



# THE FRA NEWS

ISSUE NUMBER 2 JUNE 1985

## The Junior Scene by John Gibbison



S. Willis on Coniston  
*Photo by J. Dermott*

### JUNIOR FELL RUNNING

There was a large turnout of Juniors and Youths at Chew Valley early in March. This was the first race of the Junior Championships and was won by Sean Willis of Saddleworth Fell Runners on home ground, with Simon Thompson second. A tough little course.

A much smaller Junior field for the Kentmere Pike, won by Tom Richardson (Bolton) with Ian Dermott (Horwich) second. One girl entered and she finished 15th of the 18 runners - S. Eccles of Blackpool.

This year's Pen Y Ghent Junior race was a great success. The 'George Brass Trophy' was retained by Micah Wilson (1984 British Junior Fell Running Champion) after knocking 1m20sec off last year's time, finishing over 3 minutes clear of Tom Richardson. Thanks to the organisers - they increased the medals to cover the F.R.A. U18 Championship Race within the U21 race. The former competition flourished, to the embarrassment of the U21's. Thanks also to Eddie Roberts (Junior Race Sec.) for some prompt and interesting results, complete with cartoons and sketches depicting the race and a photo of the start, now and then, here and there. Also ran? Mark Curry (B.B.C. Saturday Picture Show). He finished last, but his mates were out with their cameras and microphones - their work was seen on T.V. the following Saturday morning. Eddie reports that Juniors didn't find it easy running and saying cheese all at the same time!

The Coniston Junior Race with U18 and U15 age groups had 57 starters, including one girl M. Fletcher (Rochdale) in 47th position and the U15's in the majority, which shows all goes well for the future of Junior fell running. What a great sight they all looked in single file up Mouldy Bank (has anyone got a photo for the 'Fell Runner?') Sean Willis led them home with Ian Dermott 2nd and Tom Richardson 3rd. The first U15 runner was S. Green (Bingley) 5th overall.



A. Schofield and E. Cotton  
at the 3 Peaks.  
*Photo by "Fell-Road  
Racing Photo's Inc."*

The Clougha Race was poorly supported by Juniors (were they running elsewhere or watching the Cup Final?) They ran with the Seniors and Sean Willis led most of the field home, closely followed by Ian Dermott, 8 runners entered a shorter U15 race.

After 5 races, positions and points in the 1985 British Junior Fell Running Championships are:-

1	S. Willis	101
2	I. Dermott	94
3	B. Devine	66
4	T. Richardson	62
5	P. Barker	61
6	C. Dermott	58
7	S. Thompson	57
8	I. Campbell	40
9	E. Cotton	40
*10	A. Schofield	39

Horwich R.M.I. Harriers lead the Team Championships with 36pts.  
Note: Only runners who were 15, 16 or 17 on 1st March 1985 can gain Championship points either as individuals or as members of a team. Runners who reach 15 after 1st March can obviously run Championship races and win prizes individually or as team members if they satisfy race entry details.

### Navigation.

I found myself running with Robin Bergstrand and Gareth Devine at one point in the Senior Coniston Fell Race. Both were leading Juniors last season and are both running senior races regularly this season. Unfortunately at the time the three of us were together we were off-route going north from Swirl How!! Robin thus lost valuable points in the Senior championship but made up for it the following weekend with a great run at Sail Beck when he finished seventh.

The moral to be learned from that race is that even on the most simple of courses in mist, it is worth having a map and compass and a few bearings worked out beforehand to get you on the right line of summits. To do that, you have to be able to use a map and compass - which brings me to my final point juniors. Why not attend the FRA's 'Safety

(continued over)

and Navigations' course over the weekend 20/21/22 September in Langdale. It will be of great value to those wishing to progress to senior races which require navigation skills in rough terrain over longer running distances (details elsewhere in this 'News') Contact me or Peter Knott if you would need help with transport or other costs.

(P.S. How about some Juniors writing about a race or expressing their views in an article for the next 'News' or 'Fell Runner'.

John M. Gibbison

## Stuart Defeated In Wales Styan De-throned In Scotland

On May 25th in foul weather conditions, Kenny Stuart was pushed into third place behind Billy Bland and Bob Whitfield in the 1000m Peaks race.

Meanwhile further north, similar dramatic happenings were taking place on the Isle of Jura where Andy Styan, King of Jura was de-throned by veteran champion, Ray Ancott.

### 1000m Peaks.

(1) W. Bland	3.44.13
(2) R. Whitfield	3.45.05
(3) K. Stuart	3.48.35
(4) B. Brindle	3.58.31
(5) H. Symonds	3.59.29

### Bens of Jura.

(1) R. Aucott	3.18.36
(2) A. Styan	3.20.41
(3) D. Ratcliffe	
(4) A. Curtis	
(5) J. Blair-Fish	

Come and try

### THE GUNSON KNOT CHASE

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on SUNDAY 18th AUGUST

from Stool End Farm, Great Langdale.

Men and Ladies at 2.30 p.m.

Also Junior races over short courses.

Under 13 - 1.45p.m.

Under 18 - 2.20p.m.

### PRIZES

Men - Winner Trophy and first 10 prizes  
Ladies - Winner Trophy and first 3 prizes  
Under 18 - Winner Trophy and first 5 prizes  
Under 13 - first 5 prizes

Entry Fees: - Senior £1 Junior - free. On the day.  
- Included entry to the 'Lakeland Day' a family day out with sheep and sheep dog shows and refreshment and beer tent.

If further details are required send S.A.E. to:

Keith Rowland, Stool End Farm,  
Great Langdale, Cumbria.

### British Championship Format Survey.

From 51 replies, there were:  
18 in favour of present format.  
16 for the John Blair-Fish formula.  
15 for fewer races, plus an English championship.  
Committee will be discussing the 1986 format in August in the light of these results.



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## The Welsh Scene

The Welsh Fell Running season opened up with the MOEL Y CI race in North Wales. The race was won by Hefin Griffiths after a close run to the summit with his brother Glyn, third home was Malcolm Jones.

The next race being the first in the Welsh Championship, LLAN-BEDR TO BLAENAVON race. This race is unusual in having a section through the side streets of Abergavenny just after the halfway point. The race was won by Andy Darby with H. Griffiths and A. Ormond following home.

Back to South Wales with the CEFN BACH race at Aberteleri, a fast race over 5 miles with a climb over a coal tip at its highest point, all the

rest of the race was through nice country of moorland and forest. The race must be a B class. Hefin Griffiths was in the lead just before the last descent, but a vault over a stile by Andy Darby put him into a 10 yard lead which he kept to the finish lead-Hefin home by 10 seconds.

On Saturday 27-4-85 the TREFRIW FELL race was held from Trefriw in the Vale of Conway. The race was mostly led by Paul Stott with Malcolm Jones, Huw Parry and Hefin Griffiths racing off in front only to realise that the route was none too obvious and falling back again behind Paul. The last 2 miles were marked and Hefin thanked Paul and raced on to finish first 55 seconds ahead with

a race to the line between Huw and Paul. Paul Stott finished second.

Again in the North, the third Welsh championship race was Moel Eilio on May 4th. The Griffiths brothers kept it a family affair, Glyn prevailing from Hefin with Huw Parry third.

The most recent Championship race was the Welsh 1000m on May 25th, Hefin Griffiths became the first Welshman home in 9th place. The championship after 4 races therefore stands as:-

- (1) Hefin Griffiths 42pts
- (2) Malcolm Jones 28pts
- (3) Andy Darby 24pts

## EDITORIAL

WHAT'S IT ALL ABOUT? Some comments on recent committee controversy, by Peter Knott.

Some of you may have heard that F.R.A. committee meetings have been stormy affairs of late. So what's it all about? Well I think it all boils down to a dilemma for the future development of the sport. There are those who wish to develop the international side, bring in sponsorship and get media attention. There are others who are into the sport for the very reason that it has largely escaped from much attention up to now and wish to see it remain simple and low key.

If the latter are to have their way then the brakes will have to be firmly applied to the former, for to do nothing will see the sport develop at its own pace

There are many who stand awkwardly in the middle ground, seeing and understanding the competitive aspirations of the elite, but also holding the informal and sociable nature of our sport dearly as the weekly escape from our commercial and media dominated lives

The F.R.A. committee are the servants of the membership and must act in this end and in all matters in the best interest of the majority. The committee must know your views Make sure they do.

## 4TH COURSE ON SAFETY AND NAVIGATION ON THE FELLS.

20/21/22 September 1985  
(Weekend of the Three Shires Fell Race)

The Youth Hostel, Elterwater, and Chapel Stile Hall.

The course will comprise instruction and experience on the fells, discussion and panel sessions.

Come and join this most enjoyable week-end. Novices and experienced welcome. Resident or daily visit to suit.

Course includes: Fitness, Feeding, Equipment, Map and compass, the Terrain, Emergencies, Responsibilities.

Be prepared for several indoor and outdoor sessions.

Technical Director: Ken Ledward (K.L.E.T.S)

Organiser (on the weekend): John Gibbison

(F.R.A. Lancaster and Morecambe A.C.)

Organiser (before the weekend): Peter Knott

(F.R.A. S.R.O.C.)

Expert Assistance: from leading fell runners and mountain navigators.

Course Applicants: Send S.A.E. for details to:

Peter Knott, 17, Westbourne Ave.,  
Wea Green. Preston. PR4 2PL.

Assistant: (Competent Navigator) please contact

Ken Ledward or John Gibbison

20 places reserved at Elterwater Y.H. (1st come  
1st served)

Apply to P. Knott on above.

## F.R.A. A.G.M. & DINNER

The 1985 AGM will be held after the Langdale race on **October 12th**. Motions for the AGM should be sent to the secretary by **October 1st**.

Clubs affiliated to the F.R.A. can nominate a representative to the A.G.M. who has two votes on behalf of the club. The name of the representative (and a deputy) should be sent by the club secretary (or fell section secretary) in writing to the F.R.A. secretary by 1st October.

The Chairman, D. Hughes, is under the constitution, not eligible to stand for election to this post. D. Moulding is retiring as Fixture Secretary after 7 long and painstaking years at the job, whilst Hugh Symonds and John Reade, have decided they need a change from the 'Fell Runner' editor and treasurer respectively.

Nominations to the secretary John Broxap, 34, Sunnyside Rd., Kendal by October 1st please.

The A.G.M. is your best opportunity to let your views be known by the committee and to have your say in the way the sport develops and its future. Please make an effort to be there. A lively debate is in prospect!

The possibility of holding a buffet style dinner and presentation in the Langdale area on the evening of the AGM is being investigated.

## The Charnley Way

In memory of the late Gerry Charnley, there now exists a permanent orienteering course in Tockholes Woods, Darwen and a special version of the Harvey Langdale map as originally drawn for the Mountain Marathon. This special map depicts the 'Charnley Way', along distance route with 'controls' linking Langdale, Borrowdale and Eskdale with the link formed by the 'Charnley Crag', a cairned summit just south of Esk Pike where Gerry's ashes lie. The maps are available from the three Youth Hostels which comprise the start and finish point for the three circuits (Eskdale, High Close and Longhwaite).

The map includes the overprinted controls, control descriptions and route descriptions.

To commemorate the opening of the 'Way', a 12 person team from the South Ribble Orienteering Club completed a relay run of the whole 'Way' (about 40 miles) in 11hrs. 2 mins. on Monday May 6th starting and finishing at Eskdale.

The Memorial Trust Committee are putting up trophies and certificates for the following challenges over the Charnley Way:

- \* Fastest relay time based on S.R.O.C. rules (which include bona fide club members and including at least two ladies).
- \* Fastest full round by a male.
- \* Fastest full round by a female.

The rules for these latter two categories are still to be formulated at the time of writing.

Details can be obtained from, and attempts registered with: P.G.Knott, 17, Westbourne Ave., Wrea Green, Preston. PR4 2PL. Tel: 0772 683072. (S.A.E.Please.)

### Scottish Hill Runners Championship after 4 events.

Andrew Curtis, the holder, from Livingston and District A.A.C. leads after 4 events in the Scottish championships with 80 points one win and three second placings.

There is a long way to go yet though and Mike Lindsay, Andrew Spenceley, Robin Morris and Dennis Bell are all in contention, not to mention the man in form at the moment, Jack Maitland.

So far Jack has only run and won the Carnethy preferring to compete in the major English races e.g. Coniston instead of Ben Lomond, so far this season from his base at Leeds Univ. and with the British championship in mind.

Curtis was first Scot home at Chapelgill but Lindsay beat him handsomely in the Ben Lomond race.

Just as this news sheet goes to press comes the result of the 4th event in the series the rugged Ben of Jura race. First Scot home was Curtis in 4th place with John Blair-Fish in 5th position.

### Appeal to Race Organisers

Kevin Shand's job as statistician does not get any easier as the number of events and the size of the fields gets larger. Without a full result sheet within a couple of weeks of the event, the job of keeping all the championship statistics rapidly becomes a nightmare.

A category A race results are particularly important and it is essential that organisers identify the runners class, over 40, over 50, ladies etc. as well as the competitors club. Please send your results promptly to: Kevin Shand, 13, Chichester Close, Smithy Bridge, Littleborough, Lancs. OL15 8QL.

In the next issue of the F.R.A. News, a list of outstanding category A results will be published.

Stevenson, Bell and Spenceley, 7th, 8th and 11th.

- (1) A. Curtis 80pts
- (2) D. Bell 66pts
- (3) J. Stevenson 63pts
- (4) R. Morris 51pts
- (5) A. Spenceley 45pts
- (6) J. Blair-Fish 43pts.

### T-SHIRTS

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