



F.R.A. NEWS

Issue No. 5, October 1986

OPEN FELL RUNNING

The much heralded meeting with the AAA General Secretary, Mike Farrell, and David Littlewood, Secretary of the AAA Rules Revision committee, took place on 7th August. The F.R.A. was represented by Norman Berry, Andy Styant, John Blair-Fish and Selwyn Wright.

We were well-pleased with the friendly and cooperative reception which enabled a good deal of progress to be made. After a long discussion of our opening presentation, agreement was reached on a course of action to overcome the present restrictions imposed on athletes in fell races by rules regarding 'eligibility'. A number of measures are necessary to secure the change we seek, including rule changes, and involving B.O.F.R.A. Discussions with B.O.F.R.A. have been sought but haven't yet taken place, so it is difficult to be specific at this point.

Suffice to say that the AAA will hopefully approve the rule changes which will be put forward by David Littlewood in the near future, and other steps will follow this.

Furthermore it was agreed the AAA committee should be asked to make it clear to District Committees that management within fell running is a matter purely for the FRA, which therefore has responsibility for disciplinary procedures. This should mean we have seen the last of AAA bannings of our members.

There is plenty of work still to be done, but we are hopeful that open fell running will arrive within the next season.

Selwyn Wright

World Cup - England 1988?

At last year's AGM views and comments were sought on the FRA's involvement in international fellrunning, especially in regard to the staging of a World Cup event in Britain. This matter has received a great deal of consideration by the committee resulting in the resolution included on the agenda for the AGM next month.

In November 1985 the committee decided that an invitation it had received to stage the World Cup in 1986 must be turned down. Even if funds in the form of grants and sponsorship were forthcoming there was simply insufficient time for planning such an event, and furthermore reservations were felt about possible undesirable effects such an event might have on the traditional fellrunning scene. But it was said that we would like to be considered as host for the World Cup at some later date.

At subsequent meetings committee discussed the likely effects of staging a World Cup on the fellrunning scene in Britain: Would the courses be representative of our type of fellrunning? Would the promoting of an elitist event be welcome to our fellrunners? Would attendant publicity be detrimental?, etc., etc. It was decided to draw up a policy on international fellrunning which was discussed in detail by the committee in May and published in the June Newsletter.

Meanwhile it became known that the Swiss would stage the World Cup in 1987 and that there would be an invitation to us for 1988.

While recognising that some features of the World Cup at present differ from traditions of our own fellrunning, such as in the matter of the flagging of courses, the committee feels that a British influence could best be exerted by our actually staging a World Cup. A draft budget was therefore drawn up and enquiries have been made about grant aid from the Sports Council which looks promising. If the resolution is passed by the AGM firm plans and budgets will be drawn up and the necessary funding through grant and sponsorship sought. All being well we should then be in a position to accept the invitation to stage the World Cup in 1988.

Norman Berry

TOUR OF PENDLE OFF

The Tour of Pendle and Half Tour scheduled for Saturday 4th October have had to be cancelled due to the impending move of race organiser, John Reade, to Scotland. For English Championship purposes they have been replaced by the Langdale race. A shorter race will also be held for juniors.



Angela Carson models one of Pete Bland's Lifa 'Seconds'!

Dinner and Presentation for FRA British and English Championships

followed by Disco. Bar Extension until 12.30 a.m.
SATURDAY 11th OCTOBER - 7.30 for 8.00 p.m.
at the Waterhead Hotel, Ambleside

MENU

Florida Cocktail

* * *

Home-made Vegetable Soup

* * *

Roast Beef & 'trimmings' / Vegetarian Lasagne

* * *

Sherry Trifle / Lemon Mousse / Cheese & Biscuits

* * *

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Trousers: £11.95; Suit: £34.90



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1986 ANNUAL GENERAL MEETING

The 1986 Annual General Meeting will be held at Chapel Stile Village Hall, Langdale at 15.30 hrs on Saturday 11th October (after the Langdale race).

Committee posts:

The following posts are to be elected at the AGM (present holders in brackets).

Chairman (Norman Berry, Holmfirth)
 Secretary (Jonathan Broxap, Keswick)
 Treasurer (Dave Hodgson, Horsforth Fellandale)
 Editor (John Reade, Clayton)
 Fixtures Secretary (Tony Hulme, Pennine)
 Membership Secretary (Richard White, Holmfirth)
 Statistician (Kevan Shand, Rochdale)
 Welsh rep. (Angela Carson, Eryri H.)
 Scottish FRA members rep. (Keith Burns, Carnethy H.)
 Club reps: 1 J. Nixon (Horwich)
 2 S. Wright (Ambleside)
 3 D. Hughes (CFRA)
 Individual reps: 1 A. Styan (Holmfirth)
 2 J. Gibbison (Lancaster)
 3 S. Parkin (Holmfirth)

Nominations for these posts should reach the Secretary by October 1st or as soon as possible thereafter. Of the above Richard White and John Gibbison are not standing for re-election.

COMMITTEE VACANCY:

Organiser of FRA Junior & Intermediate Championships (to replace John Gibbison).

A person is needed who is keen to encourage runners under 21 years of age by:

- choosing the Championship races and contacting organisers
- modifying the rules for competition where necessary
- putting out 'low-key' publicity to Clubs
- collecting results and working out Championship points
- keeping Juniors/Intermediates well-informed of positions and news
- helping to pick International teams
- introducing new ideas for future development.

Contact Jon Broxap before, or at, the AGM if interested.

MEMBERSHIP SECRETARY RETIRING - Would you be interested?

Richard White's increasing family commitments force him to retire as Membership Secretary at the AGM, and on your behalf we thank him most warmly for doing the job so efficiently for the past year or two.

We require a successor to Richard. The following outlines what is involved in being Membership Secretary:

The workload falls into two periods - (a) the peak time for membership renewals which is from December to February, and (b) the remainder of the year, dealing mainly with new membership applications, which steadily decline and are very few from July through to November.

A computerised Membership Record Service is used to maintain the records, produce address labels, lists, etc.

The main tasks are:

- to receive renewal forms with subscriptions, batch up the forms for the computer and bank the subs. For a period of 2 to 3 weeks there is a lot to do, requiring several hours each week
- to receive enquiries from people wanting to join, send out details and forms.
- to receive applications, respond by issuing membership number, calendar and Fellrunner, batch up forms, bank subs. as above.
- to deal with a small number of enquiries requiring non-standard replies.

From February to July it will call for about an hour or so every week.

The rewards! Well, it is interesting and often amusing, and there is the fame! Members actually get to know you even if you aren't good enough to win races.

The drawbacks: Fellrunners prefer to phone around 11pm.

Interested? Please contact Jon Broxap (0539) 27502.

VOTING AT THE AGM:

Each individual member has one vote at the AGM. Each affiliated Club has two votes which can only be used by a Club official or representative nominated for that purpose. The Secretary should be notified of such representatives by October 1st or a.s.a.p. on the Club's headed notepaper.

Motions for the AGM, duly proposed and seconded, by FRA members should be forwarded to the Secretary by the same date. No motions can be taken 'from the floor' at the AGM but time will be given after the meeting for an open discussion.

Two motions have been received to date:

1 That the FRA should organise a single championship called the British Championship (Regional Committees may continue to organise Regional Championships, e.g. Welsh).

Proposed: J. Blair-Fish; 2nd: P.G. Knott.

2 FRA Committee is willing to stage the 1988 World Cup subject to agreement to satisfactory format and finance.

Proposed: D. Hodgson; 2nd: A. Hulme.

INCOME AND EXPENDITURE ACCOUNT (subject to Audit)

INCOME	1986	1985
Subscriptions/Donations	11456	7870
Magazine Adverts	544	595
Interest	540	632
Sale of T-Shirts/Badges	425	66
Reebok donation to Calendar	282	
Metlex donation to Newsletter	324	
Sundry	82	74
	13653	9237
EXPENDITURE	1986	1985
Magazine	5605	4583
Calendar	575	681
Dinner Dance	88	242
Insurance (£426) 1986, (£338) 1985	—	—
Membership Sec's and Computer charges	1144	1257
Secretary's Expenses	189	287
Treasurer's Expenses	46	86
Committee Attendance	360	204
Purchase T-Shirts	394	
Trophies/Prizes	268	370
Newsletter	1276	290
Miscellaneous	754	782
	10699	8782
Surplus for year	2954	455

BALANCE SHEET

ASSETS	1986	1985
Trophies	410	410
Typewriter	491	
Stock T-Shirts	802	211
Debtors	245	282
Bank	7500	5500
Deposit Account		
Current Account £836	842	933
Cash £ 6		
	10290	7336
Represented by:		
Accumulate Fund at beginning of year	7336	6881
Surplus for year	2954	455
	10290	7336

The S.H.R.A. AGM
 will be held on 8th November after the
 Tinto Hill Race at Biggar



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Steep mountain ... steeper entry

"Excuse me. Can you tell me what's happened to our medals again?"

"Pardon, Jimmy"

"Well we entered two teams - paid £5 for two teams and finished 6 in first 12 all before Horwich's first man."

"But you only put it on one form."

"Eye but you only sent one. You cashed a cheque for £5 which is for two teams"

"Och, we'll try and sort it out."

"Hope you do it faster than last year - we only got those medals two weeks ago!"

"By the way is there any truth in the rumour that you're putting the entry fee up again?"

"Aye, Committee agreed on Thursday to put it up to £8 for next year."

"*****!! That's extortionate."

"If some marathons can charge it so can we."

"But it's a fell race. Ben Nevis already stands out in the Calendar."

"We've got no sponsor, it costs us nearly £4000 to put on and costs keep increasing."

"Where's it go? It doesn't cost £4000 to put a race on."

"Like the meal? Plenty of choice in Fort William now."

Och, some of us like Duncan are traditionalists and don't want to lower our standards. Administration costs alot. We can't lower our safety standards either."

"No, you shouldn't. But up and down races are easier to monitor. We enter races with several checkpoints which are manned but they don't charge £8?"

"It's only £3 more. A pack of cigarettes would cost you half that?"

"Don't smoke. Do police or rescue charge?"

"No, but we put a meal on for them. There were 150 on the hill today."

"Fair enough, but I hope you reconsider the £8."

"Och, we saved some money today though. The engraver won £500 in the 200 Club draw and dropped his fee. That's usually £400 for the medals."

"Just as well - you've got an extra set this year!"

"Quiet, Pete. Time for a pint."

P.S. - The medals arrived within 2 weeks.

The Ben Nevis Race Committee will take 600 entries at £8 next year but have a limit of 500. Entry forms are available from A. Ross, Secretary, B.N.R.A., c/o Ben Nevis Distillery, Lachy Bridge, Fort William, Invernesshire from January 1st 1987. S.A.E. please.

Entries are on a first come first in basis - close 1st June. (How much interest is that over 3 months?)



JUNIOR CHAMPIONSHIPS

Results up to and including Pendleton Hill Race.

1986 FRA Junior Championship

1	Adrian Jones (Champion) Pudsey & Bramley	179pts
2	Ian Dermott (Runner-up) Horwich	171pts
3	E. Cotton, Kendal	153pts
4	J. Taylor, Holmfirth	143pts
5	T. Gibson, Rochdale	137pts
6	C. Dermott, Horwich	126pts

Team Champions:

Pudsey & Bramley

1986 FRA Intermediate Championship

1	Robin Bergstrand (Champion) Rochdale	198pts
2	Gareth Devine (Runner-up) Pudsey & Bramley	172pts
3	K. Manning, Clayton	140pts
4	J. Dermott, Horwich	126pts
5	A. Schofield, Rochdale	115pts
6	P. Dugdale, Horwich	71pts

No team result.

Races to go are at Thieveley for Junior and Intermediate and then a race at Langdale (in place of the Half-Tour of Pendle) on Saturday 11th October at 11.00 a.m. approx.

WORLD CUP SELECTION:

1 R. Bergstrand; 2 G. Devine; 3 I. Dermott; 4 A. Jones.

How about some articles to John Reade for the 'Fell Runner'? e.g. reports on races, comments on the Championships, etc.

Fell Race Weekend
FRIDAY 9th - SATURDAY 10th JANUARY, 1987

Treat yourself to a Fell Runner's Dream . . .
. . . food, drink, race, food, drink, collapse!

Two nights accommodation, full meals, race entry,
post-race disco supper dance and prize-giving
Cost - £40.00

Details: Paul Judge, Ambleside (0966) 32566.

The Fell Race is also open to all,
up Wansfell and back from the Waterhead Hotel



Best foot forward!
Winkey O'niel and George Brass climbing Greendale in Wasdale race.

1987 Magazine Schedule

It is proposed to produce 4 new-style magazines in 1987, incorporating A4 size (twice as large as the existing size) with the same card cover and the whole of the copy being professionally typeset. The new format will allow for greater flexibility in presentation. Copy dates and publication dates will be notified in the first edition due to appear in January 1987. It is hoped that the content of the magazines will not alter (although Mr. Nasty will no longer be spreading his vitriol) whilst at the same time providing a far more 'up-to-date' service to members. However, for it to really work, members must be prepared to contribute regularly in order to fill the available space.

All copy, race reports, photographs, adverts, cartoons, 'rumour-has-its', articles, etc, should be sent to:
John Reade, 3 Wood Terrace, Simonstone, Burnley, as soon as possible - DON'T LEAVE IT 'TILL TOMORROW - DO IT NOW!

Computer operator
(with printer)
to process 1987 FRA
Championship statistics.
'to save 'statisticians stress'!

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1986 British Championship Results

1	J. Maitland (Pudsey & Bramley)	123pts
2	C. Donnelly (Eryri H.)	119pts
3	R. Pilbeam (Keswick)	113pts
4	W. Bland (Keswick)	111pts
5	H. Griffiths (Eryri H.)	107pts
6	D. Cartridge (Bolton H.)	98pts
7	S. Livesey (Rossendale)	96pts
8	D. McGonagle (Dundee Hawk.)	93pts
9	G. Griffiths (Eryri H.)	91pts
10	J. Broxap (Keswick)	73pts

1st Lady: A. Carson (Eryri)

1st Vet: D. Davies (Eryri)

1st S.Vet: W. Gauld (Carnethy)

Team result: 1 Keswick AAC
2 Eryri H.

1987 CHAMPIONSHIP RACES — Provisional

(All races subject to acceptance by the organisers and confirmation of dates.)

BRITISH	WELSH	SCOTTISH	ENGLISH
Blisco (S)	Welsh 1000m (L)	Criffel (M)	Blisco Dash (S)
Y Garn (S)	Brecon Beacons (L)	Pentland (L)	Saddleworth (S)
Ben Lomond (M)	Trans Fan (L)	Ben Lomond (M)	Burnsall (S)
Moel Hebog (M)	Moel Eilio (M)	Dollar (M)	Kentmere (M)
Ennerdale (L)	Elidir Fawr (M)	Falkland (S)	Blake Fell (M)
Moffat (L)	Moel Siabod (M)	Moffat (L)	Scafell Pike (M)
	Moel y Gest (S)	Craig Ddu (S)	Edale Skyline (L)
	Cwm Llwech (S)	Dalshillie (S)	Ennerdale (L)
	Nnicht (S)	Two Breweries (L)	Sedbergh Hills (L)

TEAMS FOR 2nd WORLD CUP - Morbegno, Italy

WALES	SCOTLAND	ENGLAND
Hefin Griffiths (Eryri)	J. Maitland (Aberdeen)	Juniors:
Glyn Griffiths (Eryri)	C. Donnelly (Eryri)	G. Devine (Pudsey)
Hugh Parry (Eryri)	M. Lindsey (Carnethy)	R. Bergstrand (Rochdale)
D. Davies (Eryri)	R. Hope (Carnethy)	A. Jones
S. Hughes (Eryri)	D. McGonagle (Dundee)	I. Dermott (Horwich)
A. Derby (M de Cymru)	A. Farningham (A'deen)	Short race:
A. Carson (Eryri)	I. Clifton (Manager)	R. Pilbeam (Keswick)
K. Jones (Manager)		S. Livesey (Rossendale)
		R. Rawlinson (Rossendale)
		D. Cartridge (Bolton)
		Medium race:
		H. Symonds (Kendal)
		M. Patterson (DPFR)
		R. Owen (Horwich)
		R. Ashworth (Rossendale)
		W. Bland declined to run
		Ladies:
		C. Haigh (Holmfirth)
		D. Ellerton (Newcastle)
		N. Berry (Manager)



Welsh & Scottish Championships

WELSH (2 races to go) **SCOTTISH** (1 race left)

1	Hefin Griffiths	64	1	D. McGonagle	115
2	Glyn Griffiths	48	2	A. Farningham	107
3	Del Davies (1st V)	38	3	A. Curtis	72
4	Colin Donnelly	36	4	D. Bell	69
5	Steve Hughes	33	5	R. Hope	68
1st Lady: Angela Carson			5	J. Stevenson	68
1st S.V.: Arthur Clark					

RESULTS . . . RESULTS . . . RESULTS . . . RESULTS . . . RESULTS . . . RESULTS . . .

BEN NEVIS RACE - September 6th

Colin Donnelly maintained his 100% record in the Ben - 2 wins in 2 runs - despite trailing Rod Pilbeam and Hugh Symonds at the top. He opened up on the descent to win by 1 min. 17 secs., only 14 seconds outside Kenny Stuart's record. Colin's fiance, Angela Carson, completed the couples weekend winning the ladies race by nearly 5 minutes from Di Ellerton. Del Davies made it an Eryri hat-trick clinching the Vets prize in 13th place. The Celtic theme was completed by S.Vet-W.A. Gauld of Carnethy finishing 79th in a tremendous 1.45.54. Eryri's luck ran out in the team prize however as Keswick triumphed again by 1 point. Keswick's 6 in 12 was enough to let them win the British Championship race where 5 men count, despite being pushed close by Eryri's 5 in 15. Keswick thus won the British Championship for the fourth year in succession despite the loss of Kenny Stuart to road running.

1	C. Donnelly (Eryri Harriers)	01.25.48
2	R. Pilbeam (Keswick AC)	01.27.05
3	D. McGonagle (Dundee Hawkhill H.)	01.27.49
4	H. Symonds (Kendal AC)	01.28.33
5	H. Griffiths (Eryri Harriers)	01.29.43
6	W. Bland (Keswick AC)	01.30.23
7	C. Valentine (Keswick AC)	01.30.49
8	M. Lindsay (Carnethy Hill Runners)	01.32.18
9	J. Broxap (Keswick AC)	01.32.25
10	G. Griffiths (Eryri Harriers)	01.33.02
11	N. Lanaghan (Keswick AC)	01.33.19
12	P. Barron (Keswick AC)	01.33.42
13	D. Davies (Eryri Harriers)(Vet)	01.33.49
14	P. Dugdale (Horwich Harriers)	01.33.54
15	P. Stott (Eryri Harriers)	01.34.05

Veterans:

1	D. Davies (Eryri)	01.33.49
2	R. Jackson (Sale Harriers)	01.39.24
3	J. Nuttall (Clayton le Moors Harriers)	01.39.54

Super Veterans:

1	W. Gauld (Carnethy Hill Runners)	01.45.54
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Ladies:

1	A. Carson (Eryri)	01.48.51
2	D. Ellerton (Newcastle Staffs AC)	01.52.39
3	L. Lord (Clayton le Moors Harriers)	02.00.40

THE GATEGILL FELL RACE

1	R. Pilbeam (Keswick AC)	26.41
2	C. Donnelly (Eryri Harriers)	26.50
3	W. Bland (Keswick AC)	27.19
4	R. Bergstrand (Rochdale Harriers)	27.22
5	H. Griffiths (Eryri Harriers)	27.34
6	G. Griffiths (Eryri Harriers)	27.44
7	D. Cartridge (Bolton)	27.51
8	R. Rawlinson (Rossendale)	28.07
9	P. Barron (Keswick AC)	28.11
10	M. Fanning (Keswick AC)	28.22
11	H. Symonds (Kendal AC)	28.34
12	D. McGonagle (Dundee Hawkhill)	28.38
13	G. Read (Rochdale Harriers)	28.42
14	J. Broxap (Keswick AC)	28.55
15	N. Lanaghan (Keswick AC)	28.59

Veterans:

1	D. Davies (Eryri Harriers)	29.29
2	H. Parry (Eryri Harriers)	29.40
3	D. Spedding (Keswick AC)	30.46

Super Veterans:

1	G. Barras (Skyrac)	33.46
2	P. Duffy (Aberdeen)	35.39
3	C. Gravina (Climbers C)	37.19

Ladies:

1	C. Haigh (Holmfirth)	33.34
2	A. Carson (Eryri Harriers)	33.57
3	D. Ellerton (Newcastle S)	35.42

Team: Keswick AC

STOP PRESS . . . STOP PRESS . . . STOP PRESS

KENNY'S MUCH AWAITED DEBUT

The Glasgow Marathon, 21st September, 1986

1	Kenny Stuart (England)	02.14.03
2	Dic Evans (Wales)	02.17.57