

THE FELL RUNNER

AUTUMN 1977



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THE FELL RUNNER'S ASSOCIATION

THE F E L L R U N N E R

The magazine for Fell and Mountain runners and all who are interested in the sport.

TENTH ISSUE - DECEMBER 1977

Editorial

Should the sport of Fell Running in the U.K. seek to become an accepted branch of amateur athletics or should it register as an independent sport with the Sport's Council or should we simply carry on as in the past? This subject has recently been discussed in committee and no decisions have yet been taken. It will of course be up to you, the members, to say, either by referendum or at the A.G.M. My plea is that you should familiarize yourselves with the issues involved and then exercise your democratic influence if and when the time for decisions arrives. My plea, also, to those keen to see progress one way or the other, is not to push too hard or too fast. The members need time to digest the pro's and cons.

Our sport has enjoyed another great season. The most significant development of the season is in, my view, the establishment of fell running for women. See the review in this edition.

Whatever the future role the committee may take I hope that the annual calendar service will continue. I think that this is probably the service that most members value highest. The majority of those that have commented to me about the journal seem to be in favour of the present informal style and limited advertising. Costs are reasonable and therefore I intend to continue with this style into 1978. For the next issue humorous articles would be particularly welcome (where are those limericks then?) and an action photo of one of the elite runners, not already featured, for the cover,

COVER PHOTO: Billy Bland at Scarth Gap at the foot of Haystacks in this year's Ennerdale event. Billy finished second to Mike Short on this occasion.

Photo by TOMMY ORR,,

On the subject of the elite, they will no doubt be interested in the new arrangements proposed for the '78 'Fell Runner of the Year' award. Briefly this is 3 best short (record less than 40 minutes), 3 best medium and 3 best long (record greater than 1.45), plus 1 choice, all from Cat.A. events.

A second annual dinner dance is planned (see advert). Your support will help to make this a 'reet good do*.

Peter Knott.

66, Edwinstowe Road, Lytham St. Annes, Lancashire.

Lytham 737871.

(See Spring '77 issue for the names and addresses of the committee officers).

THE FAMILY BLAND by ROSS BREWSTER

Keswick Athletic Club is rapidly becoming known by a new name - Bland's A.C. The reason is a unique one. Can any other club anywhere boast a family link of three brothers and two cousins, all competing actively?

Starting an athletics club in Keswick some five or six years ago was no easy task. For a while the club plugged away with a small membership, and when the Blands came along that membership figure virtually doubled overnight. They brought a competitiveness and overall stimulus which helped to spring-board Keswick A.C. into its now thriving and expanding position in the fell running world.

The brothers Bland are:- David 27, Billy 29 and Stuart 31. Their running cousins are Anthony and 36 year old Chris whose role in the club extends beyond his running to the Chairmanship. Combine all this with his family commitments and the production of local stone masterpieces at his home in Stonethwaite and it points to a hectic life.

But says Chris: "Life is wasted if not used to the full". He generally fits in his training in the evening, "But I have been on Scafell Pike before seven in the morning and hope to do more of this early morning running during the summer. What better than running past Angle Tarn at 6.00 a.m.?"

Chris has also tried his hand at orienteering: "I still manage to turn a 7k. course into a 12k., but as I have gone wrong between Great Borne and Red Pike on both my Ennerdale outings it must help¹¹, he says.

Chris's start in fell running is in itself a story - and a story which should inspire many ordinary people to shake off the sloth of their lives, seek fitness and the sheer joy of fell running which only those who take part in the sport really appreciate.

One night wife Sheila said, "Why not run down to the Scafell pub a mile away". "Why not? I was only 34 in the prime of life, weighing a mere 14 1/2 stone and as fit as a fiddle. After 300 yards jogging I was reduced to a puffing walk. I had to do something", said Chris,

New Year's Day 1975 was D^Day, "I started trotting out at night for 2 to 3 miles with stacks of clothes on. The first 1.5 stones came off fast. It was hard, but after the 1975 Edale, when I dropped out at Hope, just as Carol Walker went past me, I had to carry on training even harder", explains Chris,

His target now? To shed another stone and maintain last season's improvement especially in the longer events. And one great hope is a successful completion of the Bob Graham Round this year.

At various times in the past 15 years, Chris has played football, rugby and cricket. But he says he has had more pleasure and satisfaction during the past two years, "doing my own thing on the fells", than in the whole of his prior sporting life. "And I have met hundreds of men who stand high above the star man who moaned all afternoon because he never got a good pass." We know what he means

Talking of beginnings in the sport, how about this one? Stuart, who farms at Thornythwaite, went on a training run with brother Billy last June, following the Borrowdale course to Scafell and back. He was reduced to walking pace at times, but about a week later set off solo from Rosthwaite and ran the full Borrowdale Race course in 3 hours 27 minutes. This, one should add, a man who had not previously run a serious fell race.

"It encouraged me to do some regular training and, from then on, I did about an hour on the fells almost every night, I had convinced myself that I could go round in 34 hours in the Borrowdale Race itself and this would get me in the top ten. The thing that surprised me on race day was how I could get away from most of the other lads on the downhill sections." Get away he did. How many runners can claim to have come third in their debut race in a field of more than 100?

After that astonishing debut, Stuart was under no illusions about his speed or chances in the shorter races-, "Had I started 10 or 15 years ago I probably would never have had the pace anyway. I feel you get better stamina wise as you get older, up to a limit of course, and the longer, rougher type races will probably suit me best."

After the Borrowdale, Stuart trained on for the Langdale Race reasoning that, after Bowfell summit and,

4-

apart from short climbs on the Crinkles and Blisco, it's mostly downhill and would suit him.

"Anyway, after Langdale the running bug must have bitten me because I'm looking forward to getting in as many races as I can this coming season," he said. "As for fitting in running with the work on the farm, the work has to come first - I'm a one man band - and I suppose like all the other lads I do my training when the day's work is done."

During the winter Stuart has clocked up a few hundred miles ~ "Mostly running the white line down the middle of the Borrowdale road at black of night." One day he hopes to improve sufficiently to win a race - not a bad ambition for someone who waited until he was 30 to make his debut.

Brother David is another farmer, but confesses he must be the laziest trainer in the business. "On a winter's night I set off to do 8 miles on the road and end up doing four. On Sundays I go out with Billy and Stuart for a long run on the fells and hate every stride because they go too fast," he says.

"In the summer I am on the fells a great deal working sheep so I tell myself I don't need a lot of training. Most of the training is done after every race in which I don't quite do as well as I hoped. I love racing, but hate training."

As to the family rivalry, David says that it's something he relishes. "It gives me a boost in a race to know either my brothers or cousins are going badly one mile behind! Having members of the family up ahead spurs me on to possibly help win a team prize. It's a great feeling being third in a team of Blands winning prizes as happened in one or two events last year."

Like Stuart, David's first race was the Borrowdale event which starts about 100 yards from his doorstep and runs over fells which he works every day. "I had not joined any athletic club or done much training. I thought it would be a piece of cake. If anybody ever got their eyes opened that day, I did."

David completed three quarters of the race in good style being up in the first ten. But over the final stretch from Honister Pass suddenly his knees refused to lift, his stomach rebelled and his head spun. "Coming off Dale Head I had to sit down and slide on my backside rather than fall on my head. About 30 competitors passed me on this section. I've never been as happy to see a finish even to this day," he recounts.

Anthony, who lives in Keswick, is another Bland who took up fell running fairly late and has begun to reap the

benefits of his first year of competition and a winter's training.

Billy, however, was a professional for about 6 years before getting re-instated. In professional events the distances are short and there are fewer competitors - only about half a dozen except for Grasmere and Ambleside which may attract 20-30. In small races prize money for the winner is £8 whereas the Grasmere victor now receives £75.

"The main difference I find now as an amateur is a friendly and more relaxed atmosphere at a race, where before a professional race I used to be very tense and nervous as they are more like a sprint and it's all over in 10 or 20 minutes."

Billy is well placed to say how the leading pros like Fred Reeves and Tom Sedgewith would compare with the top amateurs. "I think Fred would do very well in the Pendle, Latrigg, Kentmere type of races as he was a very good track runner before turning to fell racing. However, in some of the longer events, with their rough descents, he would probably not fare so well and I think the opposite would apply to Tommy Sedgewick as he is a strong climber and very good on rough descents."

When I talked to Billy in March, he was stepping up his training hoping to peak in June for the Ennerdale Race. He normally does 40-50 miles a week all on the fells at almost racing pace and finds this enough. During the past winter he was putting in 40 miles a week on the footpaths and roads.

Last summer three Blands - David, Anthony and Billy - completed the Bob Graham Round and Billy feels that the record could be lowered by at least 11 hours given the right conditions.

"Six of us set off from the Moot Hall at midnight, the weather being fine throughout but very hot in the afternoon. We were running on a 23 hour schedule to start with and, after Dunmail Raise, we began to split up. I arrived at Wasdale with Mike Nicholson in front of schedule to find our pacers had not arrived, so Mike kindly went to Honister with me.

"I thoroughly enjoyed it until I got to Newlands Church then struggled to get back to Keswick to finish in 18 hours, 50 minutes," remembers Billy.

After his Borrowdale Race win last August can Billy make a real impact this year? "I was delighted to win that day and beat Joss Naylor because I thought that on previous form I would do well to finish in the first six," he said.

"I can't say that I will win any big races, but I expect to improve and go very close in races like Ennerdale, Wasdale and; of course, Borrowdale, I suppose the main rivals will be Joss, Mike, Harry and Ian Roberts - but it could be anyone. After all this time last year I didn't think I would be finishing anywhere near the lads I have just mentioned".

My apologies to Ross Brewster and the Blands for the delay in publishing this excellent article, Ed.

THE THREE TOWERS - Part Two
THE~THREE TOWERS RACE - by Bill Smith

Like the modern Pike Race, this event starts at Lever Park Gates, Horwieg, and finishes at the foot of Holcombe Hill, the Three Towers being, of course, Rivington, Darwen and Holcombe, In common with several other fell race courses, including the Three Peaks, Marsdale - Edale and Ennerdale Horseshoe, this one originated as a walk and has been especially popular with various scout groups. Three members of Bury and Radcliffe A.C., Terry Ratcliffe, Pete Booth and John North, had run over the course as long ago as 1963, and an informal race was held annually during the years 1965-67, organised by that club, as indeed is the present open race.

From Rivington Pike, the runners descended its north-western slopes and then followed the high stony track running north-easterly along the moorland scarp below Noon Hill and Winter Hill to the summit of the Rivington-Belmont road. This was followed for a short distance, then the runners branched off along a rough narrow path, traversing the edge of the moors, parallel to the road (Hoarstones Brow), and then crossed the farm pastures below to eventually emerge onto the A675 Bolton-to Blackburn road. This was then followed northward to the Tockholes road turn-off where competitors branched off to run along this narrow, undulating lane between moor and Woodlands to Grid Ref, 664202. Here they crossed a stile and headed for Darwen Tower, The standard route for this section now follows a muddy farm track running parallel to the road, below the moorland slopes, and eventually links up with the wooded track from Ryal Fold, A short climb up the grassy hillside then brings the runners to a clear stony track curving along the edge of Darwen Hill to the Tower. The next official checkpoint was at the Children's Home, Edgworth, and various routes were utilised to reach this point. The gently-rising Crow Trees Lane is then

followed up onto the moors and what became the standard route crosses the rough trackless moorland to Pilgrim's Cross - a modern trumpery stone now marks the site of the cross known to have stood here in the 12th Century - whence a good path can be followed across Harcles Hill to the final checkpoint at Holcombe Tower. Holcombe Hill is then descended by a rocky gully and though the finish is now in the fields below, in the early events it was situated at the Hare and Hounds pub in Holcombe village, and later, on the track immediately at the foot of the hill, just above the fields where the present finish is

Sixteen competitors from East Lancashire clubs turned up at Horwich on Sunday, 17th January, 1965 to do battle with the fierce south-westerly gales as well as among themselves. The Bolton trio of Tony Platt, Jack Iddon and Geoff Berry was in front on the road above Belmont, heading for Tockholes. Competitors chose their own routes between check-points, and to quote a report in the Bury Times for Wednesday, 20th January, "the recorder at the second check-point, Darwen Tower (1,225 feet), was besieged from all directions". Peter Booth was second to arrive here, behind Platt, with John North lying fourth. The leading positions at Cadshaw were : 1 Platt, 2 Booth, 3 Ian Watson (Salford Harriers), 4 North, 5 Dave Vickers (Bolton), 6 Iddon. Both Iddon and Geoff Berry had lost valuable time "touring Darwen", incidentally, and the latter retired, suffering from the effects of the bleak weather after having earlier discarded his tracksuit top.

Tony Platt was another who lost his way - not on the outskirts of Darwen, but on the wild moors between Edgworth and Holcombe - and he finally proceeded to the finish without visiting the last check-point at Holcombe Tower. Meanwhile, John North had overhauled Ian Watson - then the national orienteering champion, incidentally - and was wondering how far ahead his fellow Rossendalian, Peter Booth, might be, when Peter suddenly came into view some 200 yards ahead. This inspired John to even greater effort and he passed Booth to finish strongly in a time of 2 hrs. 13 mins. 45 secs., which happened to be 45 minutes faster than the existing course record. Peter Booth was second in 2.14.40, followed by Terry Ratcliffe, who had come on strongly over the concluding moorland section, in 2.25.46, and yet another Bury runner, Colin Schofield, in 2.26.15. Ian Watson was fifth in 2.26.35 and Pete Madden (Blackburn Harriers) sixth in 2.30.30. Thirteen of the sixteen starters completed the course, including

four runners who are still competing regularly on the fells: Jim Smith (Bury & Radcliffe) and Alan Heaton (Clayton-le-Moors) joint eighth in 2.31.25, Alastair Patten (Clayton-le-Moors) twelfth in 2.56.00, and Donald Talbot (Blackburn Harriers) thirteenth in 3.16.20. Talbot has, of course, since represented Stafford A.C., though he is now back north with Clayton-le-Moors Harriers, which club also now claims the services of John North.

It was a windy day for the 1966 race, too, and overnight rain made for heavy going on the moors. Eighteen runners set off from Horwich and again thirteen got around. Rivington Pike was reached in 13 minutes by the leading bunch, which comprised Bob Lewney (Barrow), Bob Jackson Jr. (Salford - now with Sale), and three Bolton lads, Mike Freary, Dave Vickers and Peter Lever, with Chris Hal linen (Leigh) and Ben Crook (Bury & Radcliffe) close behind them. Various routes were taken over the moors from the Tockholes road to Darwen Tower, and Freary, Jackson and Lewney were the first runners to reach this check-point, arriving together. Hal linen turned up one minute afterwards, followed by Vickers, Lever, Crook and ultra-distance specialist Bob Meadowcroft - (then of Bolton - now with Altrincham). Everybody's ways diverged beyond here once more and on arrival at Entwistle, Meadowcroft was informed that he was in the lead, though in actual fact, Peter Lever was then the front runner, having missed out Cadshaw and Entwistle altogether (there being no official check-points here), by following the course of the Roman Road which climbs the hills between Darwen and Tottington. Over the last stretch of moorland, Lewney worked hard to make up the ground he'd lost through a navigational error and managed to overtake the powerfully-running Meadowcroft. Peter Lever made a lightning descent from Holcombe Tower to beat the Barrow lad by 01.34, however, with a time of 2.21.35 Meadowcroft was third in 2.23.48, with Bob Jackson arriving 41 seconds later to gain fourth place. Freary had gone astray again near the finish and had to be content with sharing sixth place and a time of 2.33.03 with Jim Smith, 43 seconds behind Hal linen.

The 1967 race was run in severely inclement weather conditions, with a snow shower greeting the competitors on Rivington Pike, and rain turning to hail on Darwen Moor. Nineteen of the twenty starters completed the course, the exception being Gordon Entwistle (Bolton) who somehow managed to find his way into Blackburn. At Darwen Tower, he had been among the leading bunch, which included his Bolton clubmates Mike Chapman, Dave Vickers, Peter Lever

and Jim Strickland (now of Kendal A.C.), plus John Barlow (Winton - now Sale). Beyond Edgworth, it was Lever in front with Chapman not far behindhand Jackson and Meadowcroft battling grimly for third place. The latter eventually managed to shake off his adversary and passed a shattered Chapman on the approach to Holcombe Tower. At this final check-point Meadowcroft was 5 seconds behind Lever, but his ultra-distance stamina stood him in good stead here and he overtook his club-mate on the descent to the Hare and Hounds, where he arrived with 01.28 to spare. His time of 2.11.22 was 02.23 inside John North's 1965 record, and the Bury Times lauded him as the "King of the Towers". Lever was second in 2.12.40, followed by Chapman, 2.12.50, Jackson 2.13.28, Roy Standring (Salford) 2.18.57, Dave Payne (Bury and Radcliffe) 2.27.07, Dave Vickers 2.30.35, Jim Smith 2.32.54, Paul Murray (Bolton - now Clayton-le Moors) 2.32.54, Eddie Foley (Bolton) 2.32.54, and Alan Heaton 2.34.11.

Bury and Radcliffe A.C. organised the first open Three Towers Race on Sunday, 16th February, 1969, there having been no race the previous year. Deep snow and a low temperature did not deter fifty-one of the eighty entrants from turning out, and of these forty stayed the 18 mile course. There was, however, sunshine and a tail wind beyond Darwen Tower. Mike Freary reached the top of Rivington Pike in 11.29, 2 minutes ahead of the next arrival, Mike Chapman, but he had fallen back to fourth place at the Belmont road check-point (GR 672 166) where Chapman was leading from Jeff Norman (Altrincham). The fast road section towards Tockholes suited Freary, however, for he once more assumed the lead along here, though it was Chapman who reached Darwen Tower first. Freary again went astray beyond here, taking Peter Watson (Pudsey & Bramley) with him on a roundabout tour of Cadshaw and Entwistle, where there were no check-points. Chapman meanwhile had taken what was to become the standard route for this part of the course by descending to the outskirts of Darwen and taking the steepish lane up to Cranberry Fold, then following the muddy path over Cranberry Moss to emerge onto the Roman Road, which was then followed to Edgworth, where a by-road turned left to the Children's Homes check-point. Jeff Norman overtook Chapman on the way up to Cranberry Fold, however, and held his lead to the finish on the farm lane below Holcombe Hill. Chapman began to gain ground over the rough, snowy moor between Edgworth and Pilgrims Cross, but the Altrincham man drew away from him on the faster

going over Harcles Hill and Holcombe Hill, where there is a good path, and he looked quite fresh when he finished. Norman's time was 2.06.42 and Chapman took 54 seconds longer. Trevor Proctor (Rochdale) and Norman Carrington (Sale) were joint third at Edgworth, but Proctor proved the stronger over the Holcombe moors on this occasion and finished third in 2.11.34. Meanwhile, Pete Watson had overhauled Carrington on these moors and he was fourth man home in 2.12.54, 61 seconds ahead of the Sale runner. Other fast times were recorded by K. Baum (Bolton) 2.14.37, Bob Jackson 2.16.32, Jim Smith 2.17.22, Mike Freary 2.18.50, and Andrew Ladro (Kendal) 2.20.35. Past winners Bob Meadowcroft and Peter Lever were placed eleventh (2.24.37) and thirteenth (2.33.49) respectively.

The following year, the event was held on Sunday, 18th October, a mild, overcast day, and seventy-seven of the eighty-two starters finished. Jeff Norman was leading at Darwen Tower but lost places rapidly beyond here, finally finishing twenty-second. Colin Robinson (Rochdale), who was second to arrive at Darwen Tower, 10 seconds behind Jeff and 20 seconds ahead of the next arrival, Trevor Proctor, now moved to the front and checked in first at all the subsequent check-points. His winning time of 1.48.18 was 02.02 faster than that of runner-up Dave Farmer (Sale), who in turn had only two seconds to spare over Proctor, who was third.

Similar weather conditions prevailed on 18th October, 1971, when 110 runners got around. Colin Robinson lowered his record to 1.45.43 after a dour battle with Pete Waddington (Liverpool, Harriers) and Alan Spence (Bingley Harriers), only breaking clear of them on the moorland path between Pilgrims Cross and Holcombe Tower. Waddington beat Spence into second place by forty seconds with a time of 1.46.17.

The 1972 race on 15th October began in warm, sunny weather which gradually deteriorated to a dull afternoon, with a bitter headwind to be fought over the concluding moorland sections. Jeff Norman was in front at Darwen Tower, closely pursued by Farmer and Robinson. The latter was first to reach the Edgworth checkpoint, however, 02.32 up on Norman and Alan Blinston, and he further increased his lead over the windswept moors to complete a hat-trick of victories with a time of 1.49.13. Norman emerged a worthy runner-up by beating his Altrincham club-mate, Blinston, by 01.43, clocking 1.52.05.

21st October, 1973 was a superb day: warm and windless, with blue skies and sunshine, and truly enchanting views of

Pendle, and the Bowland and Craven fells from the approach to Darwen Tower,, Robinson was again the winner, recording a time of 1.49.56, but as in the 1971 race, he was given a hard fight by Pete Waddington and, early on, Alan Spence as well. The latter's challenge began to fade beyond Darwen Tower, however, and although he beat Kenny Mayor into third place by 02.18, he arrived at the foot of Holcombe Hill 07.49 behind Waddington, whose time was 1.50.35. Waddington, incidentally, though running for Liverpool Harriers, hails from the Pennine foothills country of Barnoldswick. There were also three particularly outstanding veteran performances on this occasion: Ken Hodgkinson (Salford) was fifth in 2.01.18, George Rhodes (Stafford) seventh in 2.02.44, and Mike Davies (Reading) fifteenth in 2.07.16. 84 finished out of 91 starters.

In 1974 the course underwent considerable alteration to eliminate much of the road^running and this resulted in an extra mile being added, bringing the total to 19. The old course was followed from Horwich to the summit of the Rivington-Belmont road, but from here competitors had now to follow the boggy path northward along the moorland ridge over the tops of Will Narr, Spitlers Edge and Redmonds Edge to a new check-point on Great Hill. A descent north-easterly on another boggy pa.th then led to a crossing of the A675* Bol ton-to-Preston road (GR 659 198), whence a short run through the woods on the opposite side eventually linked up with the old route where it left the Tockholes road to traverse the western edge of Darwen Moor.

Instead of descending from Darwen Tower into Darwen, however, competitors now followed a succession of moorland and cross-country paths, flagged in parts, along the eastern edge of Darwen Moor to finally emerge onto the A666 road about half-a-mile from the second new check-point at Cadshaw. The old moorland track was then followed across the southern edge of Cranberry Moss to Edge Fold, whence the narrow Edge Lane then led to Entwistle Station. From here the hilly lane was followed by Wayoh Reservoir up to the cross-roads above Edgworth, where competitors continued in a north-easterly direction up the "green road" opposite, this giving access to the lane just below the old Children's Homes check-point. The old route was then followed to the finish.

Mike Short was first to the top of Rivington Pike, but Jeff Norman was leading at all the subsequent check-points and the Horwich man was finally beaten into second place by Colin Robinson. Their times were: 1.58.23 (Norman), 2.5.21 (Robinson), 2.5.34 (Short), and George Rhodes finished

in ninth position (2.13.04) to take the veteran's prize. There was a brief shower of rain and sleet as the competitors crossed from Great Hill to Darwen Hill, but the weather afterwards improved.

In both 1975 and '76, there was a slight alteration at the run-in, with the course finishing in a field below the track where the race had previously ended. Mild weather prevailed on both occasions.

The 1975 race reached a thrilling climax with a fierce battle between Ricky Wilde and Colin Robinson on the descent from Holcombe Tower, which the versatile Manchester and District runner won by a mere second, clocking 2.01.19° Steve Breckell beat his Blackburn club-mate Harry Walker into third place by four seconds, clocking 2.01.54, while yet another of his club-mates, Pete Madden, won the veteran's prize by finishing 25th in 2.16.48.

Stan Curran put in some bold front-running during the middle stages of the 1976 race, being first to check in at Darwen Tower, Cadshaw and Edgworth, but then Jeff Norman took over as the going grew tougher towards Pilgrims Cross, and he finally emerged with a 37-second victory over runner-up Colin Robinson, clocking 1.59.06, 02.13 faster than Ricky Wilde's time the previous year. The Rochdale Harrier was in turn 9 seconds faster than Roger Harrison of Liverpool Harriers (1.59.52), who had remained in contention throughout, while in 4th place was Harry Walker (2.00.13), followed by Alan Spence (2.00.25), R. Morris of Altrincham (2.01.56), Stan Curran (2.01.58) and Martin Weeks (2.02.35). The veteran's prize went to George Rhodes (54th in 2.18.08) and a record 196 finished out of 209 started.

A C K N O W L E G M E N T S

I would like to thank Jim Smith of Bury A.C. for providing invaluable material on the early Three Towers Races; and also the following for supplying information on the Rivington Pike Race: Jack Prescott and S. G. Holt of Horwich R.M.I. Harriers, Frank Morris of Bolton United Harris, and last but by no means least, Brian Smith of the Horwich & Westhoughton Journal, who sent me copies of old newspaper reports in addition to interviewing several old Horwich residents.

BILL SMITH.

THE LADIES SCENE - by Peter Knott

This season has seen a significant milestone in the development of our sport; the establishment of fell

races for women. With Brenda Robinson's assistance I have managed to collect something on what I think are the majority of the events for this issue. I would be grateful for further details to complete the record in the Spring 78 edition. The Pendle race was reported by Ben Redfern in the last issue and since that time at least twelve more events have been held, most of which have had good support from the Ladies. Congratulations girls, you have confirmed our belief that there was a need and given the race organisers confidence for the future.

Brenda tells me that an informal review of this first season was held in October (Brenda Robinson, Jean Dawes, Anne Bland, Kath Etherden, Hilary Matthews). They have the following comments to make:- Firstly, they are most pleased at the extent to which their competitive aspirations have been received by us males in general and by the race organisers in particular. They wish to extend through these columns a very big 'Thank You' to all the race organisers. A constructive criticism concerns the lack of advanced publicity given to many of the events and the observation that those events which were publicised received good entries. It would appear that they aspire to compete over the long courses of the men's events including starting with the men. (A separate result sheet/prizes are of course necessary in these cases - Ed.). Part of this desire is to keep pace with continental trends. I am also informed that indications have been made that the Rossendale Fell Races and the Holcombe Tower race may include ladies events next season.

MAY 22ND - FAIRFIELD HORSESHOE (Same course as the men).

1.P.Cushnie	(unatt)	1.48.11	8.A.Pendlebury (Bol)	2.08.05
2.Brenda Robinson	(Bury)	1.49.30	9.S.Styan (Holm)	2.09.43
3.Joan Glass	(Wrex)	1.51.54	10.M.Simpson (Liv.H)	2.14.00
4.Anne Bland	(Ken.)	2.02.58	11.A.Todd (Lake)	2.19.31
5.Joan Lancaster	(unatt)	2.03.45	12.S.Pendlebury (Bol)	2.31.36
6.Carol Walkington	(Ken)	2.05.41	13.J.Simmons(M'ton K)	3.05.28
7.Jean Dawes	(Ken)	2.07.14	14.P.Walker (unatt)	3.15.24

At the summit of Fairfield Cushnie and Brenda Robinson shared a 5 minute advantage over the field in 66 minutes. ,

4TH JUNE - WELSH 1000 m. PEAKS RACE

This event is not new to the Ladies, who compete over a shorter course than the men and with the additional handicap of boots and rucksack regulations.

1. Anne Bland (Ken) 2.42.18 4. B. Druce (I.M. Marsh) 3-07.51
2. Carol Walkington (Ken) 2.45.18 5. E. Wallwark (W.B. MC) 3.11.06
3. G. Dodd (I.M. Marsh) 3.07.51 6. L. Walker 3.11.10

With 20 starters and 19 finishers this established event was well supported. 1. M. Marsh training college took the team race from West Bromwich Mountain Club.

11TH JUNE ~CRAG FELL

(run in conjunction with the Ennerdale). Approx. 4 miles.

There were 8 starters with Joan Glass (Wrexham) winning this one from Anne Bland.

SNOWDEN RACE - 16TH JULY

Run over the same course as the men from Llanberis up the Llanberis path to Snowden summit and back.

Gillian Pile (Sale) had a 2 minute lead over Joan Glass at the summit turn in a time of 66.40 but had to surrender the lead to Joan on the descent.

1. Joan Glass (Wrex) 1.39.46 6. M. Bone (Westbury) 1.52.12
2. Gillian Pile (Sale) 1.42.46 7. Kath Etherton (Roch) 1.53.48
3. Anne Salisbury (SROC) 1.45.02 8. Miriam Rosen (L.O.K) 1.55.26
4. Anne Bland (Ken.) 1.46.31 9. M. Manning (Unatt) 2.31.08
5. Ann Grindley (Clay) 1.51.45

DALE HEAD (Aug. 6th)

Run in conjunction with Borrowdale - by BILL SMITH.

Eight competitors set off in the ladies race up Dale Head. Anne Bland (Pete's wife) was first back into the sport's field but Joan Lancaster was in close pursuit and just managed to pip Anne for 1st place. Finishing third in her fell racing debut was Billy Bland's wife Ann.

1. Joan Lancaster 1.10.30 2. Anne Bland 1.10.35
3. Ann Bland ?

SIERRE ZINAL (Switzerland) Aug. 14th

Brenda Robinson was the 6th lady competitor to finish in 4:42:00.

BEN NEVIS (Sept. 3rd). Full "Ben" course as for the men.

There were a half-a-dozen competitors in this unofficial ladies race and the winner was Joan Glass (Wrexham) in a new ladies record time of 2.07.00. Anne Marie Grindley was second and Anne Bland (Kendal) third.

HADES HILL RACE (Sept.10th) 3½ miles

1st Brenda Robinson 30.32 2nd Gillian Pile 30.58

3rd Kathy Etherden 34.48

PIKE '0 BLISCO (Sept.17th)

(Run in conjunction with the men's Langdale Race).

Anne Bland (Ken.) and Brenda Robinson (Bury) decided to share this one and finished together in 54.57. Third was Ann Bland (Keswick) in 57.26.

ECCLES PIKE Sept. 24th 2.5 Miles

10 or 11 Ladies started in this race which was won by Brenda Robinson from Heather Matthews of Blackburn with Collett Chapman (Bolton) third.

This was a good day for the Robinsons with husband Colin winning the men's race.

MOFFAT CHASE (Oct.2nd) 15 miles, 5000 ft.

This is a new event for both men and women. Both compete over the same tough course. The event attracted 5 in the ladies race.

1.Ross Coates (E.O.C.)3.57.00 3.Jean Dawes (Ken) ?
2.Anne Marie Grindley(Clay) ? 4.Anne Bland (Ken)4.45.00

STOODLEY PIKE RACE (Oct.2nd).

Held on the same day as the Moffat Chase the Ladies event run over the same course as the men but with a separate start time, attracted a field of 10 or 11 and was won by Gillian Pile (Sale) in 23.54. Heather Matthews of Blackburn was second in 24.04 with Brenda Robinson 3rd in 24.13.

JEAN DAWES: FIRST LADY OF THE BOB GRAHAM CLUB
by BILL SMITH

The Bob Graham 24 Hour Club gained its first lady member on the weekend of June 25th/26th when Jean Dawes, wife of Pete Dawes, completed the "Bob Graham Round" in 23 hrs. 27 mins. Jean had, in fact, completed the course on July 31st, 1976 but over-ran her time by 50 minutes. Both she and Pete have lent their support to numerous 24 hour attempts in the past and on this occasion Jean herself was not lacking in support. Indeed, one of her pacers, Boyd Milien (already a member of the Bob Graham Club), did 39 of the 42 Peaks himself, accompanying Jean from Threlkeld onwards.

Jean set off from the Moot Hall in Keswick market place at 08.00 hrs. on the Saturday and reached Threlkeld at 11.15, where she rested for 10 minutes. Dunmail was

reached at 15.19 at which point the weather began to improve, for Jean had traversed the Skidda and Helvellyn sections in rain and mist. She left Dunmail at 15.45 and reached Wasdale Head at 21.25. After a 33 minute break, she was off on the gruelling ascent of Yewbarrow and into the night. Honister was reached at 04.05 and Jean set off 10 minutes later at a brisk jog to cover the final section back to Keswick in the cool sunshine of early morning, arriving at Moot Hall at 07.27. Well done, Jean: if anyone deserves to be the First Lady of the Bob Graham Club, you certainly do.

Chris Bland also succeeded at his second attempt on this weekend, having set off with Jean but, like Stan Winstanley the previous year, eventually forged ahead of her. 65-year-old Stan Bradshaw, who was the second man to repeat Graham's "Round of the Fells" inside 24 hours back in 1960 (Alan Heaton was the first), also started from Keswick with Jean. However, something he ate on the way round didn't agree with him, causing bouts of sickness, and he fell behind Jean, but with typical fortitude, carried on to complete the course in 25 1/2 hours, accompanied by John Haworth and Joss Naylor. A truly splendid achievement for a 65-year-old!

And finally, on this same weekend, Harry Walker and Bob Whitfield were guided over the 42 Peaks course by Pete Walkington.

BOB GRAHAM 24 HOUR CLUB: ROLL OF ACHIEVEMENT, 1977

42 PEAKS by BILL SMITH.

<u>DATE</u>	<u>NAME</u>	<u>CLUB</u>	<u>TIME</u>	<u>CLUB NO.</u>
May 28/29	K. Ledward	Eskdale OBMS	22hrs. 27m ins	56
June 18	P. Betney	?	21 59	57
	N. Matthews	?	21 59	58
	P. Fleming	Horwich RMI	23 00	59
June 18/19	R. Baumeister	Dark Peak F.R.	22 58	60
	G. Bell	II	22 58	61
	A. Colinson	II	22 58	62
	E. Mitchell	II	22 58	63
	C. Worse	II	22 58	4
	A. Lewis	II	22 58	
	R. Marlow	U	23 39	
June 25/26	J. Dawes	Kendal	23 27	66
	S. Bradshaw	Clayton	25 30	2
	C. Bland	Keswick	22 50	
	P. Walkington	Blackburn	20 48	6J(3rd)
	H. Walker	Blackburn	20 06	68(time)
	R. Whitfield	Kendal/	20 06 t	69

<u>DATE</u>	<u>NAME</u>	<u>CLUB</u>	<u>TIME</u>	<u>CLUB NO.</u>
July 16/17	S.Tosh	Rochdale	22hrs.	43m ins 70
	A.Shaw	Rochdale	22	43 71
	R.Halenko	Clayton	22	43 72
	JcJackson	Rochdale	22	45 73
	C.Brad	Dark Peak F.R.	22	58 74
	T.Thorpe	Unattached	23	16 75
July 23/24	C.Dodd	?	23	29 76
	F.Thomas	?	23	29 77
	H.Pattinson	Unattached	23	39 55 (2nd time)
July 30/31	R.Price	Clayton	22	26 78
	S.Bradshaw	Clayton	23	59 2 (3rd time)
	J.Makin	Durham	22	45 79
	A.Phillipson	Gateshead	22	45 80
Aug. 8/9	G.Rhodes	Stafford	23	09 81
	C.Ramsay	Lochaber	21	57 82
Aug. 9/10	E.Dance	Rucksack	23	32 83
	M.Cudahy	Kenda1	23	38 84
Aug. 13	M.Nicholson	Kenda 1	17	45 85
	M.Walford	Kenda 1	18	30 86
Aug. 20/21	K.Robinson	Kendal	23	40 87
	K.Shand	Rochdale	23	45 88

Harry Ball and Eddie Hill of Clayton-le-Moors Harriers, who completed the 42 Peaks course together on May 31st, 1975, in 22hrs. 48mins, improved upon these achievements on May 28th/29th this year. Eddie completed a circuit of 50 Peaks in 23hrs. 03mins, while Harry did 52 Peaks in 23hrs. 35mins.

MORE 'BOB GRAHAM' ACHIEVEMENTS
by BILL SMITH.

On the weekend of July 29/30/31, Boyd Milien of Kendal A.C. achieved the first "double Bob Graham" in 52 hrs. 30 mins. He set off from Keswick on the Friday morning on a clockwise circuit, then turned around in Keswick on the Saturday morning and retraced his steps in the opposite direction: a total of 150 miles with 54,000 feet of ascent and descent. Not satisfied with this, he planned to have another go a fortnight later in an attempt to get inside 48 hours, but illness intervened.

Also on July 30/31, Stan Bradshaw made yet another traverse of the 42 Peaks, this time inside 24 hours - despite the fact that I took him off-course in the mist on Red Pike and lost him about half-an-hour. The previous weekend he had done the 70 mile Colne-Rowsley bogtrot over the Southern Pennines and the following weekend won the over-60's prize in the Borrowdale Fell Race. What a man!

Billy Bland's course record of 18 hrs. 50 mins (1976) was mercilessly shattered on August 13rd by the Kendal A.C. runners, Mike Nicholson, the new holder with a time of 17 hrs. 45 mins, and Mike Walford, who got around in 18 hrs. 30 mins. The former did a sponsored run along Hadrian's Wall in May, while the latter won the Fellsman Hike and the Mid-Wales Mountain Marathon.

"RAN ABYSMALLY, BEING THE BACKMARKER THROUGHOUT"

Libellous associations by JIM SMITH

Racing gems supplied by BRYAN TROUGHTON

It's a well-known fact that there are more "actors" and "bluffers" in Rochdale Harriers than there are in Bury Athletic Club. This has been proved week after week in the long fell races of Lakeland and even in the uninspiring sprints around football pitches in winter "cross country" events. Summer or winter, the Rochdale lads are to be seen prancing about in their flashy black nylon vests, promising much but achieving little, trailing many furlongs behind the scruffily attired Bury lads.

Fell runners and race-horses have much in common, apart from being exceptionally stupid types of animals. Followers of the turf possess form books which not only give the results of past races but also contain commentaries describing the performances of the horses on each occasion. Some of these commentaries could be equally well applied to some of the pathetic efforts of certain full runners, most of whom live in Cyril Smith's constituency.

Here are some examples:

ARCTIC TERN (Dave Dixon) - "Once more he appeared edgy and ill at ease in the paddock, and he blatantly refused to race."

FAIR NORTH (Tom Sykes) - "Has never looked better but confirmed previous opinion that he detests the game."

GUICHET (Ben Crook) - "Had gone in his coat, looked over the top and performed accordingly."

COUNTERPART (Colin Robinson) - "Very headstrong on the way to the post, was less inclined to exert himself on the way back and finished last."

NURABAD (Joe Salt) - "Is rather an in-and-out performer and unfortunately this proved to be one of his off days. Many of ZEDDAAN'S produce are unreliable and this is one not to be trusted."

THIEVING DEMON (Bill Buckley) - "Ran a stinker of a race, being many lengths in arrears long before half-way."

KAYSERI (Billy Knox) - "Got very worked up and sweated profusely in the paddock, being very colty and continually shouting his head off. He moved up effortlessly to lead inside the last furlong but then hung badly away to the left."

MAJOR GREEN (Trevor Gregson) - "Dropped himself right out a full half mile from home. He no longer seems interested in racing and it is unlikely that he will appear again."

RIBOBOY (John Monks) - 1. "Has unfortunately gone back to his old ways and refused to take hold of his bit at any stage. He clearly hated the entire proceedings."

2. "Sweated up in the paddock, unruly start, had not the slightest intention of exerting himself and was thoroughly disgraced."

EL CRIOLLO (Kevin Shand) - "Has done well and walks around the paddock with the air of a champion, but unfortunately for all concerned he is not one."

BORDER NIGHT (Don Frain) - "Was a handful in the paddock and played up in the stalls. He was shaken up at half-way and kept on at one pace. He is now to be gelded and will be better for it."

MANADO (Stephen Tosh) - "Looked thoroughly sour. Dropped out from the start he simply cruised up on the leaders on a tight rein in the home straight, but once again when let down refused to race. The flop of the season!"

TpNY (Tony Shaw) - "Challenged three furlongs out but yet again failed to go through with his effort. It would seem he needs things all his own way."

CHAS SAWYER (Bryan Troughton) - "In bandages, dropped out on the final turn, was virtually pulled up close to home and walked in very sore."

WINSCOMBE (Martin Farnworth) - "When asked to quicken two furlongs out, his head went up and his answer was a most definite "NO".

SCORE (David Payne) - "The early leader, ran wide on the home turn and then refusing to race finished tailed off. A wretched display".

CLADDAGH (Herman Eccles)- "He must not hit the front too soon, must not be hustled, needs to be kidded in order to keep him running sweetly through a race and even then there is no guarantee that he will do it! Ran deplorably, pulled up approaching the straight."

MARCH MUSIC (Terry Ratcliffe) - "Never gave his supporters any cause for optimism. He seems to be getting progressively worse and blinkers may be his only salvation."

CONGLOMERAT (Ken Payne) - "Showed himself to be brilliant but unreliable last year and unfortunately looks like continuing in the same view this season. Unable to get to the front, his head went up and, with his ears pinned flat back, he sulked his way home, an inglorious last. An exasperating animal."

LORD ORIANA (Ian Clarkson) - "Looked more like a scarecrow than a race-horse in the paddock. He moved very badly on the way to the post and fared no better coming back."

PAWNEESE (Ron Chaisty) - "Prefers a fast surface but more to the point seemed quite understandably fed up with the whole procedure."

CELTIC QUERY (Alan Jones) - "Looked the part in the paddock but proved very slow in the race."

SOVEREIGN LANE (Ken Smith, Bury) - "Gave his supporters little cause for optimism and finished last."

ACQUITTAL (Billy Boland) - "Tried in blinkers this time, showed even less interest than normal when asked for an effort half a mile out and finished well tailed off".

AEROSOL (Tony Byrne) - "Had his mind on other things in the paddock."

HALF MOON BAY (Bob Meadowcroft) - "Was nearly brought down a furlong from home, plodding on at his own pace, he passed some bad aniiffals to reach a poor third place."

STEP AHEAD (John Jackson) - "Could not dictate the terms and did not like it. He was given a couple of backhanders but it soon became clear that this was not his day."

FUSILIER (Martin Payne) - "Has his own ideas about the game and unfortunately they are not compatible with winning races. After setting the pace for the first mile, he trailed his opponents into the straight and when he made another effort he swerved and threw in the sponge."

ELLAND ROAD (Jim Smith) - "Making a belated seasonal appearance, ran abysmally, being the backmarker throughout." Up the Dale!

BOOK REVIEWS by BILL SMITH

THE 1977 SUPPLEMENT TO THE BOOK, "HISTORY AND RECORDS OF NOTABLE FELL WALKS WITHIN THE LAKE DISTRICT, 1864-1972"

compiled by Fred Rogerson. 272 pages. 60p plus postage & packing.

This voluminous typewritten chronicle of Lakeland 24 Hour attempts - mainly at the "Bob Graham Round" - in 1975 and '76 maintains the high standard of the original book (1973) and the 1975 supplement. Both of these were reviewed at length in the Autumn, 1976 and Spring-, 1977

issues of "The Fell Runner", so nothing further need be said here about the present publication, save that it should be read by all F.R.A. members - and particularly by those intending to have a go at the 42 Peaks themselves.

LAKE DISTRICT SPORTS by W. R. Mitchell

Dalesman Books, 1977. 48 pages, including 8 pages of photographs 50p.

This interesting little book provides a brief introduction to most Lakeland sports and pastimes, with fox hunting, hound trailing, sheep dog trials and wrestling predominating. The chapter on fox hunting is by far the longest and is chiefly concerned with John Peel, about whom the author has written a complete book ("The John Peel Story", Dalesman), though tribute is also paid to Joe Bowman and Tommy Dobson. There's a short treatise on Lakeland fell races, with a description of the "Bob Graham Round", and also a tiny chapter on orienteering. The illustrations include a fine action study of Joss in the Ennerdale Horseshoe taken by Tommy Orr, though not credited to him. Most Lakeland enthusiasts will probably find this book good value for 50p*

SONGS OF THE FELL PACKS produced by the Hunt Show Committee of the Mel break Hunt, 1971. 80 pages. 50p.

Although not actually concerned with fell running, this splendid little volume should appeal to most fell runners as it is one of the most fascinating and authentic books ever published about the fell country. Although the book's title refers to "songs", its pages bear no music, only lyrics. And what lyrics! To read almost any of these thrilling narrative poems - for that is how they appear here - is to be immediately transported (in spirit at least) to the heart of the Cumbrian Fells. The use of place names in many of them makes it possible for the reader familiar with the area to actually follow the line of the hunt in his mind's eye. This is the real poetry of Lakeland, and a far cry it is from some of the pretentious drivel often associated with the area. Though first published in 1971, it is still available and can be heartily recommended.

BURMOOR CHASE - for Ladies

9th July (Held in conjunction with the Annual Wasdale Fell Race for Men). by Bill Smith.

In the inaugural Burmoor Chase for Ladies, Joan Glass set a furious pace on the club, but then blew up and had to retire, no doubt partly due to the heat. The eventual

winner was Joan Lancaster of Whitehaven with Colin Robinson's wife Brenda only 9 seconds behind her.

- | | |
|-----------------------------------|-------------------------------|
| 1. Joan Lancaster (unat)1.10.10 | 8. M. Baines (unat)1.17.57 |
| 2. Brenda Robinson (Bury)1.10.19 | 9. S. Styan (Holm)1.19.44 |
| 3. Anne Bland (Ken) 1.12.40 | 10. A. Todd (Lake)1.22.46 |
| 4. Marg Scrugham (unat)1.13.45 | 11. S. Wright (Unat)1.22.57 |
| 5. Carol Walkington (Ken) 1.14.25 | 12. L. McGovern (Hor.)1.50.19 |
| 6. Ann Grindley (Clay)1.16.28 | 13. M. Manning (unat)1.50.44 |
| 7. Kath Etherden (Roch)1.17.29 | 14. P. Walker (unat)1.58.11 |

THE ENGLISH SCENE (1977 Race Reports)

Events up to the 3 Peaks were reported in the previous issue.

THREE PEAKS RACE

SUNDAY, 25TH APRIL. A: 23 Miles: 5,000 feet.

By Bill Smith.

John Calvert's 1976 victory in this event was achieved in ideal conditions - clear, sunny weather, with firm going underfoot - and in my report, I suggested that these conditions favoured the cross-country speedsters: not only Calvert, but also Harry Chadwick (2nd) and John Fox (3rd). Conditions were far from ideal this year, however, with driving rain and sleet on Whernside, and heavy going underfoot after torrential rain during the preceding week. But Calvert proved himself equal to them by trogging over the course in grand style to finish more than 2 minutes ahead of runner-up Mike Short with a time of 2.51.04.

Mike Lambert was in front on the descent from Pen-y-ghent and still in with a chance on Whernside, where he was lying 2nd, though by this time Calvert had already assumed the lead he was to maintain to the finish, with Mike Short now in 3rd place. The latter was 2nd at Ingleborough summit, however, with Harry Walker 3rd, though Harry uncharacteristically lost three places between here and Horton, with Ricky Wilde moving into 3rd place.

Walker (6th) and Steve Breckell (8th) helped Calvert to win the team prize for Blackburn, with Bingley (Weeks, Padgett, Lambert) runners-up and Holmfirth (Roberts, Pickersgill, Fretwell) taking 3rd place. Joss Naylor (11th), Mike Davies (47th) and Boyd Millen (80th) were the fastest veterans, and it was good to see Davies competing in this event once more after a two-year absence. There were 387 starters, of whom 35 retired. Alan McGee scored a 41 second victory over P. Campbell in the Ingleborough Junior Fell Race clocking 1.05.30, and there were 22 finishers.

1. J. Calvert	(B'burn)	2.51.04	11. J, North	(Ken)	3.01.05
2. M. Short	(Hor.)	2.53.10	12. W. Padgett	(Bing)	3.01.33
3. R. Wilde	(Mane.)	2.56.07	13. M, Lambert	(Bing)	3-01.36
4. J. Fox	(A.S.V.)	2.56.57	14. R. Whitfield	(Ken)	3.01,39
5. 1. Roberts	(Holm)	2.57.07	15. A., Harmer	(Port)	3.01.53
6. H. Walker	(B'burn)	2.58.09	16. J, Smith	(Bury)	3.01.57
7. B. Pickersg	i 1 (Holm)	2. 58.32	17. R. Shields	(Loch)	3.04.41
8. S. Breckel1	(B'burn)	2.59.44	18. T. Godolphin	(Harr)	3.04.54
9. M. Weeks	(Bing.)	3.00.53	19-1. Clarkson	(Roch)	3.05.00
10. J. North	(Clay.)	3.01.05	20. D. Wade	(B' heath)	3.05.07

INGLEBOROUGH JUNIOR FELL RACE

1-A. McGee	(Keswick)	1.05*30	4. J. Hirst	(Holm.)	1.08.11
2. P. Campbell	(Bolton)	1.06.11	5. S. Walker	(Bing.)	1,08.52
3. J. Verity	(Bingley)	1,07,54	6. K. Capper	(Lan. & M)	1.09,00

DARWEN MOORS HILLS RACE Sunday, 1 5th May

1li miles: 1,600 Feet

by BILL SMITH.

John Calvert followed up his recent Three Peaks triumph with a 14 second victory over Ricky Wilde in this inaugural event organised by Leon Hutchinson of Blackburn Harriers.

The race starts at Brinscall, venue for the Great Hill Race, and the course ascends to Great Hill and dips to cross the A675 and Tockholes roads by the Three Towers route. A direct ascent is then made of Cartridge Hill, whence the course swings north-easterly to Darwen Tower over rough tussocky terrain. The Three Towers route is then followed in reverse back to Great Hill, and the descent made by the Drinkwaters farm ruins and the track through Brinscall Woods to the road bend at the foot of the village. The final climb by road then leads to the finish in the sport's field, as in the Great Hill Race, but without the concluding big lap.

It was perhaps fitting that the host club should provide not only the individual winner (1.16.15) but also the fastest team (Calvert, Walker, Breckel1: 17 points), with Altrincham runners-up (Blinston, Norman, Attwell: 24 points) and Manchester Harriers 3rd (Wilde, Cooper, Keech: 31 points). Alastair Patten (Clayton) was the first veteran home (51st in 1.30.42), with Ken Brooks (Leyland Motors) 2nd (65th in 1.33.06) and Colin Ratcliffe (Clayton) 3rd (68th in 1.34.16).

It was a cool, clear day, with both sunny and overcast periods, and 107 finished out of 110 starters.

1. J. Calvert	(B'burn)	1.16.15	6. H. Walker	(B'burn)	1.19.27
2. R. Wilde	(Mane.)	1.16.29	7. J. Jackson	(Stoke)	1.20.20
3. M. Short	(Horw.)	1.17.27	8. N. Ward	(Bolton)	1.20.45
4. A. Blinston	(Alt.)	1.17.**3	9. W. Cooper	(Mane.)	1.21.22
5. J. Norman	(Alt.)	1.18.36	10. S. Breckel1	(B'burn)	1.22.04

FELLSMAN HIKE May 21st/22nd

56 miles: 11,000 feet. By Bill Smith.

Conditions were well nigh perfect for this year's event. The clear, sunny day and cold, clear nights, allied with the extremely firm going underfoot (even on boggy Fleet Moss and Middle Tongue), resulted in some really fast times being recorded. Indeed, the first five finishers were all inside Alan Heaton's record of 14 hrs. 35 mins. (1975) for the present course, since it was further lengthened in 1974, on which occasion it was run in the reverse direction, incidentally: from Threshfield to Ingleton.

Heaton himself had a fall this year while descending from Whernside to Kingsdale Head and dislocated his shoulder. He was placed 6th at the time, though a good distance behind eventual winner Mike Walford, who led strongly from the start and finished 45 minutes clear of his closest contenders. Well done, Mike'.

1. M. Walford	(Ken)	13.27	jt.7. R. Bailey	(Ind.)	15-55
jt.2. R. Baumeister	(D.P)	14.12	R. Price	(Clay)	15-55
W. Smith	(Clay)	14.12	D. Hine	(M.A.)	15-55
4. A. Lews ley	(D.P)	14.13	C. Lawton	(M.A.)	15.55
5. M. Winstanley	(Hor)	14.32	G. Taylor	(Sale)	15-55
6. R. Womersley	(M.A.)	15.47			

FAIRFIELD SUNDAY, MAY 22ND A. 9m. 3000¹

Remarks that follow have been obtained by reference to the official results by Frank Travis.

A record entry and crowd partly due to the weather. (238 finishers). Due to erosion on the approach to Nab Scar the course was altered slightly adding about 1/2 mile.

Frank expresses his thanks to all who helped to make the race a success, in particular to the local farmers and the work by Fred Rogerson in charge of the course arrangements. In future competitors are requested to use the official entry forms and those not entered to refrain from the practice of running round the course during the race confusing the check-point officials.

Also, a pair of running shoes were left after the race. Contact Frank Travis, 13, Hallsenna Road, Seascale, Cumbria.

A victory for Mike Short over young Alan Magee. At the time no one was to appreciate the possible significance of this result as these two competitors were to build up to a closely fought battle for the title of 'Fell Runner of the Year' as the season progressed.

Ed.

1.M.Short (Hor.)	1.14.46	11.M.McGann (ECH)	1.21.08
2.A.Magee (Kes.)	1.15.58	12.H.Jarrett (B'p)	1.21.19
3.A.Blami re (ESH.)	1.17.28	13.A.Buckley (Holm)	1. 21.21
4.H.Walker (B'bu)	1.18.03	14.W.Cooper (Man)	1.21.25
5.R.Rawlinson(Bolt)	1.20.21	15.P.Walkington(B'b)	1. 21.28
6.S.Breckel1 (B'bu)	1.20.23	16.H.Kelly (ECH)	1.21.39
7.W.Padgett (Bing)	1.20.35	17.W.Bland (Kes)	1.21.55
8.A.Harmer (Port)	1.20.48	18.G.Berry (D.P.)	1.22.14
9.K.Taylor (Ross)	1.20.53	19.B.Robinson (Ken)	1.22.19
10.C.Robinson (Roch)	1.21.00	20.R.Whitfield(Ken)	1.22.24

SADDLEWORTH A. 3m. 950 ft. MAY 29TH

1.R.Wilde (Man)rec.	19.23	11. P. Bailey (unat)	21 .09
2.M.Short (Hor)	19.31	12.A.Buckley (Holm)	21 .11
3.M.Weeks (Bing)	19.38	13.G.Brooks (Bing)	21 .18
4.M.Lambert (Bing)	30.23	14.M.Foschi (Warr)	21 .20
5.I.Roberts (Holm)	20.25	15.H.Kelly (E.C.H.)	21 .21
6.H.Walker (B'bu)	20.27	16.D.Gaske11 (A.S.V.)	21 .25
7.M.Nolan (Mane)	20.38	17.I.Partington(Ross.)	21.26
8.M.Gann (E.C.H)	20.42	18.D.Ratcliffe (Ross.)	21.27
9.B.Rob inson(Ken.)	20.48	19.A.Sunter (Hor.)	21.30
10.J.Waterhouse(Bi ng)	20.55	20.R.Rawlinson (Bol.)	21.37

ENNERDALE

A. 23m. 7,500 ft. June 11th

1.M.Short (Hor.)		11.M.Hudson (unat.)	
2.W.Bland (Kes.)		12.J.Bland (Kes.)	
3.J.Naylor (Ken.)		13.J.Wagstaffe (Ti pton)	
4.A.Bland (Kes.)		14.C.Pooley (Lane)	
5.D.Bland (Kes.)		15.J.Blair-Fish (E.S..H.)	
6.M.Nicholson (Kan.)		16.A.Phi (Gapsen)	
7.H.Walker (B ¹ burn)		17.D. Ratcliffe (Ross.)	
8.K.Taylor (Ross.)		18.1.Roberts (Holm.)	
9.R.Whitfield (Ken.)		19.H.Forrest (Gos.)	
10.H.Blenki nsop (Ken.)		20.S.Jackson (Sale)	

CL ITHEROEFELL RACE. SUNDAY, 5TH JUNE

C. Category: 7 miles: 1,350 ft. by BILL SMITH

This event is organised by Clayton-le-Moors Harriers and forms part of the Ribble Valley Festival of Sport. The course begins on the road outside Clitheroe Castle and proceeds through the town, then by a series of cross-

country paths to Little Mearley Hall, whence a steepish woodland path is followed alongside the deep shadowed glen of Little Mearley Clough. The open fell side is reached above the wood, and shortly afterwards, beyond a wail, the real climb begins: a long, steep, rocky ascent to the large cairn above on Pendle's north-western ridge.

Harry Walker proved himself a worthy winner on this dull, windy morning by defeating runner-up P. Blakeney by 44 seconds though John Calvert was unlucky to damage his ankle on the descent while occupying second place, but grittily pulled through to finish fifth. Blackburn had the fastest team, while Derrick Lawson finished in sixth place to win the veteran's award: a truly grand performance. There were 109 competitors.

A pair of running shoes were left after the race.

'Phone Alistair Patten, Clitheroe 24406-

1.H.Walker	(B'burn)	49.42.2	6.D.Lawson	(Bing)	52-50
2.P Blakeney	(Saif).	50-26	7.S.James	(S'po)	53.08
3.C.Robinson	(Roch)	51,20	8.J,Read	(Leeds)	53-17
4.W.Cooper	(Mane)	51 .31	9 K.Garrett	(B'burn)	53 41
5.J.Calvert	(B'burn)	52-25	10.A.Sunter	(Hor.)	54.00

GREAT HILL FELL RACE, Saturday, 18th June

C Category: 5£ miles: 1,200 Feet, by BILL SMITH

The fifth Great Hill Race from Brinscall was run on a mild, overcast evening. Harry Walker was first to the top in the senior race but was overtaken on the descent by Alan McGee, who sped on to an 8-second victory. Derrick Lawson turned in another gradely performance to win the vet's prize in 9th place, less than 2 minutes behind the winner, while Holmfirth had the fastest team in Alan Buckley, Ian Roberts and Clive Hollingworth.

Two junior events were inaugurated this year, climbing to the stile on the edge of the moor to circle a 200-yard loop before returning the same way. At least that was the idea, but everyone went off-course and covered a slightly longer distance. The eventual winner Lee of Bolton, seemed to be chiefly responsible for this error. He was lying 2nd at the time, and Patterson of Cockermonth, who had a 5-yard lead, turned back to follow him, and everyone else went the same way*

There were 105 competitors in the senior race, 12 in the boys' and 26 in the colts; all but 5 of the latter being local lads,

BRINSCALL FELL RACES

(BOYS)		
J.M. Lee	Bolton	14.00
2.J. Patterson	Cockermouth	14.04
3.A. Doel	Preston	14.12

COLTS

1.D. Garvey	Blackburn	15.01
2.J. Rawcliffe	Blackburn	15.12
3.C. Wiseman	Bi ng1ey	15.15

MUSBURY TOR RELAYS - 29TH JUNEJuniors (under 17 on the day)

1.D.Lewis	(Ross) 8:46.7	4.S.Barlow	(Hor.) 9:30.6
2.P.Cowell	(Ross) 8:52.9	5-P.Dixon	(Ross) 9:36.6
3.J.O'Connor	(Ross) 9:12.8	6.M.Newby	(Ross) 9:40.8

Ground and weather conditions perfect. Old record 9:33

Haslingden trophy presented to David Lewis.

Seniors

- Holmfirth (A.Styan 9.03, A.Buckley 8.30, I.Roberts 9.15)
...:26,48
- Rosendale A. (E.Richardson 9.18, P.Irwin 9.14,
P. Jones 10.05) 28.37
- Rosendale B. (P.Livesey 9.15, K.Taylor 10.09,
D.Ratcliffe 9.14)28.38
- Blackburn A. (S.Breckel1 8.49, K.Turner 9-47,
C.Atkinson 10.14) 28.50

Fastest Laps 1. Alan Buckley (8.30 (record)

- Mike Short 8.33, 3. Ray Rawlinson 8.40, 4 Steve Breckall
8.49

2ND JULY ELDERWICK GALA by Martin Weeks

With the leading Fell Runners resting up for the Skiddaw Race the following day, the annual Bingley Harriers promotion up and down "Hope Hill" on Baildon Moor was very much a cross country runner dominated event. David Slater, who was building up strength for the A.A.A. 10,000 Championship later in the month easily beat his own record (16.28) finishing in 16.01 after leading all the way.

The team event was very much a local affair between Bingley and Airedale, and Michael Brook the Holmfirth lecturer pipped Guy Goodair (Wakefield) by 2 seconds for the vet's prize.

		record ²⁸		
1.D.Slater	(Bing)	16.01	6.1.Barnard	(Notts) 17.11
2.J.Temperton	(ASV.)	16.35	7.D.Quinlan	(Bing.) 17.13
3.A.Parkinson	(ASV.)	16.50	8.J.Penrose	(Bing.) 17.17
4.D.Mayho	(ASV.)	16.58	9.D.Anderson	(Bing.) 17.37
5.J.Fox	(ASV.)	17.08	10.K.Duckworth	(ASV.) 17.51
Veteran M. Brook (Holmfirth) 30th				- : 20.01
Teams:- 1st A.S.V.			2. Bingley	
70 Finishers.				

4TH BORROWDALE FELL RACE

A. 17m. 6,500 ft"! Saturday, 6th August by CHRIS BLAND.

Miles Jessop of the Scafell Hotel again sponsored "The Borrowdale". The Event attracted 200 entries with most of the top names in the list. The weather was ideal as 157 starters set off to do battle with Scafell Gable, Dale Head, and each other.

Billy Bland led Joss, Mike Short and Harry Walker to Bessy Boot, while the rest of the field queued to get up the narrow gully leading to CP 1. Someone must take a different line next year if only to avoid standing around waiting.

The same four went through Esk Hause and Scafell Pike together, Billy and Joss got away down the "Corridor" to Sty Head. Billy began to fade on the ascent of Gable whereas Mike went well and got back to Joss as they led Billy and Harry by 3 minutes at CP 4, Joss again made a bold bid to leave "Mighty Mike" on the descent to Honister arriving 1 minute ahead of CP 5, Harry was now 4 minutes down. Billy had gone with stomach trouble but Stuart and Anthony Bland were closing on the leading group. Mike had a great run up Dale Head, opening up a 5 minute gap. Harry, Anthony and Mike Nicholson arrived in that order after Joss at CP 6.

Mike Short finished in 2 hours, 49 minutes, 03 seconds. (New Record) Joss 2.54.14. Harry 2.56.43 was headed by Anthony coming off Dale Head, but had a seven second lead at the finish. Mike Nicholson 2.58.45 and Bob Whitfield 2.59.35 all got under 3 hours. The latter having a great run knocking one hour nine minutes, thirty nine seconds off his time last year. In all 147 finished the event.

Mike Short will spend a deserved weekend in luxury at the Scafell Hotel next Spring. The first twelve took home prizes as did Harry Blenkinsop second Vet/0.40. Eric Mitchell Vet./50 and Stan Bradshaw Vet./60

Our sponser put on a Dance and Barbeque in the Marque* which a great many runners enjoyed - some were seen taking salt tablets with the beer.

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ANNUAL

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FOR MEMBERS AND FRIENDS OF
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FRIDAY, 10TH FEBRUARY, 1978

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THE STREAKER. With the pound plummeting and shoe prices soaring, we were delighted with our test of this very reasonably priced shoe. Of course it is not as good as the S.L.76 but it is half the price and is an excellent buy for training. And it is light! It streaks out of our shop and along the roads on the feet of many satisfied customers. Gold nylon upper with black suede trim. Wrap-around heel. Extra long toe protection, wedge sole and a padded back for extra comfort. Weight: 560 grams (20 ozs). Sizes 1, 2, 3, 4, 5 £6.95 Sizes 6-11 (including * sizes) £7.95.

THE REEBOK COUGAR. Blue nylon upper with white flash and blue suede trim. Lightweight. Wedge heel. Weight: 620 grams (22 ozs). Sizes 4-5* £8.80 Sizes 6-12 £9.50.

GOLA LYNX. This is made in the Far East and is the Oriental copy of the S.L.72. It is a very good copy and excellent value for money, but if you are a high mileage man then give your feet a chance with the S.L.76. For the rest of us, this shoe is such a good buy that the importers can never keep us stocked up. Weight: 770 grams (27 ozs). Sizes 3-5 £9.50.

Sizes 6-9 £10.50.

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1 . M. S h o r t	(Hor.)	2.49.03	11.G. Berry	(D.P.)	3.06.56
2.J.Naylor	(Ken.)	2.54. 1**	12.R.Halenko	(Clay)	3.08.57
3.H.Walker	(B'bu)	2.56.43	13.J-Harks	(Roch)	3.09.23
4.A.Bland	(Kes.)	2.56.50	14.H.B1enk i nsop	(Ken.)	3.10.11
5.M.Nicholson	(Ken.)	2.58.45	15.D.Beresford	(Clay)	3.10.52
6.R.Whitfield	(Ken.)	2.59.35	16.J.Wagstaff	(Tip.)	3.12.07
7.D.Overton	(Ken.)	3.00.04	17.M.Wynn	?	3.12.11
8.J.S.Bland	(Kes.)	3.01.56	18.1.Hoiloway	(Roch)	3.12.28
9.J.North	(Clay)	3.05.21	19.K.Windle	(Clay)	3.12.42
10.M.Hudson	(D.P.)	3.06.22	20.K.Taylor	(Ross)	3.14.18

Teams:- 1st Kendal 8 .52.34

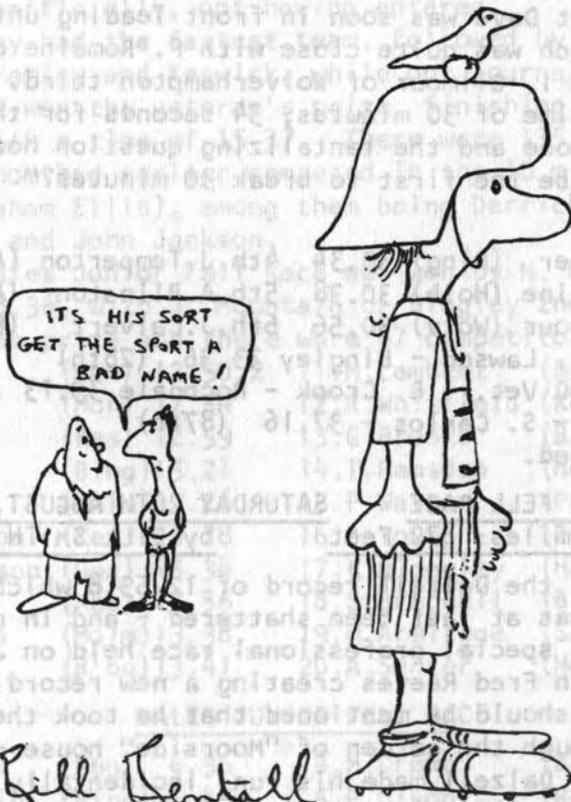
2nd Keswick 9. 15.14

3 . Clayton

9.25.10.

Veterans 0/40 1st J. Naylor

2nd H. Blenkinsop



7TH WEETS FELL RACE (BARNOLDSWICK)

14TH AUGUST, 1977 .

by BEN REDFERN

The venue was changed this year in the interests of road safety and to give better changing facilities, this resulted in a slight distance increase to nearly six miles.

A record field of 300 set off on the road at the Rolls Royce sport's field and after one mile of fast going joined the old course, some Juniors who had set off 500 yards behind the seniors began to catch up with the tail-enders.

Watched by the usual large crowds of spectators the race carried on to Moorgate where the Juniors started back, the rest going up the track known as Folly-Lane which gets rougher every year, up the steep fields and on to the Fell proper.

The leader at the Summit was P. Romaine of Hoi beach followed by last years winner Dave Slater; on the descent Dave was soon in front leading until the finish which was quite close with P. Romaine on 4 seconds behind and I. Gilmour of Wolverhampton third.

The time of 30 minutes, 34 seconds for the new course is a good one and the tantalizing question now is "Who will be the first to break 30 minutes?"

RESULTS

1st.D.Slater (Bing)	30.34	4th.J.Temperton (A&S)	31.34
2nd.P.Romaine (Holb)	30.38	5th.A.Blinston (Alt)	31.34
3rd.I.Gilmour (Wolv)	30.56	6th.J.Calvert (B'b)	31.37
1st Vet. D. Lawson - Bingley	33.36	(28th)	
1st Over 50 Vet. - B. Crook - Rochdale	39-13	(125th)	
1st Local - S. Carlos -	37.16	(87th).	

296 finished.

BURNSALL FELL RACE SATURDAY 20TH AUGUST, 1977

A: 1.75 miles: 872 Feet by BILLSMITH

Well, the Dalzell record of 12.59.8 which stood for 67 years has at last been shattered - and in no uncertain manner! A special professional race held on June 18th resulted in Fred Reeves creating a new record of 12.47.2, though it should be mentioned that he took the more direct route through the garden of "Moorside" house - which didn't exist when Dalzell made his run, incidentally - and that the intake walls were partly dismantled to save the competitors climbing them. Reeves probably took the same line as Dalzell (?). "That race was for Dalzell", he was

quoted as saying afterwards. "Now perhaps people will believe. There's no question that Dalzell's timing was genuine,"

We were allowed to use the same route as Reeves, except that there was no gap in the high wall below the steep part of the fell, and we had to climb it both on the ascent and descent. This would partly account for the three seconds difference between Reeves' time and the new amateur record of 12.50,2 established by Ricky Wilde - plus the fact that Ricky took the old amateur route! The "Moorside" garden route was reckoned to be about 160 yards shorter and was utilised by Mike Short, who reached the Cairn in a new record time of 8,42, However, as he and Ricky went their separate ways on the descent, the Manchester runner forged ahead and arrived at the finish with nearly four seconds to spare. Alan McGee also just managed to beat the Dalzell record, finishing five seconds behind Mike in 12,59- Fred Reeves was among the first to congratulate Wilde, who incidentally finished ahead of Dave Cannon when Dave won the 1972 event, in which Ricky competed unofficially, not having entered,

Bingley had the fastest team, followed by Holmfirth, Pudsey & Bramley and Keswick, while our journal editor Peter Knott won the veteran's prize, finishing in 40th position with a time of 15.37. There were 135 competitors a few of whom had earlier competed in the 10 mile road race (won by Graham Ellis), among them being Derrick Lawson, John North and John Jackson,

The Dales Junior Fell Race was won by M, Roberts of Kendal in 6.36, with J. Mountain of Bingley 2nd. Kendal won the team prize and there were 67 competitors.

1.R.Wilde	(Man) 12.50.2	11.M.Lambert	(Bing) 13.54
2,M,Short	(Hor) 12.54	12,R,,Whitfield	(Ken) 13.58
3A,McGee	(Kes) 12,59	13.G,Brooks	(Bing) 14.06
4.M,Weeks	(Bing) 13.21	14.T»Ramsden	(Holm) 14,32
5.A.Styan	(Holm)12,26	15,P,Watson	(Puds) 14.34
6.B,Robinson	(Ken) 13.28	16.DeYoung	(Puds) 14.43
7,RoRawlinson	(Una) 13.34	17.K,Midgeley	(HalJ) 14.44
8 W.Bland	(Kes) 13,36	18,S,Breckell	(B'bu) 14.48
9,I.Roberts	(Holm)13,38	19-M.Armitage	(Salt) 14,49
1Q-H.Walker	(B'bu)13.41	20.A,Sunter	(Hor,) 14,50

DALES JUNIOR FELL RACE

1,M,,Roberts	(Ken) 6.36	4,M.Crewe	(Bing) 7.01
2,,J.Mountain	(Bing) 6.45	5,P.Dixon	(Ross) 7,04
3 D,Topham	(Long) 6 50	6,I.Maguire	(Ken.) 7.06 .

Bionic Fell Runner! by Ben Redfern

What have Burnsall and Pendleton got in common?, the answer is usually nothing but this year the common factor was R. S. Wilde, Esq., following his startling performance at Burnsall a few years ago when not officially entered everyone wondered could he do it again?

By kind permission of the owners it was possible to go through private grounds as the pros, had done in June, Mike Short was first to the summit in a new record time of 8 minutes 42 seconds, closely followed by Ricky Wilde who forged ahead after the wall and following the old course shattered Ernest what's is name's time in 12 minutes 50.2 seconds. The argument about which is the fastest route is left unresolved and of course there's a lad named Fred to be reckoned with.

A week later Mr. Wilde turned up at Pendleton and again choosing the long way home zoomed in to knock 31 seconds off the old record with John Calvert second and Alan McGee third.

Pendleton

1st.R.Wilde	(Man.) 21.11	4th.M.Morton	(B'bu) 22.06
2nd.J.Calvert	(B'bu) 22.00	5th.I.Roberts	(Holm) 22.13
3rd.A.McGee	(Kes.) 22.02	6th.M.Short	(Horw) 22.15
1st Vet. D. Lawson	(Bingley) 23.49.		

MAY 29TH. CHEVY CHASE. 17 miles. 2000 ft. CAT.A.

1.S.Breckel1 rec(B'bu)	2.09.46	11.A.Bland	(Kes) 2.18.35
2.W.Bland	(Kes.) 2.10.35	12.M.Edwards	(Abe) 2.18.45
3 .D.Overton	(Ken.) 2.13.45	13.H.Forrest	(Gos) 2.21.05
4.M.Armi tage	(Salt) 2.14.10	14.M.Newall	(Gos) 2.21.50
5.K.Taylor	(Ross) 2.15.01	15.J.Blair-Fish	(ESH) 2.22.35
6.A.Lightfoot	(Inv.) 2.16.07	16.T.Robertshaw	(Cla) 2.23.13
7.R.Whitfield	(Ken.) 2.16.30	17.C. Ramsay	(Loc) 2.23.59
8.H.Blenkinsop	(Ken.) 2.17.01	18.D.Bland	(Kes) 2.23.59
9.M.Nicholson	(Ken.) 2.17.25	19-M.Hudson	(Lak) 2.25.13
10.M.Davies	(Read) 2.18.07	20.A.Cameron	(ESH) 2.26.05
TEAM: 1. Kendal	6.50 .56	2. Keswick	6.53.09
	3 . Y.H.A.	6.55.30	

The large number of results from the English events this season has meant that I have had to hold over reports on September and October events to the next issue. Ed.

THE WELSH SCENE by Peter Knott

Thousand Metre Peaks Race A. 20/25 m. 4th June.

The continuation of this event was threatened by a growing entry and shortage of officials. However, appeals

for assistance had the desired effect and race secretary, Mrs. Jones informed me that a very large number of individuals and clubs had come forward with offers of help. It seemed a good idea to give pride of place to these this year and Mrs. Jones sent me the following list; —

"Harvey and Rosie Lloyd of Pen-Y-Pass Youth Hostel who recruited about 20 marshalls.

Derek Mayes, Chief Marshall, who got everyone organised.

The manager of Pen-Y-Pass Cafe for allowing the use of facilities for the prize presentation.

West Bromwich Mountaineering Club and Marshalls.

P.C. Geof Catlin and eight cadets from West Thameside Police and Marshalls.

Llanberis Mountain Rescue Team - Marshalls and Rescue cover.

R.A.F. Mountain Rescue Team, Stafford, for co-ordinating all the rescue services.

Rossendale R.A.F. Rescue Team.

Ogwen Valley Mountain Rescue Team.

The six Scrutineers, and twenty one marshalls of whom a special thanks to Ken Jones, John B. Jackson, Jim Peters and John G. Williams at the Summit.

Snowden Summit Cafe proprietors.

Snowden Mountain Railway.

Brian Gray who was responsible for the awards.

The 3rd Battalion Royal Welsh Fusiliers for providing the Radio network.

Mr. Alan Phoebe for writing the certificates.

The Police for arranging to stop the traffic at Aber.

Competitor's wives who served drinks en route."

Mrs. Jones wishes to express her thanks to all these and anyone else who helped that she may have forgotten.

I quote from the official results. "The weather this year was very interesting causing numerous navigational problems in the early stages. We are sure that untrodden areas on the Carneddau and Glyders were pounded by numerous feet on the day of the race. Competitors running well were frequently passed by other competitors running equally well, but in the opposite direction¹. One competitor, starting from Aber, found his first check-point at Pen-Y-Pass!"

This was not to be Joss' day, for after arriving late for the start he set off on his own only to get lost on the Carneddau. Typical of Joss he sorted himself out and carved his way up the field from 64th at Carnedd Llewelyn to finish 31st.

Only Duncan Overton could stay with Mike Short's fast early pace and the two stayed together to Pen-Y-Pass after which Mike achieved a 17 minute lead at the finish with a

open with entry on the day. The race starts and finishes in the little village of Cilcain near Mold and climbs to the top of Moel Famau 1820' returning by the same route, attracting considerable interest from the villagers but only a small field of competitors. The race starts with a downhill run on the road (uphill finish) before entering unmarked paths but fairly obvious route, to the foot of Moel Famau. The climb to the summit turn is quite steep but the significant amount of road in the course as a whole probably makes this a 'C' rather than 'B' category event.

There are two trophies presented, the winner and 1st local, and finish certificates, with an entry fee of 20p.

Organiser Mr. R. Wolley, The Close, Cilcain, Mold, Clwyd, is keen to see a larger entry in future (23 this year) but the course which includes a number of styles and a narrow road at the start, does not favour a large field.

Despite the absence of any of the recognised top fell runners a good competitive race resulted, with P. Weatherhead's record of 28.30 being lowered to 27.51 by the young Wolverhampton track runner, Tony Blackwell, followed home by M. Foschi (Alt.), Orienteer Mike Ligema and last year's winner Weatherhead. Three of the top ten places were occupied by over 40 veterans. The local's trophy was awarded to Jeff Cornfield of Deeside A.C. in 13th place.

1.A.Blackwell	(W.S B)	^{ec} 27.51	6.P.Howard	(Wirr)	29.20
2.M.Foschi	(Alt.)	28.26	7.P.Knott	(B'po)V	29.57
3.M.Ligema	(Unat)	28.50	8.M.Cranney	(Wirr)V	31.05
4.P.Weatherhead	(Wir).	29.02	9.M.Morrell	(Wirr)V	31.28
5.G.Nixon			(Wrex)	29.06	10.J.Hammond (?)32.29

THE SCOTTISH SCENE by Mel Edwards, John Blair-Fish and Peter Knott.

JUNE 25TH. CAIRNGORM. 10 MILE. 3000ft. CAT.B. by Mel Edwards

A field of 30 set off in the typically warm weather this race has enjoyed for the past few years. After Colin Martin (Dumbarton) had taken an early lead, Mel Edwards and Brian Finlayson took up the running, and when the road section was over the latter gained a 50 yard lead, with Bobby Shields some distance behind in 3rd place. At the Ptarmigan Restaurant some 5 minutes from the summit, Edwards passed Finlayson but was caught by Shields and these two reached the summit together. Henceforth Shields built up a comfortable lead and finished in a time only 59 seconds outside his own record set up in 1972.

1.R. Shields	(Clyde)	1.13-46	5.A.Phillipson	(Gates)	1.18.57
2.M.Edwards	(Aber)	1.14.23	6.C.Ramsay	(Loch)	1.19.07
3.B.Finlayson	(Loch)	1.16.15	7.A.Adams	(Dumb)	1.19.20
4.R.Paton	(Dumb)	1.17*02	8.C.Martin	(Dumb)	1.19.50

9.I.McWatt (Dumb) 1.20,,06 10.C.Martin (Aber) 1.20.27

Teams 1. Dumbarton 19 pts. 2. Lochaber 22 pts.

3. Aberdeen 33 pts.

LOCHABER 2 DAY MELANTEE A. 3½M. 2300' and
½ NEVIS A. 4½M. 2200' by Peter Knott

A good field of about 50 turned out at the Lochaber Highland Games on 30th July for the very steep Melantee Hill Race. Young Alan Magee of Keswick was amongst the Sassenachs coming North and showed that his early season form in the short steep events was no fluke and running all the way to the top, finished over 1± minutes clear of Martin Weeks. Locals Colin Ramsay and Roger Boswell had excellent runs in 5th and 6th places but their 3rd man was too far down to prevent Kendal taking the 1st team prizes. Young Harry Blenkinsop, just come of age, showed the extent of his threat to other would be veteran prize winners with a nippy 9th place, which also put him into Kendal's winning team. The 2nd vets prize went to J. Black of Livingston in 21st place.

1.A.Magee	rec.(Kes)	30.52.2	11.P.Murray	(Clay)	34.29
2.M.Weeks	(Bing)	32.32.4	12.M.Lambert	(Bing)	34.36
3.A.Styan	(Holm)	32.43	13.1.Mackie	(Liv.)	35.20
4.M.Armitage	(Salt)	32.49	14.J.North	(Clay)	36.12
5.C.Ramsay	(Loch)	33.36	15.1.McWatt	(Dumb)	36.13
6.R.Boswell	(Loch)	33.40	16.J.Sloss	(Long)	36.26
7.D.Overton	(Ken.)	33-42	17.R.Anderson	(Camb)	36.37
8.M.Nicholson	(Ken.)	33-47	18.R.Shields	(Clyde)	36.50
9.H.B1enki nsop	(Ken)	V34.08	19.P.Brooks	(Loch)	36.58
10.J.Blair-Fish	(ESH)	34.23	20.J.Shields	(Clyde)	37.03
Teams	1. Kendal	24 pts.	2. Lochaber	30 pts.	
			3. Dumbarton	62 pts.	

The following morning Eddie Campbell's team swung into action again and the runners appeared this time before a somewhat smaller crowd, to tackle the longer, rougher but less steep run up the Ben Nevis Tourist path to the Red Burn and back. Alan Magee chose to return to Lakeland for the Lattrigg event but Martin Weeks stayed to record a comfortable win from fresh Paul Blakeney. Blenkinsop again took the vets prize and a 1st team prize in 8th place. The second vets prize this time going to Peter Knott in 21st place.

1.M.Weeks	(Bing)	53.01	6.M.Armitage	(Salt)	56.44
2.P.Blakeney	(Saif)	54.19	7.R.Boswell	(Loch)	56.55
3.D.Overton	(Ken)	54.46	8.H.Blenkinsop	(Ken)V	57.12
4.A.Styan	(Holm)	55.57	9.R.Shields	(Clyde)	57.36
5.M.Nicholson	(Ken)	56.18	10.C.Ramsay	(Loch)	57.42

11. J.Blair-Fish (ESH) 57.48	16.A.Stapeley (Yoe) 59.11
12o J.North (Clay)58.17	17.R.Paton (Dumb) 59.15
13. M.Lambert (Bi ng)58.24	18.P.Brooks (Loch) 59.20
14. J.Jardine (Pen) 58.44	19.J.Bland (Kes.) 59.33
15. P. Bland (Ken) 58.55	20.A.Buckley (Holm) 60.01

Teams: 1. Kendal 16 pts. 2. Lochaber 35 pts. 3. RAF Lossie.

AUGUST 27TH ACHMONY HILL RACE AT GLENURQUHART 4 MILE.
500 ft. Cat.B. by MEL EDWARDS.

Seven of last year's top ten returned to Glenurquhart this year to tackle the briefest race on the Scottish Fell Calendar. A new record was assured to the winner as the course was slightly extended at the start and finish to accommodate the new access to the games park.

Following the initial mile of road, Edwards and Laing of Aberdeen led from Jarret of Keswick. At the summit, Laing was 10 yards ahead of Edwards with Jarret close behind, but the latter descended very fast and led Laing to the road, this pair entered the games field together and Jarret held off the 20 year old Laing in a thrilling finish.

1.J.Jarret (Kes) 21.38	6.R.Boswell (Loch) 23.36
2.G.Laing (Aber)21.40	7.D.Wright (Aber) 23.43
3.M.Edwards (Aber)22.16	8.B.Turnbull (Inver) 23.45
4.F.Clyne (Aber)23.25	9.I.McKenzie (Forres) 23.59
5.D.Clark (Veri)23.32	10.J.Jardine (Peni). 24.07

30 finished.

Teams: 1 . Aberdeen 16 2. Lochaber 48.

BEN NEVIS RACE 3RD SEPTEMBER A.14m. 4406¹.
by John Blair-Fish.

This year's race was declared to be the Scottish Open Hill Race Championship and all entries received before the closing date were accepted. Prizes were awarded by the S.A.A.A. in addition to those awarded by the Ben Nevis Race Association. A record field of 350 starters produced a very high standard of competition and the first twenty (rather than ten), finishers were worthy of prizes.

Alan McGee won the race on his first attempt in the absence of Dave Cannon who considered marathon preparations more important. (The new winner was however absent from the apres-race). Mike Short was first to the top but was nearly beaten into third place by Martin Weeks on the descent. The Bland family were in evidence and produced a new winning team with Alan McGee. The newly 'come of age' Harry Blenkinsop with Boyd Millen won the two man veteran - Heaton Trophy. Special prizes were awarded to

R» H., Wilson and Eddie Campbell on completing more than 21 races and to the tunnel-blind American, Norman Bright who completed the race with a guide.

1. A. McGee	(Kes) 1.29.36	11. R. Boswell	(Loch) 1.36.29
2. M. Short	(Hor) 1.30.52	12. R. Whitfield	(Ken) 1.36.30
3. M. Weeks	(Bing) 1.30.56	13. A. Bland	(Kes) 1.36.38
4. W. Bland	(Kes.) 1.31.14	14. P. Moon	(Bing) 1.37.56
5. R. Shields	(Cl yd) 1.32.26	15. J. North	(Clay) 1.38.05
6. H. Walker	(B'bu) 1.34.32	16. G. Gough	(Clay) 1.38.38
7. M. Nicholson	(Ken) 1.35.23	17. H. B1enkinsop	(Ken)V 1.38.55
8. G. Brooks	(Bing) 1.35.44	18. J. Shields	(Clyde) 1.38.57
9. P. Murray	(Clay) 1.35.47	19. P. Barron	(Kes.) 1.39.35
10. M. Lambert	(Bing) 1.35.48	20. J. Norman	(Alt). 1.40.00

Teams. 1. Keswick 18 pts. 2. Bingley 21 pts.

3. Kendal 36 pts.

Veterans: H. Blenkinsop 17th 1.38.55.

MOFFAT CHASE 17 Miles 6000 feet. 2ND OCTOBER, 1977

by John Blair-Fish.

The organisers of this event, the Annan and District Athletic Club, said the terrain was similiar to that of the Cleator Moor and the best description of this event might be "the double Cleator Moor". The race consisted of essentially a pathless ridge run with seven check points including braveing several bogs. There was a dramatic 1700 foot descent into and ascent from a valley half way round and this sorted the field out. Ian Elliot closely followed Alan McGee till this point but subsequently dropped out. Keswick A.C. (McGee, W. Bland and J. S. Bland) once again produced a winning team and Harry Blenkinsop was the first veteran. Ross Coates won the women's race in a time faster than a third of the male competitors.

This tough race, unique North of the border, deserves a larger entry than the 33 male and 5 female competitors of this year.

Course as follows:- Sheet 69. Check point 1.

- 1. Greygill Head. 097083.
- 2. Hart Fell 113136.
- 3. Saddle Yoke 144124.
- 4. Blackhope Burn-Fence junction 143108
- 5. Summit Nether Coomb Craig 129109.
- 6. Auldton Fell 119085
- 7. Greygill Head (check point 1).

1. A. McGee	(Kes) 2.51.25	6. M. Nicholson	(Ken) 3.08.17
2. W. Bland	(Kes) 2.57.49	7. S. Bland	(Kes) 3.11.54
3. H. Blenkinsop	(Ken)V 3.01.01	8. J. Blair-Fish	(ESH) 3.12.36
4. R. Boswell	(Loch) 3.01.28	9. P. Bland	(Ken) 3.16.30
5. M. Hudson	(D.P.) 3.04.36	10. M. Walford	(Ker>) 3.18.21

EXTRACTS FROM THE F.R.A. COMMITTEE MEETING ON SEPT. 24TH

Extracts/Summary by The Editor from Minutes by the Secretary
Dave Moulding.

12 members present. Agreed to proceed with Addressograph machine at a likely cost of about £150. New 'Fell Runner of the Year' trophies were given to past winners present. F.R.A. affiliated to 3 Peaks Race Association at the latter's invitation. New event categories:- Wre-Call-B, Darwen Moor - B, Stoodley Pike - B, Muncaster - B Maidens of Mamore -A, Hades Hill - B, Lantern Pike - B, Withins Moore - B, Craig Fell Race - C, Black Lane Ends - B. 1978 'Fell Runner of the Year' arrangements to be three short, three long, 3 medium and one choice from Cat. A. events. 'Long' is over 1 hour 45 mins. record and 'short' is under 40 min. record.

Annual Dinner Dance to be arranged (see advert in this issue).

Individual membership subscriptions to continue at £1.00 but a group membership would be accepted at £5.00 subscription.

Status of Fell Running:- September 10th open meeting proceedings were described and discussed. Views for and against application to the Sport's Council for independent sport's membership were expressed. A sub-committee was elected to investigate the subject further. It was emphasised that it was this sub-committee's responsibility to make recommendations on behalf of the F.R.A.

AN EARLY HILL RACE - CAT A?

by DAVID BARNARD.

The traditional Arab proposed, in the traditional way, to run down Cheops, cross the eighth of a mile of sand intervening between it and the tall pyramid of Cephron, ascend to Cephron's summit and return to us on the top of Cheops - all in nine minutes by the watch, and the whole service to be rendered for a single dollar. In the first flush of irritation, I said let the Arab and his exploits go to the mischief. But stay. The upper third of Cephron was coated with dressed marble, smooth as glass, A blessed thought entered my brain. He must infallibly break his neck. Close the contract was despatch, I said, and let him go. He started. We watched. He went bounding down the vast broadside, spring after spring, like an ibex. He grew smaller and smaller till he became a bobbing pigmy, away down towards the bottom - then disappeared. We turned and peered over the other side - forty seconds - eighty seconds - a hundred - happiness, he is dead already! - two minutes and

a quarter - "There he goes'." - Too true - it was too true. He was very small, now. Gradually, but surely, he overcame the level ground. He began to spring and climb again. Up, up, up, at last he reached the smooth coating - now for it. But he clung to it with toes and fingers, like a fly. He

crawled this way and that away to the right, slanting upward away to the left, still slanting upward - and stood at last, a black peg on the summit, and waved his pigmy scarf'. Then he crept downward to the raw steps again, then picked up his agile heels and flew. We lost him presently. But presently again we saw him under us, mounting with undiminished energy. Shortly he bounded into our midst with a gallant war-whoop. Time, eight minutes forty-one seconds. He had won. His bones were intact. It was a failure. I reflected. I said to myself, he is tired, and must grow dizzy. I will risk another dollar on him.

He started again. Made the trip again. Slipped on the smooth coating - I almost had him. But an infamous crevice saved him. He was with us once more - perfectly sound. Time, eight minutes forty-six seconds.

I said to Dan, "Lend me a dollar - I can beat this game, yet."

Worse and worse. He won again. Time, eight minutes forty-eight seconds. I was out of all patience now. I was desperate. Money was no longer of any consequence. I said, "Sirrah, I will give you a hundred dollars to jump off this pyramid head first. If you do not like the terms, name your bet. I scorn to stand on expenses now. I will stay right here and risky money and you as long as Dan has got a cent."

I was in a fair way to win now, for it was a dazzling opportunity for an Arab. He pondered for a moment, and would have done it, I think, but his mother arrived, then, and interfered. Her tears moved me - I never can look upon the tears of woman with indifference - and I said I would give her a hundred to jump off, too.

From *The Innocents Abroad* by Mark Twain.

(Height of Cheops given later as 480 feet, the steps up its component blocks being "full as high as a dinner-table"; Cephron not stated).

SOME NOTES ON THE "THREE BRITISH TOPS" by Bill Smith

The challenge of "bagging" the highest peaks in Scotland, England and Wales in one fell swoop (If you'll pardon the pun), has attracted mountaineers and fell runners for many years now. The fastest times have, of course, been achieved by using a car to get from one peak to another.

In the early 1960s, Pete Hall of Barrow A.C. established a record of 9 hrs. 44mins from the top of Ben Nevis to the top of Snowdon, via Scafell Pike, with rally driver Frank Davies of Ambleside transporting him from peak to peak.

George Rhodes recorded a time of 10 hrs. exactly for this course in 1964, but did all the driving himself - at the suggestion of his friend, the late Eric Beard.

Joss Naylor started his attempt in June 1971 from water's edge, Fort William and finished at waterside, Caernarvon, being driven between the peaks by Frank Davies. His time was 11 hrs. 54 mins, and this is the "Three British Tops" record now generally accepted by mountaineers and fell runners.

In 1973, Eddie Campbell created a veteran's record of 13 hrs. 22 mins. for this same course, being chauffeured by the Ben Nevis Race Association chairman, Mr. George McPherson.

Also in 1973, Vauxhall Motors R.C. of Luton set up a team record of 13 hrs. 43 mins. over the same course, and this year established a relay record of 54 hrs. 57 mins. 47 secs, for the whole journey on foot (see report elsewhere in this issue).

Noteworthy, too, is the fast time of 14 hrs. 06 mins put up by Southern Orienteer David Rosen in June this year, with transport.

The finest achievement of all, however, was surely that of Eric Beard, who completed the whole course on foot in 10 days, 12 hrs. 15 mins. Pete Dawes and Boyd Mi lien made a joint attempt on this record last year but were thwarted by injuries, a fate which also befell John Haworth's attempt in May this year.

VAUXHALL MOTORS SET NEW THREE PEAKS RELAY RECORD by Bill Smith.

Vauxhall Motors Athletics Section of Luton, who in 1973 established a relay record of 13 hrs. 43 mins. for the "Motorised Three Peaks" - scaling Ben Nevis, Scafell Pike and Snowden on foot, but covering the ground in between by car - have now created a five-man, non-stop relay record for the whole journey on foot. Starting at 11.00 hrs. on Saturday, 21st May, it took them 54 hrs. 57 mins. 47 secs. to cover the 420 mile course from Cernarvon to Fort William.

They had originally planned to use a six-man team, but abandoned the idea when Tony Simmons withdrew for international duty in Helsinki. The five runners who took part were Roger Churm (aged 33), Peter Claridge (24), Peter Coleman (35), John O'Callaghan (42), and Hugo Soper (49).

John O'Callaghan ascended Snowdon by the railway track and came down by the PYG track, having been witnessed at the summit by Snowdon Race organiser, Ken Jones of Nant Peris. Hugo Soper was guided up and down Scafell Pike by Joss Naylor, starting from Langdale and descending into Borrowdale, while the Old Man of Ben Nevis himself, Eddie Campbell, accompanied Roger Churm up and down Britain's highest mountain, where snow lay above 2,000 ft. The weather was for the most part very warm, however, reaching the 80s at times, and thereby affording pleasant running at night.

Vauxhall Motors have been entering teams for the Ben Nevis and Three Peaks (Yorkshire) races for quite a number of years now and are certainly no strangers to fell running, though most of these 420 miles were, of course, run on the road.

Well done, lads - a highly commendable achievement.

ALAN HEATON'S PENNINE WAY RECORD ATTEMPT by Bill Smith

Alan Heaton, who in 1972 established a Pennine Way record of 4 days, 5 hours, 10 minutes in company with his Clayton-le-Moors clubmate, Mick Meath, set off from Edale at noon on Friday, 3rd June in an attempt to regain the record, since broken by Joss Naylor (1974) and Pete Dawes (1975), also by cyclo-cross riders Barry Davies (1975) and John Rawnsley (1976), though these latter achievements cannot really be compared with fell running attempts.

Alan reached the top of Dean Clough, to the north of the Bronte Country, at 22.45 hrs. on the Friday, 15 minutes ahead of schedule. Unfortunately, he had dislocated his shoulder in the Fellsman Hike a fortnight previously and had to support it by gripping a sling. This caused him great inconvenience when climbing stiles, crossing rough ground and descending steep slopes, thereby slowing him down considerably. It had also prevented him from sleeping during the nights preceding his attempt, and also on the Friday night above Dean Clough.

Alan set off at 03.00 hrs. on the Saturday but realised on Pen-y-ghent that he wasn't going to make it. The pain in his shoulder allied with the effect of so many sleepless nights was at last beginning to tell, resulting now in dizzy spells and falling behind schedule, and he reluctantly decided to call it a day at Horton-in-Ribblesdale, having covered 92 miles.

The going underfoot was very firm indeed, and the weather was warm and sunny on the Friday, varying between sunny and overcast with a cool wind on the Saturday. Support was rendered on the fells and at access points by Pred and

Margaret Rogerson, Stan and' Ida Bradshaw, Pete and Jean Dawes, Keith Windle, John North, Mick Meath, Dennis Beresford and Bill Smith.

HOLMFIRTH HARRIERS - PENNINE WAY RELAY RECORD 2/3 JULY, 1977
32 Hours, 42 Minutes, 12 Seconds. by IAN ROBERTS

The idea of breaking The Pennine Way Relay Record seemed simple enough. It was first attempted seriously by Clayton in 1970; they laid down some ground rules: 24 runners, in pairs over 1500' and at night etc. Their record was broken in 1971, by Ranalagh Harriers (Essex) and subsequently by Anfield Comprehensive School (Liverpool), in 33 hours, 19 minutes (1974).

We assembled a motley crew of 12 runners and 4 drivers (Group A) on Friday, 1st July at midnight in Holme Village. Excitement was high, but the cloud level was not. The Pennines were awash, and our chances of breaking the record looked very slim.

The attempt started on schedule from Edale at 3.00 a.m. and straight away on the first section over Kinder Scout, the runners got lost - not surprising with thick mist and semi-darkness. They took 2 hours to reach the Snake Road (5 miles), and we were away to a 45 minute deficit!. This deficit stayed about the same throughout the first main section in Colden, where Group B took over 1 hour behind.

The fresh 12 runners, and 4 drivers attacked the schedule fiercely all the way to Horton, and pulled back 30 minutes, partly due to a generous schedule allowance over Fountains Fell and Pen-y-Ghent. At Horton, Group A returned in the fray and, faced with, a very stiff schedule to Middleton, managed to stay about half-an-hour behind until 12 miles out, where a runner got lost on the Tan Hill stage, taking 55 minutes to do 2 miles! Further minor losses put us nearly two hours down at Middleton, the half-way stage, and things looked bad.

However, the sun was shining, the day was warm and clear, and Group B resumed determined to pulverise Stage 4 to Alston - and that's exactly what they did. Another set of generous schedule times enabled a magnificent 1 hour 20 minutes to be pulled back, particularly on the long section over High Cup Nick. In fact, they were so quick; that the team at Dufton awaiting the runners were caught with their trousers on. There was a desperate scramble to get runners in position for the next few sections, and we only just managed to get ready for the gruelling Cross Fell section with literally seconds to spare.

We were now running at night, with some temperamental torches and over some very rocky and difficult terrain. Despite this, we lost no more time and by Alston were a mere 21 minutes adrift! However, a shock was in store as the first Group B men arrived in Alston, to find Group A sound asleep'. Chaos reigned for five minutes as out of breath runners, sleep-drunk drivers and frenzied organisers ran around in circles trying to get ready for Stage 5. Suddenly the change-over "whistle" arrived, and Group A were off into the rapidly approaching dawn.

This last main section for Group A proved very trying, with runners unused to night-running trying desperately to keep down the deficit; and they ran really well to arrive in Billingham only around 30 minutes down.

Group B meanwhile had been kipping in sleeping bags on the village green, under a dark cloud-laden sky. Our bags were sopping wet when we awoke, and we struggled to work up enthusiasm for our last sections. Despite very low cloud and 15 yard visibility we kept to time and reached Byrness, just 25 miles from the finish, only 3 minutes behind schedule.

The excitement was intense as Group A runners joined in to do odd half-mile stretches to speed things up, and the last lap over the Cheviots was under way.

Suddenly, there was a set-back, as H.Q. (Honley) informed us that the Chew Green runners had got badly lost beyond Byrness Hill: we were back to 20 minutes adrift'. The crucial point had been reached, but with a little help from Group A and some spectacular running over the boggy, exhausting Cheviot wastes, the penultimate team raced down into Burnhead (just 2 miles from Kirk Yetholme) no less than 36 minutes AHEAD of schedule'. A 9 minutes all out sprint by a dozen or so of the runners clinched the record in 32 hours, 42 minutes for the 270 mile route.

We made our last victorious phone call to Les and Enid Bailey at H.Q. (Honley), and slowly drifted back home, totally exhausted, but very satisfied with our effort, and amazed by the terrific feeling which it had generated between all those who took part.

GROUP A Runners - Ian Moore, Roger Lawton, Steve Beardsell, John Fretwell, Martin Seddon, Dave Hinchliffe, John Page, Alan Buckley, Clive Hollingworth, Geoff Hall, Trevor Ramsden, Anthony Marsh.

Drivers - Mr. Page, Mr. Marsh, Mr. Hawksworth, Mr. Mackay.

GROUP B Runners: Ian Roberts, Rog Bradley, Graham Ellis, Jim Sykes,, Rod Futrel1, John Turner, Graham Moore, John Whiteley, Bill Lambert, Brian Pickersgill, Dave Marshall, Andy Styán.

COMPETITIVE CROSS-COUNTRY SKI-ING - by R. DOUGLAS

Cross-Country Ski-ing is a way of life for many* The winter hunter or mountaineer uses skis as a means to an end while the recreational skier skis for the fun of it, attracted by its comparative cheapness, simplicity and safety. An extremist among the recreational skiers is the athlete, of whome the most masochistic will find the sport demanding and dynamic, either as the main sport or an ideal way of training for a summer sport in the off season. Competitive cross-country ski-ing requires an overall degree of fitness with a unique athletic requirement for what may be described as an endurance race made up of many series of sprints on the uphill sections and resting on the downhill.

In summer the majority of training is long, slow distance work until the Autumn to acquire endurance. This can be done in many ways because the sport demands the use of many body muscles which can be exercised by running, cycling, canoeing, swimming and of course fell running which produces a very good aerobic condition and psychological acceptance of running hills hard. In Autumn speed is introduced so that the body can learn to work when in oxygen debt. In late October, the snow arrives and it's back to long distance work-outs that average 60 km. a day with an increase of speed training towards January, then you're ready to race.

Race tracks are set usually in rolling wooded terrain with an emphasis on it being a physically hard course rather than steep fast descents, which could be dangerous when ski-ers are bunched together.

Basic equipment of the racer are fibre-glass skis, lightweight shoes and alloy ski sticks with an average total weight of 3.5 lbs. Also with this one needs a knowledge and selection of waxes which give the skis the ability of sticking when climbing and sliding on the descents. A one piece stretch nylon ski suit is worn with thin gloves and a bob hat. In very cold conditions long underwear is worn and races are still run in temperatures as low as -20 c.

A good ski-er would adopt a very relaxed style with slow yet explosive movements in comparison to running, with an average speed of 20 km. per hour. An impression of the physical demands can be gained when we realise that the 15 km. race is considered a sprint with a total elevation of around 600 m. with an average time of 43 mins and yet in

the longer races of 50 km., elevation 1,700 m there is very little deterioration in speed, with a winners time being from 24 hours and over. In races over 20 km. feed-stations are provided to help the racer overcome dehydration, though there are many variable conditions that can effect a racer's performance e.g. tracks longer than stated, waxing problems, snow conditions and the individual's fitness.

There has been very little coverage of the Nordic sport's world due to the fact that the national team has usually been chosen from the services, though this is changing and with more civilians competing cross-country skiing will be in the public eye more in the future.

A TRIBUTE TO ROSSENDALE A.C.

by JOHN VOSE

'Ast ever been Rossendale
We'er they run thro' muck and grime?
O'er fells and dry stone walls
We'er its misty most o' time.

Cross rubbish dumps, farmer's fields,
It's - man stuff by gum'.
Parliament fields and public parks?
Why, there only a bit o' fun.

It fair makes me glad that I don't run
As they slog up rocks and fell
It's punishment to even watch
In fact it's bloody hell!

But lads battle on and dream of ale,
In't local after 't run,
Foaming pints and hot shower baths
when race is lost and won.

Then its pie and peas and pickle dip
Back in't 'arriers running club.
There's a reet good smell of gradley soup
Mixed withsweatand Ellerman's rub'.

So it's three good cheers for Rossendale
and Ladies what makes brew.
It's best club I know for sport and grub
It's a reet good Lancy do.

THE ADMINISTRATION OF FELL RUNNING
FELL RUNNING AS A BRANCH OF AMATEUR ATHLETICS

by Jim Smith (Bury A.C.)

Attempts are being made to sever our link with the A.A.A. and form a separate governing body for the Sport of fell-running in Britain. It is argued that the formation of such a body would enable the F.R.A. to obtain money from the Sport's Council to send our top runners to compete in special races abroad.

A simpler solution which would virtually allow us to govern ourselves and retain our link with the A.A.A. might be to make an addition to Rule 15, Section 2, of the A.A.A. Rules for competitions, to recognise fell running as a separate branch of amateur athletics alongside Cross Country, Road Running, Road Relay Running, Walking and Track and Field. It would then become necessary to define what we mean by a "Fell Race". The definition would, I hope, include that all fell race courses should have fixed check-points, known well in advance, with either competitors being allowed to choose their own route between checkpoints or following a definite or flagged route between checkpoints. This would then reject the ludicrous suggestion which appeared in Athletics Weekly on 3rd September. One of the two races suggested as part of a possible World Fell Running Championship was a 40 km. race for men (25 km. for women) over an unknown course. This could well result in the Championship being won by a specialist orienteer who has navigated expertly in mist. An orienteering event should never form part of a fell racing championship.

If fell running were divorced from the A.A.A. the sport would be open to exploitation by outside parties who do not have a genuine interest in the sport. At present, fell runners and race organisers enjoy a great deal of freedom. A.A.A. rules are straight-forward and non-restrictive. There is a notable absence of scheming, plotting, arguing, wrangling and bickering. Most people are attracted to the sport because it offers a weekend escape into the mountains far away from petty rules and regulations. Further restrictions, which a separate governing body is bound to impose, are definitely unwelcome.

THE FREEDOM TO COMPETE IN FELL RACES

A Personal Viewpoint by Gerry Charnley

Since the F.R.A. was inaugurated in 1970 the question has often been raised as to what authority or status our association has in the control and administration of our

sport. Many members hold the view that fell running is governed by the AAA because a large proportion of our events are listed in the annual calendar as being under A.A.A. Laws but the true position is that the F.R.A. is merely an information service, currently producing a fixture list and a magazine. The Fell Runners Association has no control or jurisdiction over our membership or the sport of fell running whatsoever.

The motivation behind the original concept of the F.R.A. was to create an association which could unite fell runners as a specialist group and this has been achieved with a progressive increase in membership now approaching four figures with over sixty annual races now established in the F.R.A. Calendar. Amongst some members the question is being raised to have fell running adopted by the A.A.A. thereby acquiring some form of parentage but amongst others the belief is that fell running should remain independent as at present and subsequently apply to the Sport's Council for recognition as an autonomous association, establishing the F.R.A. as the governing body for the control and administration of fell running, thereby acquiring the status to speak with a united voice for the benefit of the membership of our sport.

Fell running in its widest sense, embraces competitions ranging from a short hill race of 20 minutes duration to marathon events which extend to 50 miles, from events which for purposes of administration are little different to a cross-country race to the more challenging excursions which demand skill in navigation and a high degree of competence in mountain craft. In the last decade we have witnessed the development of a 'fringe athletic sport*' which has extended far beyond the resources of stadium administration, as deployed by the gentlemen of the A.A.A. and more towards the processes and rules governing mountain safety. There are many examples; in the Vaux Mountain Trial only 79 competitors from a restricted entry of 180 identified themselves with the caption of "A.C." or "Harriers" behind their name. So many others who have been drawn to fell running have their origins in long distance walking, mountaineering and orienteering, so many fell runners have allegiance to more than one sport and more than one club. Side by side, competing in fell races are runners with diverse loyalties, some place their premium on pure athletics i.e. track, road running, and cross-country, whilst others express their first love for the 'great outdoors', climbing, orienteering, skiing and persuing

the infectious craze of 'munro bagging' so what is a fell runner? a mountaineer, an orienteer or athlete?

What our membership really need to be told, is that if fell running was adopted by the A.A.A. then all participants in fell races would, if the rules were applied, be required to hold membership of a A.A.A. affiliated club, this move would clearly discriminate against those members who are not associated with the A.A.A. However, if we remain independent then anyone, mountaineer, orienteer, cyclist, long distance walker, climber, skier, indeed any sportsman could compete in our fell races regardless of one's first love sport.

The question most paramount is the continued freedom to run in fell races, when and where we choose, regardless of where our principal allegiance may stem from. Fell runners are athletes who have shed the restrictions and confinements of a stadium and discovered the utter joy and informality of hill running. So let our sport remain free and unhindered from the remote administration of the A.A.A. and its attendant discrimination and like the sport of orienteering in 1966, seek independence in the form of an autonomous association so that the F.R.A. may become the specialist parent body responsible for fell running. A newly constituted F.R.A. could recognise that its membership was largely drawn from those who might hold allegiance to other sports and who are influenced by other national governing associations but it would be independent and have the status of a parent body to protect its members, recognising its membership as wholly amateur in its ideals and ensuring that its rules were in conformity with the laws of other allied parent organisations.

We are presented with a unique opportunity - to draft a Fell Runners' Constitution and create a new sport, born in the 1970s, ensuring for everyone the freedom to compete in the hills and mountains of Britain.

The question raised as to which way the F.R.A. should go, by these two articles, will be on the agenda of the ANNUAL GENERAL MEETING ON APRIL 1ST AFTER THE PENDLE RACE. It is hoped to make an early start to the A.G.M. and to place this item early on the agenda. There will be a limited discussion period before proposals, if any, are voted on. **PLEASE MAKE IT YOUR BUSINESS TO ATTEND.** This could be the most important A.G.M. in the-history of your association.

If you wish to speak on this subject at the A.G.M. please give some thought as to what you wish to say before (NOTE: Pendle Races start early: Ladies 1 p.m. Men 2 p.m.)

the meeting and keep it brief and to the point. You are advised also to consult members of your committee before the A.G.M. to find out what has been discussed so far.

SLIEVE DONARD 8i miles 2,796' Cat.A. 23rd July, 1977

by Jim JOHNSON

As part of his determined drive towards The Fell Runner of the Year Award, Mike Short made the journey across the Irish Sea to the mountains of Mourne in County Down to compete in the 33rd Annual Slieve Donard Mountain Race. At the end of the day the very popular Horwich Man came away not only with 22 valuable points for his first place but also a new record time for this demanding course.

After the initial half mile along Newcastle^ Central Promenade the course then follows a steadily rising forest track for about one mile before angling leftwards over a steep rock face and onto the mountain side for the hard push to the summit at 2,796'. Mike blazed the trail to the summit where he held a sixty second lead over Alan McGee of Keswick with three times race winner Jim Hayes of Ballydrain Harriers a further three minutes behind.

These positions were maintained on the steep descent over boulder fields, loose rocks and deep heather down to the second check point on the coast road. After a further 2 miles of road a remarkably fresh looking Mike Short crossed the finish line, 1 rain. 17 secs, ahead of Alan McGee with Jim Hayes a further 4 min. 45 sec. behind in 3rd place.

Talking to Mike after the race he told me that he found this course a very enjoyable one, even the slight hair raising descent on which he escaped with just a twisted ankle'. For the record Mike's winning time of 1 hour, 4 min, 14 secs., sliced almost five minutes off Jim Hayes' 1975 record.

1 .M.Short rec.(Hor) 64.14	7.J.Patterson (Lagan) 80.02
2.A.McGee (Kes) 65.31	8.J.Robson (Will.) 82.35
3.J.Hayes (Bally) 70.16	9.T.Quinn (Bally) 82.00
4.D.McHenry (Unatt) 76.14	10.D.McQuitty (Dune.) 82.47
5.D.Rankin (Lagan) 77.20	11.E.Wilson (Lagan) 82.59
6.A.McCartney (Ann.) 79-54	12.A.Grey (Bally) 83.15

TEAMS: 1. Ballydrain Harriers 2. Lagan Valley Orienteers
3. Albertville Harriers.

AN ACCOUNT OF THE SIERRE-ZINAL RACE 1977

by Harry Walker

I was pleased to accept my fourth invitation to,

compete in this race, which has grown so much in popularity since I first went in 1973* Many runners now combine the race with a holiday; and are made very welcome by the Swiss organizers.

Race day was Sunday* 14th August and on Thursday, 11th August a party of eight of us set off from Jeff Norman's house at about 11.30 a.m., to go by car to Zinal. Andy Morley (Altrincham), Albert Sunter (Horwich), Ricky Hoyle (Horwich), and I went in Andy's fathers car, a Saab, to Dover, picking up a hired car a Peugeot, for the remainder of the journey. Jack Roberts, Jeff, Derek Walton, and Neil Hinley (all Altrincham) went in Jack's Ford Escort,

We arrived in Dover at 7,00 p.m, whereupon Jeff and Derek went for a training run, the rest of us had run that morning, whilst we pitched tents and retired to the pub, Ricky slept in a tent on his own as he had a bad cold but he needn't have bothered as we all got it eventually anyway!

Next morning we were up at 4,00 a.m. to train and prepare for the long journey which eventually brought us to Zinal at 11,30 p,m, that evening,

I was to stay with a French family with whom I had stayed in 1973, Jeff stayed in the hotel and the others in a self catering chalet. Saturday was a rest and sight seeing day,

Sunday morning saw us up at 6,00 a.m, in time for the start at 8,00 a.m. which required a drive down to Sierre on 18 miles of mountain road hair-pin bends.

The start is quite a spectacle as there are roughly 900 runners. I set off fairly fast to keep up with the leaders but Chuck Smead (U.S.A.), Dave Francis and two Italians, Allegrance (previous year's winner) and Balbi, broke away and leaving me in the chasing bunch.

After 1 mile up hill on road the route branches on to a steep mountain track climbing 5000 feet in 3 miles. I was 6th or 7th at this stage but Mike Short passed me about half way up the climb and soon afterwards Jeff passed by looking strong. At the first feeding station at Chandolin Jeff stopped for a drink and I didn't see him again.

I now felt to be running very well and caught up the two Italians. Nearing the hotel Weisshorn, Les Presland passed making me the 3rd English runner. I had to get a move on to stay in the team! From here I started to get twinges of cramp which persisted to the finish. We were entering the fastest part of the course now. A gradual downhill section with rocks, tight paths and occasional climbs. The cramp was something I could do without!

On the final descent into Zinal, a drop of roughly

1000 feet in 3/4 mile, I passed Dave and Les, putting me into 4th place, a position I held to the finish. On this part of the winding forest track, marshalls stand on the bends to warn tourists of the runners' approach. I was glad to get to the last quarter mile of road and the cheering crowds'.

Chuck Smead had made a poor descent and just held off Allegrance, with Balbi in third place. Dave and Les were 5th and 6th which was just enough to win 1st team by 1 minute from the Italians. Jeff was 7th, Mike 12th, Martin Weeks 21st and Colin Robinson 39th. «,

After the race we went to a huge marquee for a meal and prize presentation at about 3.00 p.m. and after this ceremony, which takes a long time to get through, I went for a drink with the Bournemouth lads, a Swiss family they knew, and Chuck Smead. Chuck declared that he was in the worst shape he'd been in for five years and could have been 15 minutes faster at his best'.

All too soon it was Monday morning and time to head for home, but I expect a lot of us will be back next year for more and I know I shall be one of them!

UP THE TAIL-ENDERS! by Roger Smith
(Thames Hare and Hounds)

As a very average fell-runner myself, may I wholeheartedly endorse the comments made by John North on page 7 of the Summer 1977 issue - "runners near the end of the field are the very essence of the sport". I have only recently ventured into fell-running via orienteering, and to me (raised in the South and now living in the flatlands of Leicestershire) every race is an adventure and I am more than happy just to finish. My admiration for those at the top end of the results is unbounded, but let's not make it an elitist sport, please. I hope there'll always be room for people like me to come and pit their fitness and endurance against the 'classic' fell courses such as the Three Peaks and Vaux Trial. My two (so far) Vaux Certificates have pride of place on the wall at home, and I hope to go on adding to them - though I doubt if I'll last as long as Stan Bradshaw!

as the

I feel perhaps organisers may have to learn to live with bigger entries. Perhaps races such as the Three Peaks could be divided into two or three 'classes', starting at 30 minute intervals? But please don't stop us 'tortoises' from taking part - we may not be able to compete against the 'Lanes' but we treasure the chance to compete against ourselves - and isn't that worth something to the organisers?

THE FELL-RUNNER by A. Waterhouse

There was a fell-runner they say,
Said after a race one day.
Although I came last,
I'd have gone twice as fast,
But that Bl___ dy big hill got in't way.

Let's have some more of these limericks for that
competition with the first prize, a day out with
Joss Naylor ! Ed.

OFFA'S DYKE RELAY RUN by Dave Tomkinson (M.D.O.C.)

July 2nd - 3rd 1977

At 5.30 p.m. on a warm and sunny Saturday afternoon Chris Williams started me off on the first stage of the long journey to Prestatyn. Alan Parker, Peter Finnigan and Steve Bramwell followed on to complete the scenic but hilly Wye Valley section to Monmouth. The scheduled times were a little ambitious here, and we were marginally down on Deeside when I took over for my second leg. The next section was mainly over hilly farmland, with many stiles, and the target times again proved rather ambitious. Nevertheless we arrived at Pandy slightly ahead of the Deeside time, although they had covered two night legs by this stage, but thirteen minutes behind my target time.

It was getting dark as Phil Creasey and Jim Curtis set off on their long climb up to the Black Mountain ridge, where Ted Dance and Gilbert Taylor were waiting to run the longest leg of all, along the whole section of the ridge above the 1500' contour. As the first party set off to drive back to Ruabon I was relieved to see the full moon rising from the East and a clear mist-free skyline to the West. The Black Mountains were crossed at daylight speed, and soon after my group had arrived back at Ruabon, a phone call from Hay on Wye gave us the excellent news that we were over 20 minutes ahead of my schedule. This was partly due to my having over-estimated the distances of legs nine and ten by one mile each, but it was still a fine piece of running. Deeside had had problems on this section because of mist, so we were now fifty minutes ahead of their time.

The next team of Charles Daniel, Cliff Etherden, Neil, Heaton and Graham Poole, aided by the excellent

visibility were also well inside my scheduled times. At this point I had expected to lose some time on Deeside because their night section had ended before Kington, However, the remaining light leg runners - Tony Wagg, Steve Taylor, Mike Reynolds and Geoff Bell - had surveyed their legs thoroughly, and thus were 39 minutes ahead of schedule at dawn, with 44 minutes still in hand over Deeside, After these eight runners had completed their second individual legs, the lead had been increased to fifty-five minutes, and they were able to return to base for a well-deserved rest.

Dave Brittain and Dave Griffiths, the non-runners at this point, now had a very strenuous day ahead of them, since they each had three legs to complete, whereas the other sixteen were able to snatch a few hours sleep on the Sunday before running their final legs. The Daves' first legs put us over one hour up on Deeside, a lead which we were able to maintain throughout the hot sunny afternoon along the Clwyddian Range to Prestatyn. Dave Griffiths, as Club Chairman, had the honour of completing the final leg through the holiday crowds, arriving on the sea front at 4.49 p.m., thirty-eight minutes ahead of schedule at sixty-four minutes thirty-nine seconds ahead of the Deeside record.

Congratulations to all the runners! Everybody ran well and I have not heard of any serious navigational errors. Almost every leg had been surveyed in advance, and this certainly paid off on the day. To be fair to Deeside, we couldn't have had better weather conditions, and much of our lead was gained on the night section. However, given these three requirements - good weather, faultless navigation and eighteen good runners - our record will not be easily beaten.

Thanks are due to all the drivers - Angela Tomkinson, Hilda Astbury, Frank Rose, Steve Osborne and Chris Williams - who probably had a more tiring weekend than the runners. Thanks also to all those who helped with time-keeping, telephone manning, provision of refreshments etc, - Jean Carson, Kath Etherden, Dorothy Griffiths, Kath Rose and Don Astbury. Apologies to anyone I've missed out.

In particular, I would like to thank Dave Griffith's parents, Bill and Edith, for allowing us to use their home at Ruabon as a base for the weekend. This location was ideal as a resting-place between the Southern and Northern legs. Above a dozen tents were pitched on the extensive lawn, and the telephone was indispensable for keeping everyone in touch with progress. I hope that the regular incoming calls during the night did not cause too much disturbance, and that the beautifully kept garden did not suffer too much from our presence.

Full details of the run are listed in the tables. Distances and the approximate height climbed are taken from Chris Wright's strip maps. I estimated the number of stiles from the number of boundaries crossed on the strip maps. Some leg lengths may differ slightly from those on the original schedule, and legs nine and ten are each one mile shorter than originally stated.

Total distance: 176 miles, Time: 23 hours, 19 mins. 00 secs.

Height climbed: 25,500 feet. Average pace: 7.95 min/mile.

Stiles crossed: 670.

EARLY EDITIONS OF THE FELL RUNNER: Jim Smith has lent me a copy of the first three editions of 'The Fell Runner' published in 1971 and 1972. I hope to produce some fresh copies of these to be made available at cost price to members. Some indication of the demand for these early publications would be helpful.

RESULTS ROUND-UP - Details in the next issue.

Phillipson and Forrest win the 1977 Karrimor 2 day in the beautiful Howgill Fells,

Jeff Norman wins the 3 Towers Race in a new record time of 1 hour, 57 minutes, 46 seconds.

New course record set in the Langdale race by Andy Styan (1 hour, 55 minutes, 03 seconds) with Billy Bland, Alan Magee and Mike Short all inside Mike's previous course record.

Joss Naylor retains his grip on the Vaux Mountain Trial, followed by Andy Phillipson and Ian Roberts.

Ricky Wilde wins Sturdley and Lantern Pike races and Alan Magee the Thieveley Pike and Hades Hill events.

1976 FELL RUNNER OF THE YEAR - A CORRECTION - Ken Taylor (Rossendale A.C.) that he totalled 72 points, one more than John North who was officially placed 20th in the 1976 competition. His points tally includes a 4th in the Welsh 1000 m., 7th in the Langdale and 8th in the Blisco Dash. Not bad for a first season on the fells! Sorry this achievement got overlooked.

THE 3 TOWERS - PART 3 " In case you are wondering what happened to) the third part of Bill Smith's article, I have it and it will appear in the next issue. Ed.

PLEASE NOTE: Bill Smith's New Address:

19a, Alexander Walk, Berry Street Estate, Walton Lane,
Liverpool 4.

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An increasing number of orienteers have joined the fell-runners to make this event quite unique - all competitors have to carry their own equipment for the duration of the event.

The 1978 event will take place at the end of October - so leave a space in your diary.

There are 5 Courses:

- 1) Elite - 80 kilometres.
- 2) 'A' - 70
- 3) 'B' - 60
- 4) 'C' - 50
- 5) Expedition - 40

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PREVIOUS WINNERS:

1975 - Joss Naylor & Peter Walkington

1976 - Stig Berge & Sigurd Daehli.

1977 - A. Philipson & H. Forrest.

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