

THE FELL RUNNER

SPRING 1977



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All weights quoted are for a pair of size 8, and are approximate.

FELL SHOES

THE FINNISH NOKIA. A very strong studded shoe at an extremely attractive price. Strong P.V.C. coated nylon upper (green) with a strong multi studded sole. Will stand up to a lot of bashing. Weight: 680 grams (24 ozs) Sizes 34-39 £5.75 Sizes 40-48 £6.50.

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ADIDAS CROSS. You have all seen this classic studded shoe with the famous three white stripes. An excellent all round shoe. Weight: 610 grams (21* ozs). Sizes 3*-5* £7.60. Sizes 6-12 £7.95.

REEBOK CONTOUR. P.V.C. coated nylon upper and multi-studded sole. The British answer to the Scandinavian challenge, and a good answer. Sizes 4-5* £9.80. Sizes 6-12 £10.60.

REEBOK PEAKS. This is the only good leather upper shoe with a multi-studded sole. Similar to the Contour but with a breathing leather upper. Sizes 4-5* £10.75. Sizes 6-12 £11.60.

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TRAINING SHOES

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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 6-11 £10.50.

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ADIDAS S.L.76. In our opinion this is the best general purpose training shoe on the market. Greennylon uppers with three yellow stripes. Weight: 710 grams (25 ozs). Sizes 5-5i £14.85. Sizes 6-12 £15.95.

CLOTHING

TRACKSTERS. Trousers made from lightweight knitted nylon. Colours: Sky, Royal, Navy, Black, Red, Green, White or Gold. Sizes: S. £3.95. M. £4.30. L. £4.50.

GANNET EUROPA TRACKSUIT. A cotton/nylon tracksuit with roll collar and stirrup leg. Colours: Navy, Royal, Red or Burgundy, with White multi stripe down sleeves and trouser legs. Sizes: S. M. L. £11.90 (recommended retail price of £14.90) and XL £13.75 (£15.75).

ADIDAS A14 TRACKSUIT. 45% polyamide, 37% cotton, 18% viscose. Roll collar, stirrup leg. Colours: Green, Navy, Red or Royal, with the famous three white stripes down sleeves and trouser legs. In height sizes 5'4" - 6'4" £14.95 (£15.75)

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ADIDAS SHORT SLEEVE T SHIRT. Sky, White, Yellow, Red, or Orange. Sizes: S. M. L. £3.40.

YNGVE EK LONG SLEEVE T SHIRT. Made in Finland. 100% cotton. Colours: Emerald, Royal, Navy or White £3.25.

ADIDAS RAINSUIT. Sky, Royal, Navy, Red, Yellow or Orange. Available in height sizes 5' 1" - 6' 4". Jackets £8.95. Trousers £8.95.

GOLA RAINSUIT. Green, Royal, Sky or Burgundy. Sizes: S. M. L. £13.95

Plus we stock Accolade, the thirst quenching and cramp preventing drink. One bottle of powder 87p plus 47p p. & P Also Dynamo, the high energy drink which will keep you going and prevent cramp at 21p per bottle (personal shoppers only)

If you can't find what you want in this list, then let us know and we'll get it for you. We are run by runners for runners' and are here to help you.



THE SWEAT SHOP



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THE FELL RUNNERS' ASSOCIATION

THE FELL RUNNER

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

NINTH ISSUE - JUNE, 1977

Editorial,

I quote John North at the A.G.M. "Fell Running can no longer be called a minority sport, a fact reflected by the present membership of the Association which currently stands at a healthy total of about 850". This is great but it does mean increased problems, one of which is the 3 peaks race entry which is limited to 450 but had this year something like a 1000 entry applicants. I appeal to all competitors, organisers and other interested parties to preserve the friendly atmosphere of the sport and enter into constructive debate on its problems.

Another important facet of increased membership is the burden on treasurer/registrar Dave Payne. Please keep him informed of any change of address- Dave would like to extend the practice of using a club contact for the distribution of journals etc. If your club has a number of F.R.A. members and you could do a postman's job twice a year please contact Dave with a list of members.,

In the last few months I have had a number of interesting letters expressing your views. Please accept my apologies for not replying to all these. I will try to summarise the interesting features in this issue. These letters include more than one criticism of runners not observing reasonable mountain safety rules with regard to adequate protection high up in bad weather. Please pay attention to this matter. You may enjoy taking such unnecessary risks but you may involve others in your folly and give us all a bad name in the process.

COVER PHOTO: F.R.A. Chairman, John North in the 1976 Langdale race seen here descending from Pike O' Blisco.
Photo by Peter Thornton.

Chris Wright L.D.M.TA. makes some interesting comments on the journal in a letter to Bill Smith.

If you agree with some or all of these please let me know and I will make efforts to implement them, Chris says the mag should have a contents list.

I leave it off for two reasons:- It takes space and I'm never too sure at the start of editing just what is going to fit in or turn up late through the letter box. What do you think?

Can it come out more regularly, include reader's letters and be printed properly? More regularly it hopefully will be whereas, more-frequently is not popular with those who have the financing and distribution tasks. The type format and versatility is improving slowly and I am working on it Printing is expensive but I would welcome quotations from readers who may be connected with the business. I may be able to do a letter's section eventually but in the interests of space I propose to start by publishing selected extracts

Have a good season on the fells.

Peter Knott,

F. R A COMMITTEE 1977

The following were elected at the A.G.M. :-

- CHAIRMAN: John North, 101, Burnley Road,
Rawtenstall, Lancashire.
- SECRETARY: Dave Moulding, 127 Bury Road,
Rawtenstall, Lancashire.
- TREASURER: Dave Payne, 127, Bamford Road,
- REGISTRAR: Heywood, Lancashire.
- STATISTICIAN: Martin Weeks, 17 New Lords Walk,
Baker Lane, Stanley,
Wakefield, Yorkshire.
- PRESS OFFICER: Bill Smith, 23 Crete Tower, Zante St.,
Liverpool, L5 5EB.
- ADVERTISING OFFICER: Gerry Charnley, 101, Liverpool Rd.,
Penwortham, Preston.
- JOURNAL EDITOR: Peter Knott, 66 Fdwinstowe Road,
Lytharn St. Annes, Lancs.
- SOCIAL SECRETARIES: Pete Bland, 12 Danes Road, Staveley,
Kendal, Cumbria.
Pete Walkington, 12.6, Blakehall,
Skelmersdale, Lancashire.
- COMMITTEE: John Blair-Fish, Stan Bradshaw, Jeff
Norman, Mike Short, Jim Smith, Frank
Travis, Harry Walker.

FELL RUNNER OF THE YEAR - FINAL POINTS

- 1 MARTIN WEEKS (Bingley) 1st Saddleworth, Eildon, Ingleborough,
Latrigg, Creag Dubh, Bunsall, Blisco Dash,
2nd Goat Fell, Thievely Pike, 3rd Edale Skyline 210 points
2. MIKE SHORT (Horwich) 1st Kentmere, Fairfield, Langdale,
Thievely Pike, 2nd Pendle, Welsh 1000 m,
Ennerdale, Ingleborough, Bunsall, Ben Nevis, 202 points
3. HARRY WALKER (Blackburn) 1st Edale Skyline, Pendle,
Penyghent, Skiddaw, 3rd Fairfield, Saddleworth,
4th Kentmere, Ingleborough, Thievely Pike, Wansfel 1 192 points
4. JOSS NAYLOR (Kendal) 1st Manx, Welsh 1000 m, Ennerdale,
Vaux Trial, 2nd Borrowdale, Langdale. 3rd
Wasdale, 4th Kinniside, 11th 3 Peaks, 12th Ben Nevis. 180 points
5. ANDY STYAN (Holmfirth) 167 6-ALAN SPENCE (Bingley) 166
7-MIKE LAMBERT (Bingley) 153 8-BILLY BLAND (Keswick) 152
9. DUNCAN OVERTON (Kendal) 141 10. MIKE NICHOLSON (Kendal) 121
11. HARRY BLENKINSOP (") 118 12. PETE WALKINGTON (B' burn) 115
13. RAY RAWLINSON (Unattached) 111 14. BRIAN FINLAYSON (Loch,) 107
15. IAN ROBERTS (Holmfirth) 105 16. ANDY HARMF. R (Portsmouth) 103
17. BILL PADGETT (Bingley) 97 18. ALAN McGEE (Keswick) 91
19. ALISTAIR BLAMIRE (Ed, S. Hj) 88 20. JOHN NORTH (Clayton) 71.

A. G-M. 2nd APRIL 1977

A summary by the Editor from Minutes by Dave Moulding

(31 members attended, a poor reflection on the members' interest in the organisation of their affairs. All the worse considering the large number of members present earlier the same afternoon for the Pendle race. Ed), Apologies for absence were received from four members,

B. B. C. T. V. interest seems to have declined but Martin Weeks reported that Yorkshire T. V. were very interested still. John North, after thanking Ann Joynson for her secretarial work for the association mentioned the informal, friendly atmosphere at events, and the welcome lack of unnecessary rules. John also referred to the growing problem of large race entries and suggested that reserving places for the top runners might be considered.

Dave Moulding paid tribute to Ann's effort in compiling the most comprehensive calendar yet, Dave asked that members should support the new events to help them to become established, and take some pressure off the more popular races.

Peter Knott paid tribute to the high quality and quantity of material sent in. With the increase in membership the next print copy will be 1,000.

John Blair-Fish referred to the steady increase in Category A races and the perennial problem of getting hold of some results.

On behalf of the social secretary, Dave Payne reported a small Joss on the inaugural Dinner Dance in February. About 100 attended this successful event whereas 180 had been anticipated.

Under any other business, it was pointed out that runners who are not members of bona fide athletic clubs are not allowed to compete unattached for more than twelve months under A.A.A.'s rules. After discussion it was agreed that the F.R.A. could not insist that race organisers enforce A.A.A. regulations but had a responsibility to members to endeavour to ensure that their amateur status is safeguarded.

The 3 Peaks race entry created lengthy discussion. The following motion was passed by a small majority: - That the 1977 3 Peaks race, whilst retaining its Category A status, will not count for points in the 1977 'Fell Runner of the Year' award. (I feel that there must be room for clarification of the way the entries were accepted this year which should lead to debate and a better deal for runners and the 3 Peaks Race Association organisers in the future. Ed.).

The possibility of purchase of a secondhand Addressograph machine is to be investigated. Enquiries from non-members are to be met with a membership application form. The Calendar is only available to paid up members. Proposals for F.R.A. representation at public enquiries are to be made. Permanent trophies for the fell runner of the year awards are to be obtained and awarded to all five past winners.

(Copy of the full minutes of the A.G.M. are available from Dave Moulding at a cost of 40p.).

JOHN NORTH UNDER THE MICROSCOPE - by Ross Brewster

John North, fell runner, cycle cross competitor Fell Runners' Association Chairman, is what you would call the outdoor type.

Given the choice, I think John would prefer a night at the Fell and Rock hut to a suite at the

Dorchester or a tin of soggy baked beans cooked over the camp fire in some windswept Lakeland field to crepes suzette in the grill room at the Ritz.

John's attitude to fell running is like his attitude to life— plain and simple. And there's hardly a day when he isn't out in the elements doing something. In fact after chatting to him for over an hour and a half about various facets of the participation sports I asked him if there was ever a day when he just took it easy and did nothing. He couldn't think of one.

John's running career began in his teens as a member of the Bury and Radcliffe club. He mainly took part, in cross country and road events with only a smattering of fell races.

His friendship with Pete Booth of the Ullswater Outward Bound School, led to his real introduction into fell running. John ran with Bury until he was about 23 also pursuing his interest in mountaineering. His best place in those days was about 6th in the Pendle Race, but he devoted the next five years or so to concentrate on hard rock climbing with some Song distance walking mixed in. He still ran, but didn't compete. But a few years' ago the urge to take running more seriously came through John's contacts with Alan Heaton and Stan Bradshaw in the walking and mountaineering spheres. "They tried to persuade me to go back to serious running and about three years' ago I joined Clayton-1 e-Moors Harriers", explained John.

The first year he got accustomed to finishing in the mid-twenties in his races. was generally shattered — not doing enough miles! suppose, I still had the mental! ability to push myself but not the physical ability at times". More preparation for races began to push John forward into the top ten in the long events and sometimes higher, notably with one 4th place in the Mountain Trial.

Last year John took the summer off work, though he thinks some people may have got the wrong impression about his motives, it was rumoured that he had stopped working to really concentrate on high mileage training, but John says he did not take the decision primarily because of his running.

"There was so much I wanted to do and, with two or three weeks' holiday in the summer, there is never the time to fit them all in. I wanted to go to Switzerland and spend quite a bit of time doing other things like three weeks' touring the museums in London and a cycling tour of Ireland.

Looking back on the summer, I would tell anyone thinking of giving up his job to concentrate on running to think carefully unless they have something in mind. I found it difficult to train to a routine. The discipline (3 hard. I trained spasmodically and had a disastrous season from the injury point of view. Now the job I have means I run to work and back which solves the problem of a training routine."

Those injury problems John refers to were notably: damage to knee ligaments during his solo attempt on the Pennine Way. He managed to complete 200 miles before succumbing and that was a month out of the way then in the Welsh 1000 metres event he stood on a piece of wood with a nail in it and ended up with a septic foot.

Still, one should qualify that "disastrous season" by saying that John's early mileage and the Pennine Way run, covering 30-40 miles a day with a sack on his back, paved the way for a very fine Bob Graham Round in June. His time of 19 hours 40 minutes was, up to that date, a record for the 42 Peaks traverse. His next target is to push up to 64 Peaks - "a big jump - but I might as well go in at the deep end."

John had been doing about 100 miles a week before the racing season started, but after stopping work he never kept a check of his miles - "I don't think I dared. Certainly it was a lot less than when I was working." he said ruefully.

The tail end of the season produced better form and John was doing well in the Langdale Race until he descended into upper Eskdale after getting lost. "It seemed a reasonable thing to do at the time," he confessed.

John had another good Mountain Trial and showed up prominently in some of the shorter runs like Blisco Dash and Copeland Chase where he came second surprising even himself.

It sounds incredible to record that, last season, John ran no fewer than 60 races. He likes to keep busy and race everything and that total was achieved despite the injuries.

When I spoke to John in March he was doing about 15 miles a day, mainly on the roads around his Rawtenstall home, having started serious work in February and averaged 100 per week since. Most fell

runners would view the preponderance of road running with some apprehension, but John does a 15 minute routine of stretching exercises before he goes out to try and cut down the injury risk.

The cycle cross business began when John chatted to Pete Walkington after the Duddon Mountain Trial a couple of years ago. Pete sounded out his interest in the two wheeled sport and John, equipped with basically a road bike, duly turned out for the Three Peaks and finished 16th.

During the winter John did about 18 cyclo cross events and, since January, never finished out of the first six in any event though some of the riders came from all over England.

"Quite honestly apart from the top blokes the average standard is not that high," said John. "There's no way they could come into fell running and finish anywhere near the front."

John has joined the Bronte Wheelers Club. He was approached by half a dozen clubs but joined Bronte because a few of the members do fell running. Next winter he intends to have a serious crack at the sport. Prizes are more valuable than in running, but that doesn't tempt John as much as the challenge and, in any case, cyclo cross will never take over from fell running in his list of priorities.

John became Chairman of the F.R.A. last April. "I said I felt the Chairman should be an active runner - then got conned into the job myself. But having got it, I take it seriously. My life revolves around the sport and I'm deeply interested in the way it develops."

John is greatly in favour of women's fell running. "There are quite a few women keen to take part and why not. If they want to take part in the same races as the men I've no objections. If they beat us fair enough - it's up to us to train harder and prevent it."

One of the problems attendant on increased popularity of fell running is bulky entry lists, witness the Three Peaks. But John would hate to see performance ability made a yardstick or any attempt to enforce qualifications to cut down the numbers.

Some runners may be near the rear of the field, but they are the very essence of the sport. "It would be sad to see qualifying times etc. To me a bloke like Stan Bradshaw is what fell running is all about. He's 65 years

old yet last year he ran in practically every long fell race, Do you ban him from running on the fells?¹¹

Likewise John would hate to see the spreading of fell races into the international field mean selection and qualification. In any event, the growth of this aspect could be limited by the financial and organisational problems.

Last year he went to Switzerland for the Sierre-Zinal race and found it a tremendous experience. Entries totalled 1900 in two categories and, in typical continental fashion, they solved the difficulty by closing the main road down the Rhone Valley to start the race, "Imagine closing the M 1 to start a race,"¹¹ he said

The way the organisation of the Swiss race was undertaken was itself something totally unique to British eyes. The organiser virtually had six months off work, paid by the local authority, to organise the whole affair, lock, stock and barrel. "When you see the top runners getting about £100 in expenses it makes you realise how much money they have to put on events on the Continent,"¹¹ said John.

T.F.R. A. represents something like 850 individuals and therefore has a major role to play within the structure of the sport. But while John is an official, it won't be taking on Trade Union aspirations. John feels its role is primarily to represent its members and not come up with more rules and regulations.

I suggested to him that, by way of their very nature and personality, fell runners were easy; un-pushy types who perhaps tended to accept, a minority role within the framework of athletics.

He agreed that there was no reason why fell running should not graduate to its own status within athletics, but said he would not wish to see it divorced from the A.A.A's governing body. And what he would dislike is if fell running got its own autocratic governing body. "I dislike officialdom - it's unnecessary. The races I like from the organisation point of view are Ennerdale and Wasdale where everyone lines up and, when they are ready, Joe Long says away you go. It doesn't make the racing any less serious, but it is a very friendly atmosphere. I find this prevails at most of the

races run by runners or ex-runners."

I think most fell runners would say that one of the appeals of their sport is its basic comradeship and informality. John instances a race a couple of years ago where a runner fell on Crinkle Crag and was injured. The competitors behind came to a stop and thoughts of their own positions were placed behind thought for the well being of the injured runner.

Perhaps the F.R.A. can best represent its considerable membership in small but important ways of communication. One point John would like to see implemented is competitors punching their own check cards in races. "They depend a lot on the check-points and under stress, if someone is a bit slow punching your card, it's easy to say something hasty which you don't really mean and feel guilty about it afterwards. And we certainly don't want to lose officials," said John.

It was one of the last points John made which, for me, summed up not only his attitude and approach to fell running but probably that of many other runners.

John remembers trotting in at the end of a long hard day in his Bob Graham run Half a dozen helpers were in Keswick. Their presence and their efforts during the day meant a lot to him.

"When I go along and collect that certificate it may not mean very much to a lot of people who look at it, but it means a lot to me. Really fell running is all about self-satisfaction - you against the watch".

THE THREE TOWERS

A short history of Fell Racing in the Rivington,
Darwen and Holcombe areas of East Lancashire
by Bill Smith

Volume 1 (of 3 volumes)

THE PIKE RACE

Introduction

The Southern Pennines are not the only British hills to be adorned with monuments of one kind or another, but they can probably claim more of them than any other area of comparable size. There are, for instance, Stoodley Pike above Yorkshire's Calderdale, Wainman's Pinnacle and Lund's Tower above Cowling, Blacko Tower to the east of Pendle, the Pots and Pans war memorial above Greenfield, and the

Rylstone Cross and war memorial north of Skipton. Of a different order are the less conspicuous, though perhaps equally well-known monuments to a couple of the area's celebrated authors and poets: Edwin Waugh's above Rossendale, and Ammon Wrigley's on Millstone Edge, Saddleworth

The far western reaches of the East Lancashire Pennines - that area bounded by Bolton and Bury to the south, Rossendale to the east, Chorley to the west, and Blackburn to the north - has three of these monuments which are landmarks for miles around: Rivington Pike above Norwich, Darwen Tower above Darwen, and Peel Tower (or Holcombe Tower) above Holcombe. In between lies a wide expanse of rolling moorland, the miles of windswept tussock grass, heather and bog being crossed by two main roads, the A666 and A675 from Bolton to Blackburn and Preston, plus a number of picturesque rural by-roads. In fact, even the A-roads are quite scenic highways in their moorland sections. The highest points of these moors are Winter Hill (1,475 feet), Rivington Pike (1,192 feet), Splitters Edge (1,275 feet), Great Hill (1,249 feet), Cartridge Hill (1,317 feet), Turton Moor (1,250 feet), Darwen Hill (1,025 feet), Bull Hill (1,372 feet), Harcles Hill (1,216 feet), and Holcombe Hill (1,100 feet)

In common with such summits as Ingleborough and Pendle, Rivington Pike was used as a beacon hill at the time of the Spanish Armada and there is an old tradition, still in practice, of climbing to its summit on Good Friday - a tradition shared by Holcombe Hill and Pendle among others, incidentally, George Birtill of Leyland, who has had several interesting books on the area published by the Guardian Press, Chorley, states in one of them, The Enchanted Hills (1966), his belief that this tradition is actually "a sort of pilgrimage which started out of thankfulness after deliverance from the Armada in 1588," but adds that it may go back even further into history. The beacon tower on the summit was erected in 1733, while the picturesque ruins of the late Lord Leverhulme's residence and grounds adorning the western slopes above the Lower Rivington Reservoir were built by the millionaire at the turn of the century, though this was in fact the site of an older building. Though known locally as "The Bungalow", the house's correct name was Roynton Cottage. Although prominent from both north and south, and

to a lesser extent from the west, the Pike is from almost every viewpoint dominated by its higher neighbour, Winter Hill, of which it in truth appears to be a mere satellite. A boggy moorland path connects the two summits and can be continued easterly, if required, to the village of Belmont. The most outstanding feature of Winter Hill is, of course its abundance of television and radio transmitter towers, its latest B-B.C. - I.T.V. mast reaching more than 1,000 feet into the clouds.

The 86 foot high tower on Darwen Hill, overlooking the town of Darwen, near Blackburn, was built in 1897 to celebrate Queen Victoria's Jubilee- The first sod was cut on June 22nd and the tower was formally opened in September, 1898- There is a stairway inside which visitors may ascend to enjoy the far-reaching view from the top. During the week preceding the 1972 Three Towers Race on October 15th, a wealthy American named Hiram B- Lansky offered £250,000 for Darwen Tower, which he wanted to re-erect on his "ranch" at St. Louis Missouri (a ranch that far east?), as a memorial to his great grandfather, who had emigrated from Darwen to the USA. Councillor Jim Swanton informed him that such a transaction was not possible as the tower was public property - otherwise we may now have found ourselves running from Horwich to Stoodley Pike to get the third tower in. Darwen is locally pronounced "Darren", by the way

Holcombe Tower, which stands atop Holcombe Hill, overlooking the village of that name and the connecting Irwell valley town of Ramsbottom, was erected as a monument to Sir Robert Peel in 1850 to commemorate the repeal of the Corn Laws

THE PIKE RACE

The Rivington Pike Fell Race was inaugurated in 1893 as part of the Horwich Athletic Festival which was staged to commemorate the opening of the Samuel Fielden Wing and extensions to the Railway Mechanics Institute. It was one of several events, including sprints, bicycle races and novelty events, and was apparently run under a handicap system, as were the other races prior to 1900, with the exception of the 1895 event. The course started and finished at the Recreation Ground and went by Drinkwater Lane, the Railway Station, Lee Lane and Brownlow Road, before heading direct to the Pike via Gorton's Farm and Lower Knowle. The Horwich Chronicle for August 5th, 1893 reported that there were "a fair number of starters". First to the top was George Bromilow of Horwich Moor, but he was caught on the descent by a runner named Fearnley, and the two battled handily for a while before the latter "came through"

to emerge an easy winner. Bromilow was runner-up, followed by two more locals, Ben Purchas and a youth named Lavery. The Chronicle report mentioned that Lavery would have been first or second had he taken a more direct route, adding that J. Gill was "not fit to run" and came in sixth, while a former Horwich resident named Gulf "was expected to run close but was not in it." The assumption that all but one of these early races was run under a handicap system is based on the Chronicles listing of the fastest competitors, which for 1893 read: "1 Fearnley (scr) , Bolton; 2 G. Bromilow (120); 3 B. Purchas (90)." The report concluded: "The 4,000 spectators witnessed the race with much interest but the finish was lacking in the excitement which was anticipated. Fearnley was a great favourite and he was freely supported." The late Ben Purchas has a niece, Mrs. Doreen Staples, whose husband has an ironmonger's shop in Horwich town centre.

88-year-old Mr. Anyon Kay of Scholes Bank, Horwich, stated in an interview for the Horwich and Westhoughton Journal in 1974 that the annual sports festival, started in 1893, was organised by the local Cricket Club.

Mr. Brian Smith, reporter-in-charge of the Journal's Horwich office, believes however that the event was organised by either the Railway Company or the Mechanics Institute - "probably the latter". A Mr. Giles of Nuttall Avenue, Horwich, told Mr. Smith that the race was above all "a big gambling event", with the interest focusing more sharply on the betting rather than the athletic side of the race. Which brings us to the question: Was the Pike Race then an amateur or professional event? The Chronicle reports identify some competitors as being members of Bolton Harriers, and the prize list for the 1896 race certainly hints at amateurism: First prize an electroplated tea and coffee set with oak tray, total value £3; second prize a musical box valued at £2; and third prize a case twelve tea spoons and tongs value £1.

Mike Miller and Denis Bland, in their monumental work, See The Conquering Hero Comes: An Illustrated History of the Grasmere Sports Senior Guises' Race (Kendal, 1973) , tell us that this event was contested by both amateurs and professionals in 1877 and 1878. However, they add: "After diplomatic pressure from the Amateur Associations, and with the forming of the A. A. A. in 1880, amateurs did not compete again." Some of the ruses practised by competitors in the early Pike Races to get in advantage over rivals certainly do not conform to the A. A. A. Laws, though gambling was

permissible at that time

3,000 spectators watched the 1894 race, including Mr J A F Aspinall, the Lancashire and Yorkshire Railway's Chief Engineer at Horwich, and Mr J. Longworth, Chairman of the Horwich Local Board. There were 25 entries, of whom 18 actually lined up at the start. Both George Bromilow (160) and Ben Purchas (150) improved on their previous year's performances, finishing first and second respectively, while in third place was F Leyland of Bolton Harriers. The Chronicle for August 8th declared that the race was "made all the more popular by not allowing another event to take place while it was being run," adding that "the prizes were held over until objections are decided"

The 1895 race was apparently the only one in which a handicap system was operated in addition to the usual open race rules. The Chronicle for August 3rd reports that, the race was run in pouring rain, the winner being one Bouch, "who had plenty in hand". The handicap results are given thus:

- 1 J J Crook (150), Salford;
- 2 A Openshaw (Bolton Harriers);
- 3 J Pearson (450), Horwich. Time: 28 minutes 45 seconds.

It will be noted that Openshaw, like his Bolton Harriers clubmate, Leyland, in the 1894 race, apparently started from scratch. Could this be due to the fact that they were members of an athletic club and were therefore considered to possess an advantage over their fellow-competitors? Fearnley, who was scratch-man (and winner) in the 1893 race, was also from Bolton, though not listed as a member of the Harriers.

There was quite a spectacular build-up to the 1896 Athletics Festival, with nearly 400 entries, among them being "many noted champions" in addition to numerous local aspirants. Again there was an audience of 2,000 inside the Recreation Ground, with many more outside. Jack Pearson (150), no doubt inspired by his third place success the previous year, came in first, followed by J. Hart (300) from nearby Blackrod, and another Horwich runner, J. Gill (500), who had a fall but made a quick recovery to secure third place.

"Magnificent weather" prevailed on the day of the 1897 Festival, drawing a huge crowd of spectators. 38 runners had entered for the Pike Race. The Chronicle for July 31st reported: "While this race was on, it was found impossible to go on with other events in order, the competitors being gazed at as they crossed the meadows and leaped the walls." Jack Pearson (400) repeated his 1896 success, recording a time of 28.40. J. Gill (450) "tried to steal second place", but was defeated by Breakells

(280) of Bolton* "Marsh came fourth but gave up when he saw all was lost," said the Chronicle.

Pearson (50) was relegated to runner-up position the following year, when P. Stones (325) of Halliwell won in a time of 28 42. C. Mobey (350) of Farnworth was third man home, and the day was wet and miserable.

Jack Pearson (40) was again placed second in 1899, once more running in adverse conditions. The winner was R. O'Donnell (40o) of Radcliffe, with F. Challender (500) finishing third.

"That is the last reference i can find to the Festival or the Pike Race", Brian Smith told me in a letter dated November 9th, 1974, "Perhaps the Boer War had something to do with it, for the newspaper was carrying a large amount of Boer War News around that period." Mr. James Beck, a Horwich turf accountant, told Mr. Smith that he believed the original race finished about 1902, adding that competitors had to do four laps of the Recreation Ground to complete the course* He also mentioned that he once owned a book about the Puce Race, but he loaned it to someone and never got it back He could not remember the title* (The author would like to hear from anyone possessing a copy),

Although the Chronicle report of the first Pike Race outlined the course in part, it also remarked that the Horwich youth, Lavery, could easily have been either the winner or runner-up "had he taken a more direct route". Jack Pearson, winner of the 1896 and '97 races, has a nephew of the same name who lives in Albert Street, Horwich, and he confirmed for Brian Smith that competitors were allowed to choose their own routes. He recalls his father telling him of how he would go up on the hillside on the day of the race to await the appearance of Jack. He would then bend down beside a wall so that Jack could more easily climb it and thus enhance his chances of victory (A similar story has been told about Dalzell's legendary run at Burnsall in 1910). Jack Pearson, the runner, was present as a spectator when the Pike Race was revived under A. A. A. Laws in 1929 and he introduced the eventual winner, Pat Campbell of Salford Harriers, to the course.

The aforementioned Mr. Anyon Kay of Scholes Bank, Horwich, when interviewed by Brian Smith, remarked that "the runners and their supporters would get up to all sorts of pranks in an effort

to win the race " One example concerns identical twin brothers: one of them would run from the Recreation Ground to Ormston Farm, where he would disappear into the shippon His twin would then emerge and complete the ascent to the Pike, while he rested On the descent they would again swap places at the shippon

Other tales depict supporters opening field gates and barn doors for their favoured runners and then closing them to stall rivals Yet another tale relates how a plank was used to bridge Tiger Clough for the favoured competitor, it being withdrawn as soon as he'd passed The turf account, Mr James Beck, recalled that Ben Livesey' s workshop in Lee Lane was sometimes used as a short cut in the final stages of the race A ladder would be placed at one end to enable favoured athletes to gain precious seconds, but would then be taken away as other competitors approached

In addition to the official Pike Race run at the Athletics Festival, there were apparently unofficial events also staged during this period, perhaps the outcome of bar-room wagers, which is how such events as the Burnsall and Gale Fell Races started. The outstanding athlete in these races - or perhaps "time trials" is the correct term - seems to have been Tommy Gill, a messenger at the Loco Works who lived at Gorton Fold.

It has already been mentioned that Brian Smith interviewed Mr. Giles of Nuttall Avenue, Horwich, whose paternal grandmother's brother was this same Tommy Gill. Possibly he was related to the J. Gill who finished third in the 1896 race from the Recreation Ground However, Tommy himself does not appear to have ever competed in the official race and a clue to the reason for this appears in a Chronicle report published in 1896 which refers him to as "the noted 'guide' runner" If Gill was a professional guides runner, then the fact that he never ran in the official Pike Race seems to hint that the competitors were all amateurs. Tommy is not mentioned in Miller and Bland's See The Conquering Hero Comes, incidentally .

Mr Giles' father told him that Tommy used to do the run in clogs. Apparently he collapsed and died at the end of one of these races, which were run from the Toll Bar Inn, not the Recreation Ground. This was a slightly shorter course than the official one, but a bit longer than the present one, the Toll Bar being situated on the far side of the Chorley New Road, roundabout, facing the Crown Hotel.

The Chronicle for June 20th, 1896 contained the following report: "A note I penned about a wager on the result of the Manchester Cup provoked a discussion which is expected to bring about a race from the Toll Bar on to the Pike and back against

time Mr T Price has offered to present a medal to T Gill, the noted 'guide' runner, in the event of his doing the journey within 26.5 minutes" Mr Price was the landlord of the Toll Bar Inn and he it was who acted as starter and timekeeper. The Chronicle for July 18th recorded the details of Gill's run the previous Saturday Heatwave conditions prevailed and hardly anyone believed that Tommy's attempt would be successful However, "he ran well and came in fresh in the record time of 26 minutes, 15 seconds, and was loudly cheered by the crowd " Mr Price duly honoured his bet by awarding the medal to Gill It seems fairly obvious that there were no other competnors

On August 25th, 1900, The Chronicle published an article which suggests that Tommy Gill improved on his 1896 time during the intervening years. The pjece is quoted verbatim: "Loral runners have for a longer period looked upon the Pike record as a coveted honour As is well-known, for 16 years past, Thomas Gill, employed as a messenger on the Loco Works, has held the record George Bromilow, of Horwich Moor, engaged as a tube' on the Loco Works, has aspired to the honour and some time ago won the race to the Pike from the Recreation Ground He had not, however, disputed Gill's record of inside 26 minutes from the Toll Bar Inn and back This he attempted, and, as it proved, successfully, to beat on Saturday afternoon last, a great crowd of spectators witnessing the feat He did the task in 24 minutes 55 seconds and thus holds the record It may be mentioned that. Gill recently met with an accident He was using an axe when it caught one of his fingers, completely severing it " The reference to Gill holding the record for sixteen years is a bit of a mystery, though he could of course have run the Toll Bar-Pike course prior to 1896, but taking longer than the 26 30 he had to beat in July that year. Bromilow would not have endangered his amateur status - if Indeed he was an amateur - by undertaking the time trial as a solo run.

In 1929, the Pike Race was revived under A A A. Laws by Bolton United Harriers, who continued to organise it till 1939, when the series was brought to a halt by the outbreak of war. The 1929 event was run from the Toll Bar Inn, but the others were all started from the Crown Hotel, the big pub on the corner of Lee Lane and Chorley New Road. Nine of these eleven races were won by T.P "Pat"

Campbell from Buxton, Derbyshire, who was representing Salford Harriers His time in the first race was 19 58, which was 04 57 faster than Bromilow's record run in 1900 Campbell's best-ever time over the course from the Crown Hotel was 18 24, achieved in 1932 The following year saw a winning time of 18 59 being recorded by Bernard Hanrahan. of Makerfield, while the last race of the series in 1939 was won by Alf Tyrer of Sutton Harriers, who was the reigning northern marathon champion It is of interest to note that third place in the 1931 race was attained by the present race secretary, Jack Prescott of Horwich RMI Harriers

A special race was run from Crankshaw Sports Field on a blazing hot day in June, 1946 to commemorate the end of the war s year previously The course was approximately 4 miles in length and started with one lap of the sports field, and the winning time of around 20 minutes was achieved by Jack Haslam of Bolton United Harriers,

The present race series, run from Lever Park Avenue, was started in 1954 by Horwich R M I Harriers, though the first two events were actually informal local affairs, not open races The victor on both occasions was the Horwich runner, Alan Bolton, who recorded times of 17 57 (1954) and 18 52 (1955)- In the first of the open races held in 1956, however, he was defeated by Jack Haslam, who clocked 17.47. The Horwich man's time was 18.31, which was 17 seconds faster than that of the next arrival, Harold Minshull (Bolton) The prizes were presented by the Pike champion of the '30s, Pat Campbell, Minshull, however, improved on his performance the following year by winning in 17-58 from Geoff Windsor (Bolton), 18.15, and C. Morten (Macclesfield Harriers), 19-02. He was once again third in 1958, though, behind Jack Haslam, who was now with Thames Valley Harriers, and Dave Spencer of Barrow A.C. This trio recorded times of 18.07 - 5» 18 56 and 19-09.

Gerry North (Blackpool and Fylde A.C.) was the 1959 victor in a new record time of 16,48: a record which was to stand for eight years, incidentally. Paddy Montague (Manchester and District) beat Johnny Wild (East Cheshire) into second place by 14 seconds with a time of 17.34. Harold Minshull was back in the limelight the following year with a convincing win (17.06) over Dave Spencer (17.34) and Bolton runner, Tony Platt (18.13).

The 1961 event saw a winning time of 17=22.7 being achieved by a young Manchester University athlete by the name of Ron Hill. Second and third places were occupied by the Manchester and District runners, Brian Hall (17.27.8) and Paddy Montague (17-36). The first two men home in the 1962

race are now among Britain's outstanding veteran athletes: Roy Fowler (17.27) and George Rhodes (17.52), both then members of North Staffs A.C. In third place was Geoff Entwistle (Manchester & District) with a time of 17-56.

Barrow A.C. dominated the 1963 race, providing the first three finishers in Peter Hall (17-37-6), Dave Spencer (17.38.2) and Mike Vickers (18.15). Another of their runners, Fred Reeves, won the following year's race in 17-59, being most closely challenged by Peter Watson (Pudsey S Bramley) in 18.21 and Peter Ravald (then with Horwich R.M.I.) in 18.46. Pete Hall and Fred Reeves both later turned professional, of course, and Reeves now has only one rival in his chosen field: a farmer's lad from New Hutton, near Kendal, by the name of Tommy Sedgwick.

Reeves finished runner-up to Ron Hill in the 1965 race. The latter was now representing Bolton United Harriers and his time was 17.08.6, Reeves clocked 17.19, beating Tim Johnson (Portsmouth A.C.) by 11 seconds. Hill was again the victor in 1966 with a time of 17-56, Dave Spencer taking second place in 18.02, 7 seconds ahead of the next arrival, Albert Walker (North Staffs).

Alan Blinston of Altrincham & District A.C. ruled the roost for the next three years with respective times of 16.47.8, (new record), 16.48.2 and 16.50. Ron Hill (16.52) and Peter Ravald (17.18) attained second and third places in 1967, the latter wearing the colours of his present club, Manchester & District, on this occasion. Blinston's now-illustrious club-mate, Jeff Norman, finished second in 1968 (16.55) and third in 1969 (17-00), having taken 6 seconds longer to complete the course on the latter occasion than runner-up Colin Robinson (Rochdale Harriers). Occupying third place (17.16) in the 1968 race was a man soon destined to make Pike history: former Horwich runner Ron McAndrew, who was now a member of Reading A.C.

McAndrew won the 1970 race in 17.14.4, with Dave Cannon (then of Kendal A.C.) second in 17-31 and Alan Blinston third in 17.38. The following year, McAndrew created a new record of 16.30 which has yet to be equalled. His closest rivals on that occasion were Dave Slater (then of Skyrac A.C.) in 16.56 and Cyril Leigh (Salford Harriers) in 17*02. He completed a consecutive hat-trick of victories in 1972 with a time of 17-05, Blackburn Harriers providing the next fastest competitors in John Calvert (17.11) and Harry Walker (17,42).

Jeff Norman was the Pike champion in both 1973 and '74, winning comfortably in 17 01 on the former occasion from Stan Curran (Salford Harriers), 17.16, and Harry Walker, 17.28, it was a much closer thing the next year, however, for his time of 17.07 was only 3 seconds faster than that of runner-up Martin Weeks (Bingiey Harriers), who in turn beat Harry Walker by 6 seconds. In 1975, Walker finally emerged victorious after a terrific battle with local favourite Mike Short (Horwich R.M.I.), their respective times being 17-02 and 17-10. Martin Weeks pipped Ron Hill for third place by 17 22 to 17-32 1976 saw Weeks romping home in the fastest time yet outside McAndrews' record: 16-38. Alan Blinston was second in 16 43, followed by Keith Darlow (Bolton) in 16.48 and Mike Short in 16-58.

The funds for the Pike Race have been boosted by over £400 raised from dances which have been organised and M. Cd. by Mr. S. G. Holt of Horwich R.M.I. Harriers, Though the course includes no exceptionally steep or rugged terrain and is probably closer to cross-country than to real fell racing when you compare it with more gruelling short events like Wansfell or Burnsall, the Pike Race remains extremely popular with both competitors and spectators. Indeed, there can be few more pleasant ways of spending an Easter Saturday afternoon than by attending the Pike Race in either capacity, and the atmosphere is quite unique for a fell race, the whole length of the course being lined with cheering spectators - an atmosphere only rivalled perhaps by Burnsall Sports or the Weets Fell Race at Barnoldswick.

THE KARRIMOR INTERNATIONAL
MOUNTAIN MARATHON

OCTOBER 1977

THE BJJG CHALLENGE for BJJG IDIOTS

This year's event will be held in the North Sea, and promises to be even tougher than last year's competition.

Classes this year for the stupid, the very stupid, the certifiable and Stig Berge.

Last year's results: **GALLOWAY HILLS** **662**
 MINDLESS MASOCHISTS **314**

Entries to:- Gerry Charming,

Rentatrawler Ltd.,

Hull.

Just because I'd decided the longer fell races weren't so bad after all didn't mean that I was going to change my mind about the Karrimor. Who wants to carry all that gear, sleep on the ground, curb a massive appetite, get blisters, get lost and get soaked to the skin? Not to mention the possibility of coping with frostbite and the certainty of screaming muscles by the second day. It was a DEFINITE thumbs down for the two-day event for me.

As I lay in the dormobile at midnight on 23rd October last listening to the rain pelting down on the roof, the persuasive holiday brochure vision of red deer, golden eagles and wild goats among the silent forests and remote Galloway hills faded to proverbial Scotch mist, and I still don't know why I changed my mind about doing the bloody thing.

Describing the first day is easy - it was wet - I mean really wet - far worse than I had ever considered it could be. The Galloway hills may have their good points (I can't think of many, mind), but quick draining ground is not one of them. When we weren't running through a bog, we were running through a marsh, and when we weren't running through a marsh, we were wading through a river. There can't have been more than a mile of solid ground all day and all the time it was raining - really raining. From time to time it stopped raining and peed down and then, just for variety, it stopped peeing down and hailed. Oh, the sheer enjoyment of it all!

At least we managed to navigate fairly well. Ian McMillan (my fellow fool) took the first few checkpoints and when the wet rot had got to his head as well as his feet, I took over and guided us hesitantly through the rest. We had plenty of time to look at the map because, along with virtually everyone else, we were reduced to a walk after an hour or so. The only sign of life apart, from us runners was a couple of wild goats and some red deer. We didn't get any particular pleasure from seeing them but did enjoy the expressions on their faces staring back at us as they ran off - it wasn't just fear, they looked genuinely puzzled, and who can blame them?

The expressions on the faces of competitors were funny too. No one was much in the mood for talking, except for the odd comment like "I wonder who's on Match of the day?", but the faces said all

that was needed. Mostly they reflected our misery, but the odd commiserating smile crept out now and then to say "yes, we are mad, aren't we!"

Ian and I came into view of the overnight camp at about 4.15 p.m. feeling very tired, very cold and very hungry, (we foolishly hadn't eaten all day, feeling too wet and miserable to stop and get out the food) It was only a couple of miles to the camp, but it took us until 5.00 pm. crossing several bogs, a stream and a new plantation before we arrived. I was during this last stretch that we began to play the game of "who's going to be last to admit defeat." I knew I didn't want to carry on the next day, whatever the weather, and Ian knew he didn't, but neither of us was prepared to put it quite so strongly.

The most shattering blow of the day came when we reached the last checkpoint - the campsite was on a bog. We had been provided with the dubious luxury of a water bed. When one of us moved in the tent, the water moved the other.

A hailstorm in full stereophonic sound on the tent roof accompanied our meal, while the poor souls still out there in the dark provided the light show, their torches dotted over the hillside at the end of the Loch. The howling wind was our lullaby as we got into our sleeping bags, with some difficulty, as every movement gave us both terrible spasms of cramp. The sounds from our tent in those few minutes must have caused some raised eyebrows among our immediate neighbours. Ian was asleep almost at once, but cramp defeated my efforts to zip up my bag. Being a stone or two heavier, I sank deeper into the bog and the dirty brown water was soon coming in over the groundsheet. By half past ten I hadn't slept and was wet from above and below. The doubtful bonus of an extra hour from the clocks going back made the decision for me. I wasn't spending the next *Si* hours lying awake in a pool of water. With a nudge or two Ian was awake and we decided to set off back to the base camp. That was the second most silly decision I have made in my life - the first was deciding to do the event at all. Heading back in the darkness over that kind of country was almost as ludicrous as staying. Fortunately we were directed to a bothy up the hillside and with great difficulty and increasing despair we found it - full of others who had retired! The remainder of the night there would be material for another article.

We began to enjoy our weekend next morning as we stood outside the bothy, eating breakfast and watching the remaining competitors crawl up onto the hills. It was nice meeting fellow clubmates Ian Roberts and Bill Lambert among the dozens who had retired on the path back to the base. It was even nicer to get into the van and get back home.

Despite it all, I don't expect it'll be my last attempt at the Karrimor. One thing I am certain about - I won't be returning to the Galloway Highlands.

Some results and statistics on the 2 day race taken from the comprehensive results brochure:

Eli te Class - 45 teams started but only 4 completed the course.

1st. Stig Berge & Sigurd Daehli (Norway)	14:hrs. 11min. 09sec.		
2nd. Andy Philipson & Derek Hartley	16	44	23
3rd. Rick Plumb & Mike Hayes	18	08	02
4th = Mike Cudahy & John Richardson	21	38	20

A further eight pairs made the overnight camp but for various reasons were unable to complete the 2nd day.

'A' Class 155 pairs started with 39 finishers

1st. Tom Sykes & Tony Shaw	13hrs, 14min 53sec	53sec
2nd. T. Goffe S P. Sanderson	13	40 32
3rd. S Rye & B. Needham	14	07 46

'B' Class 183 pairs started. 82 finished.

1st Jack & Robert Bloor	11hrs. 07mins 34sec.
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Expenditure Class

1st. Stephen Brodie & David Whittaker	10hrs, 12min. 59sec
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The conspicuous lack of top fell runners in the results of this 1976 Karrimor has prompted many to ask, what went wrong? I expect we all have our pet theories but I think some of the answers are to be found between the lines of Andy's account. The scarcity of runnable country and the overnight discomfort must be responsible for a large proportion of retirements. In a recent article in 'The Orienteer' Stig Berge talks about the qualities that make a good mountain marathoner. Stig says that route choice is the key to success and more time is lost in poor orienteering than in poor running. To the fell runner he therefore says "there is only one way of learning orienteering - and that is to start doing it competitively." I can recommend the 'long O's' if this type of event catches on and is anything like the event staged last April by the Deeside Club.

Ed.

1976 Race Results and Reports

Rochdale's Gale and Stoodley Pike Races - by Robin Britton

Gale Fell Race (October 31st)

Colin Robinson was not to be denied his sixth victory in the race's ten year history, sweeping past Bingley's Mike Lambert, who led at the turn, on the descent.

Harry Kelly and Jeff Norman were hard on Lambert's heels with Harry Walker not far away. A fine sunny day and Tommy Smyth's usual enthusiastic organisation helped to show why this race is so popular, though the pub could hardly hold all hundred of us afterwards!

1. C. Robinson (Roch.)	24. 11	6. R. Hill (Clay)	24. 55
2. M. Lambert (Bing.)	24. 25	7. A. Morley (Alt.)	24. 58
3. H. Kelly (E. Ch.)	24. 28	8. I. Clarkson (Roch)	24. 58
4. J. Norman (Alt.)	24. 31	9. B. Troughton (Bury)	25. 18
5. H. Walker (B'bu)	24. 38	10. P. Bailey (E. Ch)	25. 22

102 finishers.

Stoodley Pike (December 12th)

Stoodley Pike was shrouded in fog on December 12th but a hundred and more brave souls turned up for this first revival of an old pro. race. Within the main contest was a challenge match between Rochdale's veteran runners and the youngsters of Todmorden A.F.C: the old men had the last laugh fairly comfortably.

In the race itself, Martin Weeks soon asserted his dominance and came home well clear of a similarly detached Harry Walker. Another masterful display from this year's star.

Next year's race will be on October 2nd (see advert), when we hope the weather will be as hospitable as the Top Brink Inn and its landlord were on this occasion.

1. M. Weeks (Bing.)	18. 00	6. R. Rawlinson (Bolt.)	18. 49
2. H. Walker (B'bu.)	18j8	7. M. Short (Hor.)	19. 05
3. R. Hill (Clay.)	18. 38	8. H. Kelly (E. Ch)	19. 12
4. J. Norman (Alt.)	18. 43	9. I. Clarkson (Roch.)	19. 15
5. C. Robinson (Roch.)	18. 47	10. K. Taylor (Ross.)	19. 31

1st Veteran P. Knott (Blackpool) 22nd

1st Woman A. Grindley

103rd

117 finished.

Mamoré Maidens - 21st August by John Blair-Fish.

This inaugural event, held at the beginning of another 1976 heat wave, was won by Bobby Shields who was closely pursued by Ronnie Campbell and Mel Edwards. The course involves a mixture of terrain; a steep climb into Na Griageichean after a two mile run out of Kinlochleven, rather more treacherous ridge running between Na Griageichean and Binnein Mor than in Lakeland events (Jimmy Jardine can record the author's comments where he discovered his studs had lost their grip'.) and a long five mile descent along paths. Most of the course was well marked with red-paint, though Mel Edwards missed a turning, when a land-rover did not arrive at a strategic turn. The course could easily have been extended to cover more hills if run on a point to point basis as in England with the onus on the runner to navigate. However, it can be rated as a rather tough middle distance fell race worthy of A. category and as a start to holiday training for Ben Nevis.

1. R. Shields (Clyde)	43.40	6. B. McKennier (RAF.)	56.53
2. R. Campbell (Loch)	45.51	7. M. Edwards (Aber)	2.00.46
3. J. Shields (Clyde)	53*24	8. P. Donald (Clyde)	2.03.44
4. J. Jardine (Per.)	1.54.07	9. P. Brooks (Loch)	2.04.38
5. J. Blair-Fish (Loch)	1.55.59	10. J. Anderson (Loch)	2.07.34

WHOPPING WEETS (Sunday, 15th August) by Ben Redfern.

In line with the general increase in fields the Barnoldswick Weets Fell Race had a record 217 starters. The day was scorching hot but the only major mishap was a local competitor who failed to reach the line by only fifteen feet but did not suffer any lasting effects'.

Being runnable (just), the weets has always attracted a sprinkling of track and road runners and this year a hot pace was set by Dave Slater of Bingley leading throughout to finish first in 27 minutes, 52 seconds, just short of the record.

Second man to the Summit, was John Temperton but he was overtaken on the descent by Alan Blinston who recorded his third second position in this race.

There were individual prizes for the first twelve and once again it was a "Bingley Benefit" with five of the prizes going their way.

The first veteran was G. Spink of Bingley, the first V50 was B. Crook of Rochdale,

There were 34 local runners, the first H. Craig being a very respectable 77th, two thousand plus spectators enjoyed the race

1. D. Slater	(Bing)	27.52	6 J. Fox	(Air)	28.55
2. A. Blinston	(Alt.)	28.02	7 J. Calvert (B' bu)		29.05
3. J. Temperton	(Air.)	28.16	8. R. Morris	(Alt.)	29.07
4. A. Spence	(Bing)	28.39	9-H. Kelly	(E, Chet)	25 o8
5. D. Quintan	(Bing)	28.46	10. W Cooper	(M. & DJ)	29-18

WANSFELL RACE - December 27th by Peter Knott

With Christmas Day falling on a Saturday, Bob Astjes and his organising team decided to put the event on the Monday, Boxing Day and were rewarded with a good entry and 86 finishers in the Senior event. The start was moved to the fields this time to cut out a bit of road and ease the start congestion. I think the course was the better for it but a bit shorter, which despite the slippery conditions with soft snow on the higher slopes, produced a sub 21 minute performance for the first time.

It was a good day for the youngsters with 19 year old Alan McGee of the Keswick Club putting one across the established stars, Mike Short and Harry Walker with a fine victory, and another Lakeland youngster Brian Robinson finishing 5th.

1. Alan McGee	(Kes.)	20.48	6. Brian Gemson	(Lanc.)	22.07
2. Mike Short	(Hor.)	21.12	7. Brian Troughton	(Bury)	22.19
3. Mike Lambert	(Bing)	21 - 37	8. Ray Rawlinson	(Bol.)	22.26
4. Harry Walker	(B' bu)	21.54	9. Billy Bland	(Kes.)	22.27
5. Brian Robinson	(Kes.)	21.59	10. J. Ritson	(Sal.)	22.30

Veterans:

0 40. P. Knott	(Blackpool)	25th
0 50. Frank Carradus	(Kes)	79th

Teams:

Keswick	(1, 9, 23)	33
Kendal	(5, 12, 27)	44
Horwich	(2, 15, 29)	46

Youths: 1. Ian Rawlinson (Blackpool) 13.11

Boys: 1. M. Roberts (Kendal) 13-44

Post Script:- Andy Styan who went bombing past me at the finish to place 22nd tells me he broke his ankle during the race!

3 TOWERS RACE October 17th. 1976

1. J. Norman	(Alt.) 1. 59. 06	6. R. Morris	(Alt.) 2. 01. 56
2. C. Robinson	(Roch) 1. 59. 43	7. S. Curran	(Salf) 2. 01. 58
3. R. Harrison	(Liv) 1. 59. 52	8. M. Weeks	(Bing) 2. 02. 35
4. H. Walker	(B* bu) 2. 00. 13	9. N. Ward	(Bol.) 2. 02. 53
5. A. Spence	(Bing) 2. 00. 25	10. R. Harrison	(Air.) 2. 03. 04

Veterans 0/40 George Rhodes (Staff) 54th
0/50 E. Mitchell (Dark Peak) 153th

Teams Blackburn (4, 11, 12). 27 points.

LAXEY GLEN HORSESHOE - (isle of Man) August 28th

1. Mike Short	(Horwich)	1. 19. 54
2. Mike Armitage	(Saltwell)	1. 26. 53
3. Ian Callister	(Manx)	1. 27. 53
4. Steve Kelly	(Manx)	1. 28. 59
5. Dave Newton	(Manx)	1. 29. 16

CLITHEROE FELL RACE. June 6th

1. J. Calvert	(B' bu) 50. 25	6. H. Walker	(B'bu) 51. 06
2. A. Blinston	(Alt.) 50. 34	7. C. Robinson	(Roch) 51. 41
3. K. Darlow	(Bol J) 50. 39	8. A. Spence	(Bing) 52. 03
4. N. Ward	(Bol.) 50. 44	9. M. Seddon	(Holm) 52. 36
5. R. Morris	(Alt.) 51. 00	10. A. Harmer	(Port) 52. 39

1st Veteran: Pete Madden (Blackburn) 23rd

1st Local : N. Dinsdale (Ribble Valley) 41st

PENDLETON FELL RACE

August 28th

1. J. Calvert	(B* bu) 22. 00	6. K. Darlow	(Bol.) 22. 39
2. R. Rawlinson	(Bol) 22. 02	7. N. Seddon	(Holm) 23. 01
3. M. Lambert	(Holm) 22. 15	8. B. Pickersgill	(Holm) 23. 03
4. D. Blakely	(Man.) 22. 28	9-W. Cooper	(Man.) 23. 04
5. N. Ward	(Bol.) 22. 31	10. G. Woodburn	(B' bu) 23. 05

1st Veteran: Colin Ratcliffe (Clayton) 36th

I regret that I have no results for last years
Langdale or Copeland Chase events and would appreciate
a copy of these if any readers can oblige. Ed.

SIERRE - ZINAL Mountain Race - Swiss Alps August 1976

by Mike Hobden

Sierre, along with its neighbouring township of
Sion, finds itself in the Valais Canton of Switzerland

situated on the river Rhone some 1800 feet above sea level. Some twenty miles to the south lies Zinal, at an altitude of 5,500 feet, a rapidly developing commune nesting at the foot of glaciers leading down from the Matterhorn. Some local athletes had organised a race between the two places in August 1974, and the event sponsored by Spiridon, had proved successful enough to make it an annual competition. With Zinal being surrounded by five peaks, all in excess of 4000m., the race has been christened "La Course des Cinq 4000" and each year in turn one of the five mountain giants is adopted a "patron" for that year's race.

A glance at this year's race programme - entry form shows a profile of the course and names past winners. In 1974 Edi Hauser of Switzerland won in a time of 2:38 minutes followed in 2:45, by Gaston Roelinte of Belgium and Harry Walker of Blackburn in 2:52. In 1975 Jeff Norman of Altrincham won in 2:48, Moser, a Swiss international was second and Ian Thompson (Luton) in 2:49 pipped Harry Walker for third place. Walker's consistency stands out, but the 1975 race coincidentally threw together the 1975 A.A.A. marathon winner at Stoke - Norman and Thompson, the reigning European and Commonwealth Marathon Champion. Significantly Thompson hadn't run at Stoke but both these athletes met, as we all well know, at Rotherham on Saturday, 8th May in the 1976 A.A.A. marathon race which also doubled as a selection race for the Montreal Olympics.

The race was scheduled for an 8.00 a.m. start and by 7.45 some 400 athletes were assembled at the side of the busy Simplon Alpine-Pass road about one mile to the east of Sierre. There were athletes from most European countries. It was already quite warm. Harry Walker was there again and must have been very optimistic about his chances of winning at last this year. So was Mike Short (Horwich) '1975 Fell Runner of the Year', also fellow Lancastrians Ron Hill, looking very fit, Alan Heaton and John North of the famous Clayton-le-Moors club. In addition acknowledged and experienced road runners, Les Presland (Aldershot), Bob Sercombe (Newport), and Dick Evans (Cardiff) were there at the start line.

Ian Thompson had just arrived from Montreal where he had covered the Olympic Marathon, held eight days earlier, for the Daily Mirror. He looked tired. Gaston Roelants had also been in Montreal, as a competitor representing Belgium in the marathon, but had withdrawn through injury. Still unfit he had accepted an invitation to start the race.

The race started promptly and followed a tarmac road for about a quarter of a mile, needless to say it was uphill. Then there was an abrupt turn off the road to follow a very narrow track up through shrubs and fir trees; soon the track became a stony path so narrow that it was impossible to pass

other runners for several hundred metres. As the path then zig-zagged up the hillside, a helicopter covering the event for the Swiss National T.V. hovered at close range above. There was no remorse from the ever-steepening route for those first 5 km, in which the athletes climbed over 4,200 feet to Ponchette, passing the small hamlet of Neoux en route - memories of past Ben Nevis races came back!! The nearest I had come to running in the mountains in the previous 11 months was training in the Lincolnshire Wolds and I was certainly finding it hard going probably finding myself in about 250th place! Alan Heaton came past quietly - steadily working his way through the field on this steep uphill section. A veteran, he did well to finish in 98th place eventually.

Thereafter the gradient slackened - relatively! The route then followed a rock strewn mountain track suitable for landrovers rather than cars. At the 10 Km mark there was a short downhill section into Chandolin where drinks were available. At this stage Soler of Switzerland was in the lead but it turned out that he had overexerted himself for he later finished down the field in 82nd place. The England trio of Walker, Hill and Short were not far behind followed by Norber Sander from New York who three months earlier had finished 12th in the Boston Marathon.

Beyond Chandolin where the route rose above the tree lines there was no shade from the sun. Despite a heat haze it was possible for the athletes to see the next landmark, the Hotel Weissshorn some five miles further on and standing out on a mountain ledge. Since this was the next feeding station, this provided the next mental as well as physical target. Between these two places there was relatively little climbing, a mere 1300 feet, but it was becoming increasingly difficult to maintain a steady pace for several reasons. The athletes had been running for two hours or more, they were now running at an altitude of between 7000 and 8000 feet and the temperature was still going up.

The course reached its highest point at Nava (8000 feet above sea level) where at last the descent to Zinal started. At first the descent was gradual with the 'landrover' trail deteriorating into a hazardous stony path. At this stage I was managing to overtake several athletes whose progress had been reduced to almost walking pace. The glycogen reserves were getting low and it required

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Vet. K. Smith (Blackburn) 35 mins.4.3secs. (1975)

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sound for all seasons

considerable concentration to keep going and avoid going over on an ankle. With only 2 Km. to go to Zinal the course plunged downwards at an alarming rate through the trees. I am certain this final section would have sorted out the mountain runners from the marathon men, indeed it was over this final section that Norman had overtaken Thompson in the 1975 race.

A look at the results shows that the Italian Allegranza from Domodossola must have run a fine race winning by four minutes from Harry Walker, with a 19 year old Swiss, Rhyn, in 3rd place. Perhaps the most surprising and creditable result was for Ron Hill to finish so high in 6th place and to beat Hike Short (7th) by nearly two minutes. Whether Hill "did the diet", or not, I do not know but he claimed through an interpreter at the prize ceremony afterwards to have eaten eleven doughnuts the previous day! Further down Ian Thompson finished in 343rd place suffering badly from cramp. Neither Pete Walkington (73rd) nor John North (80th) really did themselves justice on this particular day, though they both later made up for it in September in the Vaux mountain trial.

It was certainly a hard mountain race but it had been superbly organised. In addition to the 900 runners, 1100 walkers had set off from Sierre 3i hours earlier, to provide changing facilities and feed some 2000 participants, and then produce a result sheet by 4.00 p.m. no mean achievement and is a credit to the hard work put in by the 8 man organising committee. Next year's race is scheduled for Sunday, 14th August, and there is little doubt that the majority of this year's competitors will return for the 4th edition of Sierre-Zinal.

1.	Aldo Allegranza	Domodossola	1	2hr	.46m	in .33sec
2.	Harry Walker	Blackburn	G. B.	2	50	05
3.	Guido Rhyn	Herzogenbuchsee	S. W.	2	50	24
4.	Carlo Bambic	San Carlo	1	2	50	56
5.	Robert Wehren	Gryon	S. W.	2	52	42
6.	Ron Hill	Clayton-le-Moors	G. B.	2	53	00
7.	Mike Short	Horwich	G. B.	2	54	32
8.	Alois Oberhalzer	Einsiedeln	S. W.	2	55	02
9.	Gerhard Metter	Jegensdorf	S. W.	2	55	05
10.	Jean-Francois Barbier	Amiens	F.	2	56	43

OTHER U. K. PLACES

17.	Harold Chadwick	Bournemouth	2	59	11
22.	Bob Sercombe	Newport	3	02	55
27.	Les Presland	Aid. and Farn.	3	03	22
58.	Dick Evans	Cardiff	3	20	16
73.	Pete Walkington	Blackburn	3	22	56

Other U-K. Places continued

81	John North	Clayton	3	hr. 24m	in . 13sec.
98.	Alan Heaton	Clayton (Vet.)	3	28	17
102.	Hike Garrett	Gui seborough	3	28	59
200.	Mike Hebden	Gr imsby	3	53	08
343.	Ian. Thompson	Luton	4	16	38
	1st Lady: 90th. Anneck Loir (France)		3	26	35

(871 runners and 1,084 walkers).

READERS

WRITE

Correction to the 1976 Vaux Trial Report. Frank Travis writes to say that the course was planned by Chris Wright and Fred Rogerson as Gerry Charnley was tied up with the M.M. organisation. He goes on to say that it was Chris Wright's first attempt and since he did such a good job and put in a lot of work he deserves the acknowledgement, (Here, here!, and sorry about the error, - Ed.)

Chris in a letter to Bill Smith discusses with Bill route choices, but emphasises that the event is not officially intended to be an orienteering test.

(Discussion on the route choice subject available from me if anyone particularly interested - Ed.)

1977

event is on September 11th. Venue unknown.

European and World Fell Running Championships. Des

Oliver writes to say that he would like to see more publicity for the Continental events and expresses the view that this could lead to European inter-club events, invitation team events and even a world championship. In a more recent letter Des says that Chris Brasher is thinking along the same lines i.e. a European and/or World Championship. (I'm not sure where we go from here but I would have thought that any action should be via the F.R.A. committee - Ed.).

Safety on the Fells and Lightweight Fell Craft Courses

Ken Ledward writes in criticism of some of the 'cross country' runners in Fell races on grounds of inadequate safety, a point also made by Des Oliver.

Ken says that there are still a few of the fast fell runners who are unable to navigate with safe margins and who tend to compete with inadequate clothing and or food. By the time this is published Ken will have held one !. Lightweight Fell Craft Course in Cumbria covering navigation and equipment, orienteering and self-sufficiency skills and I understand a

second course is to be held in June at Glenmore Lodge. Whilst designed also to help the 'Backpacker' and lightweight mountaineer it is clearly a course of value to two day mountain marathon events and to long distance fell runners with suspect skills.

European Events. Paul Spencer-Ellis says that this year's C. I. M. E. calendar is substantially different from last year. The '3 peaks' has been dropped and the Skiddaw does not qualify (My thanks to Mike Hobden for sending me a copy of the 1977 C. I. M. E. calendar published by SPIRIDON. I must admit to not having made the time to study this yet and it seems desirable to do this and compile a reference summary for the benefit of our members. Any offers? Ed.).

Paul says that in the 1976 C. I. M. E. championships, the Swiss took seven of the first ten places in the senior men. French athletes took first places in the different veterans categories.

Veterans on the Fells. Bill Smith writes to say that he is doing a series of articles about the veteran fell runners in the magazine 'Veteris' a magazine for the over 40 athlete (£3 for four quarterly issues from A. N. Butteridge, 98 New Road, South Darenth, Dentford, Kent.) The Spring 76 issue featured an Introduction to Fell Running, Autumn 76 featured Stan Bradshaw, December 76 Eric Roberts and Spring 77 George Rhodes.

The 3 Peaks Entry Problems. Ken Smith expresses a number of views/ideas about this problem in a letter written after the F. R. A. A. G. M. :-

1. The F. R. A. should make a positive contribution to solving the problems of all restricted entry events.
2. Clubs should send representatives to the 3 Peaks Association meeting and make their views known in a constructive way.
3. Why limit the entry? The larger the numbers the safer the race because the route is easier to follow.
4. Only members from bona fide athletic clubs should be accepted thus assuring a certain level of fitness.

And on a more general note:-

1. Races that do not have a previously announced route and are not run under A. A. A.'s laws should not count for the F. R. A. trophy.
2. The F. R. A. should ensure that organisers running events under A. A. A.'s laws do comply with the laws, so long as the existing A. A. A.'s rules apply.

(You may not agree with all these views, but they should get you thinking. - Ed.).

A Limerick Competition? Rofs Brewster says how about it?, and suggests as first prize a day out with Joss Naylor; must be able to run 100 miles in 24 hours and climb and descend 10000 feet wearing boots and a loaded rucksack. Second prize - a day off training. "There was a young athlete from Lytham" etc.

1977 SEASON RESULTS AND REPORTS

Car nethy Hill Race, Cat. B 10m 1300' February 26th

by John Blair-Fish

Martin Weeks won this event for the first time and in the absence of strong opposition, Phil Dolan was in contention until the descent down the scree on Carnet hy.. The snow on the hills made the ascents of both Carnethy and Scald law more testing than in the previous three years and times perhaps a minute slower.

A fit Mike Davies returned to the fell running scene to take the veteran's prize whilst the team event went to Clydesdale Harriers, and Alan McGee decisively won the junior race.

This well organised event was rounded off by a social and dance in the evening, providing an enjoyable start to the season.

1. M. Weeks (Bing) .51. 31	11. M. Anderton (St. A. U) .56. 34
2. P. Dolan (Clyde) .54. 26	12. J. Blair-Fish (Unatt.) .56. 41
3. R. Morris (Ed in) .55. 27	13. J. North (Clay.) 56. 48
4. B. Finlayson (Loch) .55. 48	14. A. McMaster (Str. V) .57. 13
5. J. Wagstaff (Tip) .55. 59	15 -R- Shields (Clyde) 57. 18
6. D. Overton (Ken) .56. 02	16. E. MacEvoy (Loch) 57. 29
7. J. Sands (Ayr) 56. 10	17. D. Fairweather (Law.) 57. 30
8. M. Edwards (Ab.) 56. 13	18. W. Ryder (Moor) 57. 46
9. H. Blenkinsop (Ken) . 56. 19	19. R. Boswell (Loch) 57. 59
10. H. Paton (Dumb) «56. 26	20. M. Davies (Read) V 58. 12

Morrison's Edale Skyline Cat. A. 21m. 4800'. March 27th

by Chris Worsell.

Harry Walker maintained his unbeaten record in this event in winning the fourth annual race in the worst conditions yet. Thick mist for the first part, driving snow on and off throughout and very cold. One of the local club runners went lost on Kinder, poetic justice perhaps for trying to take a quick route over unmarked moorland in low cloud!

Of the top men who completed the circuit only Mike Short maintained contact with Harry to win Hill, but

Harry dug in from the 'Cheshire Cheese' to Lose Hill Summit and took two to three minutes lead, which widened to four minutes by Lords Seat, a hard stretch of the race, but the worst is still to come. Harry had widened his lead to seven minutes by Edale Cross and his winning time was ten minutes clear. With the conditions so bad the winning time of 2.45.00 was six minutes slower than last year and nine minutes slower than the record of 3.36.03.

Mike's time was only two minutes slower than last year. He is clearly also going to have a good season. Watch out Martin Weeks! Mike Lambert was the only man in the top twenty to improve on his Edale time - by six minutes. John North,, who lacked the pace in the early stages, came through strongly to pull them back to finish fourth clear of Martin Weeks in fifth place. Fourteen competitors got inside the magic elite time of three hours last year. This time only the first four.

(The check-point marshalls deserved medals on this occasion for dedication to duty in such conditions. - Ed.).

1. H. Walker	(B ¹ burn)	2.45.00	11. I. Clarkson	(Roch)	3.07.56
2. M. Short	(Hor.)	2.55.15	12. H. Forrest	(Gos.)	3.08.05
3. M. Lambert	(Bing.)	2.57.45	13-R-Whitfield	(Ken.)	3.08.09
4. J. North	(Clay.)	2.59.10	14. D. Wefr	(Sale)	3.10.10
5. M. Weeks	(Bing.)	3.03.35	15-V. Duff	(B' bur)	>3.10.45
6. A. Styan	(Holm.)	3.03.50	16. J. Naylor	(Ken.)	3.11.15
7. W. Bland	(Kes.)	3.04.00	17. D. Attwell	(Alt.)	3.11.47
8. M. Garratt	(Man.)	3.04.15	18. R. Halenko	(Clay)	3.12.32
9. H. Blenkinsop	(Kend.)	3.05.50	19. R. Britton	(Sal. M)	3.13.34
10. K. Taylor	(Ross.)	3.06.20	20. D. Overton	(Ken.)	3.15.32

1st Veteran:- Joss Naylor

Teams: 1. Kendal 9.25.14 2. Blackburn 9.25.51 3. Clayton 9.28.31
4. Bingley 9.37.11. 5. Dark Peak 9.54.52 6. Horwich 9.57.34

Pendle Cat. A. 4 $\frac{1}{2}$ m. 1500' - April 2nd

With Harry Walker (bad back) and Martin Weeks (bad knee) both watching, Mike Short might have thought he had it all his own way but young Alan McGee pushed Mike all the way to finish a mere two seconds down. But this was LADIES day.

Ed.

BRAVA! BRAVA!

- by Ben Redfern

At 1.30 p.m. on 2nd April occurred an event more momentous than votes for women or the Sex Discrimination Act, i.e. the first Pendle Fell Race for Ladies.

In cold conditions with the going sticky the field of twenty set off to tackle the same course that the men would run later.

On the ascent pretty nineteen year old Kathryn Binns of Sale Harriers began to establish a good lead which she gradually increased up the Big-End and glided home effortlessly in forty minutes, thirty seven seconds four minutes ahead of Blackburn's Hilary Mathews with Gillian Pile of Sale in third place.

The winner received the Tiger Lily Cup. Afterwards she said that she had found the race relatively easy and she would like to run in more fell races.

The winning time was faster than the last hundred in the men's race, so watch out fellas or you may find yourselves holding the track-suits and carrying the drinks as I am sure ladies fell racing is here to stay.

1. K. Binns	(Sale)	40.37	6. A. M. Grindley	(Clay.)	50.11
2. H. Mathews	(B'bu)	44.58	7. R. Carthy	(Sheff)	50.20
3. G. Pile	(Sale)	48.27	8. S. Lloyd	(Walla)	50.31
4. B. Robinson	(Bury)	48.45	S. K. Etherden	(Roch.)	51.40
5. A. Pendlebury	-	49.52	10. S. Styan	(Holm.)	53.16

20 started - 19 finished. Congratulations Girls.

MEN'S RESULTS

1. M. Short	(Hor.)	32.10	11. C. Robinson	(Roch)	33.48
2. A. McGee	(Kes.)	32.12	12. H. Kelly	(E. Ch)	34.05
3. J. Calvert	(B'bu)	32.37	13. R. Whitfield	(Ken.)	34.05
4. A. Blinston	(Alt.)	33.00	14. G. Brooks	(Bing)	34.09
5. A. Spence	(Bing)	33.11	15. P. Bailey	(Unat)	34.16
6. J. Norman	(Alt.)	33.12	16. M. McGann	(E. Che)	34.24
7. S. Breckell	(B'bu)	33.19	17. P. Irwin	(Ross)	34.35
8. P. Moon	(Bing)	33.23	18. I. Partington	(Ross)	34.36
9. M. Lamber	(Bing)	33.28	19. G. Pearson	(Clay)	34.47
10. B. Robinson	(Ken.)	33.47	20. P. Murray	(Clay)	35.00

1st Veteran	0/40	D. Lawson	(Bing)	46th
	0/50	B. Crook	(Roch)	131st

Rivington Pike Cat. B. 3m. 1140' - April 9th.

by Peter Knott.

This traditional Easter Saturday event run by the Horwich Club was blessed with fine weather, dry under-foot and not too windy. The usual large crowd along the course was also present.

Ex track international, Alan Blmston, asserted his authority on the field to come home 11 seconds clear of local athlete Pete Ravald. Alan also came frustratingly close to setting a new course record, being one second outside Ron McAndrews 1971 record

With Jeff Norman 3rd and Richard Morris 4th it was Altrincham's day. Mike Short in 6th place, behind Alan McGee this time, took the award for the 1st Local. (Pete Ravald's 2nd prize disqualified him from the local prize)

1. A. Blinston	(Alt.)	16.31	6. M. Short	(Hor.)	16.54
2. P. Ravald	(Man.)	16.42	7. K. Best	(Stret)	17.02
3. J. Norman	(Alt.)	16.46	S. S. Howcroft	(Leigh)	17-05
4. R. Morris	(Alt.)	16.47	9. M. Nolan	(Man)	17.10
5. A. McGee	(Kss.)	16.49	10. R. Hill	(Clay)	17.26

1st Veteran:- P. Knott (Blackpool) 35th.

MANX MOUNTAIN MARATHON - Easter Monday, April 11th.

Cat. A. 30m. 9C00'

by Jim Smith

Although the 30 miles event attracted more runners this year - 31 entries and 29 starters - the splendid course and race organisation deserved much better support from long distance fell runners. Conditions were good underfoot but a moderate south westerly wind slowed the times a little.

Four times winner and record holder, Joss Naylor, pushed the pace up North Barrule and, together with Mike Short, he gained a lead of 100 yards along the ridge to Clagh Ouyr. Ken Taylor and Brian Troughton came next just in front of Ian Roberts. Spectators waiting at the Bungalow were surprised to see Brian Troughton emerge as the leader from Ian Roberts with Joss, Mike and Ken appearing next, having gone astray coming off Snaefell - not the first time this has happened to the leaders in the Manx Race. Brian led the way to Injebreck where Joss and Mike again took over. These two battled on over the next three peaks to the Foxdale mines (about 21 miles) where Mike opened a gap as Joss suffered from cramp. Joss fought back well but Mike held on to win by five minutes. Ken Taylor, running strongly in third place, and four other runners - Brian Troughton, John Blair-Fish, Paul Murray and Geoff Olive - easily broke the five hour barrier.

1. M. Short	(Hor.)	4.26.39	9. A. Lewsley	(D. P.)	5-3.43
V2. J. Naylor	(Kend)	4.31.48	10. M. Davies	(Read)	5-6.54 V
3. K. Taylor	(Ross)	4.36.11	11. B. Pickersgill	(Holm)	5.17.15
4. B. Troughton	(Bury)	4.43.20	12. D. Weir	(Sale)	5.18.24
5. J. Blair-Fish	(Ed. S)	4.47.36	13. R. Baumeister	(D. P.)	5.19.30
6. P. Murray	(Clay)	4.52.25	14. P. Sanderson	(Telf)	5.23.38
W. G. Oliver	(J. L. R)	4.54.45	15-R. Melton	(Octa)	5.28.48
V8. A. Saunders	(4R A)	5.1.8	15-J. Smith	(Bury)	5.28.48

17. K. Payne	(Bury)	5.29.55	22. T. Norrish	(Oct.)	5.49.35
18. I. Calister	(Manx)	5.29.58	23. M. Trevor	(Shre)	5.50.26
19. N. Heaton	(Kes.)	5.33.20	24. E. Ainscough	(Manx)	5.52.24
20. Sgt. Walker	(JLR.)	5.38.25	25. W. Bental	(D.P.)	5.57.10 V
21. M. Tyler	(JLR.)	5.43.30			

Teams:-

1. Bury	15.42.3
2. Junior Leaders Regt.	16.16.40
3. Dark Peak	16.20.23

Standard Event:

1. Peter Jones, Barrow	5.14.16
1st Vet. Allen Corlett Boundary	6.1.2.

Team 1. Boundary (I.O.M.)

Junior Boys

1. Alan Ogden	Kings School,	Macclesfield	1.51.14
2. Neil Drummond	Kings School,	Macclesfield	1.57.42
3. Ian Higgins	Octavian Droobers		2.0.44

Ladies Race

1. Jean Haigh	} Longwood	2.32.48
Suzanne Turner		
3. Linda Jordan	Manx	2.49.22

3rd Kentmere Horseshoe Fell Race. Cat. A. 13m.3,300'.

1. M. Short	(Hor.)	1.23.45	11. C. Robinson	(Roch)	1.28.26
2. A. McGee	(Kes.)	1.24.43	12. A. Harmer	(Port)	1.28.52
3. I. Roberts	(Holm)	1.25.32	13. A. Styan	(Holm)	1.28.52
4. W. Bland	(Kes.)	1.27.03	14. K. Taylor	(Ross)	1.29.23
5. J. Norman	(Alt.)	1.27.18	15. B. Pickersgill	(Holm)	1.29.35
6. R. Whittfield	(Ken.)	1.27.21	16. R. Shields	(Clyde)	1.30.05
7. M. Weeks	(Bing)	1.27.28	17. G. Brooks	(Bing)	1.30.02
8. S. Breckell	(B'bu)	1.27.48	18. R. Brittan	(Salf)	1.30.18
9. D. Overton	(Ken.)	1.27.55	19. H. Binkley	(Ken.)	1.30.26
10. M. Lambert	(Bing)	1.28.01	20. J. Naylor	(Ken.)	1.30.31

1st Veteran:- Joss Naylor

Teams

Holmfirth	4.23.59
Bingley	4.25.41
Kendal	4.25.42

Such is the popularity of fell racing today and this event in particular that no less than 223 finished the course. Quite a growth rate in three years. - Ed.

1. J. Calvert	(B 'bu) 2. 51. 04	7. B. Pickersgill (Holm)	2. 58. 32
2. M. Short	(Horw) 2. 53. 10	8. S. Breckell	(B 'bu) 2. 59. 44
3. R. Wilde	(Man.) 2. 56. 07	9. M. Weeks	(Bing) 3. 00. 53
4. J. Fox	(Aird) 2. 56. 57	10. J. North	(Clay) 3. 01. 05
5. I. Roberts	(Holm) 2. 57. 07		
6. H. Walker	(B 'bu) 2. 58. 09		

1st Veteran Joss Naylor 11th

Team Blackburn (1, 6, 8) 15 points.

A WINTER HAZARD by Peter Knott

In case you missed this 'gem' which appeared in the Guardian newspaper on February 16th this year. I reproduce this here with acknowledgement to the Guardian source.

("Cold comfort for Americans still shivering under the impact of the worst winter since whenever it was.

The New England Journal of Medicine carries a learned piece by one Melvin Hershkovitz M.D. of the Jersey City medical centre. It discusses a new and increasingly common phenomenon and is entitled "Penile Frostbite: An unforeseen hazard of Jogging").

When I related this tale to a training friend of mine he told me that when he was working and training in Canada some years ago, a certain young lady of his acquaintance used to knit woollen protectors for all the guys who trained throughout the hard Canadian winter. So you thought you had problems!

NEW MEMBERS LIST

618 A. J. Evans	633 D. Whitaker	648 R. Knight
619 J. Fisher	634 P. M. Fleming	649 Mrs. A. M. Grindley
620 P. L. Howard	635 G. Pemberton	650 J. Capenhurst
621 R. F. Goodge	636 CPL. D. Needham	651 J. A. Addis
622 A. H. Varley	637 D. Anderson	652 P. J. Gray
623 C. P. Bent	638 M. P. Curtis	653 T. M. Walker
624 P. J. Brookes	639 L. B. Deaken	654 E. W. H. Walker
625 P. J. Edge	640 M. Reynolds	655 K. J. Moore
626 C. Wilson	641 W. T. Knox	656 J. Fulton
627 A. Blamire	642 P. J. Whewell	657 G. M. Birtwistle
628 D. Holt	643 W. Whiteley	658 T. Thorpe
629 D. O'Leary	644 K. F. Brooks	659 G. Helme
630 S. Hoyle	645 D. Makin	660 S. Howcroft
631 E. S. Ranicar	646 E. F. Howarth	661 J. Curtis
632 F. Wood	647 M. R. Vezmar	662 D. G. Calder

663	L. R. Clemorson	711	C. J. Pooley	759	P. Miller
664	P. Iories	712	A. Rocking	760	W. Dobbs
665	W. G. Buckle	713	D. Herdman	761	E. Shackleton
666	R. Wood	714	A. Bland	762	D. Thewlis
667	J. A. Turner	715	B. D. Clarke	763	J. P. Marsh
668	A. A. Denham	716	A. Parker	764	R. Unwin
669	P. Brooks	717	J. M. Dawlan	765	M. H. Baker
670	R. W. Mitchell	718	A. B. Scott	766	W. J. Sheath
671	B. Holden	719	K. Shand	767	J. Knight
672	B. Hill	720	A. Trowbridge	768	C. Marsden
673	D. Cunningham	721	H. Biggins	769	C. Seaman
674	M. E. Raine	722	P. Jackson	770	P. Robinson
675	R. Canavan	723	B. Harney	771	P. H. I. Lowder
676	R. Bunnage	724	L. Outwin	772	A. Harulow
677	P. Edwards	725	B. Pilling	773	K. G. Turner
678	H. J. Artiss	726	G. J. Oliver	774	J. Edwards
679	A. J. Edwards	727	J. Hendrie	775	L. Taylor
680	M. Hudson	728	D. R. Clarke	776	A. J. Perkin
681	W. E. Smith	729	A. K. Ferneli	777	M. Pearson
682	T. Nortley	730	C. A. Walker	778	T. Bloomfield
683	I. McMillan	731	S. James	779	P. Healy
684	B. M. Hynes	732	B. R. Graves	780	J. Askev
685	N. Southernwood	733	D. W. Oglesby	781	M. J. Farmery
686	W. E. Todd	734	R. H. Burr	782	R. Marlow
687	G. J. Hart	735	N. Gerrard	783	R. M. Sadler
688	R. Coultcutt	736	D. H. Mason	784	J. Beatty
689	A. S. Wright	737	M. Stephenson	785	N. J. Mathews
690	A. Jones	738	J. D. Wood	786	I. J. Kirkpatric
691	A. Waterhouse	739	R. Gresty	787	I. Roberts
692	J. P. Mills	740	A. Mason	788	P. R. Haines
693	S. Tosh	741	F. S. Thomas	789	M. Sandals
694	K. Payne	742	M. McGovern	790	J. Disiey
695	C. Chadwick	743	S. Elliot	791	A. P. Mathews
696	K. Summersgill	744	E. Harvey	792	J. Baldwin
697	S. A. Carlos	745	T. Sawford	793	P. J. Dixon
698	R. V. Rawlinson	746	A. R. Sayer	794	L. Benjamin
699	K. Cartmell	747	E. Coope	795	P. Raven
700	R. Hill	748	J. Butters	796	F. E. Warrington
701	J. Johnson	749	R. P. Kitchener	797	P. L. Ormerod
702	P. S. Mason	750	J. Ritson	798	S. M. Hobbs
703	B. N. Robinson	751	J. McCraw	799	J. D. Mortimer
704	J. S. Bland	752	A. C. Lewsley	800	P. F. Lockey
705	K. Jones	753	J. C. Graham	801	G. Coverdale
706	M. Breslin	754	M. R. Jones	802	D. Carter
707	M. Bertenshaw	755	G. Woodburn	803	N. W. Hindle
708	H. Harrison	756	Sherriff	804	A. Buckley
709	C. Hawkins	757	A. Spilsbury	805	R. A. Sparkman
710	T. Paulliser	758	C. P. Parker	806	M. J. G. Williams

807 S. R. Gill	811 M. Powell-Davies	815 A. W. Puckrin
808 I. Sneddon	812 A. Proctor	816 P. J. Surfleet
809 D. I. Brown	813 R. F. Smith	817 A. Brooksbank
810 J. I. Sykes	814 J. Black	818 F. Clyne
		819 D. J. Smith

EVENTS NEWS

By the time you read this one new event will have been run, Blackburn Harriers, 'Darwen Moors Hills Race' on May 15th, the brainchild of Leon Hutchinson who unable to compete for a while after serious illness has put his mind and spare time to good use. I hope the inaugural event is a success and I look forward to a report for the next issue of this mag.

Another event which may have gone by the time this is read, is the 'Welsh 1,000 m Peaks' race. Joan Jones tells me that she has had many offers of help from clubs and individuals which makes it possible to continue the event. This is good news indeed for all who particularly like this race. I hope to include a list of the officials along with a race report in the next issue.

The 'Holcombe Tower' race is on again on June 25th. See the fixtures supplement for details.

The Cumberland Fell Runners Association have added a new event to their promotions; 'The Muncaster Fell Race', a 10 mile event near Ravenglass on the day after the Ennerdale (June 12th). Details from Danny Hughes, Hallsteads, Gosforth, Cumbria, or Joe Long. I have heard said that a number intend to run in this event after competing in the Ennerdale the day before. Good luck to them!

The Latrigg race is on, 31st July. See advert in this journal. Ross Brewster tells me that they have had to change the course slightly to circumnavigate a new fence. The new route is every bit as steep as the old one. Prizes will be of a Jubilee Commemorative nature.

'Barnoldswick Weets Fell Race' is on as usual on August 14th but will start at 11.00 a.m. from the Rolls Royce Welfare Centre not the Fosters' Arms.

BOOK REVIEWS by BILL SMITH

LONG DAYS IN THE HILLS by A. H. Griffin. Published by Robert Hale S Company - London, 1974. 188 pages, including index. 46 photographs. £3.50

This latest book of Harry Griffin's is undoubtedly one of his best, being of the same high order as The Roof of England and In Mountain Lakeland. It does, however, differ from his previous works in that it deals not only with the

Lake District but also with Scotland. And as the Author himself points out, "it may differ from other accounts of our homeland hills in that the emphasis, as the title suggests, is on rather strenuous days" - which means days spent not only fell-walking but also fell-running, ski-ing and rock-climbing.

A short introductory chapter is followed by one entitled, "The Approach to the Hills - Some Suggestions and Advice", devised for the benefit of the newcomer to our hills* Next comes "Steep Rock", which reveals the delights of real climbing. Some of the material in this chapter, as in those entitled "Long Days in Lakeland" and "Assorted Adventure?", will probably seem a bit familiar to those who have read Griff in's other books and articles. However, those parts of the book dealing with Scotland - "The Magic of Skye", "The Cuillin Ridge" and "Tackling The Munros" - are all fresh (to me, at least), superbly written and wholly absorbing. However, the chapter of greatest interest to fell runners will be the one entitled, "Record Walks and Runs", which deals with the long-distance feats of such stalwarts as the late Eric Beard and Bob Graham, Ken Heaton and Stan Bradshaw, Alan Heaton and Joss Naylor. Most of the chapter is devoted to the Lakeland 24 Hour Record, as might be expected, but there is also material on such achievements as the Heaton-Meath Pennine Way record (with a footnote indicating that it had since been broken by Joss), Stan Bradshaw 's Six Northern County Tops, Tan Hill - Cat S Fiddle, and Lakeland 2,500s, and the Ripley brothers' attempt to traverse all the Munros at one go. Brief mention is made of organised events like the Three Peaks Race, Fellsman Hike, Lyke Wake Walk and some of the Lakeland fell races, and Stan Bradshaw is mentioned in the "Acknowledgements" sections as one who provided the Author with much assistance.

The book is handsomely illustrated with photographs of Lakeland and the Pennines by Geoffrey Berry of Kendal and of Scotland by Dick Cook of Windermere.

HISTORY AND RECORDS OF NOTABLE FELL WALKS,

1864

1864 - 1972. WITHIN THE LAKE DISTRICT

Compiled and published in 1973 by Fred Rogerson, Tethers End, Lindeth, Windermere, Westmorland. 71 typewritten foolscap pages bound in a file. Price £1,

Harry Griffin has referred to the Bob Graham Club as being "one of the most exclusive in Britain",.

To qualify for full membership, you have to complete the "Bob Graham Round" of 42 Lakeland Peaks inside 24 hours (see Des Oliver's article in the Autumn, 1972 issue of "The Fell Runner"). At the time of writing (October, 1973), the club has only fifteen full members, three of whom - Joss Naylor, and Alan and Ken Heaton - have done considerably more than 42. Alan, who was the first man to cover the 42 peaks in the allotted time since Graham's 1932 run, eventually raised the total to 60 peaks in 1965, and the record now stands at 63 peaks, established by Joss in 1972.

time
peaks
by

The Bob Graham Club was formed in 1971 by Fred Rogerson of Windermere, who is its honorary chairman, and this book is the outcome of Fred's deep interest in the 24 Hour and other long-distance Lakeland walks and runs. In his Preface, he sketches a brief history of these mountain marathons, beginning with the Rev. J. M. Elliott's round of the Scafell, Gable and Pillar groups in 1864, and proceeding via Dr. Wakefield, Eustace Thomas and Bob Graham, to Alan's 60 Peaks run. He then describes how the club came to be formed and gives details of its objectives and of its membership, both full and associate. This is followed by Ken Heaton's Foreword, in which he pays tribute to Fred Rogerson and his book, and also sets down some of his own views on the 24 Hour, including the opinion that someone - quite possibly Joss himself - will eventually raise the total above 63 peaks.

There follows a catalogue of "Some Notable Fell Walks Recorded On The A.H. Griffin Trophy", complete with dates, distances and times, then a listing of the runners who had completed the Bob Graham Round up to 1972, and of the people who assisted them. Next comes a list of the summits visited on the various 24 Hour attempts, then five pages of comparisons between checkpoint times on different runs, such as between those of Bob Graham and Stan Bradshaw, and Eric Beard and the Heaton brothers.

The bulk of the book is then devoted mainly to reports on the various 24 Hour attempts, complete with the times between access points and of rest periods, and including the names of those assisting both on the fells and at the road crossings. It is interesting to note, incidentally, that every attempt from July, 1960 to June, 1972 mentions Mr. and Mrs. Rogerson as assisting at the access points, with Frank and Janet Travis also present on some of them, and Tommy Orr on a couple - all names closely associated with the organising side of amateur Lakeland Fell Racing.

Fred Rogerson has a short article on Bob Graham's own run, followed by a long but anonymous piece on Alan Heaton's 1960 circuit, on which he broke Graham's record (was this actually written by Gerry Charnley?), and a shorter but equally

anonymous description of Stan Bradshaw's successful attempt the same year. With the exception of the attempts by Eric Beard, Mick Meath, Pete Walkington and Donald Talbot, whose reports are also uncredited, and a piece by Chris Brasher on Joss' 63 Peaks run, the remainder of the articles have been drawn from Harry Griffin's Lancashire Evening Post column.

Read altogether, without a break, these latter are apt to become repetitive and therefore tedious in parts, due to constant reference to previous attempts. It must be borne in mind, however, that these articles were originally written for the consumption of the general public, and that usually a year or more had elapsed between the publication of each, making it necessary for the author to refresh the reader's memory and to sketch in the historical background for the benefit of the uninitiated. Perhaps the best way to read these reports therefore, would be to study just one per day. The final chapter is entitled "Epics of Mountain Marathons" and deals with such feats as the Stan Bradshaw - Brian Ripley six northern county summits walk (which Tom Waghorn called "The Toughest Walk Yet", in his report for The Climber), the Alan Heaton - Mick Meath Pennine Way record, and Beardie's Three Peaks in ten days stroll.

A work of this nature must inevitably contain a few errors, and indeed, Fred Rogerson states that he will be "only too pleased to receive any correction and addition." A couple of rather obvious mistakes which I noticed are Griffin's note of Joss' "Lakeland Threes" record as being 8 hours, 20 minutes (p. 47) when it is actually 8.24, and his listing among Joss' 1972 assistants, "Michael Meath, Colne" (p. 62), who really lives some miles away in Barnoldswick. Then there is Chris Brasher's reference to Stan Bradshaw as "a builder from Padiham" (p. 64), when he is, of course a tripe dealer.

The first supplement to this volume is planned for 1975, no doubt late in Autumn, when the year's 24 Hour attempts will presumably have come to an end. It would be nice to see the book in full print and illustrated with some of the excellent photographs taken by Tommy Orr and others. Till that day arrives, however, its present format will suffice admirably and it can be readily recommended to everyone interested in fell running. It is an essential reference book on Lakeland mountain marathons.

(Bill wrote this some time ago for previous publication and I failed to make space for it. I think despite that, it is worth publicising the existence

MANX PEAKS RECORD by IAN CALLISTER

On Saturday, 26th February, 1977 Bob Baxter of the Manx Athletic Club climbed every mountain peak over 1,000 feet on the Isle of Man, 40 in number. He started at 5 30 a.m. in darkness and finished at 8.25 p.m. in darkness. The weather conditions were ideal; a cool, clear, sunny day, perfectly calm, even on the summits, though with a slight breeze in late afternoon. About 8.00 p.m. the wind suddenly strengthened and there was a gale force wind on the last mountain climbed. The ground conditions however, were not so good: there were numerous bogs and surface water in many places due to one of the wettest winters on record. All ground above 1300 feet -a: covered in snow and about a quarter of the route had a three inch covering, which took the strength out of the legs and made the task more strenuous.

The mountains in order of height are:

Snaefell 2034', North Barrule 1860', Ben Rein 1810'» Clagh Ouyr 1808', Beinn-y-Phott 1790* , Cronk-ny-Choree Farraghyn 1770', Carraghyn 1640', Mullagh Ouyr 1612', Slieu Fleoghane 1602', Col den 1599', South Battale 1585', Slieu Ruy 1570*, Osyn Ennym 1566', Slieu Lean 1540', Sartfell 1490', Slieu Ouyr 1483'» Carn-Gerjoil 1460'» Cronk-ny-Iree-Laa 1449', Lhargee Ruy 1430', Slieu Dhoo 1417', Slieu Maggie 1400', Gleeba 1383', Cleg 1346', Injebreck Hill 1308', Slieu Ruy 1300', Slieu Meanagh 1257', Slieu Curn 1153', Cronk Fedjag 1119', Cha Ennym 1104', Slieu Meayl 1100', Slieu Whallian 1094', Mount Karrin 1084', Beary hark 1050', Ny-nard-Eys 1047' , Slieu Ree 1036', Beary 1020', Cronk-y-Vane 1000'. Three Peaks were climbed twice.

BRIAN	FINLAYSON	-A	Profile	by	MEL	EDWARDS
Name:	BRIAN FINLAYSON			Age:	29	
Height:	5'8"			Weight:	9st.	
Club:	Lochaber A.C.			Occupation:	Bank Official	

Q. 1. When did you first take an interest, in competitive athletics, Brian, and at what distances?

A. Whilst I did compete at school in cross country, and occasionally track running, I was never very successful and it was not until I competed in the Ben Nevis Race in 1969 at the age of 22 that my interest was really aroused

0. 2. Was this your first fell race?

A. Yes, and I finished 16th,

0 3. I think I am correct in saying that you have done a fair amount of hill walking (not during races from what I've seen') prior to your fell running exploits of, more recent years To what extent?

A. The outdoor life has always held my interest, first by way of cycling then a graduation to hill walking and eventual 1 > In my late teens and ear' y twenties rock and snow/ice climbing Even at my peak I was never more than an average rock climber, and on an off-day positively dangerous? On the hill walking scene, however, I climbed the "Munro's" at the age of 23, no great achievement, and to this day climb and walk fairly regularly, although, i must admit to my interest on this scene wavering in favour of skimp of talent spotting, whichever way you look at it! There is absolutely no doubt in my mind that the strong base of hard walking and climbing laid the foundation for my successes in fell running and S still advocate hard hill walking in winter particularly as a necessary conditioner for summer racing

Q 4. Looking back the records from 1972 you have finished 7th, 14th, 4th, 3rd and Hth respectively in the Fell Runner of the Year scheme Do you fees these positions are indicative of your fitness in these years, or have they been dependent on your time and inclination to travel to the various races?

A. Locking at my record over the last 5 years, I would say my ratings are fairly indicative of my performance While I do believe that the present system of a selective number of 'A' races will produce a worthy champion, I have personally never taken the Fell Runners Championship very seriously Partly this is because I don't believe my lifestyle should be programmed to fit in with certain races which now require to have an 'A' tag, but also because my ambitions have always been directed towards winning one race i.e. Nevis, and I find I can get the best out of myself racing infrequently.

Q.5. Which races stand out as your best in your own opinion, and for what reasons?

A. While I have won 25 "30 fell races over the last six years, I think my victory in the North of Scotland Cross Country Championships last January was the most satisfying. It was the first time the Championships had been held in Fort William and also the first time in over twenty years that Lochaber had won the team Championship, I can verify that a considerable quantity of whisky was consumed that night!

Other races do stand out, and I suppose in this context my three second place counters in the Ben Nevis Race to Dave Cannon will always stick in my mind* I might add that looking back on these three races, I have no regrets. Whilst to my advantage I had probably amongst the leading runners an almost unique knowledge of the Ben, and trained very hard to peak for the race, it was never enough to defeat a superior athlete*

Q.6. What has been the main incentive or driving force behind your fell running exploits?

A. I suppose I must say that it was the combination of the highly competitive and individualistic nature of the sport which drew my interest initially and has continued to hold my interest.

Q.7. Training methods are always of interest, Brian. How does your training vary through the year and what form does it take? How do your athletics and your job complement one another?

A. My best year, 1974, was preceded by a diet of 10 weeks of 110 miles average per week, initially on a mixture of road and track but by the Spring almost solely on the hills. In recent years I have restricted myself to short races (up to 11 hours) and have found that a combination of say one long hill run per week (up to 4 hours) plus repeat sessions on a steep 1 mile hill have sufficed. I believe that if the conditioning work in the winter has been thorough (I rarely race during this period), the races during the summer should be sufficient to maintain fitness without serious training, although I do slot in the odd hard week when I am relatively inactive on the racing scene. After September I become lethargic (always have, not just a symptom of old age) and race and train very infrequently. This does give my body an opportunity to recharge.

There are now greater than ever conflicts between my running and my current employment in the field of corporate finance in merchant banking, entailing as it does on occasion fairly long arduous hours. However, it is an extremely interesting job with a sharply rising learning curve and a high reward ratio, and I would never consider allowing my running to take precedence. In any case I have always argued that if one is sufficiently enthusiastic one will be able to fit in running and racing no matter the extent of other commitments.

Q.8. Have you been held back by any injuries in your career, and do you take any specific measures to prevent injuries?

A. Apart from ankle trouble (I now wear supports constantly) and a collapse in my foot arch (I now always wear properly padded shoes), my main "injury" problem arose in 1973 when I lost three months training in the spring due to anaemia. Iron tablets have since been a necessary part of my diet,

Q.9. How do you feel fell running in Scotland could be expanded? What are your views on the establishing of a Scottish Fell Runner of the Year scheme and on what basis could it be founded?

A. At present, the period June to early September does already in my opinion contain sufficient races* In contrast to south of the Border, however, prior to June the race scene is only represented by the Carnethy and Goatfell races and the introduction of the odd longer race in this period would be advantageous.

There are two alternatives with regard to a Scottish Fell Runner of the Year scheme* Either one can take the top Scottish runner in the British Championship or alternatively restrict the counting races to those north of the Border. In the latter case a decision would require to be made on counting races. Personally I would prefer to restrict the counting races to those north of the Border with only say 5 out of the present 7 "A" category races counting towards the Championship. All we need Mel is an administrator.

Q. 10. Thanks a lot for throwing that one back in my court, Brian. Now, finally, I'm probably setting myself up again by asking you what your fell running plans for the future are.

A. While one part of my thinking says I should retire if (i) I cannot continue to beat Mel Edwards (I thought sol (M.E.) and (ii) if the young guys in the Lochaber club start thrashing me or one of the old guard starts making life too difficult for me, I think practically speaking, provided I can continue to find time to train, I think it likely that I will continue to race, always assuming of course that I still derive the same

pleasure out of the sport and meet the same extrovert company as at present.

THE SWISS MOUNTAIN MARATHON by KEN LEDWARD

The first Karrimor Mountain Marathon was held in Switzerland on 28th/29th August, 1976, [The Swiss call it G.O.L. - Gebirge Orientierungs Lauf - Mountain orienteering run).

British Competitors: All the teams finished and we had a very strong entry in the Standard event. All of the teams had gone specially to Switzerland for the event. There were British competitors in the Elite, Senior and Standard classes. At the overnight camp the British pair, Andy Lewsley and Richard Colam were leading the Standard event by one minute* but unfortunately lost it to finish a very creditable 2na, to an older and more experienced Swiss team.

There were a total of 55 teams, including 6 British and 1 German. This is just the same number of competitors as in the first K.L.M.M. held in Britain in 1968. Charles Richardson and Peter Robson finished 4th in the senior event.

Course: 1.5 hours walk from the kit check to the start point at 1220 m (Altitude) from a starting point of 640m - and this was before the event started at 10.00 a.m. The highest point achieved was almost 2,200m (6,700'), Camp site was 1,700 m high in an idyllic situation, The forest areas were situated in steeply inclined limestone, the razor edges clints and grykes often 10 - 15 feet deep. The higher areas were highly glaciated and there were some pockets of ice remaining. Snow was to be seen on some of the adjacent mountains, The check points were of orienteering difficulty, except in the high mountain areas, and this caused the British fell runners some difficulties, Dieter Wolf the Swiss World Championship Team man, who finished 8th in the Elite section of the K.I.M.M. last October in the Lake District, planned a wonderful course. The planning was immaculate with contingency plans to shorten things if the weather should close in- In fact this fortunately did not happen until the day following Ted Dance and Ken Ledward offered to bring in a remote check flag for Dieter Wolf and they certainly confirmed there would have been enormous difficulties had weather conditions been bad the day previously.

Prizes: Dougal Haston, Karrimor Alpine Technical Adviser (resident in Leysin, Switzerland), came to Muotatal to present the prizes. He presented the BXL trophy (a beautiful stone set in acrylic) to the Winners of the Elite event, J. Egger and R. Rothlisberger of the Scandia Orienteering Club,

The event administration was carried out by Allsport A.G., Karrimor's Swiss distributors.

Very worthy of note are the heavy weights the Swiss competitors carried - averaging between 14 - 18 kgs. British competitors being much more experienced in ultra-lightweight expeditions had between 4 and 8 kgs.

SCRAMBLED EGG, by Ben Redfern

Here are a few Anagrams of Fell Running personalities and places, the first part of each sentence is the Anagram and the second part a clue which may help (or even hinder) you.

1. HIDE RABBLE, a puffer is coming.
2. AIRE LAMB, televised but not the star.
3. CASH IS BOLD, glad to return to "prison"?
4. KEPT ROTTEN, easy to unravel.
5. NEW AS JADE, provides plenty of drinks.
6. NON BANAL LIST, a fast one.
7. LEANING, we usually are when leaving,
8. SEA CALF, number one Fell Runner.
9. A DEVIL DRONES, over the water.
10. A DEEP NAVY, good at cooking we hope!
11. FOOLS MINED OFF, have your toll ready.
12. PLAN A SCENE, often in winning team.

Your prize for correct solutions is the satisfaction of doing it without peeping at the answers on page 59.

A TRIBUTE TO THE MEMBERS OF THE BOB GRAHAM CLUB by

Kevin Vose

I wished I was old lyrical Will,
As I downed a pint in the Old Dungeon Gyll.
Warmed by Lakeland ale and excellent food
I gaze out o'er Langdale fair -
What would Will have written if he'd been there?

Is this a runner I see before me?
So wirey, so thin, body like a sewing pin
But never weak is he, even as I look he's gone
Past me like a st'ea!<

Up the rugged mountain does he climb,
Sweat grimed brow under sun that will ever shine.
On to the very giant himself - and Scafell Pike
Past flabbergasted clerks off on a marathon hike.

From fair Grasmere came he.
Through sleepy village of Borrowdale.
Like a fugitive from oppressors did he flee.
But there comes a point when this brave man may say
' Why O why my body do I flay!

But even in his very despair
Whilst stumbling past sheep and hare
Never does he wilt before the pain
Nor succumb to the will of his befuddled brain,
But run on o'er each craggy fell
Floating down lonely glistening dell.

Acrobatic men upon towering rock
Stop and stare at this man struggling in the pale air,
Tongues of scree form a route
Past Pike O 'Stickle with its stone age loot

Strange sounds enter his mind
I wonder what time I will find
Upon my watch!
Booming answers came from high
From stark Helvelyn to towering Highs-/.

Rorky armaments you have faced
Natures boiling heat you did taste
Be with us firm and strong
A friend for ever and anon.

THE LAST GREAT RAMBLE by Des Oliver

The following is an account of three journeys across the high fell country of the Lake District - two of which were done within the space of two years over similar terrain - and the third - which the title depicts, in 1976.

For many years I had a desire to walk the longest possible high level (unbroken) route the Lakeland fells had to offer and my first sortie was in May 1973. Discussion with the two friends - who were to accompany me, concluded with a 2.00 a.m. start from Whicham - which is near Silecroft on the South Cumbria coast, and the ascent of Black Combe.

By the light of torches the summit was reached uneventfully but with dawn beginning to break the weather was very ominous, dense mist with a cold west wind, which later was to prove a deciding factor.

Ivan had done a lot of reccyeing of the featureless heath land so Warren and I happily put our faith in him to lead us through the wilderness - although secretly I kept taking compass bearings, and er a few "ifs and buts" we emerged onto the top of Thwaite Fell road, dampened but in good spirit.

The next section is even more barren and with mist swirling around it was compass bearings all the way. The only real memory I have about these long grassy plods was the bleached/burnt condition of the grass. We were walking in the first misty, wet following a long dry spring.

With rain falling steadily we faithfully followed the compass - observed through the water dripping off our anorak hoods, and what landmarks we knew until the Birker Fell road was reached.

After a brief snack on to the next section. I had arranged for another friend to meet us on Hardknott with food and drink, so with the rain now pouring, we literally squelched across to the rendezvous, reached at 9-00 a.m.

Breakfast was a soggy affair. Have you ever tried eating cornflakes out in the open in weather like we were experiencing? Everytime I bent my head over to take a spoon full water poured into the dish off my anorak hood - ough, but we had to eat as the next area we were to walk through was rough, tough, long and hard.

Onward ever onward over the ups and downs of Hardknott Fell then the long steep climb to Ore Gap and it was here things like the 'beginning of the end' began to show.

Although I made the ascent without too much trouble, Warren was having trouble with an old knee injury and with Ivan keeping him company, found the climb hard going. We gathered together at the top agreeing to discuss the situation on Styhead.

The wind blasted us across Esk Pike and Esk Hause - where the rain turned to sleet, and we slithered down to the pass, cowering beside the rescue box for a quick sandwich. All of us were feeling effects of prolonged exposure but as our friend from Hardknott was to meet us again on Honistor we decided to carry on via Aaron Slack - which incidentally finally put the 'cap' on Warren's knee.

Assembled beside the van a glance across to the western slopes of Robinson - part of the next section, made us realise that to continue would be folly - the ground around 2000 feet was tinged white with snow, so this attempt was abandoned (later in the week - in much improved weather, Ivan completed the walk from Honistor to Bassenthwaite across the fells via Newlands Hause and Whinlatter Passes.)

On a warm summers evening the following June, 1974 I was ready to try again - over the same route but in the reverse direction, and Warren - who was unable to take part, gave me a lift to the start - one of the forest road access points near the Pheasant inn Ivan was also

Involved but not until much later*

I quickly made my way through the forest - keeping to public paths, spotting Roe Deer and a Hedgehog enroute. I traversed the East flank of Lords Seat - where the sunset was viewed and down to Whmlatter A long steep ridge brought in the summit of Grisedale Pike then around the Coledale fells to descend to Newlands Hause at 1.00 am, I must have surprised a passing motorist leaning agamst a road sign eating sandwiches at that hour of the morning - there's no accounting for taste!

By torchlight and moonlight the high ground of Robinson, Hindscarth and Dalehead were traversed to reach Honistor at 4.00 a.m- The morning was very still and even the sound of the stones moving beneath my feet seemed to disturb the peace. On Green Gable top I paused to watch the sunrise - a great red ball rising over the horizon, then scampered down to Styhead, Reflections of Scafell Pike in the tarn's surface - which ! had seen on a number of occasions, was an inspiring sight and with a spring in my step ! climbed the track to Esk Hause, on to Ore Gap, down to Mosedale col and across to Hardknott - all in brilliant sunshine with the aspect of Scafell perfect.

After the stop for breakfast my limbs felt a little stiff - not surprising I suppose since this was my first real stop since Newlands Hause, but I soon got going across the great high moorland of Birker Fell, Ulpha Fell and Corney Fell

At this stage I should point out what a journey of this kind involves. As mentioned briefly earlier, my aim was a High Level route which crossed NO valleys, but not necessarily summits Although if inclusion of summits is desired by all means include them. I was linking the various sections of high ground together by crossing road passes at their highest point. I am also claiming to be the first person to do a journey in Lakeland of this particular kind - there are similar routes but to the best of my knowledge all cross a valley at some time.

On reaching Whitfell I spotted two tiny figures on Buckbarrow. Hoping it was Ivan and his wife Helen whom I had arranged to meet at Thwaite Fell, I waved and shouted to which they replied and disappeared to return to their vehicle to prepare refreshments, I joined them at 1.00 pm

Life felt good as I drank a welcome cuppa and chatted about the journey and I knew with Black Combe now in full view the walk was as good as done. And so it was - with bright sun but a cool tail wind, I made my way across this great grassy hill, admiring the views of the Cumbrian coast and pausing at the summit to look back along the way I had come, now lost in the hazy distance. - 55 -

Ivan and Helen met me part of the way down the track to Whicham - offering to carry my rucksack the last threequarters of a mile or so but I politely refused and congratulated me on completing the mile walk plus 11,500 feet of climbing. We were soon in the van on the way back to my home. I suppose I should say "That was that" but in the back of my mind was the thought "had I really done the longest high level route in the Lake District". Out came the map and map measurer and lo and behold I found an even longer route. To cut a long story short two years passed and on an even warmer evening than the previous walk - we were in the middle of the famous 1976 heatwave, I was ready to start again.

The date was 28th June and Ivan - who was helping with arrangements again but in a much bigger way, and I dually de-vanned at a place called Celleron near Pooley Bridge at 7-45. The start was along the Roman Road and Ivan accompanied me for part of the first section. As we were ascending the meadow of Loadpot Hill I met my one and only fellow traveller I was to meet on the whole journey. He enquired where I was going and I tried to forestall him with tales of seeing the sunrise and sleeping under the stars but he eventually got a rough description of the whole route which understandably he couldn't take in, and we parted with the query "Black Combe, whereas that". This last remark amused me considerably and I almost used it as a title for my story

Ivan left me shortly after - to return and take the van to Kirkstone Pass, and I made my way by the excellent Roman Road track, glancing North Westward to watch the sunset in the saddle between Blencathra and Bannerdale Crag. As the sun slowly sank below the horizon a large metal object was lit up, Ivan later identified it as a satellite,

Walking through the twilight over Red Crag and Raven House I noticed animals grazing ahead which as I got closer - and I was able to do this because I was 'down wind', I recognised as the head of Martindale Stags (Red Deer). In the poor light I was very close before they finally lifted their heads - some with new growth of antler in 'velvet', and scampered off. From the south slope of High Street I had an unusual view of the lights of the 'Golden Mile' at Blackpool which promptly at midnight were switched off. I passed close by the giant cairn of Thorneythwaite Beacon and descended to cross Threshthwaite Mouth by the light of

the stars but had to use my torch to find my way from John Bells Banner to Kirkstone, which I reached at 12.30 p.m.

Ivan was caught by surprise with me being one and a half hours ahead of schedule.

I 'breakfasted' on salad and two large cups of tea then off we set up the steep flank to Red Scree - Ivan leading the way. We included the summit of this hill - though it's not necessary, and Ivan left me by the wall leading to Scandale Pass to return to drive round to Dunmail Raise, which at 780 feet is the lowest point of the whole route.

I reached the crest of the ridge near Hart Crag with the dawn light showing the view west and my route still seeming a long way to go. Fairfield was crossed at 3.00 a.m. and so down to Grisedale Hause and into Raise Beck Ghyll to see my faithful friend walking up to meet me - in all he covered 20 miles and climbed 5000 feet accompanying me and returning to drive the van to the next rendezvous - not bad I suppose for a 70 year old (though he'd be the last person to say so).

Once more in the van I 'second breakfasted' on cornflakes and more large cups of tea, then followed possibly the steepest climb of the whole route but at that hour (5.00 a.m.) still in the shade so not too bad. I traversed the top of Far Easdale and Sargent Man and so to Stake Pass where I made a decision - from a recommendation of Ivan's, to alter my original route of through Ore Gap to join my previous high level traverse. I now walked to the top of Rosset Ghyll then ascended Hanging Knotts - which was very tough going and I suggest to anyone following in my footsteps to make the ascent to the top of Hanging Knotts via Ore Gap. Next I crossed Bowfell and down to 'Three Tarns' where I stopped for a 'paddle' - even though it was only turned 8.00 a.m. the heatwave conditions were having their effect on me.

I sweated over Crinkle Crags and down Adam-a-Cove to rejoin my route of two years previous and finally reached Ivan - waiting patiently, at 10.35 a.m., all my spare time having been absorbed on my 'diversion'!

More cornflakes and more large mugs of tea temporarily eased my thirst but I was unable to eat anything more substantial. I asked Ivan to buy some tinned fruit at Boot village on his way to Birker Fell. With a now somewhat weary wave I set off once again. The heat was scorching as I weaved my way around the south east slopes of Harter Fell and the flies buzzed round my head incessantly. To keep cool (or try to) I wore two hankies soaked with water, one around my neck and the other on my head. Ivan came part way up the fell from the Birker Fell road with the good news that my tinned fruit awaited me in the van - and soon I had polished off a whole tin of peaches plus more tea, but my craving for liquid was so great that I felt.

just as parched ten minutes later.

However, the walk must go on and I shuffled my way toward Thwaite Fell, five mile of sweating walking away. I had an orange in my rucksack plus a few sweets and I disciplined myself with the thought that this sustenance could be enjoyed at the halfway point - there was absolutely no water to be had over this last section. Enough to say I reached the van where a flask of tea was quickly consumed. I tried some fruit cake - no good it seemed to turn to putty in my mouth - if I'd only realised dipped in the tea would have made it edible.

I had three and a quarter hours left to complete the journey within twenty four hours and there was Black Combe straight ahead, Ivan promised to set off up as soon as he reached Whicham with a can of beer and this thought inspired me to set off. I literally shuffled my way over Black Combe and it was only the thought that it was all over and that can of beer coming up to meet me that got me through.

The church by the road side was reached at 6.35 p.m. my walk of 50 miles and 12,500 feet of ascent complete and without wishing to sound boastful - a classic walk which any enthusiast could accomplish,

THE LONG DISTANCE WALKERS' ASSOCIATION

I have Bill Smith's copy of this association's Newsletter No. 37 (March 77) in order to consider their publication format, in addition the magazine has a number of features of possible interest to the fell runner's.

The magazine makes reference to the Fell Runners' Association and quotes Dave Moulding's address, subscription and what you get for it. Herewith to return the complement are some details of the Long Distance Walkers' Association:-

Secretary:- Alan Biatc.hford, 1! Thorn Bank,
Onslow Village, Guildford, Surrey.

North Regional Mike Smith, Franfield House,
Representative- Shipton-by-Beningbrough, York,
Scottish Rep. : - David Rogerson, 6 Milton of

Culloden, Allanfearn, Inverness.

The association publishes a most interesting magazine at about six monthly intervals, as we do.

The association held its fifth A.G.M. last March and

expects to pass the 2,000 members mark this summer. Subs are now probably £1.50 p.a. Their calendar of future events from late February through to late October is about 60 events long and in it are some that we include:- i.e. Manx Maiathon, Welsh 1000m, Karrimor 2 day. In addition to these National events there are also other regional organised long distance walking events. - Fd.

The next issue is due for publication in December.

With the exception of late September and October race reports, all copy, including adverts, should be in the editor's hands by the end of September. I hope to be able to include all race reports received up to the October events, and I would welcome other material of all sorts and from as many different authors as possible. Amongst the quality articles received for this issue I have only held over Ross Brewster's study of the Bland family which I have done deliberately to improve the quality and variety of the next issue.

The next issue will also contain part 2 of Bill Smith's article on the Lancashire Three Towers and ? on the front cover.

Answers to anagrams on page number 52

- | | | |
|----------------|------------------|---------------------|
| 1. Ribb'head | 5- Jean Dawes | 9. Slieve Donard |
| 2. A. Blamire | 6. Alan Blinston | 10. Dave Payne |
| 3. hisco Dash | 7. Gale Inn | 11. Lomonds of Fife |
| 4. Peter Knott | 8. Alf Case | 12. Alan Spence. |

ANNAN & DISTRICT A.C. present

T H E W O F F A T C H A S E F E L L R A C E

DISTANCE: 15 MILES. 5,000 FEET PLUS

DATE: OCTOBER 2nd, 1977 - 12.00 noon

COURSE: Rough hilly moorland running (virtually no, paths) (similar to Kiniside). The Course covers the summits of Hart Fell 2,600, Saddle Yoke and includes a sharp descent and ascent in Blacklope Beck.

***ENTRIES: 50p. individual and 50p. team.
(Any number to run - 1st three to count).***

ALL COMPETITORS TO ENTER AS INDIVIDUALS.

**A LADIES RACE WILL BE INCLUDED IF SUFFICIENT ENQUIRIES
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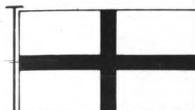
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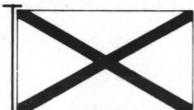
In recent years this unique event has attracted representative teams from:



England



Finland



Ireland



Norway



Scotland



Sweden



Switzerland



Wales

Karrimor International 2 Day Events

This unique event for teams of two is now established as the toughest test available

The aim of the event is to promote high standards for all who make expeditions into the hills, testing their fitness, navigational skill, and general ability to cope in unknown mountain terrain.

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.

PREVIOUS WINNERS

1975- Joss Naylor & Peter Walkington-England

1974- Stig Berge & Harry Walker - Norway / England

1973- Stig Berge & Carl Larson - Norway

*The 1977 event
will take place
at the end of
October -
so leave a space
in your diary.*





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