confusion, even though I am only spectating. My husband tells me it is because I look the part. "Well done Bill" was my next utterance as the tall figure in the familiar yellow tee shirt approached.

"Oh hello, how are you?" he said.

"Not too bad." was my reply. "How are you?"

"Knackered" came the response. He would be wringing the sweat out of that tee shirt at the end of the race as usual.

The express train had slowed right down now and some of the runners were walking a bit.

"Well done. Well done" I tried to encourage them.

"Thank you for coming out and supporting us" said one man. (This remains the nicest thing a runner has said to me during a race).

"It's good to be here" I replied, "you've no idea."

"Well done Selwyn," Selwyn nearly stopped dead in his tracks, he was a long way from home and wasn't expecting anyone to be supporting him on this race. "Stella!" came the surprised reply.

The next person I recognised was John. I was surprised to see him so far back in the field. He came across and sat down beside me. He explained that he was coming back from injury and was just running round with one of the ladies from his club. The lady in question huffed and puffed her way past and John continued on his way.

The train was now much more like an old chugging steam train as the tail enders crept by. I'd swear that the gradients get steeper for those at the back. It's the same with stiles, the further back you are in the race the higher the stile. It's the same phenomenon as the way they put the mile markers further and further apart at the end of a marathon.

I packed up my rucksack and continued on my way. I like to walk in the opposite direction of the race so that I can see the runners approach and so can get out of their way. On a previous occasion I had been walking in the same direction as the runners and looking back over my shoulder meant I missed my footing and fell over in front of a bunch of runners and felt rather stupid.

The next runner I encountered must have been in the over 60's category. However he was still trotting along quite sprightly and I told him that he was going well as many runners were walking at this stage. For this I received a polite 'thank you' as I often do from some of the slower runners who have more time for life's little pleasures.

"Ooh look at the view!" two ladies running together stopped and admired the sights. The front runners probably saw next to nothing of the views on the course. The last runner was a rather round wobbly lady. "You're doing alright" I tried to encourage her but she seemed to be struggling.

I made my way back to the start of the course and the prize giving. Most of the runners would have finished ages ago and would be conducting various "post-mortems" in the rather sweaty, smelly atmosphere of the village hall, and comparing their latest injuries. Even though I was only walking part of the course all of the runners would be at the finish a lot, lot quicker than me. Indeed the marker posts had gone and I hoped I wouldn't get lost! The prize giving was in full swing by the time I reached the village hall and had sniffed out my husband. "And finally" said the race organiser "the prize for the last finisher."

"Oh no how embarrassing" said a voice beside me. I turned to see the round, wobbly lady who with a rather red face shuffled forward to collect her race tee shirt. "Well done" I said.

"But I came last" said the round wobbly lady.

"I wish I was that good" I replied.

"What do you mean?" she looked surprised.

"You see, I think that everyone who completes a fell race is a winner. It's the losers who don't get to the start line. You didn't come last, you were just the slowest winner."

This article is meant as a tribute to all runners but especially to my heroes at the back. While I can appreciate the performances of the faster runners I feel that the efforts of those at the back are often overlooked. They are out on the course a lot longer and it takes a lot more out of them. However they are often just as committed, determined and competitive as those at the front. And of course they achieve a great deal when compared to ordinary human mortals.

The above is a fictitious race using comments and experiences I have had when spectating at various races. However if anyone recognises themselves and feels that I have got the pecking order wrong then I apologise.

Stella Judd

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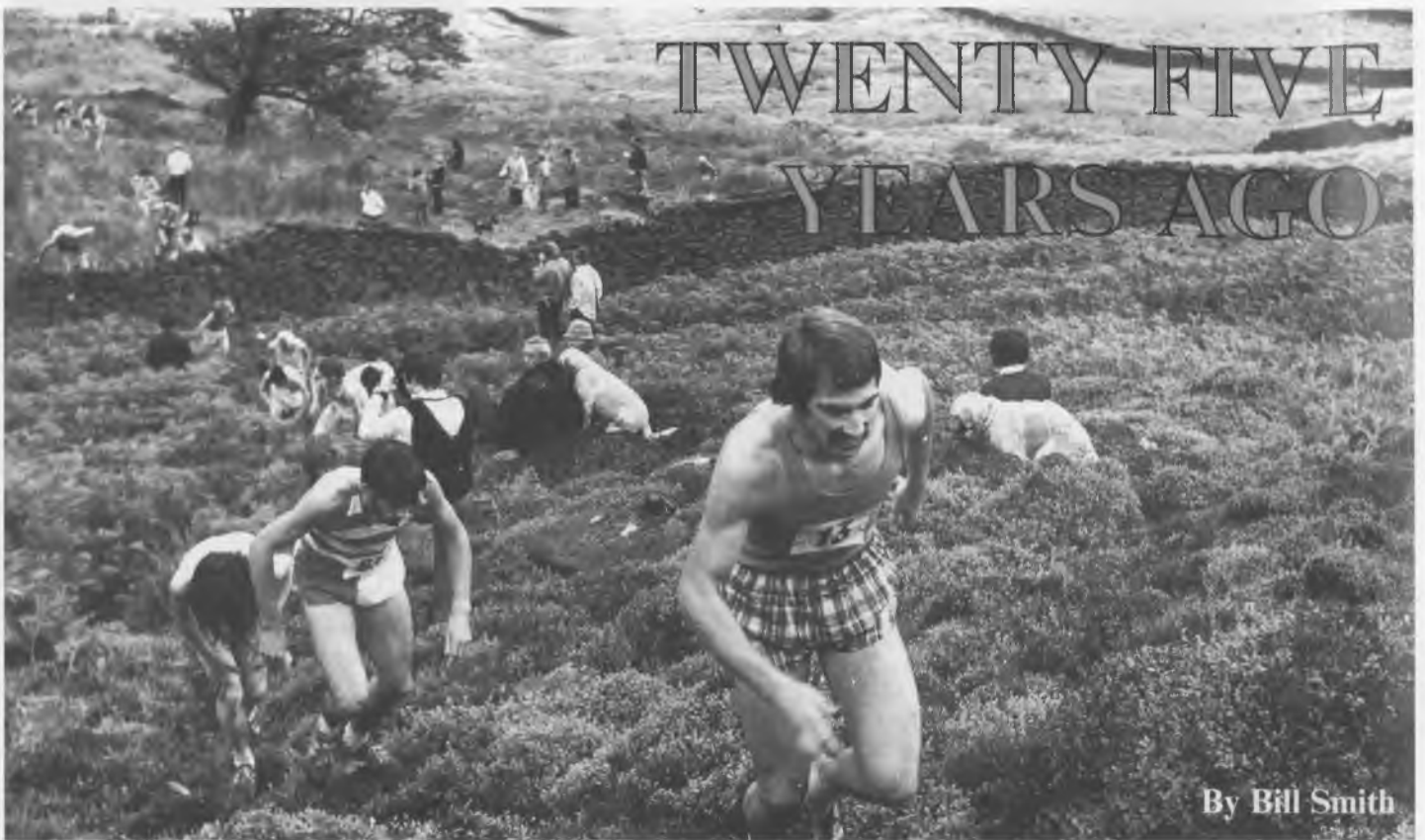
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TWENTY FIVE YEARS AGO



By Bill Smith

Harry Walker, Burnsall 1974. Note that the ascent in 1974 is now the famous descent! Photo Bill Smith

Sunday, August 11th: The original plan for the first amateur Borrowdale Fell Race was for a course to link the Scafell Hotel, Rosthwaite, with the New Dungeon Ghyll Hotel, Langdale, both owned by the race sponsor, Miles Jessop, but the one eventually devised by Keswick AC officials, including the Stonethwaite stonemason, Chris Bland, was virtually identical to the one run today, the minor exception being a checkpoint in Tongue Gill, on the descent from Dale Head summit to the finish, which was afterwards dropped in favour of the higher path through Rigg Head Quarry.

A fine summer day greeted competitors and the first runners to reach the Scafell Pike checkpoint were Dave Halstead (Blackburn), Andy Churchill (Clayton), Mike Short (Horwich) and Mike Nicholson (Kendal), though by Great Gable summit, Halstead had established a definite lead, two minutes ahead of Churchill, who in turn was a minute clear of Short and Nicholson. The Clayton runner, winner at Wasdale a month earlier, gained on his Blackburn adversary crossing to Honister, where he was only one minute behind, but Halstead, 2nd at Wasdale, proved the stronger climber on this occasion and had built up a four-minute advantage on reaching the Dale Head checkpoint, finally storming home to a decisive victory in 3.05.07, with Churchill 2nd: 3.12.22, Short 3rd: 3.13.17 and Nicholson 4th: 3.17.04. Other leading results attained by names familiar to most of today's readers were: Peter Hartley (Rossendale) 6th, Pete Bland (Kendal) 8th, Jim Smith (Bury – now Todmorden) 10th,

Harry Blenkinsop (Kendal – now Keswick) 11th, Bob Jackson (Sale – now Horwich) 13th, Tony Shaw (Rochdale – now Todmorden) 14th and Rod Futrell (Holmfirth) 20th.

Saturday, August 24th: Another grand day for Burnsall Feast Sports and Harry Walker led the climb virtually to the cairn (by today's descent route, including the high wall), closely pursued by Rod Duerden (Sheffield UH), who briefly assumed the lead up here, only for Harry to plunge ahead once more at the start of the descent (same as today's route), leaving Duerden to eventually fade to 18th. Meanwhile, an "unknown" named Andy Styan of Holmfirth Harriers (William's father), who had reached the cairn in 6th place, launched himself into what soon came to be recognised as one of his trademark reckless descents, taking a few tumbles on his way down but managing to overhaul Walker at the gate leading into the muddy walled lane, beyond which point he powered ahead to win by five seconds in 13.21, with another noted descender, Martin Weeks (Bingley) 3rd in 13.40.

Brian Robinson (Kendal), outstanding both as a junior and senior during the '70s till a mystery virus brought his athletic career to an end in 1980 (from which he eventually recovered, incidentally), triumphed in the Dales Junior Fell Race to the fell gate and back, after turning in 2nd place. His time of 6.47 was seven seconds faster than that of runner-up E. Walsh (Bingley).

Saturday, September 7th: Since 1970, Dave Cannon (Kendal) had achieved two victories, one second placing and a third in the Ben Nevis Race, and by 1974 had virtually forsaken fell racing altogether to concentrate on road-running in order to further his ambition of winning an international vest- which he eventually did realise, incidentally, after transferring to Gateshead Harriers a year later. He had not, however, lost any of his fell running prowess.

Bad weather prevailed for the 1974 event as he battled up and down the mountains with his old adversary, Brian Finlayson (Lochaber), whom he had narrowly defeated in both 1971 and '72, but his superior road speed proved the deciding factor yet again over the final mile from Achintee to the Fort William New Town Park at Claggan, where he arrived with a 53-second advantage in 1.30.17. 1973 winner Harry Walker finished 3rd and 1970 winner Jeff Norman 4th. Cannon went on to win the next two Ben Nevis Races to bring his total of victories to five, setting a new record of 1.26.55 in 1976 which was to stand till 1983 when John Wild reduced it to 1.25.35.

Sunday, September 15th: Rain and mist made for interesting conditions in the Lake District Mountain Trial (then called the Vaux Mountain Trial after its sponsor), run this year from the Coledale Hotel at Braithwaite. The first control in Hobcarton Gill surprisingly (for this event) led quite a few competitors to reach it by a fast road run up Whinlatter Pass, while others followed a ridge route by Grisedale Pike. The next two were straightforward enough,

being located in Gasgale Gill and on Knott Rigg, but No. 4 on High Spy gave a wider route choice, with some opting for a ridge route along Littledale Edge and over Dale Head, though both Jos Naylor (Kendal) and Pete Walkington (Blackburn) took a lower line by Keskadale and Newlands Beck, which involved a steep climb to the control. The final checkpoints were on Aikin Knott and Outerside.

Jos Naylor continued his practice of recent years by being last to start and first to finish, his time of 3.43.50 being 23 minutes faster than that of runner-up Pete Walkington, while Naylor's former Karrimor partner, Allen Walker (Kendal), came in 3rd. Jos was to win his tenth Mountain Trial in 1979, after which Billy Bland embarked on his run of nine victories. Among those still competing today, Harry Walker was 5th, Andy Churchill 6th, Peter Trainor (Keswick), a former Rugby League player, 7th and Harry Blenkinsop 10th.

Saturday, September 21st: An upset for Jos Naylor – and the forecasting of several experts! – in the Langdale Horseshoe when Mike Short (Horwich), who had only been fell running for eighteen months, scored his first-ever victory with a fine performance in 2.10.27, only 2.07 outside Naylor's 1973 inaugural record, with Jos himself only 17 seconds adrift in 2nd place and one of the top Scottish hill runners of the period, Bobby Shields (Clydesdale – but here representing his second-claim club, Kendal) a further 2 and a half minutes down in 3rd. In those early races, incidentally, most competitors headed from Thunacar Knott to the top of Stake Pass, reached Bowfell by the Esk Pike ridge, and descended from Blisco down Redacre Gill

to where the path crosses the stream before contouring across to the Blea Tarn road checkpoint.

Saturday/Sunday, October 5th/6th: This year's Karrimor was based at Hethpool in the College Valley of the Cheviots, though it was unfortunately overshadowed by the untimely death of one of its chief organisers, Lol Clarke, less than a month before. Harry Walker had entered with his 1973 partner, Dave Halstead, but the latter had to withdraw due to being asked to represent the Lancashire Fire Brigade in a relay race from London to Edinburgh the day before. As it transpired, the 1972 and '73 winner, Norwegian Stig Berge, a past World Orienteering Champion, was also without his previous partner, Carl Martin Larsen, so chief organiser Gerry Charnley suggested that Harry and Stig should team up.

It proved to be a highly successful partnership, with them finishing the first day with almost an hour's lead over the second-placed pair, Eric Roberts (Borderliners OC & Kendal AC) and Derek Hartley (Edinburgh Southern OC). They considerably increased this advantage on the second day to emerge overall winners with a time of 10.22.53, with Roberts and Hartley retaining their second place in 11.39.57, followed by two more orienteering teams, Geoff Peck and Tom Lunne (3rd) and David Rosen and Alistair Wood (4th).

Jos Naylor and Pete Walkington finished 5th after losing an hour-and-a-half looking for the fourth control on the first day, but they were, however, to emerge victorious in the 1975 event from Ennerdale. Jos had previously won the Karrimor with his

Kendal AC partner, Allen Walker, in both 1970 and '71. The unrelated Harry Walker wrote a very interesting account of his experiences with Stig Berge in the 1974 issue of *The Fellrunner* (only one published that year) and mentioned how some of the teams of fell runners had unsuccessfully tried to utilise the Norwegian's navigational skill on the first day: "They were watching every move Stig Berge made and were following easily. Stig told me to take it easy and just let them follow" The easier Standard Class, introduced in 1971, was won by the Clayton-le-Moors duo of John North and Roman Halenko, while two Outward Bound instructors, Peter Booth and Peter Surfleet, triumphed in the inaugural "B" event.

Sunday, October 20th: 1974 saw the Three Towers Race from Horwich to Holcombe, via moorland, cross-country and a little road, being extended from 18 to 20 miles, with the extra mileage being gained by a crossing of Anglezarke Moor to a new checkpoint on Great Hill, between Rivington Pike and Darwen Tower, and a further diversion beyond here to Cadshaw and Entwistle, en route for Pilgrim's Cross and Holcombe Tower. Mike Short led at Rivington Pike but Jeff Norman was ahead at all subsequent checkpoints and finally won with a time of 1.58.23 from previous triple-winner Colin Robinson (Rochdale), 2.05.21, and Short, 2.05.34. Norman was to eventually match Robinson's total of three victories by winning again in 1976 and '77. Competitors were treated to a cooling shower of rain and sleet between Great Hill and Darwen Tower but the weather afterwards improved.



Mike Short, Langdale winner, pictured at Pendle. Photo Bill Smith

The final Gale fell race

Sunday October 31st will signal the end of an era of fell racing in a small corner of Lancashire, as The 33rd annual - and final - Gale fell race will be run, from the former Gale Inn near Littleborough, Rochdale. The race was first run in 1967 to settle a friendly argument between regulars at The Gale and in 1969, Preston's Andy Holden, later to become one of Tipton's great marathon runners set a record time of 23min 52 which stood for 26 years, until the Modern Great Ian Holmes of Bingley came over for a run. The pub has now been sold but will no longer be used as licenced premises. However, organiser Allan Greenwood is already planning a successor to the race for the year 2000, from another pub a few miles down the road....

Where will you be celebrating the Millennium?

Will it be joining the crowds in Trafalgar Square, flocking to the Millennium Dome festivities, jetting on Concorde to Time Square, New York or putting your best foot forward to compete in the LAST FELL RACE THIS CENTURY.

The sixth Old Lang Syne, with its humble surroundings of Penistone Hill, Haworth is the setting for this unique event, and you can be a part of it! This once in a lifetime experience is brought to you by the Woodentop organisers, who cannot guarantee the weather, but can guarantee you one "full on, in your face" celebration.

Teaming up with Brisco's Brewery this ensures every finisher will receive a unique memento in the form of a pint bottle of very strong Briscoe Ale. As you know we have had a competition going to find a name for the beer, and possibly a motif, logo or design for the label. Who's won it? Well you'll have to turn up on the 31st December 1999 to find out! The lucky winner will be presented with 12 bottles of the master brew, along with having the satisfaction of seeing their winning design and name on the bottle label.

Also on offer this year to all finishers is an aptly named limited edition 2000, Cadbury's Aztec chocolate bar, some of you may remember them the first time round when they made an appearance in the early seventies. You'll think you've died and gone to heaven when you sprint across the finish line, and feel the euphoria as you clutch your beer and chocolate.

The actual race itself ascends Oxenhope Stoop, before following the wall side to the top of Stairs; a short descent is followed by running alongside a water channel, before descending the Stoop for the dash back to Penistone Hill. This is not a technically difficult fell race, although it will test your stamina and is an ideal introduction to running the hills. Ian Holmes, is actually the only men's winners name on the Sneck Lifter handpump trophy, with a record time of 34.20 from 1996. The ladies has only had two winners Carol Greenwood, three times, and Sarah



The 'ghost' Auld Lang Syne. Photo: Woodhead

Rowell twice, this includes winning the 'Ghost Race'. This occurred in 1996 when very deep snow caused the race to be postponed, but since seventy-odd well clad, but clearly deranged runners, still managed to make it to the start line, it was decided to offer a race. Hence the 'Ghost race'. Sarah Rowell also has the distinction of being

the record holder from 1995 from a time of 40.05.

Once you've recovered with the free biscuits and coffee make sure the Old Sun Inn hostelry is your next port of call, this is where the real revelry begins!

The prize-giving is second to none, especially since all prizes are of the alcoholic beverage style, just to put you in the mood for the forthcoming night's festivities. Besides the customary free soup and roll to all, platters of free sandwiches are on offer, similar to Woody's 40th Birthday Bash race. Race winners will

be asked to cut a special celebration chocolate cake baked by no other than Sarah Rowell herself, as the rest of you let fire with your party poppers, and streamers which are freely flowing by this time.

Briscoe's Brewery have guaranteed to produce a hand pulled beer to celebrate the occasion which will be available in the pub. If you still feel the need of a challenge after all this, why not try your hand at a half or full yard of ale, be warned this is only for the brave of you out there!

After reading all this the only thing you'll be wondering is "what if the weather's not too clever", especially since it has snowed in the past. Well no matter what the elements throw at the organisers they'll be there, so if they can make it, we're damn sure you can.

This profile was brought to you by M.T. GLASS



'Old Legover'
There are vast acres of beautiful countryside in the Yorkshire Dales. Fell-runners have to leg over thousands of stiles, stone walls and streams in pursuing this traditional sport. One old runner won three races in one day in the 1920s: another won more than 100 races over thirty years. Over 300 fell-runners take part on Haworth Moor every New Year's Eve for a bottle of Yorkshire ale. We dedicate this fine Yorkshire beer to all Fell-runners.

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Girls day out!

*Main picture: Natalie White Yorkshire
U18 Champion (Steve Bateson)*

*Inset: U116 Helen Booth at Settle Hills
(Peter Hartley), Laura Hughes of Horwich
at Settle (Steve Bateson), Jo Smith - first
lady at Turnslack (Steve Bateson)*

ROCKY
Northern Ireland
AS/4m/1300ft 3.6.99

Deon McNeilly sealed the 1999 Hill & Dale title at the Rocky Race. This is surprisingly McNeilly's first Hill & Dale series victory and it was won the hard way, beating recent winners and club-mates, Davy McKibbin and Robbie Bryson.

After a day of much rain, the evening cleared leaving the route easy to follow for the runners. From the start just across the river at Leirim Lodge, the runners climbed sharply to the top of Rocky before picking up an undulating route first to Tomamrock, then to Pierces Castle and finally to Alnataggart before the rough track run back to the starting point.

After an adventurous piece of route choice on the climb up Rocky, Bryson caught and tracked McNeilly all the way around the course. However, he was unable at any time, to steal a significant lead. McNeilly, a true competitor, instead broke away on the rocky track to win by sixty one seconds and set a new record mark, forty six seconds inside Brian Ervine's old mark/

Shileen Donnelly also set a new record inside Anne Sandford's old mark. Donnelly, in only her fifth ever fell race now has two wins and two seconds and is fast becoming the favourite for the ladies' title. Behind her, the young Mourne star, Valene Murney, came home second again and now has three wins and two seconds to stay just ahead overall. However, she is going to have to beat Donnelly at least once in the remaining three races if she is going to secure the title herself.

It was also great to see the young husband and wife team, Eddie and Martina Hawkins, home for three weeks from California with recently born baby, both competing well. Eddie was tenth overall, proving that rock climbing is keeping him in good shape and Martina finished ninety second and sixth lady. In the veteran stakes, Pete Howie has now won seven of the eight races in the Veteran Over 40 category, with second placed Billy Dicky twisting his ankle on the rough track descent and completing in ninety sixth and last place. Another victim was Peter McGookin, lying second in the Veteran Over 45 category, but this time finishing well down in fiftieth overall after too doing some ankle damage near the end of the race when in twentieth place. This could well have been the race with the greatest carnage, yet with most of it done on the finishing track, seemingly off the rougher going.

Billy McKay has secured the Veteran Over 45 title for the second year running with five wins and a second place, whilst in the Veteran Over 50 category, John Sloan has now edged ahead of Dessie Connolly with three races to go. George Geddis still leads the Veteran Over 55 category with three wins and three seconds but Billy Magee now has five wins from the five races which he has done and one more race might well see him secure the title. Finally in the Veteran Over 60 category, Tom Donnelly has secured the title with six wins now and this week finished sixty eighth out of ninety six leaving many youngsters, some up to nearly forty years younger, in his wake.

Martin McVeigh

1. D. McNeilly	N'castle	31.21
2. R. Bryson	N'castle	32.22
3. D. McKibbin	N'castle	33.45
4. D. Brannigan	N'castle	34.33
5. J. Brown	BARF	35.17
6. P. Howie	Larne	35.27
7. S. Linton	NOW	35.59
8. G. Somerville	LVO	36.10
9. S. Begley	Albert	36.25
10. E. Hawkins	N'castle	37.35

VETERANS O/40

1. P. Howie	Larne	35.27
2. F. O'Hagan	Newry	41.28
3. I. McMurray	BARF	41.39

VETERANS O/45

1. B. McKay	Albert	38.58
2. M. Barton	ACKC	41.08
3. W. Kytelle	ACKC	41.21

VETERANS O/50

1. J. Sloan	ACKC	40.54
2. D. Connolly	Armagh	41.18
3. F. Strickland	Ballyd	41.33

VETERANS O/55

1. B. Magee	Larne	41.13
2. G. Geddis	Ballyd	45.05
3. H. Young	Ballyd	48.21

VETERANS O/60

1. T. Donnolly	ACKC	47.41
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LADIES

1. S. Donnelly	Unatt	43.34
2. V. Murney	N'castle	44.57
3. R. McConville	NDown	48.27

TOTLEY MOOR
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Lovely day although a bit of rain to keep the marshals happy and going boggy. King of the Hill T-shirt and race series leader meant the field of one hundred and eighty eight knew who to chase - Karl Webster pulled away on the last climb for another convincing win. Thanks to the many volunteers and the landlord of the Cricket Inn.

Will Alves

1. K. Webster	Matl	35.01
2. S. Penney	Ches'field	35.26
3. S. Bell	DkPk	35.54
4. W. Sullivan	DkPk	36.37
5. A. Carruthers	Crawl	36.45
6. A. Buckley	DkPk	36.52
7. A. Ward	DkPk	36.55
8. M. Hayman	DkPk	37.11
9. L. Banton	Clowne	37.27
10. A. Sealy	DkPk	37.50

VETERANS O/40

1. D. Allen	DkPk	38.53
2. F. Fielding	Gloss	39.48
3. W. Alves	Totley	40.55
4. R. Bory	ValleyHill	41.28
5. M. Rhodes	Unatt	41.38

VETERANS O/50

1. C. Ellis	Totley	41.12
2. A. Ashforth	Hallam	41.33
3. R. Defaye	DVO	42.19
4. N. Oxley	Unatt	42.44
5. D. Higgs	Shep	44.29

VETERANS O/60

1. B. Howitt	Matl	46.33
2. B. Thackery	DkPk	49.41
3. T. Platts	Clowne	49.25

LADIES

1. C. Cresswell	Notts	42.15
2. W. Rothenbaugh	Shelt	43.33
3. J. Smith O/40	DkPk	43.39
4. P. Leach	DkPk	44.10
5. D. Pelly O/40	DkPk	46.06
6. J. Bednall	Sheff	46.38
7. L. Evans O/40	DerbyL	48.03

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Cleveland
BM/7m/1200ft 3.6.99

One retirement due to a 'short' navigational error. There were also sixty four competitors who made navigational errors too numerous to mention. On investigation it was found that tapes in the middle section of the course had been removed and placed in a misleading manner up 'Jacob's Ladder.' May I comment that the first strategy for dealing with this in a fell race is to ignore the tapes, if pre-race advice has not been given about changes to the route. In other words follow the map. A second strategy which only applies to mid week events, is that if in normal circumstances you don't encounter any tape or other markers for four hundred yards then you are off course and you should then retrace your steps to the last position where tape is visible, or you are confident that you know where you are so that you can reposition yourself on the course. Well that's the joy of hill running, hope the minor problems didn't put anyone off, as I must commend the attitude of everyone I spoke to who took the minor problems in good part. Best Wishes.

David Parry NE Fell Running Convenor

1. A. Normandale O/40	Nestle	52.38
2. R. Harrison	R&Z	52.48
3. K. Edwards O/40	H'pool	53.07
4. A. Tate	Nestle	53.12
5. P. Figg	Swale	53.40
6. M. Wynne	Salt	53.52
7. K. Maynard O/40	Qkrs	54.03
8. K. Wilson O/40	Mand	54.11
9. M. Hetherton	Nestle	54.12
10. A. Raw	Darl	54.16

VETERANS O/50

1. M. Hetherton	Nestle	54.12
2. A. Wikeley	T&S	56.39
3. D. Plews	Unatt	57.59
4. M. Coles	Skyrac	58.05
5. S. Hutchinson	Mand	61.55
5. R. Stevenson	Mand	61.55

VETERANS O/60

1. R. Sherwood	NMH	58.24
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LADIES

1. A. Raw	Darl	54.16
2. S. Gayter	NewMske	56.06
3. M. Gibbs O/50	T&S	64.06
4. S. Yardley O/40	HBR	71.56
5. P. Kirby O/45	T&S	72.10

FIRST LOCAL

1. N. Keetley	SwainCelt	72.35
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BEACON HILL FELL RACE
Northumberland
AS/5.75m/1500ft 3.6.99

A few more new faces among the sixty three starters in this testing 'A' short race. Shaun Scott fit as ever set the pace as usual and made it a hat trick of wins, this time only eleven seconds outside his own forty six minutes and twenty four seconds record. Karen Robertson set a new ladies record taking thirty four seconds off Alison Raw's 1998 time.

R. Hayes

1. S. Scott	NFR	46.35
2. A. Green	Tyne	48.44
3. M. Donnelly	Tyne	49.36
4. J. Dickinson V	Tyne	50.10
5. P. Gaines	Tyne	50.45
6. D. Armstrong	NFR	51.22
7. M. Broadhurst V	Tyne	51.44
8. J. Ross	NFR	51.50
9. D. Scott	Tyne	52.58
10. C. Dentice V	Morp	54.31

VETERANS O/40

1. J. Dickinson	Tyne	50.10
2. M. Broadhurst	Tyne	51.44
3. L. Turnbull	Norham	54.46
4. J. Christie	Aln	57.11
5. P. Scott	NFR	57.34

VETERANS O/45

1. C. Dentice	Morp	54.31
2. J. Dallinson	NFR	57.27
3. J. Humble	NFR	59.38
4. W. Hutchinson	Concord	61.26
5. J. Blythe	Norham	61.42

VETERANS O/50

1. B. Lowdon	NFR	55.33
2. R. Dawson	NFR	58.23
3. H. Forrest	NFR	61.31
4. T. Hart	Blyth	62.58
5. R. Gray	NFR	65.21

FIRST VETERAN O/55

1. R. Hayes	NFR	61.49
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FIRST VETERAN O/60

1. J. Garbarino	NFR	69.39
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LADIES

1. K. Robertson	NFR	58.56
2. J. Lumsden	Blyth	69.39
3. S. Porteous	NFR	72.06
4. J. Saul	NFR	72.58
5. P. Cooper O/35	NFR	75.43
6. A. Mitchell O/35	Morp	78.15



Harry Atkinson (Bingley) who has handed over the reigns after ten years organising Pen-y-Ghent
 Photo: Allan Greenwood



Holcombe Two Towers - Donna Martin, 1st lady
Photo: Peter Hartley

HOLCOMBE TWO TOWERS FELL RACE Lancashire BS/5.2m/1000ft 16.6.99

Race started by youngest son of last year winner, Rob Haworth. Mark Horrocks quickly pulled away up the longest climb to the tower for the first time. In the good conditions Mark set a new course record, taking some two minutes off Rob Haworth's inaugural record last year. Rob was some twenty seconds slower this year in fourth place. Bury had four in the top twenty.

In the ladies race, what a delight of local girl Donna Martin to win. Not as fast as Carol Greenwood, but what a delight to win. Donna was over the moon.

K Smith

1. M. Horrocks	Clay	33.36
2. J. Lodge	Horw	34.03
3. J. Cookson	Mid'ton	34.36
4. N. Leigh	Alt	34.37
5. R. Haworth V	Mid'ton	35.38
6. P. Dugdale	Horw	36.20
7. P. Bates V	Bury	36.33
8. G. Sumner	Ross	36.38
9. P. Minshull	NewBgh	36.44
10. J. Harbour	Clay	36.58

VETERANS O/40		
1. R. Haworth	Mid'ton	35.38
2. P. Bates	Bury	36.33
3. R. Hamilton	Ilk	38.05
4. G. Webb	Horw	38.28
5. D. Glover	LkeCty	39.08

VETERANS O/45		
1. D. Archer	Bury	39.29
2. B. Smith	Ross	42.04
3. G. Corless	M/cYMCA	42.25
4. D. Hammer	B'burn	44.02
5. B. Kennedy	NewBgh	44.05

VETERANS O/50		
1. D. Kearns	Bolt	40.01
2. B. Syringar	Bolt	41.26
3. A. Healey	Bury	42.48
4. J. Windle	Clay	43.15
5. D. Stanworth	Bury	45.16

VETERANS O/55		
1. J. Mitchell	B'burn	46.42
2. J. Mitchinson	RonHill	47.10
3. D. Navan	Ross	47.29

VETERANS O/60		
1. I. Turnbull	Bury	50.17
2. D. Dunkley	Radc	58.18

LADIES		
1. D. Martin	Bury	44.43
2. N. Higgins	Horw	45.03
3. L. Richardson	B'burn	46.16
4. J. Haworth	Mid'ton	47.19
5. S. Barker	Unatt	47.23
6. J. Bills O/35	Bolt	48.46
7. S. Middleton O/35	Clay	49.03
8. L. Bostock O/40	Clay	49.29

TEBAY FELL RACE Cumbria AM/8m/3000ft 16.6.99

One hundred and twenty six runners started the event this year which took place on a fine evening, although runners reported conditions as being rather cold on the high points of the run, and very heavy going in places.

There was an exciting sprint finish for the first two places between Gavin Bland of Borrowdale and fellow club member Andrew Davies - last years winner. Gavin won by two seconds!

As always presentation of trophies was made in Tebay club - this year by Mr Keith Walling of Newcastle Breweries who supported the event and provided a welcome free drink to every competitor.

1. G. Bland	Borr	1.15.35
2. A. Davies	Borr	1.15.37
3. D. Birch	Kesw	1.18.25
4. M. Holroyd	Borr	1.18.36
5. J. Blackett	Mand	1.18.57
6. A. Beatty V	CFR	1.19.02
7. M. Walsh V	Kend	1.19.15
8. L. Douthwaite	Bowl	1.19.53
9. A. Carruthers	Crawl	1.20.50
10. P. Whiting V	Kend	1.20.50

VETERANS O/40		
1. A. Beatty	CFR	1.19.02
2. P. Whiting	Kend	1.20.50
3. C. Speight	Kend	1.21.40
4. P. Tuson	Kend	1.21.51
5. S. Lumb	Q Darl	1.22.47

VETERANS O/50		
1. M. Walsh	Kend	1.19.15
2. M. Walford	Kend	1.32.58
3. P. Dowker	Kend	1.34.03
4. J. Oldroyd	L&M	1.35.16
5. M. Moss	Howg	1.36.47

LADIES		
1. N. Davies	Borr	1.27.54
2. K. Beatty	CFR	1.33.58
3. J. Jones	Kesw	1.35.04
4. S. Lewsley	Kesw	1.37.17
5. R. Clayton	DerwentV	1.38.25
6. T. Douglas	Eden	1.45.14
7. C. McNeill	Amble	1.45.16
8. J. Taylor	L&M	1.52.09

COITY RACE Gwent BS/5m/1000ft 16.6.99

Ongoing problems with access to the sports centre for few children necessitated that we ran the race in the same direction as last year, to finish at 'The Whistle Pub' where children are more than welcome.

A low turnout at only twenty nine soles set off in good weather and as usual took diverse routes up the first climb. In the end Adrian Woods showed his downhill speed to beat Julian Matthews by a mere six seconds. The veterans race was even closer, with Simon Bleas holding on by five seconds for local runner Lynden Gwilym.

A series of coincidences deprived me of my regular helpers so I ended up as registration, starter, lead car, time keeper and finally collector of markers. Thanks though to all who helped with the marshalling and at the finish. I really enjoyed my pint of puddles at 10.45pm. I've never been on the course at night before, perhaps if we put the start back a couple of hours, next year you could all share the rather pleasant tranquility of sunset over the Beacons and the lights of Bleanavan - Only joking honest!

Gareth Buffett

1. A. Woods	42.29
2. J. Matthews	42.35
3. S. Bleas O/40	43.28
4. L. Gwilym O/40	43.33
5. M. Collis	43.35
6. L. Maggs	44.48
7. J. Darby O/40	45.00
8. C. Gildersleeve O/40	45.45
9. A. Reilly	46.02
10. T. Gibbs	46.16

VETERANS O/50	
1. E. Meredith	50.31

VETERANS O/60	
1. N. Williamson	59.49

LADIES	
1. J. Huybs	52.20

RIBER RUN Derbyshire BS/5m/1000ft 16.6.99

Matlock policeman, Karl Webster, was soon on the winning trail in the 1999 Riber Run held on Wednesday 16th June.

Despite a bold challenge from Dark Peak and Buxton runners, Matlock AC took the spoils, winning both male and female prizes.

Held in sunny, dry but very humid conditions there were no records broken and the 1996 record time, set by Paul Gebbett of thirty minutes and thirty five seconds was unbeaten.

Michael A Overend

1. K. Webster	Matl	32.14
2. M. Salkild O/40	DkPk	33.29
3. I. Wark	Bux	33.52
4. M. Brown O/40	Merc	34.14
5. C. Rowe	Matl	34.55
6. D. Soles	DkPk	36.32
7. A. Brooks	SheltStdrs	36.34
8. J. Hurley O/40	Matl	36.36
9. K. Emery		36.55
10. R. Martin O/40	Sutton	37.13

LADIES		
1. T. Erskin	Matl	40.37
2. E. Rees	Tot	46.43
3. N. Kuszynski	Matl	46.51
4. D. Hopkinson	DkPk	53.52

HILL AND DALE SERIES 1999 - RACE 10 Mourne Mountains AS/3m/1500ft 17.6.99

1. D. McNeilly	N'castle	28.38
2. R. Bryson	N'castle	28.54
3. D. Brannigan	N'castle	31.14
4. P. Howie O/40	Larne	31.44
5. D. McNeilly	B'drain	32.12
6. J. Brown	BARF	32.33
7. S. Linton	Unatt	32.37
8. G. Somerville	LVO	33.46
9. B. McBurney	N'castle	34.05
10. I. Gourley	BARF	34.25

VETERANS O/45		
1. P. McGoekin	ACKC	36.40

VETERANS O/50		
1. F. Strickland	B'drain	36.28

VETERANS O/55		
1. B. Magee	Larne	36.36

LADIES		
1. S. Donnelly	BARF	38.10
2. V. Murney	N'castle	39.55
3. A. Sandford	B'drain	39.57
4. R. McConville	N Down	42.18
5. H. Brown	BARF	47.22

GRINDLEFORD CARNIVAL FELL RACE Derbyshire BS/4m/550ft 17.6.99

A fine evening and good river conditions enables us to complete the course with the traditional river crossing to the finish. A closely contested race for fast conditions saw a new record for the men.

Frank Galbraith

1. G. Cudahy	Stock	31.16
2. D. Whiting	Hallam	31.21
3. S. Penney	Chest'field	31.57
4. R. Patton	DkPk	31.58
5. S. Bell	DkPk	32.02
6. K. Webster	Matl	32.21
7. M. Bishop	Hallam	32.52
8. S. Patton	Unatt	33.20
9. N. Bassett	Staffs	33.24
10. M. Hayman	DkPk	33.43

VETERANS O/40		
1. M. Salkild	DkPk	33.47
2. S. Entwistle	Gloss	34.13
3. D. O'Brien	Bux	34.18
4. D. Allen	DkPk	34.55

VETERANS O/50		
1. D. Tait	DkPk	35.27
2. R. Marlow	DkPk	38.02
3. P. Gorvet	DkPk	38.41
4. R. Pritchard	Unatt	38.56
5. A. Smith	Holm	39.12

LADIES		
1. G. Patton	Hallam	37.15
2. C. Cresswell	Notts	38.22
3. J. Smith	DkPk	40.24



Steve Bamber (Preston) chased by Dave Collins (Todmorden) at Rossendale Fell Photo: Allan Greenwood

SKIDDAW FELL RACE Cumbria AM/9m/2700ft 4.7.99

Congratulations to Simon Booth for his second consecutive win - in a slightly faster time - and to Sarah Rowell (the ladies' record holder for this race) who won the ladies' race and finished 15th overall.

Shaun Livesey led Clayton to the winning team position, having stayed with Simon until the descent at Jenkin Hill when the Borrowdale man went into overdrive. Whilst Lancashire won the team honours, the remainder of the team prizes reflected the Booth/Rowell/Cumbria/Yorkshire division of the spoils: Caroline Young and Emma Barclay (Yorkshire) were second and third ladies respectively whilst Duncan Frampton (Cumbria) retained the Veteran Over 40 trophy and Mike Litt (Cumbria) took the Veteran Over 50 prize.

Even the juniors did it: Andrew Symonds (Cumbria) was the first man under 20 with Sharon Taylor (Yorkshire) the first lady under 20. Yorkshire slightly shaded this contest with Jim Smith taking the first Veteran Over 60 prize.

97 people started the race and there were two withdrawals. Hopefully, more people will join us for the millennium year running of this classic Lakes event. In the meantime, my thanks to everyone who helped, all the runners and their supporters.

Allan Buckley

1. S. Booth	Borr	1.06.03
2. S. Livesey	Clay	1.07.32
3. S. Green	P&B	1.10.25
4. C. Roberts	Kend	1.10.47
5. P. Dobson	Leeds	1.10.53
6. A. Symonds	Kend	1.11.15
7. B. Thompson	CFR	1.12.03
8. R. Lawrence	Bing	1.12.29
9. R. Jackson	Salf	1.13.27
10. D. Frampton	Kesw	1.14.08

VETERANS O/40		
1. D. Frampton	Kesw	1.14.08
2. S. Jackson	Horw	1.17.31
3. G. Webb	Horw	1.19.44
4. P. Tuson	Kend	1.19.45
5. M. Ward	Kesw	1.20.07

VETERANS O/50		
1. M. Litt	CFR	1.19.55
2. D. Kearns	Bolt	1.23.57
3. T. McArthur	Chesh	1.27.57
4. P. Dowker	Kend	1.31.07
5. D. Taylor	Clay	1.36.02

VETERANS O/60		
1. J. Smith	Tod	1.51.10
2. J. Rutter	Unatt	2.06.23

LADIES		
1. S. Rowell	P&B	1.18.47
2. C. Young	Leeds	1.27.00
3. E. Barclay	Ilk	1.28.35
4. S. Taylor U/20	Bing	1.34.42
5. A. Srivastava	P&B	1.35.41
6. G. Webb	Bolt	1.35.55

HATHERSAGE GALA FELL RACE Derbyshire BS/4.5m/925ft 5.7.99

Despite the thunderstorm and torrential rain everyone appeared to enjoy the race. The new course, which now goes to the top of Higger Tor and has reduced amount of road, got a big vote of approval. Being a new course, there were new records set in all categories! There were 180 runners and the race was won by Andy Bristow. The ladies' race was won by Jo Smith and the first Veteran was Robert Taylor.

Brian Griffiths

1. A. Bristow	Hallam	28.06
2. S. Penney	Ch'field	28.13
3. A. Norman	Altr	28.25
4. N. Leigh	Altr	28.56
5. R. Taylor	Stock	29.39
6. A. Ward	DkPk	29.47
7. C. Hetherington	Sheff	29.51
8. A. Metaxas	Matlock	30.01
9. M. Salkild	DkPk	30.18
10. R. Woods	DkPk	30.25

VETERANS O/40		
1. R. Taylor	29.39	
2. M. Salkild	DkPk	30.18
3. N. Kenyt	Sheff	30.56
4. C. Davies	Sadd	31.17
5. K. Holmes	Unatt	31.23

VETERANS O/50		
1. A. Ashforth	Hallam	33.38
2. R. Marlow	DkPk	34.17
3. G. Revell	Bradwell	34.23
4. K. Temperton	DoncSt	34.27
5. N. Oxley	Unatt	34.35

VETERANS O/60		
1. M. Roberts	Bing	49.33

LADIES		
1. J. Smith	DkPk	30.44
2. C. Patton	Hallam	32.52
3. P. Leach	DkPk	34.52
4. J. Bednall	SheffTri	37.22
5. B. Ramaswamy	Unatt	41.00
6. S. Hewitt	Barns	41.15
7. J. Gilchrist	Totley	41.33

SALTWELL HARRIERS FELL RACE County Durham BS/5.5m/950ft 6.7.99

A record turnout and another warm summer evening for this popular North East of England Fell Race. Though conditions were wet on the rough high ground, the pace of the race was very fast, particularly from the ladies with an excellent performance from Karen Robertson, who smashed the ladies record by over five minutes. In the men's race, John Larkin was only one minute outside his course record but he is three years older! John was followed home by team mate, Fred Smith, who was the fastest veteran. Steve Everett maintained his form in this race to pick up third place. It was good to see a contingent from Mandale but despite lots of bravado at the start, they were unable to take the team prize from host club, Saltwell, who just piped Tynedale for the case of beer.

Thanks to all who marshalled and to the host of the Moorcock Pub where Master of Ceremonies (myself) made up for a poor performance in the race with some witty and entertaining patter at the presentation!!

Keith Wood

1. J. Larkin	Salt	41.28
2. F. Smith	Salt	41.49
3. S. Everett	Durham	42.01
4. M. Donnelly	Tyne	42.18
5. B. Roberts	Mand	42.39
6. M. Broadhurst	Tyne	42.45
7. D. Armstrong	NFR	43.43
8. I. Tusdale	NSP	43.45
9. G. Burnip	Mand	44.20
10. D. Scott	Tyne	44.30

VETERANS O/40		
1. F. Smith	Salt	41.29
2. B. Roberts	Mand	42.39
3. M. Broadhurst	Tyne	42.45
4. D. Nicholson	Unatt	47.30
5. P. Scott	NFR	47.43

VETERANS O/45		
1. T. Moss	Mand	47.56
2. J. Humble	NFR	48.06
3. P. Graham	Tyne	48.33
4. J. Dallinson	NFR	48.57
5. A. Curtis	NFR	51.05

VETERANS O/50		
1. R. Dawson	NFR	48.28
2. P. Lancaster	Elswick	49.01
3. B. Campbell	NFR	53.06

VETERANS O/60		
1. J. Garbarino	NFR	56.26

VETERANS O/65		
1. R. Laverick	ChestLeStr	58.40

LADIES		
1. K. Robertson	NFR	47.45
2. B. Renwick O/35	Salt	59.30
3. J. Saul O/35	NFR	63.21
4. F. Hutchinson O/40	Tyne	69.47
5. B. Broadhurst	Tyne	70.40

JUNIORS		
1. D. Scott	Tyne	44.30
2. A. Wilson	Unatt	51.24

CLAY BANK EAST North Yorkshire BM/6m/800ft 6.7.99

1. P. Buckby	Mand	37.39
2. R. Harrison	RichZ	37.40
3. D. Rose	Quak	38.16
4. R. Firth	Mand	38.25
5. P. Kelly	Darl	38.31
6. C. Choules	ThirskS	38.42
7. G. Barnes	Mand	38.59
8. M. Wynne	Salt	39.08
9. R. Pollard	Mand	39.19
10. S. Mechie	ThirskS	39.36

VETERANS O/40		
1. P. Buckby	Mand	37.39
2. P. Kelly	Darl	38.31
3. R. Pollard	Mand	39.19
4. K. Wilson	Mand	40.51
5. S. Mummery	Nestle	41.25

VETERANS O/50		
1. R. Firth	Mand	38.25
2. M. Hetherton	Nestle	42.59
3. E. Huck	ThirskS	45.40

VETERANS O/60		
1. R. Sherwood	NMarske	46.01
2. R. Bainbridge	Mand	46.24

LADIES		
1. A. Raw	Darl	42.28
2. K. White	Morpeth	46.43
3. S. Gayter	NMarske	48.14
4. S. Jemson O/45	NMarske	51.21
5. P. Kirby O/45	ThirskS	51.29
6. M. Gibbs O/50	ThirskS	52.33

WHARFEDALE TTT North Yorkshire Grand Prix 9/10/11.7.99

Probably mainly in part to Allan Greenwoods excellent and complimentary article in 'The Fell Runner' but also the forecast of a sunny weekend, helped to make this years event the best yet.

Just to remind you, the Wharfedale TTT-Tarmac, Trail and Tussock, get it!, comprises three quite different races over the weekend culminating in overall Grand Prix results and prizes. Over the years we've had road, fell and track internationals competing, but talent on it's own is no good - you need to be tough as well to become Champion of all three challenging events.

Friday evening's race, an uphill only road race, taxes the legs and lungs. This year short race expert, Matthew Whitfield (fell international), powered up the course and equalled the 1996 inaugural event winner, Steve Green's (road and track international), record - that should tell Matthew (or Steve) something? Victoria Wilkinson was first lady with a good margin over Liz Taylor, the latter showing commitment having travelled from Newbury for a Friday evening 8pm start!

Saturday was very warm and the prospect of a tough 11mile fell race involving navigation must have been daunting but Rob Jebb led from start to finish and was untroubled by the conditions, finishing over ten minutes ahead of Stefan Macina. Liz Taylor comfortably beat veteran O/45 Jo Anne Prowse with up and coming Beverley McWade third.

By this time the Grand Prix was taking shape with Rob Jebb and Liz Taylor leading the points result overall. However, we still had Saturday night Inn festivities in kettlewell before the final short fell race on Sunday - so anything could happen. Matthew Whitfield, having missed the Saturday race nursing an injury, triumphed in a close fought race over clubmate Rob Jebb. Liz Taylor and Beverley McWade also had a tussle throughout the race, Liz just having the edge at the finish.

Early Sunday afternoon saw the prestigious Grand Prix prize presentation, Rob and Liz maintaining their overall leads. Consistent Bob Whitfield took the O/40 and Graham Breeze (18th overall) the O/50 category for the second year, before setting off for France to watch Le Tour. Jo Anne Prowse won the O/45 (22nd overall) ladies category with Jean Shotter (34th overall) winning the O/35 ladies category. The team event, unusual in that each team must comprise a senior, veteran and lady, was won by Bingley but the strong contingent from Newbury pushed Pudsey & Bramley into third place.

TURN SLACK FELL RACE
Lancashire
AM/8m/2000ft 24.7.99

This race over the Southeast Lancashire Pennines developed into a duel between two Yorkshiremen, Gary Devine and Steve Hawkins. The Bingley Harrier led the initial charge out of the sportsfield and up onto the moors, but then took a tumble on one of the short, sharp descents leading out to Turn Slack and Crook Moor, allowing Devine to move into the lead. Gary then led Steve over virtually the whole of the outward north-westerly route to just before Trough Edge End trig point, where the latter forged ahead once more, prior to the fast descent to Ramsden Clough Reservoir. Beyond here are two punishing climbs and some rough trackless moorland before the final descent is reached, but Hawkins did not falter and in fact stretched his lead to almost three minutes by the finish, where he arrived with a time of 59.22, nearly six minutes outside his own record (53.43: 1992), though not a bad time considering the very warm conditions.

There were some outstanding veteran achievements, with Steve Oldfield losing out by 29 seconds for 3rd place to nephew Gary but compensating for this by claiming the first O/40 prize in 4th position, while Tony Hesketh turned in his usual strong performance to come home first O/50 in 8th. Doug Brown, another prolific prizewinner in his age group, just got inside the first 100 finishers (there were five retirements out of 170 starters) to lift the O/60 award in 99th position, with the evergreen local stalwart Derek Clutterbuck taking the O/65s in 150th.

The high-promising Sheffield lass, Jo Smith (23), raised a few eyebrows by storming home in 15th position (69.00), almost 13 minutes in front of the second lady, Sally Newman (Glossopdale), who was also the first O/35 in a highly-creditable 32nd position. When a spectator offered encouragement to Jo Smith on the last stretch of moorland, Great Hill, where many competitors were flagging, she gave a relaxed grin and said, "I'm enjoying this!"

Organiser Kevan Shand has flagged this course himself throughout the race's 22 year duration and also ran in the first 15 events. Now 49, he reckons the task is "getting a bit harder now," though he is still lean and fit from his cycle racing which has replaced his fell running due to injury problems.

Bill Smith

1. S. Hawkins	Bing	59.22
2. G. Devine	P&B	62.20
3. G. Oldfield	P&B	63.08
4. S. Oldfield	BfdA	63.37
5. S. Thompson	Clay	63.48
6. D. Keeling	Traff	66.16
7. R. Crossland	BfdA	66.28
8. T. Hesketh	Horw	66.35
9. A. Carruthers	Crawley	66.47
10. D. Gartley	Unatt	66.56

VETERANS O/40

1. S. Oldfield	BfdA	63.37
2. R. Crossland	BfdA	66.28
3. T. Taylor	Ross	67.25

VETERANS O/45

1. J. Greenwood	Hfx	71.40
2. P. Grimes	Hfx	71.50
3. D. Schofield	Ross	73.24

VETERANS O/50

1. T. Hesketh	Horw	66.35
2. J. Holt	Clay	71.34
3. B. Rawlinson	Ross	72.03

VETERANS O/55

1. P. Blagborough	Sadd	83.41
2. P. Jepson	Ross	85.05
3. R. Wignall	Altr	91.05

VETERANS O/60

1. D. Brown	Clay	86.09
2. R. Tunstall	Helsby	87.28
3. R. Dearden	Clay	90.17

LADIES

1. J. Smith	DkPk	69.00
2. S. Newman O/35	Gloss	72.59
3. K. Drake O/35	Spen	78.50
4. C. McCarthy	Helsby	78.58
5. J. Rawlinson O/45	Ross	84.48
6. A. Martin O/35	Clay	85.32
7. S. Norris O/45	Horw	85.54
8. S. McNulty O/50	Radc	87.11



Jim Smith (Tadmorden) and Jim Godwin (Rossendale) at Turnslack Photo: Steve Bateson

JACK AND JILL CHALLENGE
West Sussex
BS/5.5m/1100ft 25.7.99

The 5.5 mile "Jack and Jill" race, one of only a few registered fell races in the south started at 11.30 when the heat was at its worst.

The early climb to the windmills which gave the race its name soon spread the field, the early leaders being Tony Byrne, new to the event, and two past winners, Henry Mountcastle and Bob Eade, accompanied by Richard Carter.

This group stayed together on the steep shale path decent of the "Tank Track" but on the second long climb of the Downland North scarp to Keymer Post, Byrne pulled away to a 30-second lead which he held to the finish. A desperate sprint for second place saw Mountcastle just edge out Eade, although they were given the same time. Consolation for Eade was the first Veteran Over 40 prize - some salve for a badly twisted ankle on the final descent.

In the ladies' race, Katy Oxborrow drew away from second placed Jacqueline Richardson on the long descent from Keymer Post to the finish. Slower times were recorded in all categories than in 1998 when the course records of 31.12 and 36.05 for men and ladies respectively were set, due to the extreme heat which held at 30 degrees throughout the race.

Dave Dalziel

1. T. Byrne	Unatt	33.20
2. H. Mountcastle	Unatt	33.56
3. B. Eade	SeafStr	33.56
4. R. Carter	BrightH	34.38
5. B. Hutchinson	Kent	34.55
6. P. Rodgers	Crawley	35.28
7. P. Guest	PortsJ	35.37
8. N. Fairbrass	Kent	35.58
9. K. Newton	BrightH	36.04
10. C. Martell	SladeP	36.09

VETERANS O/40

1. B. Eade	SeafStr	33.56
2. B. Hutchinson	Kent	34.55
3. P. Guest	PortsJ	35.37
4. C. Martell	Slade	36.09
5. P. Eccles	Hailsham	36.53

VETERANS O/50

1. N. Fairbrass	Kent	35.58
2. G. Newton	Tadworth	41.20
3. G. Burrow	Worthing	41.30
4. R. Mullaley	Unatt	42.34
5. B. Winn	Eastb	43.31

LADIES

1. K. Oxborrow	Hailsham	41.16
2. J. Richardson	Arena80	42.08
3. S. Dunne O/35	Horsham	46.03
4. J. Drake	BrightonH	47.24
5. A. Mark O/35	Lewes	47.46
6. T. Lower	lHaywH	50.12
7. L. Luff	Worthing	51.56
8. M. Whyte	RRC	52.06

CHAPELFELL TOP RACE
County Durham
AS/5m/1322ft 25.7.99

For those of you who have done the 3 mile St John's Chapel show fell race, this new event must have come as a bit of a shock to the system. Although it starts in roughly the same place, the nature of the two courses couldn't be more different. Five miles and 1322 feet of climbing make the Chapel-fell Top course one of the few category A fell races in the North East. Starting behind the Golden Lion pub, the route climbs right from the start until it reaches Chapel-fell and the peat hags on the top of the fell. A short, steep and very rough route. Going by the comments made to me as the runners passed the summit, one of which were polite, it took quite a few of you by surprise.

First off from the start was Barry Stephenson from the host club, Quakers. Not only was this 17-year old Barry's first fell race but it was also the first time that he had even run on the fell. Barry set such a pace that it was not until 50 metres from the summit that Joe Blackett caught him. Judging by the expression on his face, Joe obviously didn't expect to have to work so hard to catch him up. From here Joe made good use of his greater fell experience and opened a slight gap between himself and Barry on the descent. By the finish, Joe was 30 seconds clear to set the course record of 33.12.

In the ladies' event Karen Robertson dominated the race. At the turnaround point at the summit she was lying 12th overall but slipped a few positions to finally finish 15th overall in 37.46, a full 6 minutes in front of Denise Tunstall who was second lady and first Lady Veteran.

Kevan Shevels

1. J. Blackett	Mand	33.12
2. B. Stephenson	Quak	33.48
3. A. Green	Tyne	34.04
4. M. Broadhurst	Tyne	34.17
5. R. Harrison	RichZ	34.35
6. D. Armstrong	NFR	34.43
7. I. Mulvey	NFR	34.50
8. K. Maynard	Quak	34.51
9. M. Mallen	Crook	35.49
10. S. Lumb	Quak	36.01

VETERANS O/40

1. M. Broadhurst	Tyne	34.17
2. M. Mallen	Crok	35.49
3. S. Lumb	Quak	36.01
4. I. Warhurst	Penn	37.16
5. T. Young	Elvet	37.26

VETERANS O/50

1. T. Hart	lyth	43.33
2. L. Stephenson	Kend	44.16
3. R. Stephenson	Mand	44.34
4. J. Potts	NFR	47.11
5. S. Beaty	BFR	47.22

VETERANS O/60

1. VETERANS O/60		
1. J. Garbarino	NFR	45.44

LADIES

1. I. K. Robertson	NFR	37.46
2. D. Tunstall O/35	Tees	43.48
3. B. Blakeman	Sunder	44.23
4. J. Lumsden	Blyth	45.53
5. S. Rouse	Elvet	45.57
6. J. Young O/35	Elvet	48.07
7. H. Young	Quak	48.08
8. S. Leyland O.35	Unatt	48.41

**NEW WADSWORTH VILLAGE
FELL RACE
West Yorkshire
BM/7m/754ft 7.8.99**

The original Wadsworth village fell race was organised for the ten years between 1987 and 1996 by local runners Bernard and Kay Pierce of Wadsworth Old Town. It was a fast runnable three miler in conjunction with the village gala, popular with road runners as well as fell specialists.

Bernard decided, after the '96 race however, that a decade of duty to the local village gala committee was enough, especially as he and Kay had other interests, including many activities at the local church and their own hectic running and cycling careers.

There was no race in 1997, but shortly after that year's gala, the committee made a special presentation to the couple in honour of all the hard work and dedication they had shown over the past years.

Characteristically, Bernard responded by announcing that he would organise a new gala race, a longer and more challenging event over proper fell terrain, and in 1998, over 100 runners took up the challenge.

Bernard and Kay were not able to organise this year's event, as a trip to Greenland would see the couple arrive home on the eve of the race, so I agreed to take over the reigns. For one reason or another, (not my fault - honest !) the event took place on Saturday, the day before the Gala.

51 runners took to the moors and first back was Paul Muller in 46.11. This time suggests that the new course, devised by me and my work mate, long distance specialist and ace route planner. Stuart Thompson, is more like seven miles in distance than the advertised six.

Second place went to Chris Seddon, a particularly creditable performance after finishing third at Crow Hill the previous Tuesday.

Paul was also first veteran home, ahead of Dave Collins in ninth place and one ahead of first woman home, Vanessa Peacock.

I reckon the championship race at Borrowdale may have had some bearing on the lower numbers this year, but from the feedback I have received, the new course, together with free beer to all finishers and soup and rolls and licenced bar at Wadsworth community centre afterwards went down well.

Thank you to all my helpers on the day and to the runners for turning up.

See you next year.

Allan Greenwood

1. P. Muller	Wrckin	46.11
2. C. Seddon	Horw	47.40
3. P. Webster	VallStr	48.37
4. A. Clarke	CaldV	50.11
5. P. Crabtree	Bing	50.16
6. D. McGuire	Unatt	51.30
7. R. Glover	Tod	51.51
8. B. Mitchinson	RonHill	52.48
9. D. Collins	Tod	52.49
10. V. Peacock	Clay	53.22

VETERANS O/40

1. P. Muller	Wrckin	46.11
2. D. Collins	Tod	52.49
3. J. Barrett	Sadd	56.28
4. B. Crewdson	B'burn	56.31
5. M. Moss	StBedes	57.39
6. D. Hargreaves	Veg	58.10

VETERANS O/50

1. G. Newsham	Clay	54.30
2. J. Baker	EHull	56.45
3. G. Webster	VallStr	58.25
4. T. Peacock	Clay	58.43
5. G. Royle	Sadd	58.51
6. N. Croasdell	Hfx	62.48

VETERANS O/60

1. J. Barker	Clay	59.40
2. G. Arnold	Prest	62.45
3. J. Firth	StBedes	69.01

LADIES

1. V. Peacock O/40	Clay	53.22
2. J. Bradwell O/35	Unatt	59.26
3. L. Hayles O/40	Hfx	65.11
4. L. Crabtree O/40	Hfx	65.42
5. L. Orritt Junior	Bux	72.11
6. T. Targett	Clay	75.29
7. F. Pudge	Spectrum	82.05
8. A. Hewitt O/50	Spectrum	88.04

**RHEWL ROUGH RUN
Clwyd
AS/5.5m/2500ft 7.8.99**

A record number started this year's run; maybe it was the wet cool weather after the heatwave; and we had females competing!

The Punch and Judy man was going full tilt as the race started. Graham Hill took off on the tarmac start and maintained his lead to the finish. William Charlton ran him close by only 8 seconds.

Conditions were "greasy" with a few finding hidden slabs with their rear ends! Visibility was down to yards on the tops and the bracken 5 feet high.

Paul Whiting was first Veteran but Don Williams, Veteran Over 55, had a superb run for 6th spot. The ladies' race was led home by Gwenda Roberts, Veteran Over 40, with Veteran Over 50, Kathleen Preston, 10 seconds adrift. Only one "senior" lady ran - the rest were veterans!

The prize-giving took place in a downpour (all the ladies qualified for prizes).

Got the team wrong on the day - can a representative from Mercia contact me!!

Geoff Gartrell

1. G. Hill	Stock	35.51
2. W. Charlton	Mercia	35.59
3. P. Whiting	Kend	38.18
4. S. Burthem	Spectrum	38.18
5. S. Bellis	Wrex	38.22
6. D. Williams	Eryri	38.25
7. C. Ashley	Wrex	38.34
8. J. Hope	AchR	38.53
9. S. Hammond	Tatten	39.18
10. M. Williams	Mercia	39.20

VETERANS O/40

1. P. Whiting	Kend	38.18
2. S. Bellis	Wrex	38.22
3. C. Ashley	Wrex	38.34
4. S. Hammond	Tatten	39.18
5. R. Robson	Mercia	43.28

VETERANS O/45

1. G. Manson	Oswestry	40.31
2. G. McAra	Helsby	41.23
3. L. Freeman	Kend	43.28
4. R. Jones	EryriP	44.19
5. D. Beard	Eryri	50.47

VETERANS O/50

1. J. Hope	AchR	38.53
2. M. Potter	Mercia	42.08
3. M. Williams	Eryri	44.01
4. D. Ormerod	MDC	45.07
5. C. Evans	Aberyst	48.03

VETERANS O/55

1. D. Williams	Eryri	38.25
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VETERANS O/60

1. R. Tunstall	Helsby	44.22
2. P. Norman	Wrex	47.16
3. B. Evans	Eryri	48.27

LADIES

1. G. Roberts O/40	Mercia	49.43
2. K. Preston O/50	ShropSh	49.57
3. M. Fletcher O/40	Unatt	50.12
4. C. Howard	L'pool	52.00
5. S. Charman O/45	Helsby	54.10
6. J. Keasley O/40	Helsby	55.36
7. L. Tristram O/40	Eryri	59.43

**BORROWDALE FELL RACE
Cumbria
AL/17m/6500ft 7.8.99**

1. S. Booth	Borr	2.35.18
2. J. Davies	Borr	2.38.25
3. G. Bland	Borr	2.39.47
4. J. Bland	Borr	2.41.26
5. I. Holmes	Bing	2.44.24
6. A. Davies	Borr	2.45.42
7. R. Jebb	Bing	2.51.30
8. B. Bardsley	Borr	2.54.14
9. J. McQueen	Eryri	2.56.50
10. M. Palmer	ForDean	2.57.32

VETERANS O/40

1. W. Bell	CFR	3.06.35
2. B. Whitfield	Bing	3.10.02
3. G. Schofield	Horw	3.17.00
4. S. Jackson	Horw	3.18.13
5. M. Wallis	Clay	3.18.20

VETERANS O/50

1. T. Hesketh	Horw	3.18.45
2. J. Patterson	Albert	3.24.12
3. K. Carr	Clay	3.25.43
4. B. Rawlinson	Ross	3.26.34
5. K. Taylor	Ross	3.26.36

LADIES

1. H. Diamantides	Carn	3.14.45
2. J. King	CFR	3.17.53
3. N. Davies O/40	Borr	3.26.19
4. H. Johnson	Ilk	3.38.11
5. S. Newman	Gloss	3.42.23
6. K. Jenkins	Carn	3.44.12
7. J. Prowse O/40	Kghly	3.49.42
8. P. Gibb	Mercia	3.50.10

**ARNCLIFFE GALA FELL RACE
North Yorkshire
AS/1.8m/443ft 7.8.99**

Despite atrocious conditions, the races were well attended and fast times recorded especially in the senior fell race where Stephen Hawkins smashed a good record by 17 seconds.

Tom McKenzie

1. S. Hawkins	10.26
2. T. Mason	11.06
3. R. Hudson	11.14
4. J. Wadsworth	11.26
5. G. Sumner	11.35
6. A. Whalley	11.50
7. S. McCain	12.32
8. R. Gibson	12.40
9. P. Rogan	12.52
10. M. Campbell	12.54

VETERANS

1. R. Gibson	12.40
2. P. Rogan	12.52

JUNIORS U/17

1. M. Hounslow	12.48
2. S. Hounslow	13.01
3. J. Carter	13.20
4. C. Swarbrick	13.28

JUNIORS U/14

1. S. Watson	10.58
2. D. Thomson	11.08
3. P. Graham	11.21
4. S. Swarbrick	11.40

JUNIORS U/12

1. D. Shepherd	7.06
2. T. Anderson	7.14
3. H. Thomson	7.42
4. R. Barker	7.51
5. T. Metcalfe	7.06

JUNIOR GIRLS U/12

1. R. Beresford	9.18
2. K. Budamir	9.42
3. C. Beresford	10.01



Graham Hill (son of Ron) wins Rhewl in flats!
Photo: Alan Humphries

YORKSHIRE FELL CHAMPIONSHIPS 1999

By David Woodhead

This year's races were hosted by Holmfirth Harriers, and incorporated within the English Championship races of Holme Moss and West Nab. Burton Safe Company sponsored all the Yorkshire awards, with Hilary Berry doing a sterling job presenting them to the various winners. A new ladies trophy, fully engraved with all previous winners names, now stands proud on Helen Johnson's mantlepiece, thanks to the undying support and enthusiasm of Norman Berry.

It's with great pride that through everybody's efforts the Yorkshire Championships are leading the way, we are the only county that present fell championship medals in under 14's, under 16's, under 18's and Intermediates.

We are also the only county I know that have perpetual Men's and Ladies trophies, looking to the future it would be ideal if we could have a Veteran championship, and hopefully this will come to fruition. Please give your views to David Woodhead. Tel: 01535 669100.

Next year, 2000, the Burnsall Classic in August hosts the Senior Men's and Ladies championships, with the Junior event not finalised yet, but all details will be published in the FRA Calendar 2000.

MEN

GOLD	Paul Sheard	P&B
SILVER	Gary Devine	P&B
BRONZE	Gary Oldfield	P&B
	MEN TEAM GOLD	P&B

LADIES

GOLD	Helen Johnson	Ilkley
SILVER	Karen Slater	Kly & C
BRONZE	Joanne Prowse	Kly & C

INTER MEN

GOLD	Sam Wadsworth	Wharfedale
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INTER LADIES

GOLD	Sarah Dugdale	Skipton
SILVER	Sharon Taylor	Bingley

UNDER 18 BOYS

GOLD	Chris Miller	Harrogate
SILVER	Alistair Langrom	Holmfirth
BRONZE	Mark Anderson	Giggleswick

UNDER 18 GIRLS

GOLD	Natalie White	Holmfirth
SILVER	Kate Rogan	Wharfedale
BRONZE	Amy Green	Spenboro'

UNDER 16 BOYS

GOLD	James Mason	Bingley
SILVER	James Carter	Spenboro'

UNDER 16 GIRLS

GOLD	Sally Shepherd	Settle
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UNDER 14 BOYS

GOLD	Mark Buckingham	Holmfirth
SILVER	Aam Whaities	Settle
BRONZE	James Greenhalgh	Settle



Under 16 boys medallists Paul Yates, James Mason, James Carter - Hilary Berry presenting
Photo: Dave Woodhead

UNDER 14 GIRLS

GOLD	Lucy O'Gorman	Penistone FR
SILVER	Laura Kemp	Holmfirth
BRONZE	Helena Yates	Holmfirth



Yorkshire silver medallist Gary Devine, pictured at Turnslack
Photo: Bill Smith

SOUTH WALES WINTER HILL SERIES 1999/2000

6 SHORT FELL RACES (approx. 3 miles)

ALL ON SATURDAYS, STARTING AT 2.00 p.m.

ENTRY FEE(S): £1.50 per race, or £8.00 for the series

INDIVIDUAL PRIZES (best 5 results to count)

TEAM PRIZES (in the event of serious competition!)

AWARDS FOR RUNNERS COMPLETING ALL RACES

November 13	THE BLORENGE 2.5m/1400ft	From Llanfoist Inn, Llanfoist, Nr. Abergavenny (GR SO 286133) Organiser: Eric Meredith (01495 775030)
December 18	SUGAR LOAF 3m/1150ft	Main Car Park south of summit, reached by minor road off A40 west of Abergavenny (GR SO 268167) Organiser: Adrian Orringe (01633 873577)
January 15	THE GARTH	From Gwaelod Y Garth Inn, nr. Taffs Well (GR ST 117839)
February 5	BWLCH Y CLAWDD	Car Park, jct A4061 and A4107, nr. Treorchy, (GR SS 939945) Organiser: Martin Lucas (01656 880009)
March 11	GOODRICH	From Goodrich Village School, near Ross-on-Wye (registration at "Ye Olde Hostellerie") Organiser: Martin Green (01594 836408)
March 25	PEN CERRIG CALCH	From Ty Mawr Farm, nr. Llanbedr (GR SO 234206) Organiser: Derek Thornley (01222 891172)

Further details:

contact individual race organisers or John Sweeting, tel: 01550 721086
e-mail: john@grottoview.demon.co.uk

SILVER FOR FINDLOW AND JUNIOR LADIES

Bronze for Bailey

15th WORLD MOUNTAIN RUNNING TROPHY

Gareth Webb reports

Kinabalu Park, Sabah, Malaysia

RICHARD FINDLOW's reputation in mountain running circles continues to grow as he added a superb world silver to the bronze he won in the European Trophy at Austria in July.

What makes Findlow's performance all the more special is that whereas he has been able to mix it with the best on uphill-only courses in the past, to take silver against the world's elite on an up-and-down course underlines the progress he has been able to make under the expertise tutelage of GB coach Dennis Quinlan and bodes well for even greater successes in the future. Findlow, eighth last year in La Reunion, has shown good form prior to this event placing eighth, seventh and second in the four-race WMRA Grand Prix to date, twice behind last year's world champion Jonathon Wyatt of New Zealand. On this occasion, though, Wyatt could fare no better than seventh as former world junior champion Marco de Gasperi bagged gold for the second time in three years to add further to the impressive list of Italian accomplishments since this event's inauguration in 1985.

English celebrations continued as commonwealth marathoner Billy Burns improved on his ninth place from the Czech Republic, two years ago, to finish just out the medals in fourth - an agonising two seconds behind the second Italian home, Gino Caneva. Burns' assertion that "once you are 'in the zone', anyone is capable of winning gold" doesn't look too wide of the mark as the 29 year old Salford Harrier finished just over a minute outside top-spot.

England failed to capitalise on these individual successes, however, as their next two counters finished 29th (John Brown) and 39th (1985 world U20 silver medallist Matthew Moorhouse) to place fourth in the team race behind Italy, France and New Zealand. Last year's World Trophy fourth-placer Bobby Quinn saw his medal hopes evaporate as early as the first 60 metres as congestion in the narrow starting area resulted in the Scot taking a heavy fall sustaining cuts to both knees. After regaining his feet, Quinn found himself at the back of the 111-strong field and, after gamely working his way through on each of the three laps, lifted himself up to a highly creditable ninth place.

Chris Robison built on his recent Grand Prix exploits to take 17th as 1987 silver medallist Colin Donnelly - the only man to have competed in every World Trophy thus far-celebrated reaching veteran status (on September 5) by finishing 26th. Alan Milligan finished just two seconds behind in 27th with 1985 silver medallist Tommy Murray - who came down with a cold two days before the event - placing 28th.

European silver medallist Angela Mudge once again finished leading Briton in the women's race placing seventh to help Scotland to a superb team bronze behind Italy. This represents Scotland's best ever finish in this event since the inaugural women's World Trophy at Keswick in 1988.

Elsewhere there were further outstanding performances as fellow Scot Tracey Brindley continued her marked improvement by taking tenth; Snowdon winner Helen Johnson enjoyed an excellent run in 20th; mountain running newcomer Trudi Thomson - although a seasoned international - finished Scotland's third counter in 22nd ahead of Wales' Sam Gray (23rd), former Northern Ireland champion Tricia Sloan (25th) and Sonia Armitage of Scotland (28th).

Italy's Rosita Gepli Rota improved on her sixth place two years ago to take gold from European champion Isabella Zatorska of Poland. Zatorska in particular has been in imperious form this season relegating three-times (and reigning) British fell champion Mudge to second place at the Europeans as well the Grand Prix races at Susa (Italy) and Telfes (Austria).

England had high hopes of getting in amongst the medals in both junior races as brother and sister pairing Simon and Kate Bailey looked to build on early-season form after winning both senior Home International titles at Knockdhu in April. The optimism was clearly well-placed as Kate's bronze medal winning performance helped England to team silver with Simon running well to finish fifth just 21 seconds outside the medals in the junior men's event.

Jonathon Parker (11th) was next Briton home in the U20 men's race followed by Andrew Symonds (18th) as England finished fifth. England's other scorer in the U20 women's race was Laura Hughes in seventh with 16 year old Freya Murray of Scotland placing an excellent 15th on her international mountain debut. With three more years in this age group, Murray is clearly an outstanding prospect.



Simon Bailey, first counter for the junior men, missed a medal by less than half a minute
Photo: Peter Hartley

MEN (12.5km, 860m ascent/descent)

1 M de Gasperi (ITA)	54:56
2 RICHARD FINDLOW (ENG)	56:17
3 G Caneva (ITA)	56:21
4 BILLY BURNS (ENG)	56:23
5 S Gall (USA)	56:42
6 L Fregona (ITA)	56:56
7 J Wyatt (NZL)	57:04
8 A Strong (NZL)	57:10
9 BOBBY QUINN (SCO)	57:13
10 R Roux (FRA)	57:28
17 C Robison (SCO)	58:47
26 C Donnelly (SCO)	60:05
27 A Milligan (SCO)	60:07
28 T Murray (SCO)	60:11
29 J Brown (ENG)	60:25
32 R Bryson (IRL)	60:42
33 P Williams (WAL)	61:01
38 S Tobin (WAL)	61:33
39 M Moorhouse (ENG)	61:41
40 D Hiscox (WAL)	61:52
43 M Croasdale (ENG)	62:11
44 F Cosgrave (IRL)	62:15
47 D Naylor (WAL)	62:26
50 D Rixon (WAL)	62:46
52 N Carty (NIR)	62:58
53 B Irvine (NIR)	62:59
57 N Wilkinson (SCO)	63:36
58 J Lenihan (IRL)	63:48
70 G Davies (WAL)	65:16
71 G Thornton (IRL)	65:31
76 C Rothery (IRL)	66:03
78 M Cox (ENG)	66:12
84 G Weir (NIR)	69:36
85 J Logue (NIR)	70:40
89 J Patterson (NIR)	72:00
97 R Brown (NIR)	78:44

TEAM (6 to run, 4 to count):

1 Italy 23; 2 France 51; 3 New Zealand 74;
4 England 74; 5 Scotland 79; 8 Wales 158;
10 Ireland 205; 13 Northern Ireland 274

U20 (7.8km, 510m ascent/descent)

1 B Lubrini (ITA)	35:51
2 F Heinzle (AUT)	36:07
3 J Woolhouse (NZL)	36:15
4 B Ruthe (NZL)	36:33
5 SIMON BAILEY (ENG)	36:36
6 E Meyssat (FRA)	36:51
7 J Cattaneo (ITA)	36:56
8 R Bizzet (FRA)	37:00
9 J Rancon (FRA)	37:08
10 P Dobsicek (CZE)	37:12
11 J Parker (ENG)	37:24;
18 A Symonds (ENG)	38:33
23 M Cayton (ENG)	39:00
25 G Mathieson (SCO)	39:03

31 M Doyle (IRL)	39:50
32 A Lemoncello (SCO)	39:52
34 W Ross (SCO)	40:20
35 P Ryder (WAL)	40:47
36 D McNeilly (NIR)	41:15
37 M Emery (WAL)	41:20
40 D Emmett (IRL)	41:45
43 C Pierce (WAL)	42:01
45 M Bradshaw (IRL)	43:56
50 R Neill (NIR)	45:08
51 E Dyer (WAL)	45:59

TEAM (4 to run, 3 to count):

1 Italy 21; 2 France 23; 3 Austria 28;
4 New Zealand 33; 5 England 34; 9 Scotland 91;
11 Wales 115; 12 Ireland 117;
14 Northern Ireland 139

WOMEN (7.8km, 510m ascent/descent)

1 R Rota (ITA)	38:00
2 I Zatorska (POL)	38:41
3 M Bunce (NZL)	39:11
4 F Gaviglio (ITA)	39:48
5 P Baronchelli (ITA)	39:58
6 M Moon (NZL)	40:46
7 ANGELA MUDGE (SCO)	40:49
8 K Murphy (NZL)	40:52
9 I Guillot (FRA)	41:03
10 TRACEY BRINDLEY (SCO)	41:05;
20 H Johnson (ENG)	42:42
22 T Thomson (SCO)	43:17
23 S Gray (WAL)	43:25
25 T Sloan (NIR)	43:39
28 S Armitage (SCO)	44:21
33 J King (ENG)	44:45
36 C Sanderson (ENG)	45:22
37 S Bretherick (WAL)	45:24
40 C Tompkinson (ENG)	45:45
41 E Turner (WAL)	46:02
43 J Lloyd (WAL)	46:40
48 E Mooney (IRL)	47:20
49 A O'Kearney (IRL)	47:25
53 A-M Hynes (IRL)	49:55
54 J Flanagan (IRL)	50:12
55 J Walker (NIR)	51:20
57 S Donnelly (NIR)	51:53
59 A Sandford (NIR)	52:52

TEAM (4 to run, 3 to count):

1 Italy 10; 2 New Zealand 17; 3 Scotland 39;
4 Germany 57; 5 France 58; 6 England 89;
9 Wales 101; 12 Northern Ireland 137;
15 Ireland 150

U20 WOMEN (4.1km, 320m ascent/descent)

1 C Heinzle (AUT)	23:47
2 I Hizar (SLO)	24:17
3 KATE BAILEY (ENG)	24:21
4 V Belotti (ITA)	24:30
5 W Shinta (IND'SIA)	24:58
6 T Hizar (SLO)	25:01
7 LAURA HUGHES (ENG)	25:07
8 M Demelza (NZL)	25:34
9 S Bajic (SLO)	25:48
10 E Krawczyk (POL)	25:52;
15 F Murray (SCO)	26:55
18 V Murray (NIR)	27:46
21 S Pritchard (WAL)	28:43
23 A Hanly (IRL)	29:00
24 L Kelly (ENG)	29:20
25 M Gaskell (WAL)	29:36
26 S Farrell (IRL)	30:01
29 J Munnis (NIR)	34:02
31 S Coyle (IRL)	36:08

TEAM (3 to run, 2 to count):

1 Slovenia 8; 2 England 10; 3 Italy 18;
4 Austria 20; 5 Indonesia 25; 7 Wales 46;
8 Northern Ireland 47; 9 Ireland 48

OPEN RACE (7.8km, 510 ascent/descent)

1 D Eckley (USA)	38:24
2 F Kolinek (CZE)	39:00
3 D Opiliger (COL)	39:34

Further Britons

11 Neil Taylor	45:49
17 Ross Powell	48:00
18 Donal O'Kane	48:12
21 Billy Magee	48:54
22 Lucy Whittaker	48:57
25 Helen Grant	49:40
27 Mike Blake	50:11
29 Kevin Whittaker	51:20
34 Colin Pritchard	54:51
35 Sharon Woods	55:53
36 Jonny Beardsall	56:07
46 Jeante McCulligan	63:32
49 Sheila Lloyd	67:45

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THE EDALE SKYLINE RACE 1999

This isn't the usual tale of race winning or doing zillions of summits in 24h (I wish). For the overwhelming majority of runners the nature of the competition is not about race winning at all, it's about getting PB's, beating people who used to beat you, and undertaking bigger challenges. Well this is a story from one of *them*.

This was my first attempt at a long distance race. I can happily run all day in the mountains, 36 miles is my idea of a good day out. But so far nothing over 12 miles *competitively* in the hills, so under race conditions an event like this was a new challenge. If I did well, that would be brilliant, if I didn't it would at worst be a good training run for the London Marathon. Barring injuries I was in no doubt of finishing, so it should be some kind of achievement.

The 21mi/4500' Edale Skyline race takes in the high ground completely encircling the beautiful Edale in Derbyshire, starting and finishing in Edale village. I'd run the route four times before non-competitively. In fact it was the first fell-run I ever did back in 1986. From that moment I was hooked. It was inevitable that one day I'd enter the race itself. The day came on 28th March 1999. With recent marathon training and numerous shorter fell-races in the bag I felt it'd be OK. But I didn't expect it to be easy and gave myself an estimated time of between 4 and 4 and a half hours.

In the car park by Edale station I bumped into an old acquaintance from Orion Harriers, Robin Britton, a Bob Graham man I believe. This gave me some idea of the competition.

"The race doesn't really get going till you get to Mam Tor", says Robin, "just conserve energy till Mam Tor then you can really start to go for it!"

Yes Robin.

Mam Tor is half way round, and if you don't make it in 2 and a half hours you get chucked out. We'll see about "go for it".

In this race, equipment checks mean equipment checks, not threats. Everyone's bumbag was rightly gone through, then with a field of 152 the race started spot on 10.30am. It was a beautiful sunny day _ I was a big concerned about dehydration. Within minutes we were at Ringing Roger and bounding along the southern edge of Kinder Scout 1000ft above the start.

with the west wind behind us. One and a half miles later we were leaving the Kinder Scout plateau. A lovely descent on soft grass took us flying down to Edale Cross. I began to realise I was a lot nearer the back than the front. No fun runners in an event like this. To make matters worse I had to stop for a waz, dropping several places. But I felt good and the views were brilliant. Beyond Edale Cross I could see the leaders streaming up almost 3 miles ahead. A steady run now up the 500ft climb from Edale Cross to Win Hill with a short rock scramble at the top of the Pike. I made Win Hill in 63 min from the start, with 7 and a half miles and 1500ft under my belt, and was reasonably happy with that.

A brilliant descent the one and a half miles to Hope village now took just a few minutes. The first of only two drink stations provided a welcome beaker or two of strong orange squash. God knows what's in that stuff, but on this occasion it was absolutely the business.

On to the steep 1000ft climb up Lose Hill now, and like a stream of ants the runners were yomping as fast as they could towards the summit - no running here. I got to Lose Hill 40 minutes after Win Hill. Not bad, but the leaders must have been an hour ahead of me by now.

The top of Lose Hill signifies the start of the lovely limestone ridge that forms the south side of Edale, with its soft grassy hillsides you are in England's green and pleasant land. The frustratingly slow ascent of Lose Hill is immediately forgotten as you run straight off the top the two miles towards Hollins Cross and Mam Tor. The final half mile up Mam Tor is an annoying 400ft climb, made worse by tripping over tourists. It's possible to drive to within yards of Mam Tor summit and the sightseers hang around in droves. Second and final drink station at the road beyond Mam Tor for some more vintage orange squash. Nectar. This is also chuck-out point for the slow runners, but I'd made it comfortably in about 2 hours. I remembered what Robin had said. He might well be "going for it" but I was getting noticeably tired now on the long slow grind up Rushup Edge. By this time I'd already done the equivalent of the Gisborough Moors race and still had half the course still to do. But still very much enjoying the event I was buoyed along by the knowledge that

there were no more serious ascents. Problems of a different kind were around the corner however.

The 1 mile/300ft ascent of Rushup Edge in a head wind was a pain up the bum. From Checkpoint 7 at the top you veer half right across open country towards Brown Knoll. Here the dry green ridge gives way to thick tufty brown grass-covered peat bog signifying the return to the impervious gritstone below. Still on the higher ground for now, it was still dry underfoot but the grassy tufts were certainly big. I was picking up a good speed down the gentle slope when I tripped on a tuft. There's a reflex action to put your arms forward to save yourself but it was too late - the ground had already come up to meet my face. I emerged looking like Ermyntude the Cow with a mouthful of grass.

The ground levels out high above the head of Edale. This was to be the end of dry feet because here you are embarking on over 2 miles of energy draining peat bog. The areas where the wet grass gives way to pure black sludge can be negotiated successfully in two ways. One is to circumvent the area, which can entail a very wide detour, or else you can leap onto little islands of grass tufts. Or then there is the alternative method. One such black bog was so wide I had little choice. One tiny tuft of grass was all there was in the middle of the treacle so I leapt for it. Did it hold? No chance. Straight in up to the thigh. Still spitting out grass from the previous prang I emerged with one black leg and one remarkably clean leg. Interesting.

A walker took pity on me and produced a large bag of jelly babies. I'm not normally into sweets, but he filled my palm with about 15 of them. Beautiful! They were the juiciest things on Earth. Even the green one tasted good.

On I went. Peat bog, peat bog, peat bog. The end of it was in sight but I never seemed to get there. Pretty dehydrated now the emergency supply of one small water bottle just had to go. So did the emergency Mars bar, what the hell.

At last rising up now towards the rocky path back onto Kinder Scout, I began to catch up a couple of other runners along the undulating but reasonably level track flanking the south edge of

Kinder Scout. But this terrain is very hard and rocky, and entails jumping over boulders, onto boulders, off boulders, and along these necessary but murderously solid rock paths that the conservationists build. Not only does this make for slow progress but fell running shoes have no padding. Well mine haven't. They're great for steep muddy slopes but a few miles of boulders and your heels begin to feel like they've been pounded with a baseball bat.

Past famous landmarks now, like Noe Steel, Pym Chair and the Woolpacks – these wonderfully weathered gritstone rocks are like features of calendars, guidebooks and articles in the Sunday papers. They're also great for boulder climbing. Not today though.

I almost caught those two runners. One had a very nice bum. I'm sure she looked great from the front too but I wasn't to find out. I made a decision to contour round a gully rather than cross it as I thought it might be quicker. It was a mistake. I was now lagging more than 100 yds behind them, knackered and losing ground. The now favourable west wind was strengthening behind me. It did have the effect of turning the black wet peat covering my right leg into dry dull brown concrete, but it had a musty chill. Low on energy, I was getting cold, and people were overtaking me now.

Above Edale village lies the pinnacle of Grindslow Knoll, rising only 60 feet or so above the Kinder Scout plateau. I could happily have bypassed it but the sadists put a checkpoint on top of it. On any other day you'd be up it in seconds flat. But having just done 18 miles of *this* kind of stuff I felt more like a geriatric. Grindslow Knoll was an absolute b****d!

The finish in Edale village comes into sight below on the right and Grindsbrook Clough is depressingly inviting as a quick way down. Sadly there's another couple of miles round Kinder to Ringing Roger before you can descend. With tired legs, heels glowing red hot, it is very easy to trip. Sure enough, prang no. 3 occurred and I dived hands first into the heather, zeroing my stopwatch. "Flip", I said (or similar).

At last Ringing Roger approached and I could see a few runners ahead starting their final descent. For them the fun was nearly over. I checked behind. No one else in sight. I couldn't be last, could I? The thought did cross my mind. Past the last checkpoint now, one

runner ahead still hadn't finished. Wouldn't it be nice to glide down the hill and catch him? But with feet on fire and the old hamstring injury having stiffened up a bit, there was no chance of striding out now.

I finished in an official time of 4h 18'41". No crowds, no medals, just "Well done" from the marshal at a very empty finishing area. I asked her if I was last. We looked up the hill and there was the next runner silhouetted on the skyline.

I walked alone back to the car where I de-concreted my shoe laces and began peeling off nasty black wet things formerly known as white socks from my feet. Robin was in the car park looking fresh as anything and asked how I'd got on. He'd done it a whole hour quicker than I had, and complained that it was his worst time ever. Times like that will only ever be what I dream about.

Off to the café now for the best bit – large quantities of cakes and tea. When people asked how I got on I just said it was hard. In fact it was the hardest race I've ever done. Marathon training run? It made the Snowdonia Marathon seem like an afternoon stroll. The Edale Skyline Race takes no prisoners. The results sheet confirmed my position as 128th. Of the 152 starters there were 15 DNF's – about 10%. The winning time was 2h 34' 39" (someone called Bland. Never heard of him). Only 12 finishers were women (they all beat me).

Whenever I finish a good event, like Gisborough Moors, the Orion 15 or the London Marathon, my immediate urge is to enter it again the next year. But this time that feeling of elation was strangely absent. Maybe it was because I'd entered on my own. I had plenty of moral support from Katrine, my ever tolerant and non fell-running wife. But it's not the same as going with a car full of mates to do a race post mortem with – always a good crack. (They were all strangely unwilling at the suggestion of 21 miles/4500'. Can't think why). Although filled with a definite sense of achievement, so extremely drained was I that there oddly wasn't that instant desire to do the event again. But I probably will. So why? It's like trying to explain to a non-runner who thinks you're mad doing marathons. If you don't understand then you probably never will. Even if you are slogging away near the back, there's just nothing in the world beats running along a high ridge in the sun and the breeze.

Chris Denley

Horwich's Steve Jackson, second veteran at Edale - Photo Steve Bateson

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Peter Hartley and Alan Heaton, joint winners of the 1975 Fellsman with the famous Fellsman Axe.

PETER HARTLEY: PHOTOGRAPHER AND FELL RUNNER

by Bill Smith

Most newer members of the FRA will probably know Peter Hartley only as a photographer, having admired his superb action shots of fell races in *The Fellrunner* and other publications, and perhaps seen him at various events either on foot or with his mountain bike – and, of course, his camera. He is obviously not the only regular photographer of fell races as witness the numerous fine pictures of Steve Bateson, Allan Greenwood, Rob Howard, Francis Uhlman and Dave and Eileen Woodhead, not forgetting the earlier practitioners like Simon Cox, Gil Horsley, Bob Mitchell, Tommy Orr, Neil Shuttleworth and Chris Wright. He is, however, the only one of this ilk to create such an impression that he has been profiled, along with examples of his work, in a commercial photography magazine. This feature, "Sport In The Landscape", appeared in *Camera Weekly* twelve years ago (January 17th issue).

However, up to ten years ago, Peter was also a very active and talented fell runner himself, having come into our sport as an extension of his earlier involvement in outdoor pursuits. A 50-year-old mathematics teacher by profession, he lives with his wife Val at Worsthorne, a village to the east of Burnley nestling on the edge of the wild moors traversed by the Haworth Hobble and other events, with Pendle dominating the view northwesterly across the industrialised valley of the Pendle Water. They have a daughter, Clair (22), and a son, Michael (18).

KARRIMOR

Peter began fellwalking in the mid-60s, and this in turn led him into rock-climbing, potholing, canoeing and orienteering. He first became interested in outdoor photography in 1968 when he bought his first serious camera, a Praktica, and began taking pictures of mountain scenery and of rock climbers in action. Four years later, he decided to enter the Karrimor with Colin Ratcliffe. They then lived about two miles apart on the moorland road linking Burnley and Rawtenstall (A56), and in preparation for this event began running on a regular basis. This resulted in a 7th position in the "A" class (only two classes then), run from St. Mary's Loch in the Southern Uplands that year, and they were so delighted with their newly-found fitness that before the year was out, they had joined Rossendale Harriers: "I thought, in my ignorance, that they would all drink orange juice and go to bed at 9.30pm. How wrong could you be? You could say that they were, and still are, a sociable club!"

However, Rossendale were not then the strong "roughstuff" club they later became, and so two years later, with Colin Ratcliffe having already transferred to Clayton-le-Moors Harriers and another similarly-inclined local runner, Dave Waller, sidelined by injury, Peter was the only one left with a liking for long, rugged events and he therefore decided to follow Colin to the club which

specialised in such races. Ironically, it was shortly afterwards that Rossendale began to take an interest in these events, with the arrival of athletes like Ken Taylor, and so after only a short stay with Clayton, Peter returned to his local club.

His outstanding performances over the years have included 1st in the 1973 Karrimor "A" in Snowdonia, partnered by Dave Waller; joint 1st with Alan Heaton (Clayton) in the 1975 Fellsman Hike; 9th in the 1978 Ben Nevis on his debut in this classic event; 5th in the 1978 Thieveley Pike; 4th in the 1980 Three Peaks; 1st in the 1981 Haworth Hobble, partnered by John Nixon; 1st in the 1982 Calderdale Hike, following a long lay-off through an injury incurred in a bad car crash; 4th in the 1982 Craox Des Cretes De Megeve in the French Alps; and 3rd in both that year's Swiss Karrimor Elite and in the British Karrimor Elite on Dartmoor, partnered by Ken Taylor: "Ken reckons we might have been 2nd in I hadn't been carrying the camera!"

Hartley's favourite events were the Karrimor and Saunders marathons, the Haworth Hobble, all the long Lakeland "A" classics, "especially when the sun is shining," and among the shorter races, Ben Nevis, Blisco and Thieveley.

NO TRAINING

Unlike most photographers who make the national magazines like *Camera Weekly*, Peter Hartley has had no technical training at all. "I've made more than my fair share of mistakes over the years," he admits. "I once thought of joining a camera club, but they seemed a little too technique-based and appeared to over-analyse their photographs. To me, a good picture is one which gives you pleasure or has a certain impact when you look at it, irrespective of whether or not the composition or lighting is perfect. If the sun wasn't shining when you took the picture, you've just got to do your best."

When he began running regularly, Peter would always have a camera in his car and would sometimes take a few shots after the race. However: "I started to think of all the incredible conditions and views we were experiencing on the fells in all seasons and thought it was a pity we were unable to make some record of what it was like to run on the fells."

In 1982, Hartley and Ken Taylor and their families were on holiday in the Alps: "We were doing the Swiss Karrimor in the Bernese Oberland and my thoughts started running riot. I decided to buy a

Rollei 35S, which was a standard lightweight climbers' camera at the time. This proved faulty just before our holiday and I couldn't get a replacement” On returning home, Peter studied photography magazines and camera test reports and finally decided to buy a Minox Compact 35GT: “They are expensive, but no other quality camera fits the bill. I used it in many races and two-day marathons and have always been amazed by the quality of the results. It is not fully automatic, as are many compacts, so it still gives you a reasonable amount of control for a camera so small.” Prior to this, he had used an Olympus OM1, which had replaced his old Praktica and given him years of good service. He now began to use the Minox when competing, and both the Minox and Olympus when not competing (if injured, perhaps), usually with colour film in one and black-and-white in the other. He uses 35mm, 50mm and 75-150mm zoom lenses.

Peter's serious approach to fell running photography really began when he ran the 1984 Ennerdale Horseshoe: “It was an incredible day, very hot with blue skies and good visibility, so I decided to run carrying my camera, I took about thirty shots and was delighted with the results. I sent the best to Ned Paul of **CompassSport** (orienteering magazine with a fell running section), who used one of Pauling Haworth descending from High Crag towards Scarth Gap.” This superb colour shot appeared in that year's August/September issue of **CompassSport**, p.37. “After that, I often carried the camera when racing and when injured would wash up the fell and photograph races that way.”

OSTEO-ARTHRITIS

After the aforementioned car accident in 1981, Peter's knee had to be wired up and the specialists' opinion was that his competitive running career was now over. He proved them wrong, however, with the help of lengthy physio treatment at Burnley General Hospital, and resumed competition the following year: “I continued running for a number of years, then in the late '80s got what I thought was a groin strain in the same right leg. I was uncomfortable when running and eventually went to the physio. After a few visits, he admitted there was more to the problem than he could handle, so eventually I saw a specialist who confirmed I had severe osteo-arthritis in my right hip. By this stage, I was unable to run on it and can only assume that due to the original accident, things had



Peter Hartley on Swirral Edge, Grisedale Horseshoe 1999. Photo: Peter Hartley!

become out of line and the continued running had damaged my hip. The left hip was okay, so it was probably not general fell running ‘wear and tear’.

“I bought a mountain bike at this stage so that I could still get out over the moors – there are some good tracks over the Pennines around my home in Worsthorne – and it also helped moving around at races to get photographs. In February, 1993 I had a replacement hip fitted and received great support and encouragement from Stan Bradshaw and Dave Cunningham, both fell running ‘hippies’ from Clayton-le-Moors Harriers.

“The whole process had been quite long and drawn out, so it was a gradual realisation that my running career was over and I therefore had time to adjust. It left a huge void in my life, but the whole family of us could have been written off in the car accident, so you just have to adjust Naturally, the photography now took over completely. It was something I enjoyed doing and a constructive way of keeping in touch with the sport and friends. It's no use going to watch races and all the time wishing you were still competing. I find taking photos all-absorbing and it takes a fair bit of planning to get to the right spots on a particular course, especially when you want to see the runners as many times as possible. I still use my Minox Compact camera, but in February, 1997, after thinking about it for a considerable time, I changed from manual focus to auto-focus by buying a Nikon F90X. I've found it to be reliable, performs well in all

weathers, and because you can ‘track’ runners as they are coming towards you, you can choose the right moment rather than focus upon a rock, and hit the shutter when the runner passes it.”

FAVOURITE PICTURES

Among Peter's earliest published work, his favourite black-and-white study, taken with his old Praktica, shows Tony Peacock and John Nuttall of Clayton Harriers climbing Lingmoor in the 1984 Three Shires Race, with Mickleden and Pike O' Stickle forming an impressive backdrop. It appeared on the front cover of *The Fellrunner*: January, 1985.



Bill Smith captured by Peter Hartley

This extremely photogenic ascent has since provided Peter with numerous other superb photographs, including one in the Spring, 1987 *Fellrunner* showing a lone runner against a rocky foreground, with Blea Tarn below and Blake Rigg and Blisco replacing Stickle for an imposing skyline. Ten years later, in the February, 1997 issue (p. 10), he portrayed Andrew Davies, Jonny Bland and Jim Davies on this same climb, with the majestic outline of the Langdale Pikes sharply outlined against a stormy sky.

A more recent favourite of Peter's is the splendid colour print adorning the front cover of the February, 1997 *Fellrunner*, showing Gary Rees-Williams climbing the rocky slopes of Prison Band en route for Swirl How in the previous year's Three Shires Race, which "seems to capture the concentration and effort needed when running across such terrain." Among my own favourites is another picture taken on this same ascent eight years later in black-and-white (*Fellrunner*: December, 1988, p.22), with a bunch of knackered-looking runners strung out against a wonderfully rough, rocky background, while on the back cover of the same issue, an even more rugged scene is both humorously and pointedly captioned: "Not the World Cup – Colin Valentine and Tony Richardson demonstrate the alternative route up Wetherlam....", involving scrambling on exceptionally steep, rocky terrain.

Peter's other recent favourites are from the 1996 Peris Horseshoe and this year's Anniversary Waltz. Of the former, used in the October, 1996 *Fellrunner*, he says: "I caught the runners between Lliwedd and Snowdon summit. Three were in colour on the inside front cover, and probably the best was reproduced very faintly as a full page background for the other two. It showed a single runner, Alan Duncan of the now-defunct Mersey Fell Runners, dwarfed by the cliffs of Llewidd." Another fine study from this race appeared in black-and-white on page 35 of the results section.

The quaintly-named Anniversary Waltz featured in both the British and English championships: "The weather had been poor all week and I drove up through the Lakes in poor weather, thinking I was going to have a wasted day. As I approached Keswick, the weather improved dramatically and by the start of the race we had snow on the tops, blue sky, sunshine and good visibility. I first climbed onto Robinson and got probably

the best set of pictures I've had from a single race. I later caught the majority of runners coming off Catbells. My favourite is of Tony Hesketh leading a group of runners through the snow on Robinson." Unfortunately, this was published only as an inset on the front cover of the June, 1999 *Fellrunner*, along with two other insets of Tracey Brindley and Andy Schofield, thereby reducing its impact. Three more shots from the event were used in black-and-white on pp.15 & 23, perhaps the best being one of a lone competitor beginning the descent off Catbells, with a snow-capped Skiddaw range and Derwentwater in the background.

Mention must also be made of Peter Hartley's superb studies of the Bens of



*Peter Hartley climbing the Ben.
Photo: Steve Bateson*

Jura race, including the front cover of the Summer, 1987 *Fellrunner* which shows a lone runner on the final climb of Corra Bheinn against the backdrop of Beinn Shiantaidh and Beinn an Oir, the whole scene abounding with steep scree slopes. More recent fine studies of this same area appeared in the 1994 FRA Calendar (b&w) – the pictorial one to hang on the wall, not the fixtures handbook – while a splendid colour shot of Dermot McGonigle on Beinn Shiantaidh graced the front cover of the October, 1996 *Fellrunner*. Peter also dabbled in photo-journalism at one time, producing an interesting profile of the Jura race for the day, 1988 issue of *CompassSport*, including a coloured centrespread of a runner on Beinn Shiantaidh, quite

different to the above-mentioned photographs. He paid a similar tribute to the Three Shires Race in the October/November 1986 *CompassSport*, and also profiled the Burnley & Pendle Grand Prix in the November/December 1990 issue of the late lamented *Up And Down* magazine, an off-shoot of *CompassSport* edited by Dave Woodhead. There are many other of Peter Hartley's photographs which I feel are deserving of special mention, but unfortunately space limitations will not permit this.

MOUNTAIN BIKING IN INDIA

In August this year, Peter went on a cycling tour of Himachal Pradesh in Northern India, led and organised by an old friend, Pete Jarvis from the Isle of Mull: "The plan was to do a three-week circuit, going up to the Tibetan border and taking in the Himalayan tribal districts of Kinnaur, Spiti and Lahaul. Polly Gibb of Pudsey & Brambly went on the first of the two trips and they completed the circuit. They had very wet weather in the latter stages and it did major damage to the roads in the more remote areas and prevented us from using the same route due to rockfalls, landslides and washed-away bridges. We had to retrace our steps a little but still completed a brilliant three weeks' cycling, with huge climbs and huge descents in breathtaking surroundings. Needless to say, I took my camera."

In conclusion, it should be mentioned that Peter Hartley is also a regular contributor of fell running photographs to several other magazines and newspapers, including Gareth Webb's fell races in *Athletics Weekly* – "until the recent change of ownership, emphasis and style". He supplied most of the photographs for the coaching manual, *Fell and Hill Running* by Norman Matthews and Dennis Quinlan (British Athletic Federation, 1996), and also had a selection of his work published in the 1998 *Berglauf Journal*. His picture of Andy Beaty (CFR) in the 1996 Ben Nevis Race (reproduced in b & w in the February, 1997 *Fellrunner*, p.6 results section) has been chosen for the Landscape section of the Millennium Dome Exhibition which deals with "National Identity", where it will be enlarged by up to 2m x 1m.

Note: Some of the foregoing material has been drawn directly from my earlier profile, "Peter Hartley: The Man Behind The Camera", which appeared in the June/July, 1987 issue of *CompassSport*.

BOOK REVIEW

Cumberland and Westmorland Wrestling: A Documentary History by Roger Robson (Published by Bookcase: Carlisle, 1999. 112 pages, illustrated. £8.95).

In my review of John Coughlan's **Hound Trailing: A History Of The Sport In Cumbria** in the last issue of *The Fellrunner*, I advised that, because of the detailed listings of the annual championships, the book was really one to be absorbed over several readings rather than at one sitting, and further recommended that prospective buyers should have a look at the book before buying it. I have no such reservations to make about Roger Robson's book, however, for it really is "hard to put down" and, because of its content, will have a much wider appeal than Coughlan's book – say, even to the casual tourist.

Instead of presenting an exhaustive "fall-by-fall" history of the sport, Robson has chosen to portray it partly through the eyes of independent observers, ranging from Charles Dickens (1858) and James Hogg, the Ettrick Shepherd (1820) to William Litt's landmark publication, **Wrestliana** (1823) and Machell's **Some Records Of The Annual Grasmere Sports** (1911), through to C&W wrestling journalist Bob Horsley, alias "Cross-Buttocker" of the **Carlisle Journal** and later "Clicker" of the **Cumberland News** (1946-77). Such epistles are balanced by Robson's own contributions, drawn largely from his columns in the **Cumberland News** and **Westmorland Gazette**, and including an appreciative tribute to Bob Horsley, incidentally.

Most general writers on the subject refer to the sport having been introduced to Cumbria by the Vikings, but Robson questions "the theory that Irish captive slaves introduced the sport to Iceland by training young Vikings in their charge, and the Viking settlers in Cumbria introduced the sport to their new colonies. On the other hand, wouldn't it have been easier for the Irish to have paddled over here direct?"

There are chapters on some of the outstanding wrestlers over the years, such as George Steadman, Gilpin Bland and his five wrestling sons, Peter Hunter, Ted Dunglinson, Wilf Brocklebank, Alf Harrington and Tom Harrington, MBE. There are also chapters on the formation of the Association Governing

Cumberland And Westmorland Wrestling in 1906 and on C&W Wrestling Academies in general, plus a special one on the Carlisle Academy. There is also a highly amusing treatise on "Beer, Women, Fast Cars and Marriage", some of which could equally be applied to fell racing: "... not all wives think that wrestling at Roadhead Highland Games is more important than going shopping or washing the car. Marriage also has the disadvantage of producing children and mortgages, extra expense which means that Johnny Hiper has to work an extra shift when everyone else is at Grasmere Sports....."

The book concludes with six pages of championship listings from 1907 to 1999 and a bibliography of books and magazines containing material on C&W Wrestling. There are also numerous fine black-and-white illustrations, mainly photographs, ranging from historical items to recent photos by Mike Dawson.

Roger Robson is a former wrestler himself and has dedicated his book to the memory of his father, whose "zest for wrestling never dwindled till the day he died." It can be readily recommended to anyone interested in either the Lake District or sport in general. Part of the proceeds from sales will be channelled back into the sport. Robson also publishes a small magazine called **Inside Hype** which costs £1 at C&W Wrestling events or is available on subscription from Roger Robson at Castlefield, High Head Castle, Ivegill, Carlisle, CA4 0PN. (Tel/Fax: 016974 73559).

Bill Smith



*Grisedale Horseshoe organiser Colin Jones.
Photo: Peter Hartley*

SITUATION VACANT

Assistant Team Manager, England Fell and Hill Team

We regret to announce that Pete Bland who has successfully carried out the duties of England Team Manager for the last ten years has submitted his resignation.

The growth of international fell running that has taken place during the last ten years has caused a great increase in the management workload and in order to spread this, the committee propose to restructure the management team. We are pleased to announce that Malcolm Patterson and Robin Bergstrand have agreed to become Joint Team Managers and we would like to appoint two new Assistant Team Managers. The successful applicants will be expected to attend at least one International Trophy Event (usually, but not always, in Europe) and one Home Countries International each year and to help with the organisation of any Selection Races. Free travel and accommodation to international events is provided. A summary of the duties involved is:

Assist the Team Manager as required with:

- Team welfare, discipline and any other matters relating to members of the team at International Events.
- Liaison with Event Organisers.
- Help with travel, accommodation and diet arrangements for team.
- Provide general assistance as necessary to athletes before and after their race at International Events.
- Close liaison with athletes.

Applicants should ideally have previous experience of competing at representative level and/or team management at club or county level.

Further information can be obtained from Dave Hodgson.

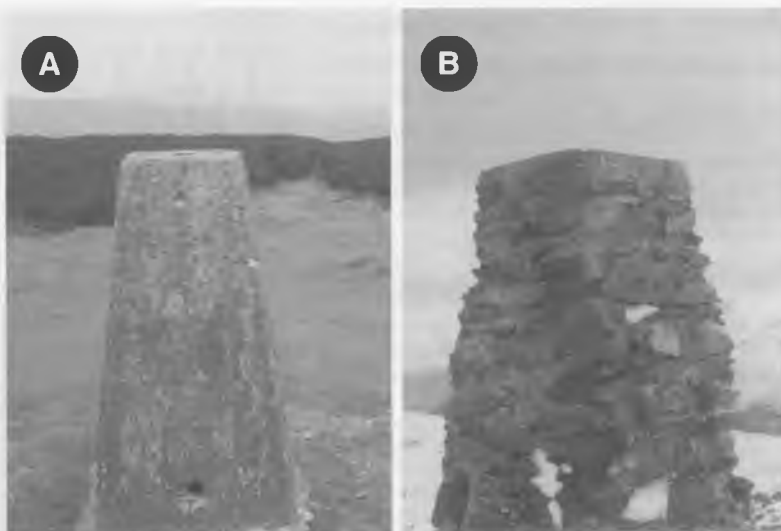
Tel: 0113 2585586.

Applications should be submitted in writing to the F.R.A. Secretary.

WHICH TRIG?

Here's a change from guessing whose muddy calf is whose. Try to place the right names against each of these pictures. Can it be where punters keep their equipment? Have you experienced the last exit from Mallorca? Will your inspiration come from the same source as the exploring Captain?

Send your answers to Andy Todd of Helsby Running Club at 5 Ennerdale Drive, Frodsham, Cheshire WA6 7LF. Include your own address and phone number to qualify for a special prize. Answers published in our next edition.



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COMMITTED TO KEEPING YOU ON THE MOVE

The Cairngorms – a big day in the hills

Bob Berzins

Ten thirty on a summer night saw me striding across the Cairngorm tundra towards Bynack Moore. Overhead, the sky, a deep blue with a few white clouds glowing in the setting sun. Underfoot a bonsai garden of delicate pink gravel paths through the micro heather and crowberry, growing no more than half an inch tall. I'd left the car park and ski tows behind and already after an hour felt I was in the middle of the wilderness, not a soul in sight, just a few croaking ptarmigan settling down for the night. A beautiful night to be out, one not to be missed and with legs full of running I enjoyed the moment without thinking about what lay ahead.

If you dig out your Fellrunner from December 1988, you'll see an account of Mark Rigby of his epic Cairngorm run that summer. Mark had set out from Glenmore, solo, unsupported and unreced to do the seventeen cairngorm munros within twenty four hours. A broken watch and terrible weather overnight left him wondering if he would make it, but he dug deep and charged down the hill in the allotted time. I'm not sure if anyone else has done the run since then, but it certainly caught my imagination.

If you want to tick off munros, there's several easier circuits to have a go at, but to me the Cairngorms is not about that. Here's a circuit of seventy one miles, not crossing a single road or a fence and staying above fifteen hundred feet the whole way. Being so remote the run lends itself to an unsupporting attempt and if you fancy a big day out in Britain's wildest terrain, this is it.

A couple of weeks after doing the run, it's easy to forget the effort that went in, the doubts in your mind and the soreness in your feet, it all blurs into one. But as I was doing the run I made time to look about and tried to absorb what was around me.

It never really got dark, looking to the north you could see the pink glow of the sunset a little to the west and moving right, a darker patch of sky before the sun rising on the east. I tried to establish a rhythm running down Glen Avon and just as I was congratulating myself for feeling at ease and not being afraid of the dark I jumped out of my skin when someone shone a bright light in my face. I turned around to see the moon had risen over the hilltops. It didn't light up the bridge a few miles downstream however and I spent some minutes blundering through the heather

trying to find it. A real Indiana Jones job – three strands of wire and a few planks of wood swaying in the night.

By 2.30am the ptarmigan were stirring and a pipit decided it was time for the dawn chorus. Just before three it was light enough to read the map and scramble up to Ben Avon's summit. Shortly after I looked back to see the summit rocks silhouetted against a blood red sky. Beinn a Bhuird provides good running underfoot but it's an energy sapping trek to Beinn Bhreac, "moss" being a particularly good word to describe this plateau. A plunging scree run off Beinn Chaorain was great fun but meant I had to stop at the Lairig Laoigh to take the stones out of my shoes. It was all going well, I thought I could do it.

The next section over Beinn Mheadoin, Loch Etachan and Derry Cairngorm provided spectacular views and rocky terrain and by the time I reached Ben Macdui I still hadn't seen another person. The tops stretched out all around, the air was still and the only noise was from a snow bunting staking out its territory. Running down a snow filled Taylors burn was a doddle compared to the vertical heather off Carn Mhaim, but at least it led to the Lairig Ghru, the start of the last section and yes, there were people around, the world had woken up.

To take my mind off the climb up to Devils Point, a male ptarmigan accompanied me up the hill a short way, it looked like he was making a bid to replace his grouse cousin on the whisky commercial and although he had his summer plumage he hadn't shed the furry legs. At this point my route differed from Mark's, I was doing the whole circuit in the opposite direction, but I climbed Cairn Toul straight away rather than just before Braeriach, cutting out a couple of miles, but adding some climbing. Cairn Toul as expected, was a weary climb and I also started to worry about the time I had left, but I knew as long as I kept eating and drinking and watching the clock I should be OK. There was just one rough section left across to Mullach Clach a Bhlair via Glen Eidart, but a herd of deer showed me the heathery descent to the river really could be done in thirty seconds.

I wanted to get up to my last top Braeriach with plenty of time to spare so I pushed myself into running as much as possible across the Moine Mhor. This wasn't as bad as it could have been as I was experiencing a bit of dissociation, I had the schedule in



Bob Berzins. Photo Allan Greenwood

my hand but it was this other bloke who was doing the running and I kept telling him to get a move on. I made it to the last top in good time which was just as well, sore unco-ordinated feet made heavy work of the descent and by starting at Coire Cas I left myself with half an hour of heather bashing to finish.

31/5/99 – 1/6/99 – Total time 23 hours 19 minutes. Solo, unsupported.

Start:	
Coire Cas car park	21.30
Cairngorm	22.10
Bynack More	23.08
Fords of Avon	23.38
River Avon bridge	1.20
Ben Avon	2.50
Beinn Bhuird	3.48
Beinn Bhreac	4.57
Beinn Chaorain	5.58
Lairig an Laoigh	6.12
Beinn Mheadoin	7.00
Derry Cairngorm	7.57
Ben Macdui	9.00
Carn Mhaim	9.59
Carrour Bothy	10.25
Devils Point	11.12
Cairn Toul	12.15
Monadh Mor	13.22
Beinn Bhrotain	13.59
Mullach Clach a Bhlair	15.47
Sgor Gaoith	17.04
Braeriach	18.55
Finish:	
Coire Cas car park	20.49

The Cuillin Round

The Red and Black Cuillin - 59 tops, 23,150 ft in under 24 hours - 31 May 1999

So it was that Ronnie Jackson and I came to be clinging to the In Pinn in a southerly gale, the eastern Glen Sligachan skyline done, facing an uncertain future with rain threatening to turn the basalt into a skating rink and dump us back into Coir'uig.

My first go at the Skye Cuillin was prosaic enough. A decade ago, at a time when finishing the Munros was an issue, alarmed by stories of magnetic rock and impossible routefinding, I booked a week with Gerry Ackroyd (Cuillin Guides) in Glen Brittle. Every morning we climbed in the rain, every afternoon we watched as fabulous peaks emerged from the murk. Apart from the odd Corbett sortie I didn't go near the place again til '95. I'd joined Wellingborough Mountaineering Club, the idea being to learn to climb properly before I fell off properly. This coincided with Dangerous Dave's fellrunning period. We ran the Welsh 3000s seemingly every weekend, then in July headed for the Cuillin Main Ridge. I was there three days ahead of Dave, armed with the appendix of Gordon Stainforth's *The Cuillin*, and did painstaking both-ways reccies of the bits I didn't know (that'll be just about all of it). The weather was warm and sunny, I found the scrambly ways past all the abseils - Game On. I met up with Dave, we argued over ropes, got rained off the In Pinn - and went home.

It's said there's no cure for the Cuillin. Next year I was back. Whit Weekend. Taking advantage of a weather window, I drove up Saturday, did the Ridge on Sunday from Glen Brittle in 10ish hours, travelling light (no rope - bypass TD Gap, etc), hitched back to Brittle, on Sunday had a gentle run on the excellent Macleods Tables, then headed home just as the rain started.

In 1997 the Lowe Alpine Mountain Marathon was on Jura, the weekend after the Jura Fell Race. What better than to have a go at the Greater Traverse in between? Plans for transport and company fell through, and after a quick rethink I settled for a 25 mile circuit starting at the road by the south end of Bla Bheinn. After a longish jog into Coruisk, I found a way up Garsbheinn (the whole thing was a bit unrehearsed), headed along the misty not-all-that-slippery Ridge, then returning almost to sea level to cross Glen Sligachan. By now it was a perfect

evening - there were guys camping on top of Garbh Bheinn watching the sun go down over the Outer Hebrides. Fine - but I still have the Clach Glas - Bla Bheinn traverse to on-sight. The sun is setting as I reach the top of the superb summit of Clach Glas. Panic sets in as I can't find a way down to the Putting Green - despite Stainforth's bombproof instructions. It's just dark as I climb the final Corner then plod up the ridge to arrive at Bla Bheinn's summit, 14h 38m after leaving Garsbheinn, the Outer Hebs silhouetted against the afterglow. The descent to Kilmarie in darkness is a series of cock-ups I still don't want to talk about. Total 22h.

It was from that minor epic that the idea of a Cuillin Round grew. By an odd coincidence, on the ferry from Jura I got talking to Pete Dawson (Cumberland FR). Pete was due to stay with the John Muir Trust Warden (the Trust had bought Bla Bheinn about a year previous), I gave him a lift, we got talking about the Greater Traverse, and the obvious but apparently unexploited addition of the Red Cuillin to the GT. As if enacting a ritual I was back there Whitsun '98, although injury that year ruled out anything energetic and a car breakdown confined us to Slig. We did Nan Gillean's Pinnacle Ridge, hitching a lift on another party's rope when we discovered that the downclimb from the 3rd Pinnacle on-sight unroped in the rain wouldn't go. The Red Cuillin and the excellent Sgurr na Stri and other missing links were also filled in.

The Round started to take shape. Obviously it had to include the Main Ridge, Clach Glas - Bla Bheinn, the Red Cuillin from Glamaig to Marsco. Sgurr na Stri sat astride the route between Bla Bheinn and Garsbheinn, so got included along with Sgurr Hain. It seemed right to include the outlying Munro Tops along the Main Ridge: Sgurr Sgumain fits in well with the TD-gap bypass, and the Knights Peak on Pinnacle Ridge, despite its allegedly being below the magic 3000ft mark [see *The Angry Corrie* 36], provides good sport whilst potentially allowing the scrappy south ridge of Nan Gillean to be missed out, bypassing Gillean on its eastern face (no-one I spoke to knew whether this would go). After several months debating with Paddy Buckley, the magnificent Sgurr na-h'Uamh was finally included as a classy coda to the Main Ridge. The fine double-top Sgurr

nan Each was added before Clach Glas, and Belig made a substantial and very late entry a week before the Round was inaugurated. The resulting Round amounted to 59 tops, each having a drop of at least 50 ft - a total of 32.8 miles and 23150 ft of ascent.

All that remained was to do it in less than 24 hours. To the average Main Ridge party with ropes and gear, the whole idea is probably laughably stupid. Equally, in comparison with the BGR, PBR or Ramsay, the stats involved in the CR are fairly trivial. But the Cuillin are different. I was satisfied that the Round would make a good day out - as were the team of fellow-conspirators lined up to share the adventure. Paddy had the Coruisk hut booked from Monday onwards, the idea being, weather permitting, to go for the Round at daybreak on Tuesday or ASAP thereafter. Steve and Wynn Cliff, Yiannis Tridimas and I were there a day or two before, for final reccing. Sunday, Steve and I headed up Pinnacle Ridge - Steve to exorcise the ghost of a previous Maytime encounter involving lots of snow and a helicopter. Me to check out the Nan Gillean eastern bypass - which thanks to a typically Cuillinesque quirk of geology turned out to be a doddle. And to search for a quick way off Sgurr na-h'Uamh - involving some rather wonderful water-worn gabbro slabs. Yiannis headed off to find an equally convenient line under the northern cliffs of Garbh Bheinn out to Belig, and sort out Clach Glas. Game on!!

That afternoon back at the Slig, in between pints of Red Cuillin we get the hotel to check the forecast on the Net. Sunday having been perfect, the story is that Monday should be OK-ish, Tuesday bad, Wednesday could be OK - but who knows? Although we're not due to see the rest of the team until tomorrow morning at the Coruisk hut - Plan B emerges: 1 a.m. start in Glen Sligachan. We can't contact any of the gang - they're in for a surprise when Wynn meets them at Elgol next morning.

So it is that Steve and I are standing in the moonlight by a patch of cotton-grass a mile and a half up Glen Sligachan. The allotted hour arrives and we head over the moor towards the looming bulk of Glamaig. Steve has sorted out an excellent grassy ascent which I power my way up, him with rucksack in desperate pursuit. The scree descent to the bealach goes well by moonlight, then it's over the Deargs.

At the foot of Ciche na Beinne Deirg, Yiannis is waiting with a flask of soup. I empty the Dearg scree out of my shoes and head up Marsco, now in daylight, rejoining Steve and Yiannis at the col. More soup, over Druim Eadar Da Choire then Yiannis shows off his new route - at the limit of Walsh adhesion we dip under the north cliffs of Garbh Bheinn (via a track, unbelievably), then he waits while I head up Belig. This is a great little hill - a Black Cuillin Outlier which just demanded to be included. Back at the col I pick up the Camelbak. With so much hands-on scrambling a Camelbak is a convenient way to stay hydrated. I'm starting to tire a bit on the way up Garbh Bheinn - to Yiannis's relief as he leads me down the south-east ridge and organises more soup while I head for outlying Sgurr nan Each - its twin tops separated by what looks like a serious climb but is just a simple scramble. Yiannis has the route over Clach Glas to perfection and we save fistfuls of time. He makes just one error, which leads to the discovery - and inclusion - of Clach Glas North Top which has well over 50ft reascent - a bonus peak! We romp up the immaculate Diff-ish wall which is Clach Glas. No problems this time with the line down to the Putting Green, then enjoyable scrambling up through the dark recesses of Bla Bheinn to gain the ridge - at last there's a simple plod and I can get some more food inside.

I'm on Bla Bheinn 6h 45m after setting off up Glamaig. We're ahead of schedule at the Loch na Creitheach outflow, with Steve nowhere to be seen. We speculate that he's blagged a breakfast from some unsuspecting backpacker at Camasunary, but soon enough he's sprinting along the lochside. Fortified once more by the ubiquitous soup and pasta, I head up Sgurr Hain just north of the crags. Steve and Yiannis then head for Coruisk for a well-earned rest while I take in the Monument top and the fine twin tops of Sgurr na Stri. I linger just a moment to take in the view down to Coruisk and across to Rum, Eigg and the rest of the West, before descending the grass rake NW then doubling back along the path. Sari Luoma is at the stepping stones with a camera and a Finnish wave, then it's into the hut for porridge and a brew - despite having just arrived by boat, Wynn has the kitchen up and running already. 18mi and 12,300ft in 9h30m - from here on it gets slower.

The team have got the hang of the revised arrangements and sorted out

who's supporting what. Paddy leads the way up the excellent scrambly Mad Burn then leaves Ronnie Jackson and I to climb the east ridge of Garsbheinn - infinitely superior to the peat-and-scrree trauchle from Glen Brittle campsite which is the usual intro to the Main Ridge. In contrast to the morning, on the Ridge we are in cloud and buffeted by a strong southerly wind. The first part is runnable but after 12 hours I'm not really in the mood, and Sgurr nan Eag seems interminable. I perk up for the entertaining descent, glad to be scrambling again. Ronnie - a Ridge novice - is well impressed by the vertical sandpaper peridotite of Caisteal a Garbh Choire; after the summit we turn sharp left then traverse right to miss the abseil. In the mist we go astray on the traverse beneath Sgurr Dubh na Da Bheinn to outlier Sgurr Dubh Mor, losing 20 mins (I hope the party that tried to follow us got out alive!). Back on the Ridge proper, we skirt T-D Buttress (missing the Gap) and quickly bag outlier Sgurr Sgumain and head up Easy Gully to the superb summit of Sgurr Alasdair - top of the world. Ronnie leads the way up Sgurr Thearlaich and for once I have no trouble getting up the awkward little wall from the top of the Stone Shoot. We find the way off Thearlaich sneaking past the abseils, then Collie's Ledge takes us neatly to Sgurr Mhic Coinnich. Past Bealach Coire Lagan is a scruffy dolerite pinnacle - a poor relation of An Stac but worth a visit, having the required 50 ft of reascent. I always love An Stac - good firm rock on the crest, the smooth dolerite a relief from rough gabbro, the climbing sustained enough to make the minutes and feet fly by without being anywhere difficult.

Frankly it's too windy to climb the In Pinn. I wonder about the weather... will we get rained off anyway... we're behind schedule.... The kind of confidence crash without which no 24-hour Round would be complete. Well, we do it (solo up and down the exposed East Ridge - Mod), and here are Yiannis and Sari, who having arrived at Bealach Coire na Banachdich at the appointed hour are wondering where we are and have come searching. More soup and soul-searching, then Sari heads back to Coruisk while the indefatigable Yiannis joins us for the rest of the Main Ridge. Banachdich always seems to go on a bit - four identical tops in the mist plus a few other lumps - I lose count and we waste 25 minutes reorientating before finding the way down and on to Thormaid.

Knife-edge Ghreadaidh is no place to be in the wind and rain. Wet basalt is the Ridge-party's nightmare and I'm facing a Bealach Glaic-Mhor bale-out. Suddenly after Mhadaidh we break out of the cloud into the evening sunshine. I love the 3 Mhadaidh Tops and derive a certain sadistic pleasure from pointing my two companions at one improbable line after another. The final descent to the Bealach is excellent value - with the best to come - Bidein Druim nan Ramh. The first top is simple, although the descent to the Rock Bridge can be a bit of a slither. Yiannis doesn't believe me when I send him down the north arete from the main summit. Nor the slabs that follow. Nor the downclimb to the col. To be fair, I can't remember the crucial Diff downclimb either - I bottle out and defer to rockrat Ronnie - always a safe pair of hands in an emergency.

An Caisteal has an excruciating sense of humour. This section of the ridge delights in presenting the knackered climber with a succession of death-threatening leaps across empty space. Bruach na Frithe and Sgurr a Fionn Choire mark the return to tourist country, now deserted in the late evening. We take in a pleasant nobbly little top-with-a-view just before the Basteir Tooth, then head down the scree to find the start of Collie's Lota Corrie Route (Mod). After toying with the wrong steep chimney, we head down some more then back up the easy ledge system to the Tooth. A single delicate move is the key to the Am Basteir ascent, then from the col, Nicholson's Chimney and the stump of the former Gendarme lead the way to the wonderfully compact summit of Sgurr Nan Gillean. We pause to celebrate Ronnie's first ever Main Ridge (9h 30m), but I can't celebrate yet as it's 10pm and I still have 3 tops to go. The descent north to the Knight's Peak col is splendidly steep, and I'm glad the other two are alert enough to work out a fuss-free route. The KP is a fine top, perched above the Basteir Gorge. We return to the col, retracing its intricacies before employing my next secret weapon. A grassy ledge leads south-east across the face of Gillean, up a rocky step then across easy scree to join the South-east Ridge just before it levels off. Sgurr Beag is easy prey, but getting up and down Sgurr na-h'Uamh before nightfall ain't going to be easy. Just before the top we surprise a Ptarmigan - the surprise is mutual. We race carefully back down the rock pitches we've just ascended, relieved to gain the (mostly) grassy Coire Glas with just a trace of

light remaining. As we approach Glen Sligachan, Yiannis heads south to rejoin the others at the Coruisk hut, leaving Ronnie and I to jog-walk the annoyingly rubbly path along the Glen to reach that patch of cotton-grass - with 32 minutes remaining, and the lights of the Slig beckoning. Job done. Start of holiday.

Tuesday's task is to get back to Coruisk. Ronnie leaves Slig campsite at 7 a.m. and runs through for breakfast, allegedly spending the rest of the day paddling with Yiannis in the sunshine (Yep - the forecast was rain). I spend the morning at the caravan massaging the legs, sorting out a blister, eating. Having overdosed on Glen Sligachan I drive round to Glen Brittle, then plod over Bealach Coire na Banachdich to Coruisk. More accurately, I lose my way in the mist, head up the wrong gully, escape right, climb to within an inch of my life to emerge on the West ridge of Sgurr Dearg - before making my way down to Coruisk and a pleasant evening stroll to the hut, champagne, a meal c/o Wynn and Graham, and a few drams. Paddy Buckley, 70 this year, had taken a party up the south ridge of Sgurr na h'Uamh (putting up that poor Ptarmigan again) then headed along the Main Ridge over Bidein.

Wednesday Paddy does the other half of the Ridge. Ronnie and Yiannis decide that my time was too slow and do the Main Ridge again, in 8h 30m. Ken Turner and Eileen Bond have their sights on the Dubhs Ridge. Ignoring the protests of a pair of knackered knees I just have to join them for this sought-after route. We fall for the direct start. This turns out to be 50m of easy slabs followed by a little slimy wall topped by a dodgy chockstone. I have a separate struggle to get up this, then sit in the sunshine while Ken and Eileen wisely descend the slabs and walk up the grass at the side. I then discover that the next pitch is even harder, on-sight without protection, but in retrospect excellent climbing. Not an ideal start for a recovery day, but the rest of the ascent over Sgurr Dubh Beag, Sgurr Dubh Mor and Sgurr Dubh na Da Bheinn is a dream. Eileen finally gets a signal and is able to phone home from the summit then she and Ken head for Garsbheinn while I look at the TD gap. I've not been there before and enjoy the fine scramble to the summit of the TD Buttress before looking down on the Gap. A pair are just roping up, en route for a 2-day trad Ridge, full gear - heroes. Beating a hasty retreat I coax my protesting knees north a Cuillin half-mile to Sgurr Coir' an Lochain, enjoying its scrambly North top before returning to the hut.

Thursday is our last day at Coruisk. Despite the drizzle which finally catches up with us, we are determined to make the most of our location on the 'wrong' side of the Cuillin. Ronnie and I head along the Druim nan Ramh. We are surprised to find a *mauvais pas* immediately before the Druim Pinnacle. The Pinnacle itself is harmless, but loose. Beyond, we find the traverse line along the south side of the Bidein cliffs. The ledge runs onto what appears to be the Main Ridge, but in thick mist we haven't a clue where we are. Climbing up we recognise the West summit of Bidein Druim nan Ramh. A romp down the Glaic Mhor screes and yet another full-length traverse of Cor'uisg makes a suitably aesthetic finish to a top-quality trip.

As to the Cuillin Round, a fellrunner confident to scramble at Mod/Diff with a reasonable knowledge of the Ridge and/or good support should have no difficulty in completing a sub-24-hour circuit. It would be good to see it go in under 20 hours. The main dilemma is the In Pinn - for entirely non-technical reasons. Starting at Slig, in good weather you may have to share it with a few dozen other parties - Ronnie and Yiannis reported a 2-hour queue there on their second traverse. Start pre-dawn at Coruisk and you'll be early at the Pinn but may have to do Sgurr na Stri in the dark.

Big thanks to the team - for the planning, the receiving, the provisioning, the support, the company. It wouldn't have happened without you.

Mike Lates mentioned the possibility of taking in the remaining Reds through to Broadford. Now there's a challenge. Take out OS32 and have a look.

Rob Woodall, Peterborough, August 1999

Cuillin capers

- *Main* : 6.7 miles, 10000 ft: first completed by Shadbolt & McLaren, 1911 (12h 18m Garsbheinn to Nan Gilleann), record Andy Hyslop, 1994 (3h 32m 15s) - *Climber* 1994

- *Greater Traverse* (adding Clach Glas - Bla Bheinn, sometimes including Garbh Bheinn): 12 miles, 16,200ft: first completed by Charleson & Forde, 1939

- *Black + Red Cuillin* (Greater Traverse + Marsco, Dears, Glamaig, Sligachan start (3 p.m.) and finish): Calum Smith, 30-31 July 1991, solo unsupported (34h including 7h bivvy on Banachdich)

- *Cuillin Round*: 33.4 miles, 23275 ft, 59 tops: Rob Woodall 31 May 1999 (23h 28m)

One of my favourite

novelists is the late Neil M. Gunn whose works are currently enjoying a popular renaissance, but I suspect not much read south of the border. His novels attempt to search for the 'source of life' and his philosophy contained the 'maximum amount of freedom with one's duty to the community'.

His books depict life in the Highlands of Scotland - the REAL essence of life, which is, of course, indefinable. For me fell running comes very close - I believe that it is one's search for freedom, unobtainable in the absolute sense, but still pursued.

'THE OLD EARTH'

A soft wind to caress the skin,
the assurance of rock beneath feet,
the spirit is lifted to new heights
and just here, and now, freedom is so positive.

Below, the eternal fusing of fell and
beck;

grey crag, torn and riven, but
perennially rooted.

This is my world - here the very
depths

of self are seen - a mountain strips
us bare, takes away the wrappings
we concoct
and makes us delightfully
transparent.

Shall I win? Shall I lose? No matter,
I am here and that is enough.

For I have left the world's madness.
All hunger is satisfied on mountain
top,

I am at ease among the hills,
it is a day without night.

The pleasures will not diminish with
passing years,
each time the phoenix rises from
the dust and ashes of a secular
world.

There is no place better than 'the old
earth'.

Peter Travis

'For at the end of the day what's all
the bother about?

Simply about how we are to live one
with another on the old earth.'

Words carved on a memorial stone
to Neil M. Gunn between Dingwall
and Strathpeffer.



Long distance stuff - Roger Woods heading for Codale Turn in the Lake District Mountain Trial

Continued from page 32

unsupported from Glenmore and despite having never reccied the route, breaking his watch and suffering terrible weather overnight he completed the 76 miles and 20,000 feet in 22hrs 44mins. Eleven years on and although several have considered attempting the round, no one else has even set off until now. One of the great things about these epic Scottish runs is that they don't cross roads. The Cairngorm Round allows you to choose the order in which you visit the Munros and doesn't drop below 1500feet. Bob's time was 23hrs 19mins.

ROBBIE BRYSON - IRISH 3000 RECORD BIKE/FOOT

As multi-sport events become ever more popular, so multi-sport endurance challenges which have been taking place 'quietly' for many years are being repeated on far more regular basis. The Scottish 4000's from Aviemore to Fort William, the British Three Peaks from Caernarfon to Fort William, and more recently the Irish 3000's from Brandon Mountain in the SW to Lugnaquilla in the east. In July 1996 Mark Hartell and Adrian Belton completed the first non-stop traverse of all the Irish Munros and Tops by bike and on foot in approximately 25 hours. Their route took them 233 miles by bike from Brandon Mountain to McGillicuddy's Reeks where they climbed the 4 Munros and various tops before cycling on to climb Galtymore on the way to Lugnaquilla, the final summit. They covered 25miles and 17,000feet of ascent on foot.

In June of this year, Robbie attempted the same route as Mark and Adrian but travelling from east to west and his target was to beat 24 hours from summit to summit. The idea had become a bit of an obsession and before making the attempt he had reccied the route a few times. He cycled alone and his rules were no pacing/drafting on the bike, use the same bike except if major mechanical breakdown occurs and always return to the point where you left your bike on foot to the mountains. As well as the other Munros, he intended to traverse all 12 summits and tops in the Reeks. He set off at 16:45 hours from Lugnaquilla summit with the benefit of a light northerly tailwind and 23hrs 19mins later arrived at the summit of Brandon Mountain. The distance of 237 miles he covered by bike suggests that he took much the same route as Mark and Adrian. He was supported Mike Hunter who acted as driver, cook and DJ while Jim Brown accompanied him on the hills. It was a remarkable 'tour de force' by Robbie to complete all the cycling alone and he kept to his schedule throughout the traverse.

RICHARD CALDER, CHRIS LATTER & IAN LANCASTER - IRISH PEAKS COAST TO COAST

This year there have been two documented attempts to link all the Irish Munros continuously by bike and on foot. On 31st May, Richard Calder, Chris Latter and Ian Lancaster set off to cycle 270 miles from Dunmure Head, the most westerly point in Ireland to the lighthouse at Wicklow Head, the most easterly point in Eire. They intended to also climb all the Munros en route. The

weather for the attempt was reasonable and they progressed well until the last major 90 mile stage from Galtymore to Lugnaquilla where a combination of weariness and some route finding errors (on Irish roads) caused the team to lose their momentum. Their time from summit to summit was 26hrs 31mins and the entire challenge took them 31hrs 44mins. They believe it was the first full coast to coast continuous traverse including all the 3000 foot peaks and in the process they raised nearly £3000 for charity.

GARY TUDBURY - BRITISH 3 PEAKS RECORD ATTEMPT BIKE/FOOT

In July 1997, Dave Sleath broke the 18 year record for the British Three Peaks on bike and foot in a time of 35hrs 40mins. A few groups had missed the record until Dave reduced it by more than 6 hours. A year later on 26th June 1998, Gary Tudbury made an attempt at Dave's record, starting from Caernarfon in the early morning. Much of the time on the bike was spent in pouring rain with gusty winds, however he managed to stay ahead of schedule as far as Glasgow. The wind returned but had shifted by 100degrees to be predominantly a stiff headwind. The record slowly slipped from his grasp and having climbed the Ben, he arrived at the Safeway carpark in Fort William in 36hrs 42mins, an hour slower than Dave's time. The statistics are 430 bike miles, 25 foot miles and 11000ft ascent. He was superbly supported by his family with running and cycling friends from Long Eaton CC and Erewash Valley RC. Gary feels that given the right conditions, the record is attainable.

BOB GRAHAM CLUB ACHIEVEMENT OF THE YEAR AWARD 1999/2000

The Club presents an annual award to a member of the club who has completed the most outstanding long distance mountain running achievement/s. The award year runs from 1st May to 30th April and to be eligible for the award, the member **MUST BE NOMINATED** by a friend or someone who witnessed the event. The nomination should include a description of the challenge, a schedule and reasons why the achievement merits the award. Nominations for the 1999/2000 award should be sent by June 2000 to: Mr Fred Rogerson, Tethers End, Lindeth, Windermere, Cumbria Tel 015394 44586

Martin Stone's Long Distance News Summary

Plenty of heroic deeds have taken place this summer and there is no shortage of candidates for the FRA Long Distance Award.

FRA 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. If you complete a long distance mountain challenge that you think would be of interest, please send details to the address below so that others can be inspired to repeat or improve on your achievement. In the autumn, a panel of long distance 'enthusiasts' examines details of outstanding performances and a suitable recipient of the award will be chosen. Please send a schedule and brief details of any record-breaking run to:

Martin Stone, Sleagill Head Farm,
SLEAGILL, PENRITH CA10 3HD,
Tel: 01931 714106/1107 FAX,

EMAIL: martin@staminade.demon.co.uk

GALLOWAY STRAVAIG - GLYNN JONES' 100 MILE WINTER RACE

Glynn lives in Galloway and has organised the classic Bruce's Crown event for a number of years. His idea was to join up the three Cairnsmores of Galloway into a circular route and make it add up to 100 winter miles, about 17,000ft and very few paths over the difficult terrain; perhaps the hardest 100 miler ever held in Britain. Entry was by invitation only as the challenge was so serious. He invited 50 seasoned long distance mountain runners but in the end only twelve bold souls set off at 04:15 on 30th January from Jo & Paul McClintock's house near Newton Stewart. Over the next 45 hours, the numbers were whittled down to six as the route took them over the delights of Curlywee, Merrick, Glenmount, Cairnsmore of Carsphain, Cairnsmore of Dee and finally the Cairnsmore of Fleet. The first night was cold but mainly clear and the 6 remaining stalwarts were assisted by a full moon. Tiredness took its toll and an odd hours sleep was snatched here and there by the weary travellers. The six who finished stayed together for the latter part of the route, continuing late into a second

night to drop off Cairnsmore of Fleet and finish after midnight. Glynn was one of the six to complete his own challenge, learning at the finish that he had become a grandfather. The finest achievement was that of local boy Gareth Steel who at the tender age of 18 completed the route having only ever run 40 miles before during Glynn's event the previous summer.

MARK HARTELL - 2ND FASTEST BOB GRAHAM EVER

It's a long time since anyone has had to gall to try and beat Billy Bland's 13hrs 53mins for the BG Round. Billy set his record back in 1982 and about a month later Stuart Bland produced a similar remarkable performance of 14hrs 56mins. To put these times in perspective, Billy completed the BG a full 3 hours faster than it had ever been run before. Since then, Mark McDermott and Mark Hartell, the boys from Macclesfield Harriers, have set successive Lakeland 24 Hour Records and demonstrated that superhuman performances on the fells are not just the domain of born and bred Lakeland people. A fairly similar calculation leads one to believe the present 24-hour record is almost exactly 50% further than a standard Bob Graham and so it's like running a Bob Graham in 16 hours and carrying on at the same pace. In order to beat Billy's record another two hours has to be lopped off. In the late 80's Mark McDermott made a clockwise attempt but various things went wrong and Mark didn't get beyond Dunmail.

This summer, Mark Hartell had focused his fitness on turning out a top performance at the Western States Endurance Run in California. The event is held in early July and is probably the worlds most competitive 100-mile trail race with about 20,000 ascent. Mark had travelled out for the event with Mark McDermott (who finished a very creditable 9th), Paul & Jo McClintock and Rex Stickland who all acquitted themselves well.

Unfortunately a bad dose of food poisoning did for Mark Hartell and he had to watch the race. On his return from the States Mark felt he needed a challenge to make up for the disappointment but having recently become a father, his window of opportunity was not great. What better than a day out in the Lakes trying to beat the Bob Graham record. His reputation as Rainboy precedes him as all three of his previous attempts at Lakeland records (even the successful one) have been dogged by bad weather.

However, Sunday 25th July was the Perfect Day he deserved and a team of 14 pacers and supporters were present to see Mark's romp over the fells. He set off at 06:00am attempting a clockwise round. Because the pace required would be too fast for most pacers carrying a rucksack, a careful plan was devised allowing pacers to take turns to col hop while others were 'on duty'. Because of the recent decision to attempt the record, Mark had no opportunity to recce the best lines and the odd minute was lost here and there. Early on he suffered with an overheating left foot which troubled him for the first half of the round. Nevertheless, his renowned iron determination showed through and he reached Dunmail in about 5 hours! Despite his bold approach to the run, he secretly doubted his ability to break the record but was determined to just do the best he could on the day. He passed through the valley crossings like a whirlwind and was stopped for only 3 minutes the whole day. Billy and various other members of the Bland family came to Dunmail and Honister to witness the run. By Honister it was clear that he wouldn't break the record and it required true grit and determination to run the road hills back to Keswick so that he could beat Stuart Bland's time by 2 minutes. His total time was 14hrs 54 and the sections took 2hrs 25, 2hrs 47, 4hrs 5, 3hrs 38 and 1hrs 59. Maybe one or two of those who helped or supported on the day will have been encouraged to have a go.

ROB WOODALL - THE 'MUCH GREATER' CUILLIN ROUND

This magnificent round completed on 31st May is described elsewhere by Rob in his article. Suffice to say that it is the longest continuous mountain run ever completed on Skye. Although the Black Cuillin Munros on the Ridge and the other Munros, Glamaig and Bla Bheinn, are occasionally completed in a continuous effort, Rob added a number of outlying peaks to complete a circular route from the JMCS Coruisk Hut.

BOB BERZINS - 2ND COMPLETION OF M. RIGBY'S CAIRNGORM ROUND

Big Bob turns up every few years with a new adventure under his belt. Bob is very much a member of the 'solo-unsupported' brigade and it was a great surprise to receive his email with news of his completion of the Rigby Round. His article elsewhere in the magazine describes the first repeat of Mark Rigby's round of the 17 Cairngorm Munros. In 1988 Mark set off solo-

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