

THE FELL RUNNER Winter 1987



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PS - as many of you will already know Jon Broxap is leaving us to set up home in Australia later in the year and we wish him all the best for the future. But, we now have the daunting task of replacing Jon, and with all his attributes this won't be easy.

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Pete Bland



Pete Bland Sports

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Front Cover: Mandy Ratcliffe (Rossendale) in the 1987 Wasdale Race.
(Photo: W.S. Bateson)



New Editor, John Blair-Fish on the summit of Beinn Narnain at the 1987 Arrochar Alps Race. (Photo: W.S. Bateson)

EDITORIAL

This magazine has been jointly edited by myself and the new editor, John Blair-Fish, with JBF being responsible for the production of race and championship results. Any 'flak' on other topics should therefore not be directed at JBF! I hope that John finds the job as enjoyable as I have done and I would like to take this opportunity to thank all those people, far too numerous to mention individually, who have contributed in any way to the production of the magazine - please keep up the good work.

During my editorial term I have attempted to maintain an independence from the Committee view and in doing so I am pleased to note that I have 'ruffled one or two establishment feathers'. As such I feel that the editor's role needs greater clarification especially in the light of recent developments. For example, can I refer members to the letter from Dr. Shepherd whereby written instructions not to publish it were received by the new editor and at the subsequent committee meeting in January the new editor was then instructed to prepare a statement on editorial policy for consideration by the committee (presumably, for them to either approve or disapprove of it). This raises a number of interesting questions: Is the magazine to be a forum for **all** members views or just those which are acceptable to the establishment? Should the committee have the power to censor the material chosen for publication by the editor? Is the editor answerable to the membership or the committee? I find it worrying that maybe future editions of the magazine could not be representative of the many shades of opinion that do cross the editor's desk. Thankfully, JBF is aware of the pitfalls but **please do write to him and let him know YOUR views.**

Conversely, I welcome the lead taken by the Association's new secretary, Selwyn Wright, in choosing to debate topics of concern in the Fell Runner (see his two letters in the Letters section) and hopefully this style of open management will catch on.

I would, in conclusion, like to thank Jon Broxap, on behalf of all members, for the many years of sterling work he has put into the sport and wish him the best of luck on his move down under.

John Reade



Our distinctive T-shirts are now on sale to FRA members.

Navy and Grey, and bearing the FRA logo, they are available with short or long sleeves and sizes. Small 32/34, Medium 34/36 and Large 36/38.

Pete Bland is selling them for the FRA at most fell races or write to him for yours, stating size, style and colour.

Prices: Short-Sleeved. Small, Medium and Large - £4.95.
Long-Sleeved. Small, Medium, and Large - £5.95.
(When ordering by post please add 45p for p.&p.)



PETE BLAND SPORTS
34a Kirkland, Kendal, Cumbria.
Tel: 0539 31012

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John Blair-Fish, 28 Howden Hall Crescent,
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LETTERS

World Cup Sponsorship Concern - 1 - Open letter

Dear Mr. Hughes,

It was with dismay that I saw British Nuclear Fuels plc was to be the principal sponsor of a draw you were organising to raise funds for the forthcoming World Cup. I wrote to ask why such sponsorship had been accepted and you replied that in order to become eligible for Sports Council money the F.R.A. had to raise a proportion of the cost of the World Cup event. You said that several Cumbrian firms had been approached and that the B.N.F. funding was the result.

Now, setting aside the questions of whether there should be a World Cup for fell racing; whether the U.K., and the Lakes, should provide a venue; whether the F.R.A. is the appropriate body to organise it; and whether there will actually be any beneficial outcomes for the majority of fellrunners in this country - none of which is a foregone conclusion - I must ask if you seriously expect me to believe that British Nuclear Fuels plc, which you quite uniquely describe as a local Cumbrian firm, is passionately interested in fell racing to the extent of providing a large, and enlargeable, sum of money for the aggrandizement of the sport?

B.N.F. recently mounted a massive public relations exercise to try to develop a more positive image for itself following the disaster at Chernobyl - a lot of people were concerned about that too, ask any local farmer. The only reason you got any finance is because of the value of our sport as a cosmetic.

This particular issue is, of course, over and done with but the point is that as fellrunning gains greater prominence so it will become more attractive to potential sponsors. Would money still speak loudest if (say) Benson and Hedges or Distillers made an approach? What if South African commercial interests decided to promote a mountain race and offered to finance a British team?

Would money really not have been raised without British Nuclear Fuels plc? I doubt it very much. If we cannot be apolitical let us at least be moral.

Yours in Sport, Dr. D. J. SHEPHERD

Editor: I have deleted the more political aspects from this letter but despite approaches not to publish any of it (see editorial) I feel the subject is of relevance to any organisation concerned with enjoyment of the countryside.

Views From Ireland

Dear John,

Re-Magazine: I think it would be worth another £1.00 on the sub to get another magazine per year. At £1.00 an issue, the Fell Runner is excellent value. I'm sure most of the membership would agree; after all £1.00 is not very much, and the sub would still only be £5.00.

Re-proposed change to British Championship for next year. I am opposed to the change for a number of reasons:

1. With 4 races in England, the change is only to the advantage of runners there. It means more travelling for Scots and especially the Welsh.
2. Also 6 races rather than 4 means bigger commitment in terms of time off work for e.g. for those that have to travel.
3. Also means that runners may have to exclude their own Scottish or Welsh Championship, if they want to do the British. However, English runners can do both English and British as most races count in both.
4. Change is only to advantage of English runners, and to disadvantage of Scots and Welsh.
5. Also, 6 races rather than 4 would make it almost impossible for any Irish fell runner to take part if he wished to; Robin Bryson would be capable of doing very well. Surely 4 from 6 - the old system was much better, and there is no need for it to be changed.

All The Best
BRIAN ERVINE

Lune Valley Challenge

Dear Editor,

On reading a race report, I noticed that I'd won the first race (that being the Wray Caton Moor) in the Lune Valley Championship. What is Lune Valley Championship?! I would be grateful if you or Bill Smith could explain, or give me details. It's my first year on the fells and I'm still finding things out, and hope to continue.

I would like to add that I'm a Royal Marine and also a member of the British Cross-Country Ski-Team and find fell running a good training aid and probably the best terrain to train on for my goals in the ski season. I find it a big challenge more so than road or track. I must also praise the atmosphere and friendliness at the races I have attended like talking to the top people, i.e., Billy Bland at the Latrigg Race. It's not often the best road or track stars appear right in front of your nose. To put it into one sentence, I like the way everyone is treated on a par.

Well, I think I've praised fell running enough for the time being, I'd better go and do some, instead of talking about it.

MARK CROASDALE

Editor: As I understand it Mark, the Lune Valley Challenge is a kind of 'grand prix' event based on 5 races in the Lune Valley. I stand to be corrected but I think the counters are: Wray Caton, Clougha Pike, Bentham Gala, Ingleborough and Hutton Roof Crag.

World Cup Sponsorship Concern - 2

Dear John

Why on earth did the organisers of the world cup raffle allow British Nuclear Fuels to contribute a prize? Did they just not think, or did they assume no one would object?

I can accept that there are many in Cumbria and presumably members of the FRA for whom BNF is their bread and butter. It is one thing, however, to be employed by them, but quite another to support their propaganda machine.

There is enough evidence now to support the proposition that for many years the Sellafield complex has been engaged in massively polluting large areas of mainland and coastal Britain and that it plays an important part in NATO war preparation. The fund that the money for this prize came from is part of the publicity campaign to improve its image. The raffle organisers must have known that.

It is too late now to affect the draw for this raffle but I would hope that in future organisers of FRA events will give this matter a little more thought.

Yours sincerely
IAN LEIGHTON

Editor: What are other members views on this topic?

Welsh People Prefer The Smaller Size

Dear John,

I've made a point of asking people about the format of the magazine and the majority I've spoken to seem to be in favour of the old size, as they can keep it on a bookshelf? Interesting!

Finally, I must disagree with your editorial comment on the amount of time the Committee has

Magazine Format

Dear John,

In the editorial of the Summer '87 Fell Runner', you mention a number of points regarding the revised format and invite comments. Mine are as follows:-

Living, as I do, in York and therefore well away from traditional fell running country, I rely very heavily on the magazine to keep me up-to-date with results and other news of the sport. In this respect, four magazines a year ensure that I, and many others like me, receive results promptly and news whilst it is still 'live'. I would therefore, have no objection to an increase in subscriptions to keep the magazine in its present format, the A4 size being very well received and at its present frequency.

I feel the subscription to the F.R.A. is very reasonable and represents good value for money.

The last point, of course, is that you cannot produce a magazine without copy. To this end the responsibility rests solely on the membership, to put pen to paper and provide you with it.

Keep up the good work,
KEVIN WALKER



Mark, running with Graham Huddleston in the Ingleborough Race (Photo: W. Smith)

Dear Editor,

Although at present I am not an official member of the F.R.A., I still have access to the 'Fell Runner' - my fathers copy!

However, I definitely intend to become a member for the 1988 season.

In the Summer '87 edition, you requested comments on the magazine. Well I for one have been impressed with the A4 format. In addition, I would certainly be prepared to pay an extra £1.00, for each additional magazine.

I urge the Committee to support efforts to produce four magazines a year - after all it is the only way everyone can keep in touch. Besides, they keep us entertained when not running!

Yours faithfully
ROBERT JACKSON

Editor: Thanks Robert, due to work pressures, I've had to retire as Editor. I'm sure John Blair-Fish will bear your comments in mind, although at present the aim is now to produce only three magazines each year.

Dear Fellrunner,

The recent shoe debate has raised some very difficult questions of conscience for the caring fellrunners who wish to pursue their sport in as inoffensive manner as possible. Apparently the construction of running shoes requires kangaroo or other animal leathers in substantial amounts, a fact which is morally indefensible for the average total vegetarian. What other materials are suitable? Alternative materials are chemical synthetics of one sort or another, for example P.V.C. The manufacture of such synthetics involves processes producing toxic chemicals, the leakage or disposal of which can cause pollution; yet again something, which is offensive to members of Greenpeace, and other right minded people. I therefore submit that conscience stricken runners must adopt one of two strategies: either run barefoot, and suffer for their beliefs in the true aesthetic tradition, or depend upon more ecologically and ideologically acceptable materials. Will next season see the prototype, rope soled, canvas running shoe, or the Japanese, lightweight bamboo running clog? I await developments.

Yours sincerely
PETER CARMICHAEL

I Hereby Complete At My Own Risk

Dear John,

I noticed your article about race waivers in the last FRA magazine. Well even that was mild compared to what you have to sign in the U.S.A. Since suing each other is a popular sport out here, race waivers tend to be complex. Below is the waiver for the Pikes Peak Marathon . . . !

Regards
MICHAEL BURTON

1988 Pikes Peak Ascent and Marathon Liability Waiver

The following statement must be read, understood, and signed before your race number will be issued:

In consideration of this entry being accepted I understand and assume all risks of injury to my person which may occur while running the race and I, for myself, my heirs, executors, administrators, assigns, and personal representatives, forever waive and release all rights and claims for damages I may have against the Pikes Peak Marathon Committee, the City of Manitou Springs, City of Colorado Springs, Pikes Peak Communications, Pepsi-Cola, Inc., Lane Sales, Inc., Triple Crown of Running, The Runners Roost, State of Colorado (Dept. of Highways), U.S. Forest Service, and all other sponsors, their agents, and assigns, arising out of my participation Pikes Peak Marathon (ascent or round trip). I am advised and understand that the following are some of the special factors to be encountered in this race.

- 1. That the course is extremely strenuous, rising from 6,500 feet to over 14,000 feet in thirteen plus miles. The run should not be undertaken without significant preparation.
- 2. That the race starts on paved streets, which have traffic and could have pot holes, plus sand and gravel in spots; the round trip finishes on the same paved streets with the same possible problems.

- 3. That most of the race course is on the east face of Pikes Peak mountain travelling up Barr Trail, which is a non paved rocky foot path, extremely steep at times and having areas where falling could cause severe injury or death.
- 4. That the round trip division is an 'up and back course' where collisions with other runners are possible.
- 5. That the temperature can vary anywhere from 20-90 degrees during the race and that rain, hail, and snow storms can occur suddenly at anytime.
- 6. That the course may pose additional physical difficulties for minor children exposing them to potentially severe changes of weather as well as hazards of the trail. Children under 16 will not be permitted to run.

I am aware, because of the nature of the course, that aid is limited and that if I require medical assistance it may not be timely. I further agree now and forever to hold the above parties harmless and indemnify them for all claims, damages, judgements, costs and that I am in good physical condition and physically and mentally capable of participating in the Pikes Peak Marathon (ascent or round trip) and that any and all of my questions about this event, including the dangers of participation, have been satisfactorily answered. Further, I hereby grant full permission to any and all of the foregoing to use my name, photographs, ideotapes, motion pictures, recordings, and any other record of me participating in this event, for any publicity and/or promotional purposes without obligation or liability to me. I have read the entry information provided and certify by compliance by my signature below. I also understand that entry fees I pay are non-refundable unless entry is refused by the Race Registrar. I further attest that I am officially entered in the race and agree not to give my official race number to a non registered runner.

SIGNATURE

Date

PARENT/GUARDIAN SIGNATURE

If applicantis under 18 years waiver must be co-signed.

Geoff Gough bought a new pair of socks after his old ones had beaten him to the top of Pendles Big End.

Graham Schofield has started to shave his legs.

Geoff Read has been doing some Alpine training.

The C.F.R.A. is going public to finance the 1988 World Cup. Eat your heart out Sid.

Our elite team for the 1988 World Cup will be all Vets.

At this years Ben, Gary Devine, while being full of natural goodness, was far from being free of artificial colouring.

The presentation for this years Ben was being filmed for an episode of 'It Aint Half Hot Mum'.

Rod, (The Pathfinder) Pilbeam won't be doing Chew Valley.

Billy Bland doesn't like Fairfield because there is too much running and didn't enjoy the Arrochar Alps because there wasn't enough running, but the bugger won them both!

The prizes at the Scafell Pike race were subject to E.E.C. quotas.

'These high wild hills and rough uneven ways draw out our miles and make them wearisome'.

Shakespeare (from 'Richard II')

Dear John,

It looks as though pre-entry races will soon be on the increase. What about a standard entry form that can be photocopied, as widely used in orienteering. Perhaps the FRA calendar could include the name of the organising club for purposes of payment, and the letters SEF e.g. 'Pre-entry only SEF. £2.00 by September 26th'.

One other way of controlling race entries may be to limit them to FRA members only, where you would have to quote your membership number on the entry form. This could only apply to pre-entry races, and perhaps should only be considered for championship races where the greatest over-

crowding occurs. It would possibly increase FRA membership which wouldn't be a bad thing as these new members would be existing fell runners who had never bothered to join.

More races, causing more date clashes would also help, providing the race organisers don't lose out financially due to too low entries!

Anyway that's enough waffling from me for one day,

Good Running
JOHN RILEY

Editor: A good idea that merits consideration John, but I don't like the idea of restricted entries in races to FRA members only.

FRA STANDARD RACE ENTRY FORM

(Photocopy acceptable. Please use block capitals)

ENTRY FOR (RACE) ON (DATE)

NAME

ADDRESS

.....

.....

.....

TELEPHONE (Inc STD)

CLUB

CATEGORY (Please Circle)

Junior Intermediate Senior Lady
V 0/40 V 0/45 V 0/50 V 0/55 V 0/60

FRA MEMBERSHIP NO.

DECLARATION: Please enter me for the above race for which I enclose

the fee of £ I agree to abide by the rules of the

Fell Runners Association, and I enter at my own risk.

SIGNED

DON'T FORGET: 9 inch x 4 inch SAE for race details. Cheque/P.O.

payable to organising club. Use this form for pre-

entry races only, see calender.

Dear John,

The FRA Anti-publicity machine swings into action! In June there was an article about the Ennerdale Race on the front page of the Times (if I remember correctly). Even among the erudite readers of that journal, few could provide such a concise summary of the romance of our sport as Jon Broxap's comment, 'Everyone buggers off into the mist, and then they come back after four hours'.

World Cup 1988 provides another excellent opportunity for anti-publicity. Somewhere out there, there are thousands of disillusioned joggers who have realised how boring road-running is, and are looking for something more exciting. Consider the effect when they see on their television screens a group of bedraggled runners toiling through thick clag, gale-force winds and driving rain! (I hope negotiations are under way with the Met. Office to provide typical English Lakes weather to go with the 'typical English Lakes course') - and consider the effects of such weather on our opponents from sunnier climes!

If all this anti-publicity fails to work, we could always direct the newcomers to the many excellent under-subscribed races which still exist. Last year I visited West Cumberland, a strange land inhabited by gunners and nuclear scientists, a very long way away from Keswick. There I ran the Kinniside race with only 28 other runners to keep me company.

The problems faced by our sport at present are not caused by the proliferation of new races (provided that they don't go over the same ground as other races), nor even by the total number of people running on the fells, but by the uneven distribution of runners among races. Why does this happen? With my knowledge of fluid mechanics, I find this uneven attendance at fell races to be reminiscent of a hydrodynamic instability. Unfortunately, this analogy does not help me to propose a solution to the problem out see Len Prater's eminently sensible letter in the last 'Fell Runner', if you are fed up with my incomprehensible drivel...

ANTHONY KAY

Kildalton AAC - 2

Dear John,

Who was that handsome fellow on the front cover of your Summer 87 edition? Since every other photo you publish bears a full description, I can only think that you really don't know. But how can this be? I thought everyone knew Roland Worthington Eyre from Islay?

But seriously though, Roland is treasurer and one of the founder members of that esoteric fell running club, Kildalton Amateur Athletic, which has done so much to foster both running in the Western Isles. Your picture shows clearly the club emblem of the pirey red Kildalton cross on a green background. (Or it would if it was in colour)!

Yours

ROY HESELDEN

U.K. (Mainland) Representative
Kildalton Amateur Athletic

Editor: *Conflicting information here: is the cross red or orange? I suppose I'll have to go to Jura to find out!*

Kildalton Amateur Athletic Club - 1

Dear John,

For those unfortunates who have yet to make the pilgrimage to the Bens of Jura Race, I am writing to inform that the runner on the front cover of this Summer magazine is The Roland Worthington-Eyre of Kildalton AAC Isle of Islay. Roland first burst onto the fell running scene in 1984, when he won Katie Darroch's socks on Jura. A feat which won more accolade than Andy Styan's record breaking time.

The next year he gained notoriety by running the Paps at night in the Scottish Isles Race and returning to Craighouse shortly after the all female crew - minus his trousers which we understand, were waylaid somewhere around the second Pap.

Kildalton AAC was formed with the aim of getting a local runner round the Bens of Jura Course and with the encouragement of Don Booth and Andy Styan, we managed a whole team round the course in 1984. The distinctive fluorescent orange cross on our running shirts cause for much speculation but actually represents the Celtic Kildalton High Cross.

Andy Styan courageously accepted an Hon. Vice Presidency (for life) of the Club along with the Club motto 'We do it on the Paps!'

Kildalton AAC has successfully competed in every Bens of Jura since 1984 and for the last two years Jura has entered a team and the local Challenge Cups have aroused much local interest and rivalry on the two Islands where previously there had been no fell running tradition.

The Bens of Jura is the only race in which the two clubs enter teams although individual members have now widened their horizons to Goat Fell and the Scottish Isles Race.

K2AC now boasts four local club members and also an exile from Islay who now unfortunately works in Holland, but who still commendably won Katie Darroch's socks in 1986. What are Katie Darroch's socks? Come to Jura and find out. Perhaps you could advise if K2AC can claim the record of the smallest club affiliated to the F.R.A.?

So if you ever see a runner wearing a fluorescent orange cross you know which club he is from and if you wish assistance on getting from Islay to Jura and back again on Race day next May, please get in touch nearer the time. Even if you do not need assistance getting there, if you attend the post race Ceilidh (traditional dancing and drink) you will certainly need assistance getting back.

Yours Aye

GEORGE MIDDLETON
(President K2AC)

Editor: *Yes George, you are the smallest club.*

Disclaimer

Dear John,

Those of you who glance at the magazine Running, which is often displayed alongside such learned journals as Playboy or who attempt to keep up with latest developments in road running or sports injury treatment for the layman by subscribing to Running, may have noticed that certain well known fell runners have been photographed in uncompromising

1987 Fairsnape Fell Race

Dear John,

It was with much regret that the Fairsnape Fell Race was cancelled at 1.30 p.m. on the day of the race.

Lancashire was suffering its worst electrical storms for twenty years and severe flooding was causing problems throughout the area.

The local Police advised me that it would be foolish to send runners on to the fell when the risk of being struck by lightning was so high.

As race organiser I was in a 'No Win' situation... cancel and incur the wrath of disappointed runners or ignore advice and go ahead laying myself and fell runners open to accusations of recklessness and irresponsible behaviour!

I decided to follow the advice given by the Police especially in the light of recent events between certain authorities and race organisers.

My wife embarked on a telephone marathon and managed to contact local radio and circulated news of the cancellation to many local runners who in turn passed on the message. I hope this action prevented many wasted journeys. However, some runners did make lengthy journeys and for this I am sorry.

World Cup '88

Dear Sir,

At a meeting of the International Committee for Mountain Racing in November it was decided to request the FRA to 'examine the possibility of designing the longer mens course so that it finished on the mountain summit. Apparently Austria, Switzerland and Germany were behind this motion.

The matter is now in front of the next FRA committee for discussion. My own feeling, and I must stress that it is not yet the view of the whole committee, is that the request is rather ridiculous and not one which we should accede to. Quite apart from the fact that because we do not have mountain-top facilities the mountain rescue organisations and probably the National Trust would go berserk, it is simply not in keeping with British fell running to end a race on a mountain top (Snowdon with its cafe and railway being the exception).

In designing the courses for the event we have tried to compromise with continental notions of mountain running and I believe that we have done quite enough to satisfy their reasonable fears. There comes a point however, when a race would no longer be what we would call a 'British fell race'. Our runners have had for years to go along with continental ideas of a mountain race. Now is the time for us to show the continentals our own type of

At the time the whole area had been alive with electrical activity for fifteen hours although inevitably the weather improved later.

No one was more disappointed than myself, but this was nothing compared to the sad news later of another sporting event that afternoon where competitors were struck by lightning.

BOB MITCHELL

I being one of the runners who made the lengthy journey can only echo the sentiments of Bob Mitchell and the Police. Arriving there the weather wasn't too bad, but within 15 minutes the fell was obscured by the sheeting rain and mist with lightning splitting the sky up. I could see the reason for the cancellation. O.K., we fell runners have tackled all kinds of elements, but the Fairsnape is quite inaccessible if anything had happened. Spare a thought for the organiser who flagged it the day before, had everything going to plan only to be told to cancel it. You can't go against the Law (Police).

DAVID WOODHEAD

On the day in question, ten players were struck by lightning at a cricket match, three ended up in hospital and one was killed outright.

event. If some of them - and it does only appear to be some - don't like that then they have the choice not to come. I personally would love them to come and try it - for us to be able to show other hill runners around the world the delights of a British event can only be a good thing.

But whatever happens, I am sure that we should go ahead with our plans for the event as a whole and the longer race in particular. The main sponsors, Reebok, would clearly support us. More importantly you, the members, have asked us to organise the event and my guess is that what you want is a real 'British' fell race - which of course you'll be able to race over on the same day.

I've written this letter for two reasons. Firstly, I want the FRA to operate openly and without any secrecy and intrigue. Secondly, I want your opinions - not only on this issue, but on any others as well. While I'm secretary I want everyone to be able to complain out in the open - behind the scenes grumbling is no good for our sport. I don't want to see people who are important to fell running leaving the Association, saying that we don't listen to them.

Yours sincerely
SELWYN WRIGHT
Hon. Secretary

Editor: *Committee have now agreed that the courses in Keswick will be typical British fell race routes. Well done lads!*

running styles by photographers, who have later passed these photographs to Helly Hansen to use to advertise these products in the said magazine. It should be noted by the readers of the Fell Runner, especially those belonging to the no-growth lobby, that none of those runners have received pecuniary reward for their services and on some cases they feel degraded by such exploitation.

Editor: *Sounds a bit 'fishy' to me!*



BOFRA/FRA Conflict - 1

Dear John,

It was with regret that I read Selwyn Wright's rather jaundiced letter on the openness of fell running. Selwyn as a B.O.F.R.A. member last year was party to the discussions preceding the meeting of the 2 associations, making his views known and providing insights and information into the amateur side of the discussion. Unfortunately he was the victim of due democratic process when B.O.F.R.A. chose not to follow his line of attack.

Barriers that have been erected over a number of years cannot be removed overnight - the grand gesture such as competing in both the Metlex and Senior Guides race at Ambleside makes a rather quixotic point but does not really change anything.

It is down at tussock level (grass roots for the road-runner) that progress will be made. Keighley for example has a Hill Runners Association which is available to B.O.F.R.A. members, amateur athletics clubs members and most importantly unattached joe joggers. This association co-ordinates a town and grand-prix championship for all ages and both genders, using both open and amateur events as scoring

paces. The reports in the local paper this year show that better relations between open/amateur runners have resulted from this mixing.

Another result is that amateurs can and do compete in B.O.F.R.A. races, races they have found in the calendar B.O.F.R.A. makes freely available to all interested parties. If this is the action of a closed association where does that leave the F.R.A.?

I don't know if Selwyn considers that I am one of the top pro's who secretly compete in amateur races - my 'amateur' prizes of 4 malt loaves, eggs and a tube of shower gel (won in 12 years of running) don't, I feel, commend me as a candidate for international honours. I do not enter races secretly, I enter in my own name, run in the kit of the association of which I am chairman and have not for years signed that I am an amateur as defined under A.A.A. rules. I either don't sign or delete the offending sentence.

I am surprised my letter in the last issue of the Fell Runner offended Selwyn, it was merely an attempt to secure a better deal for the more modest runner, something I used to believe the F.R.A. stood for. I have competed in the races mentioned for some

12 years now - from a time long before they became sanctioned - and it was at my suggestion that the Hathersage race advertised itself in the F.R.A. calendar. I have competed this year and have enjoyed running the revised courses. (Many thanks to the organizers responsible! Where did all those ladders come from?)

The above shows what can be achieved by discussion. I am sorry that Selwyn has given up so easily.

To assert that Selwyn is no longer welcome to run in 'open' races is sheer nonsense. An open race is just that open to all comers. I fear though that his outburst may make me persona non grata at some amateur races - a massive step forward in the opening up of the fells!

If Selwyn feels it incompatible for a runner to hold dual F.R.A./B.O.F.R.A. membership I would suggest he forwards a resolution to the A.G.M. so that the F.R.A. membership can make their feelings felt.

Yours in sport
PAUL BUCKLEY

Dear John,

I refer to the photograph on page 17 of the Summer edition. Can this suave looking guy be running the Bens of Jura? He looks far too smooth. Or does the answer lie in the fact he is a graduate of the Barrie Walmsley School of Charm?

Please tell all your readers that if they wish to change their image and become suave, sophisticated and lose that 'smell of the barn', fell runner's fragrance, Barries School is for them. Just send a large cheque to the Directors, or for private tuition see Barrie himself on any Clayton training night.

Yours sincerely
THE DIRECTORS B.W.S.
c/o Various Pubs, Clayton-le-Moors

Is this guy another possible contender?
(Photo: W.S. Bateson)

SHRA Rules O.K.

Dear John,

Thank you for printing my letter in the last 'Fell Runner', the power of the 'Press' is great indeed! I am now the proud possessor of Editions 2 and 3 of 'The Scottish Runner', they arrived through my letter box, together, last week.

I can now reveal to your readers that the SHRA are indeed the greatest information service since 'Reuters', that Viscount Wall of Broughton brews the finest ales North of Derwentwater, and that Sir Robin Morris could easily walk on that fair lake.

When I next see Sir Robin, hopefully in the Royal Enclosure at the Ben Nevis Race, I shall pay my long overdue subscription to the SHRA.

DAVE LORD

P.S. Don't breathe a word, but the Arrochar Alps is the finest race North of Wasdale and East of Jura.

BOFRA/FRA Conflict - 2

Dear John,

As someone who has written at considerable length over the years about 'professional' fell racing and the amateur/professional divide, I'd like to add some comments to those which appeared in the Summer issue of 'The Fell Runner'.

If the B.O.F.R.A. want to keep their race entries small in order to retain the traditional flavour of their events, quite apart from the fact that even moderately large fields would be wholly impractical for their short courses, then I think we should respect thier wishes and leave it at that. After all, it's only what the F.R.A. is now doing itself in regard to our own code of fell running and I am in full agreement with this stand, though puzzled that publicity is still being sought for next year's World Cup event. Surely a low profile should be kept in regard to this, too?

To conclude on a different note. I like the new large format of the magazine and would willingly pay an extra £1 each for additional issues, providing the same high standard is maintained. (I've cancelled my order for the new large format 'Athletics Weekly', which falls far below the standard of the old magazine).

Yours in Sport
BILL SMITH

Lets Play The Game

Dear Sir,

With the advantage of hindsight, that most exact of the sciences, it is possible to identify a series of structural factors any one of which had the potential to create the sort of shambles that was this years Welsh 1000m race. In no particular order, these include the involvement of the military, the mixture of several events covering the same ground, the 'point to point' nature, the absence of an obvious bad weather alternative, and the sensitive nature of the access in parts of the course. However, I fully support your placing the blame (Fellrunner, August 1987) squarely where it should lie, that is, with the runners who insisted on traversing the Carneddau despite the organisers evident wish to start the race by a country road route that avoided this group of hills.

At the same time a decision had to be made, the weather forecast and reports from the hill were about as bad as it is possible to get and, from the point of view of a professional meteorologist, I had little doubt that it was sensible to stay off the Carneddau. As a member of a team that organises a major city marathon who has seen the mincemeat that a coroner can make of what seemed to us to be absolutely watertight emergency provisions, it also seems to me that safety considerations for the entire field (and not just the obvious majority in which I include myself that was obviously capable of negotiating the Carneddau safely) left the organiser without any real choice. With great disappointment, I went round the road hoping for a decent race over Y Glyderau and Yr Wyddfa that would rescue at least something from the weekend. The decision to stop the race at Pen Y Pass continues to mystify me, but I will defend the organisers right to impose it on the race.

It seems to me that the very vocal group that on the start line dissented from the organisers decision and insisted on crossing the Carneddau put him in an impossible position. Even without any of the subsequent events involving trespass and damage, they had already destroyed what might have been salvaged of the race. By their refusals to accept that in any sport a referees decision must be final and to see things from the organisers point of view, they acted very much outside the traditions of our sport. Indeed they showed all of the 'better than thou' arrogance that so disgraces the contemporary rock climbing scene and it was precisely that which turned me away from climbing rock faces to fell running in the first place.

Yours in Sport
DAVID UNWIN

Selection of English Team for World Cup '88

The Committee has set up a Selection Committee - not only the World Cup races but to select teams for any other International races to which we might be invited. The committee will comprise Kevan Shand; the statistician, Andy Styan, and Tony Hulme plus the England team manager when he is appointed - hopefully very shortly.

It will be necessary to choose two teams of four senior men, for the short race on Latrigg and the medium race around the Coledale Horseshoe, and the ladies team for their event on Latrigg.

After much discussion on the merits of different methods of selection and the pitfalls of relying on either British or English champions on an overall basis, we have decided to state now exactly how selections for the teams will be made. The idea is that this will give intending competitors definite knowledge of how to gain selection right from the beginning of the season.

Of course the method we have decided on will be open criticisms - it's not perfect. We believe however that we have a system which is both fair and likely to produce the best teams for the courses on the day.

For each category, there will be two selection races taken from the general calendar in the couple of months prior to the World Cup. For the short race and the ladies race these will be Latrigg and Wrekin. For the medium they will be Blake Fell and Downham.

In each category the selectors will award points (1 for a win, 2 for a second, etc.) for both races. The three runners with least points will automatically be chosen. This will leave the selectors with 1 place open to their choice. The criteria for that place will not be tightly defined. Its designed so that if a runner is injured or ill for a trial race and otherwise would be an automatic selection, he or she can still be included in the team.

As far as the Junior event is concerned the ICMR has said that those born during or later than 1969 will be eligible. The selectors will therefore choose the team on the basis of the Junior Championship, but will take into account runners who are too old for the championship but were born in 1969.

Yours sincerely
SELWYN WRIGHT
Hon. Secretary

Annwyl Golygdd,

'Rydw i yn eisiau eich cyforwydde a'r drefn yria yng Nghumru'. Does yna ddim un 'fell' yria o gwbl ac jelly dim and rasmus **mynydd** fydd yn cael ei chynnal yn 1988. Weler cylchgram 'F.R.A.' - Haf 1987.

Yr eiddoch yn gynir,
A CARSON

Translation

Dear Editor,

I wish to inform your readership that there are no 'fells' in Wales. See 'rumour has it' - FRA magazine, Summer 1987. This means that no fell races will be held in 1988. The Welsh Mountain Running Association are only organizing 'Mountain Races' next year.

Yours on the Mountain
A CARSON

CFR/CFRA Distinction

Dear John,

I would like to clarify the position of the C.F.R. Club as oppose to the C.F.R.'A'.

As most people will know prior to 1987 the C.F.R.A. were responsible for organizing about 8 fell races through the year and at the same time operating a running club. It has always been a race organizing club first, and a running club 2nd.

Towards the end of 1986 the committee via Danny Hughes expressed a feeling that due to increasing work and lack of volunteers it was becoming increasingly difficult to operate as a organizing club and a fell running club. He felt it would be in the runners best interests to form a committee and basically start a new club. As interest in the running side had fallen off it was felt that perhaps there would not be the interest.

Anyway a meeting was arranged for 17th December, 1986 at the Pack of Hounds, Lamplugh. (Which the club now use for all its meetings) with the hope of selecting a new committee and starting afresh.

This turned out to be a very successful meeting with 21 people present and a lot of enthusiasm shown. A committee was elected with the first decision being to operate as C.F.R., thus dropping the 'A' as we would only be a Fell Running Club. The Association gave us £100 to help get the club going. In the nine months of the club starting we have increased in members to 73 with a very healthy club catering for new fell runners to some of the very best. The C.F.R. has no ties to the C.F.R.A. and operates completely on its own. There is no animosity between the two with this separation probably the best thing to happen for both parties.

I hope this clarifies our position especially to anyone who may have been thinking of joining the club.

Yours faithfully
HARRY JARRETT
(C.F.R. Secretary)

Organization of Gunson Knott Race

Dear John,

I am writing on behalf of the C.F.R. Committee about the organization of the Gunson Knott race this year.

Because the race was chosen to count towards our club championship we had quite a large turn out of members. Most of these members turned up at our last meeting and expressed a feeling of disgust at the poor organization of the event.

On a day that was very wet and misty with visibility very poor there was no marshall on the summit or a flag to show the top. Because of this a lot of runners went beyond the summit in poor condition and lost out completely on what was an important race for them.

Some felt that this was in fact a dangerous race because of the organization. It would have helped the runners if they were informed at the start that there was no marshall on the summit.

Billy Bland who in fact won the race, was shouting to runners on the way down that there was no marshall on the summit. Whether he was acting on instruction from the organiser or not we don't know.

But as this race has been mentioned as a counter in the FRA championships in 1988 our members felt that we should express our concern and at least hopefully avoid a repeat showing next year.

Yours faithfully
H. JARRETT
(C.F.R. Secretary)

Editor: Hopefully these problems will be resolved for the 1988 race.

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CHAMPIONSHIPS - 1987



British Champ, Colin Donnelly and 5th man, Hefin Griffiths, receiving the Team Championship Trophy for Eryri Harriers from FRA Chairman, Norman Berry (Photo: N. Shuttleworth)

BRITISH

SENIOR MEN:

1: C. Donnelly, Eryri	124
2: R. Pilbeam, Kes.	114
3: J. Maitland, P&B	113
4: W. Bland, Kes.	110
5: H. Griffiths, Eryri	102
6: M. Patterson, DPFR	100
7: G. Devine, P&B	93
8: P. McWade, Clay.	87
9: S. Livesey, Ross.	80
10: G. Schofield, B'burn	78
11: M. Rigby, Amb.	69
12: G. Read, Roch	67
13: S. Hughes, Eryri	64
14: G. Griffiths, Eryri	63
15: D. McGonigle, Dund.	58
16: H. Parry, Eryri	56
17: R. Ashworth, Ross.	52
18: G. Gough, B'burn	51
19: N. Lanaghan, Kes.	51
20: I. Ferguson, Bing.	48
21: R. Rawlinson, Ross.	44
22: A. Styan, Holm.	42
23: G. Kerr, Fife	40
24: D. Spedding, Kes.	38
25: A. Curtis, Liv.	37
26: A. Farningham, Aber.	36
27: R. Whitfield, Bing.	27
28: R. Bergstrand, Roch.	27
29: A. Smith, CFR	27
30: K. Manning, Clay.	26

Teams:

1: Eryri	45
2: Keswick	42
3: Pudsey & Bramley	31
4: DPFR	27
5: Clayton-le-Moors	21
6: Lochaber	15

VETS OVER 40

1: P. McWade, Clay.	88
2: D. Spedding, Kes.	78
3: H. Parry, Eryri	75
4: D. Williams, Eryri	64
5: M. Walford, Kend.	60
6: R. Jackson, Sale	40
7: A. Richardson, Kend.	36
8: B. Toogood, DPFR	34
9: P. Fettes, Loch.	28
10: R. Shields, Loch.	28

VETS. OVER 50

1: W. Gauld, Carn.	82
2: D. Hughes, CFR	79
3: G. Scott, Cock.	78
4: G. Brass, Clay.	68
5: P. Duffy, Aber.	62
6: B. Thackery, DPFR	62

LADIES

1: J. Smith, DPFR	38
2: A. Carson, Eryri	33
3: C. Crofts, DPFR	30
4: V. Brindle, Clay.	24
5: R. Parry, Eryri	21
6: K. Demengel, DPFR	16
C. Menhennet, Bell.	16

ENGLISH

SENIOR MEN:

1: R. Whitfield, Bing.	182
2: M. Patterson, DPFR	179
3: R. Ashworth, Ross.	179
4: R. Pilbeam, Kes.	149
5: G. Schofield, B'burn	134
6: G. Devine, P&B	125
7: R. Rawlinson, Ross.	123
8: G. Webb, C.V.	120
9: P. McWade, Clay.	119
10: W. Bland, Kes.	111
11: I. Ferguson, Bing.	105
12: H. Symonds, Kend.	99
13: H. Jarrett, CFR	96
14: A. Styan, Holm.	93
15: S. Livesey, Ross.	80
16: D. Lee, CFR	80
17: K. Manning, Clay.	75
18: M. Rigby, Amb.	72
19: D. Ratcliffe, Ross.	72
20: D. Spedding, Kes.	68

Teams:

1: Keswick	64
2: Clayton-le-Moors	63
3: Bingley	43
4: Rossendale	42
5: DPFR	39
6: Kendal	38

VETS. OVER 40

1: P. McWade, Clay.	148
2: D. Spedding, Kes.	137
3: B. Toogood, DPFR	124
4: J. Nuttall, Clay.	103
5: M. Walford, Kend.	102
6: T. Peacock, Clay.	96
7: C. T. Tremain, ICL	84
8: G. Berry, DPFR	65
9: J. Dean, Holm.	59
10: A. Richardson, Kend.	52

VETS. OVER 50

1: D. Hughes, CFR	137
2: G. Brass, Clay.	126
3: P. Duffy, Aber.	115
4: B. Thackery, DPFR	113
5: P. Knott, B&F	102
6: J. Soper, DPFR	86

LADIES

1: V. Brindle, Clay.	75
2: C. Crofts, DPFR	69
3: K. Demengel, DPFR	49
4: A. Harris, Stock.	46
5: J. Smith, DPFR	36
6: S. Ratcliffe, Sad.	33



English Champion, Bob Whitfield, at Langdale (probably wondering what he has to do to be selected for England?) (Photo: W. Smith)



British Ladies Champion, Jackie Smith, receiving her gongs from Norman Berry (Photo: N. Shuttleworth)



Runner-up in the English Ladies Championship, Clare Crofts, at Langdale

(Photo: P. Hartley)



Mike Lindsay, Ben Nevis winner and 7th in the S.H.R.A. Championship, seen here at Slieve Donard (Photo: N Irvine)

WELSH

SENIOR MEN:

- 1: H. Griffiths
- 2: G. Griffiths
- C. Donnelly
- D. Williams
- 3: S. Hughes

VETERANS:

- 1 Vet.40: D. Williams
- 1 Vet.50: D. Johnston

LADIES:

- 1: A. Bedwell

ISLE OF MAN

SENIOR MEN:

- | | |
|------------------------|----|
| 1: S. Hull, Boundary | 8 |
| 2: T. Varley, Boundary | 9 |
| 3: J. Crellin, Manx | 12 |
| 4: I. Callister, Manx | 20 |
| 5: P. Corlett, Manx | 27 |

VETERANS:

- | | |
|--------------------------|----|
| 1: R. Callister, Western | 8 |
| G. Hull, Boundary | 8 |
| 3: M. Joughin, Boundary | 20 |
| E. Brew, Northern | 20 |



Malcolm Patterson, 6th in the British and Runner-up in the English, in the 1987 World Cup (Photo: D. Hughes)

S.H.R.A.

SENIOR MEN:

- | | |
|-------------------------|-----|
| 1: A. Curtis, Liv. | 116 |
| 2: G. Kerr, Fife | 113 |
| 3: A. Farningham, Aber. | 103 |
| 4: P. Marshall, Help. | 86 |
| 5: B. Potts, Clyde | 80 |
| 6: J. Maitland, P&B | 60 |
| 7: M. Lindsay, Carn. | 58 |
| 8: R. Shields, Loch. | 56 |
| 9: G. Brooks, Loch. | 55 |
| 10: A. Patterson, Carn. | 52 |

VETERANS:

- | | |
|----------------------|----|
| 1: R. Shields, Loch. | 63 |
| 2: P. Fettes, Loch. | 56 |
| 3: I. Jackson, Liv. | 48 |
| 4: J. Shields, Clyde | 43 |

JUNIORS:

- | | |
|------------------------|----|
| 1: J. McKendrick, Irv. | 22 |
| 2: S. McKendrick, Irv. | 18 |
| 3: T. Begley, Irv. | 9 |

LADIES:

- | | |
|------------------------|----|
| 1: C. Whalley, Liv. | 26 |
| 2: C. Menhennet, Bell. | 20 |
| 3: K. Butler, Aber. | 16 |
| 4: A. Curtis, Liv. | 15 |



Runner-up in the British and 4th in the English, Rod Pilbeam in the 1987 World Cup (Photo: D. Hughes)

N. IRELAND

SENIOR MEN:

- | | |
|-----------------------------|------|
| 1: J. Patterson, Mour. v.40 | 134½ |
| 2: J. Hayes, Bally. v.40 | 130 |
| 3: B. Ervine, Bally. | 122½ |
| 4: W. McKay, Albert. | 104 |
| 5: S. Graham, Newc. | 99 |
| 6: J. Savage, Newc. | 97 |
| 7: I. Parke, Bally. | 88½ |
| 8: G. Murray, Bally. | 88 |
| 9: N. Douglas, Newc. | 86½ |
| 10: J. Sloan, N.Down. v.40 | 81 |

ALL-IRELAND

The 1987 All-Ireland Hill Running Championship was judged over the results of three races: Short - Sorrel Hill, Wicklow (6½ miles, 1,400 feet); Medium - Galtees Ridge, Tipperary (10 miles, 4,200 feet); Long - Annalong Horseshoe, Mourne (13 miles, 5,100 feet).

Jim Patterson (Mourne AC) retained the title he won last year, and again N.I.F.R.A. runners dominated.

- | | |
|--------------------------------|----|
| 1: J. Patterson, Mourne (v.40) | 8 |
| 2: J. Hayes, Bally. (v.40) | 10 |
| 3: S. Graham, Newc. | 18 |
| B. Ervine, Bally. | 18 |



Geoff Hall, Steve Hawkins, Andy Peace and Ian Dermott after the junior race in the 1987 World Cup (Photo: D Hughes)

THE 1987 FRA JUNIOR AND INTERMEDIATE CHAMPIONSHIPS

by Robin Bergstrand

JUNIOR:

- | | |
|---------------------|-----|
| 1: G. Hall, Holm. | 176 |
| 2: E. Cotton, Kend. | 137 |
| 3: C. Harney, Bing. | 133 |
| R. Lawrence, Bing. | 133 |
| 5: A. Jones, P&B | 122 |
| 6: P. Smith, Holm. | 97 |

Teams:

- 1: Pudsey & Bramley
- 2: Clayton-le-Moors
- 3: Bingley

Geoff Hall became the first runner in the U/21 championships' history to win with a maximum score - he won the first eight races making it impossible for anyone to even get near to his total. Along with his 9th place in the World Cup, Geoff had a marvellous season, and he still has a year to go in the junior age group!

Consistency paid off for Emil Cotton and his second place is a just-reward for his support of the championship over the last three years.

It is fitting that Chris Harney and Robin Lawrence (a fine christian name!) tied for third place. Thanks in no small part to Chris's mum, they attended every championship race together and Robin's late flourish allowed him to discount his first four, worst, results and close rapidly on Chris. Last year's champion, Adrian Jones, had the quality but not the quantity - he only had seven scoring races. However he also has another year in the age group and I am sure will be keen to wrest the title back from Geoff. Adrian led the Pudsey and Bramley team to another championship win.

A word for John Taylor of Holmfirth, he sustained a bad injury early in the season, and despite regaining running fitness mid-summer he was still handicapped on the descents. This did not prevent him from turning in an excellent performance in Italy in July to win the junior category at a European Championship (CIME) race. Having regained all his 'faculties' in September he proceeded to win the 16 mile Holme Moss event and place 4th at Thievely Pike - handing me my first defeat by a junior since I was a junior - I think I'll retire gracefully! Geoff Hall may have had a fight on his hands had John not been injured.

INTERMEDIATE:

- | | |
|-------------------------|-----|
| 1: G. Devine, P&B | 170 |
| 2: R. Bergstrand, Roch. | 160 |
| 3: W. Brindle, Horw. | 157 |
| 4: A. Schofield, Roch. | 130 |
| 5: C. Dermott, Horw. | 128 |
| 6: I. Dermott, Horw. | 112 |

Team:

- 1: Horwich RMI

The 1987 championship showed slightly greater depth than last year's, and was won comfortably by Gary Devine to improve on his second place in 1986. Apart from a navigational blunder at Kentmere he offered no other opportunities for his nearest competitors Bergstrand and Brindle, to gain an advantage.

After keeping a low profile for a couple of seasons Wilf Brindle returned with a vengeance, good runs at Snowdon and Burnsall allowing him to contest second place right until the end of the championship. Brindle's reappearance meant that Andrew Schofield had to settle for fourth place for a second time, though he has shown himself to be a match for any of his peers over the long Lakeland classics.

Horwich were able to field a team in most of the championship races thanks to the stepping up of the Dermott twins, Carl and Ian, from the junior age group. It is noticeable that other clubs could often field pairs of runners, but the third team member proved elusive.

The Bingley duo of Stephen Hawkins and Andrew Pearce followed a policy of 'quality not quantity', which fortunately paid off with Stephen's excellent second placing over unfamiliar terrain at the World Cup.

It seems very likely that the U/21 championships will be organised by someone else next year as I am banished to the flat wastelands around Hull to try and get some letters after my name. I hope the championships can maintain their present level of interest, preferably with the numbers spread over all the championship races rather than concentration at a few which is currently the case.

CHAMPIONSHIPS

1988

F.R.A. ENGLISH JUNIOR AND INTERMEDIATE CHAMPIONSHIPS (PROVISIONAL)

Age Groupings (as previous):

Juniors: 15, 16, 17 yrs old on 1st Jan, 1988.

Intermediate: 18, 19, 20 yrs old on 1st Jan, 1988.

Junior Championship

28 Feb	Chew Valley
3 Apr	Kentmere Pike
24 Apr	Penyghent (3pks.)
30 Apr	Coniston
8 May	Sailbeck (NCAA)
29 May	Saddleshworth
18 June	Buckden Pike
31 July	Latrigg
14 Aug	Gunson Knott
21 Aug	Sedbergh Hills
24 Sept	Thieveley Pike

Intermediate Championship

28 Feb	Chew Valley
2 Apr	Pendle
17 Apr	Rossendale
8 May	Sailbeck (NCAAAA)
29 May	Saddleshworth
18 June	Buckden Pike
25 June	Blake
31 July	Latrigg
14 Aug	Gunson Knott
21 Aug	Sedbergh Hills
24 Sept	Thieveley Pike

All dates are subject to confirmation.

Points Scoring: (as previous) 22 for 1st, 19 for 2nd, 18 for 3rd ... Best 7 scores from the 11 counters.

Team Championship: In both age groups, 3 to count each race. Lowest aggregate score of best 7 performances.

This is a provisional list subject to confirmation by F.R.A. and Race Organisers. The only minor change from 1987 is to reduce the number of counters (by one) so that now a Runner's/Team's best 7 scores count.

Registration: To make identification from results easier, can those intending to contest the championships please register their name, date of birth and club, with the new Junior Representative - **Konrad Manning: 253 School Road, Sheffield S10 1GQ. (0742 686242).**

Although it has never been called such (just FRA Champs) it is assumed that these are now English Championships as SHRA have their own Junior Championship.

ICL Athletic Club
present the Seventh Annual

MOW COP KILLER MILE

(alias 'the Fell Runners Revenge')

The original measured mile uphill road race. Every step is uphill. 550 feet climb. As usual, races for all ages and sexes, plenty of good prizes.

Wednesday, 27 April, at 6.45 p.m. onwards.
Under AAA/WCCA Laws.

Entries by 20 April to John Britton, 6 Field Way, Alsager, Stoke-on-Trent ST7 2NE. Tel: Crewe 877217. Still only 50p per entry, plus 50p per address for numbers and results. Entries on the day £1.00, but must run in the last batch of (not-a-lot-of) Fun Runs.

Amazing Special Prizes for 1988:

ICL OPD (One-per-Desk) Personal Computer/
Clever Telephone to both Men's and Ladies winners

£100 subvention

for breaking either Mens' or Ladies record:

6:17 Roger Hackney(1987)
8:16 Caroline Walton (1985)

You've heard all about it,
read all about it, perhaps even thought about it.

Friends, Romans and Countrylovers,

The time has come to:

- give it some welly
- have a headache
- buy me some more ale

ICL

Answers on an entry form, please

COMMITTEE NEWS

The Fell Runners Association

KESWICK 1988

WORLD CUP MOUNTAIN RACES

PRIZE DRAW WINNERS

- Mediterranean Holiday for 2 (or cash equivalent) £500 - B.N.F.L. Mr L. B. Hutchinson, 22 Thornton Drive, Hoghton, Preston, Lancs.
- Weekend Break for 2 - Scafell Hotel, Borrowdale - Mr. Miles Jessop. £200 David Hunt, 8 Romney Ave., Kendal, Cumbria.
- Portable Colour T.V. - £160 - Peter Dyer T.V. & Draw Fund. Anne Salisbury, North Rosebank Cottage, Castle Douglas, Scotland.
- Leather of Sheepskin Coat - £150 - Lakeland Sheepskins & Draw Fund. K. Livesey, 44 Taylor St., Clitheroe, Lancs.
- Weekend Break for 2 - £100 - Royal Victoria Hotel, Llanberris Mr. S. J. Longdon, 108 Taylors Road., Stretford, Manchester.
- Crystal Decanter - £65 - Titus Wilson (Bowness) Mrs. E. Summerville, 35 Arundel Walk, Wickham, Newcastle/Tyne.
- Sports Goods or Cash Equivalent - £50 - Dave Smith Sports. Pete Remnant, 3 Kellynch Close, Alton, Hants.
- Pair of Walsh Fell Running Shoes - £39 - Pete Bland Sports. Don Lee, 23 Walls Road, Salterbeck, Workington, Cumbria.
- Pair of Walsh Fell Running Shoes - £39 - Norman Walsh. K. Mitchell, 2 Pine Grove, Conisbrough, Doncaster, S. Yorks.
- Lowe Contour Ruc Sac - £45 - Europe Mountain Sports. Stephen King, 77 George Ave., Birkby, Huddersfield, W. Yorks.
- Northeast Vest/Body Warmer - £35 - Pheonix Mountaineering. Mike Dennis, Oaklands Guest House, Trevor, Nr. Llangollen, Clwyd.
- Bosch Power Drill - Merritt & Fryers Ltd. (Skipton). Mr. D. Grimshaw, Lyth Howe, The Crescent, Grange-over-Sands, Cumbria.
- Box of 72 Fine Art Colour Pencils - £32 - Rexel (Keswick) P. Cresswell, 21 Mossdale Grove, Guisborough, Cleveland.
- Box of 72 Fine Art Colour Pencils - £32 - Rexel (Keswick) Tony Davies, Rose Cottage, Newton Common, Newbury, Berks.
- Travel Voucher - £25 - Cumbria Travel (Keswick) Gerry Bunn, 12 Singleton Ave., Read, Nr. Burnley, Lancs.
- Excursion to Edinburgh for 2 - £10 - Cumbria Motor Services Ltd. Wednesday, May to Sept. 1988) S. M. Hartley, Lucas (via R. Rawlinson)
- Day Sac - Shrewsbury Mountain Centre. B. Crook, 10 Monmouth Ave., Bury, Lancs.
- Jogging Suit - £12 - Aro Sports. Mr. S. McEvoy, 46 Oakland Ave., Sawley, Long Eaton, Notts.
- Meal for 2 - £20 - Shawhill Country Club (Chorley). R. Milne, 50 Fourwents Rd., Hoo, Rochester, Kent.
- Food Parcel - Morrisons plc. Paul Johnstone, 117 Georgetown Rd., Dumfries.
- Parcel of Ladies Toiletry/Perfume. C. R. Price, 25a East Ave., Heavitree, Exeter, Devon.
- Interflora Gift - Anonymous donor. David Isaacs, 41 Milburn Street, Workington, Cumbria.
- Large Bottle of Wine - Caterite (Keswick). Mrs. J. Hawkin, 134 Park Road, Guiseley, Leeds.
- 3 Pairs of Tube Socks - £7.50 - Countryside & Camping Ltd. S. Coveney, H.M. Land Registry, Earle House, Portland Street, Hull.
- Sports Bag - Craghill Sports (Keswick). L. Birtwistle, 20 Skipton Road, Colne, Lancs.
- Dinner for 2 - £25 - Waterhead Hotel, Ambleside. J. Stevenson, 3 Sloan Ave., Irvine, Ayrshire.
- Ridgerunner GT Rucsac - £30 - Rock and Run. Mrs. D. P. Freeman, Steep Orchard, Upper Brailes, Nr. Banbury, Oxon.

The prize draw raised £3,286 gross, out of which came expenses. This represented a healthy, positive, response from members, about 450 of whom sold their tickets. Some simply returned their tickets unsold, a few refused to sell because they did not agree with the world cup, a few refused to sell because they did not agree with British Nuclear Fuels donating the first prize and one person didn't believe in gambling so sent a £5 donation - many thanks!

The first prize was won by Barry Hutchinson, who has been a F.R.A. member since 1974 and used to run for Blackburn with Harry Walker and Co. Various ailments have restricted his competitive runs for some years, but he is hoping for a new lease of life when he becomes a veteran in 1989. Responsibilities for animals at home preclude overseas holidays so he hopes to spend some of his prize on an extended holiday in Keswick during the week of the World Cup.

Thank you to all who bought or sold tickets and to those who donated prizes.

Danny Hughes

CLUBS WITH MOST FRA MEMBERS AT 30 NOVEMBER 1987

	1987 No.	1985 Pos.	1985 No.
1 Clayton le Moors	177	1	168
2 Dark Peak	132	2	122
3 Horwich	77	3	72
4 Kendal	76	4	56
5 Bingley	53	5	51
6 Rochdale	51	7	42
7 Holmfirth	47	8	41
8 Keswick	46	6	47
9 Rossendale	45	10	43
10 Eryri	36	12	29
11 Bolton	34	13	28
12 Saddleworth	34	15	20
13 Lancaster & Mor.	33	11	31
14 Cumberland F.R.	32	9	38
15 Ambleside	27	14	22
16 Pennine	25	19	26
17 Calder Valley	21		
18 Carnethy	21		
19 Lochaber	20	18	17
20 Mynyddwyr	20		
21 Glossopdale	19		
22 Preston	19		
23 Altrincham	18		
24 Halifax	18	17	18
25 Blackburn	17	15	20
26 Mercia	17		
27 Skyrac	17		
28 Thames H & H	17		
29 Leeds City	16		
30 Mandale	16		
Unattached	510		330



Members of Clayton, FRA's largest club, taking the waters after Pendleton.

(Photo: P. Hartley)

FELL RUNNERS ASSOCIATION OFFICERS AND COMMITTEE MEMBERS 1987-88

Chairman
Norman Berry
165 Penistone Road
Kirkburton
Huddersfield HD8 0PH

H - 0484.602922

Membership Secretary
Pete Bland
c/o Pete Bland Sports
34a Kirkland
Kendal, Cumbria LA9 5AD

H - 0539.821688
W - 0539.31012

Statistician
Kevan Shand
13 Chichester Close
Smithy Bridge
Littleborough, Lancs.

H - 0706.70080

Club Representatives
Danny Hughes
Hallsteads
Gosforth
Cumbria LA20 1BS

H - 094.05.366
W - 0940.27726

Member Representatives
Frank Galbraith
3 St. Helens Croft
Grindelford
Sheffield S30 1JG

H - 0433.31367

Scottish Representative
Mark Rigby
c/o 2, Sweden Park
Ambleside
Cumbria LA22 9EY

Tel: 05394 33623

Secretary
Selwyn Wright
4 Brade Street
Broughton-in-Furness
Cumbria

H - 065.76.797

Fixtures Secretary
Tony Hulme
140 Altrincham Road
Wilmslow
Cheshire SK9 5NQ

H - 0625.529874

Press Officer
John Broxap
34 Burneside Road
Kendal
Cumbria

H - 0539.27502
W - 0539.31012

Andrew Styan
Wentworth Farm
Wessenden Head Road
Meltham, Huddersfield

H - 0484.850770
Dave Hall
15 Black Horse Lane
Hitchin
Herts.

H - 0462.52663

Treasurer
Dave Hodgson
197 Hall Lane
Horsforth
Leeds LS18 5EG

H - 0532.585586
W - 0532.441244 x 2343

Editor
John Blair-Fish
28 Howden Hall Cres.
Edinburgh
EH16 6UR

H - 031.664.8425

Welsh Representative
Arthur Clarke
Craig y Dderwen
Maenan, Llanrwst
Gwynedd LL26 0YB

H - 049.269.281

David Weatherhead
47 Clarendon Road
Eldwick
Bingley BD16 3DL

H - 0274.567589

David Yates
7 Crimsworth Terrace
Hardcastle Crags
Hebden Bridge
Halifax HX7 7AJ

H -
W - 0422.883213

The A.G.M. of the Welsh Regional Committee of the F.R.A. was held on Saturday the 19th September 1987 at the Royal Victoria Hotel, Llanberris (immediately after the Elidir Fauer Race.)

The following Officials were elected:

CHAIRMAN Ken Jones
VICE CHAIRMAN Les Williams
SECRETARY Arthur Clarke
TREASURER Johnathan Gibbon
STATISTICIAN Angela Carson

WELSH MOUNTAIN RUNNING CHAMPIONSHIP 1988

The following six races will count towards the 1988 Welsh Championship:

Short: Cwm Llynch, Y Garn
Medium: Moelwyn Peaks, Llangorse Loop
Long: Trans Fan, Peris Horseshoe Mountain Race.

A runners best four positions may count but should include one race at each distance.

A. B. Clarke
Secretary

SHRA COMMITTEE 1988

Chairperson: Ann Curtis

Secretary: Alan Farmingham

Treasurer: Andy Spenceley

Members: Robin Morris
Dermot McGonigle
Peter Brooks
Joan Darby

Scottish Rep to F.R.A: Mark Rigby

FRA MEMBERSHIP BY AGE AT 30 NOVEMBER 1987

Age range	No. 1987	No. 1985
Over 70	6	7
65 - 69	10	5
60 - 64	15	10
55 - 59	60	43
50 - 54	141	111
45 - 49	252	192
40 - 44	490	320
35 - 39	564	503
30 - 34	467	399
25 - 29	316	299
20 - 24	97	116
15 - 19	36	39
	2454	2044
Not known	235	132
	2689	2176

FELL RUNNERS ASSOCIATION

Accounts 1987 1986
For the year ending 31 July 1987 £ £

Income and Expenditure Account

Income

Subscriptions and donations	12,424	11,456
Magazine adverts	370	544
Interest	747	540
Donations to calendar and newsletter	-	606
Surplus on sale of t-shirts	46	31
Sundry	14	82
	13,601	13,259

Expenditure

Magazine	8,828	5,605
Calendar	360	149
Newsletters	729	1,276
Dinner dance	90	88
Secretary's expenses	270	189
Membership secretary's expenses and computer charges	1,374	1,144
Treasurer's expenses	81	46
Committee meetings	710	360
Trophies and prizes	552	268
Insurance	530	426
Miscellaneous	186	754
	13,710	10,305
(Deficit)/surplus for the year	(109)	2,954

FELL RUNNERS ASSOCIATION

Accounts 1987 1986
For the year ending 31 July 1987 £ £

Balance Sheet

Assets

Trophies	410	410
Typewriter	491	491
Stock of t-shirts	389	802
Loan to World Cup Fund	300	-
Debtors	294	245
Bank - deposit account	7,500	7,500
- current account	657	842
Cash	140	-
	10,181	10,290

Represented by

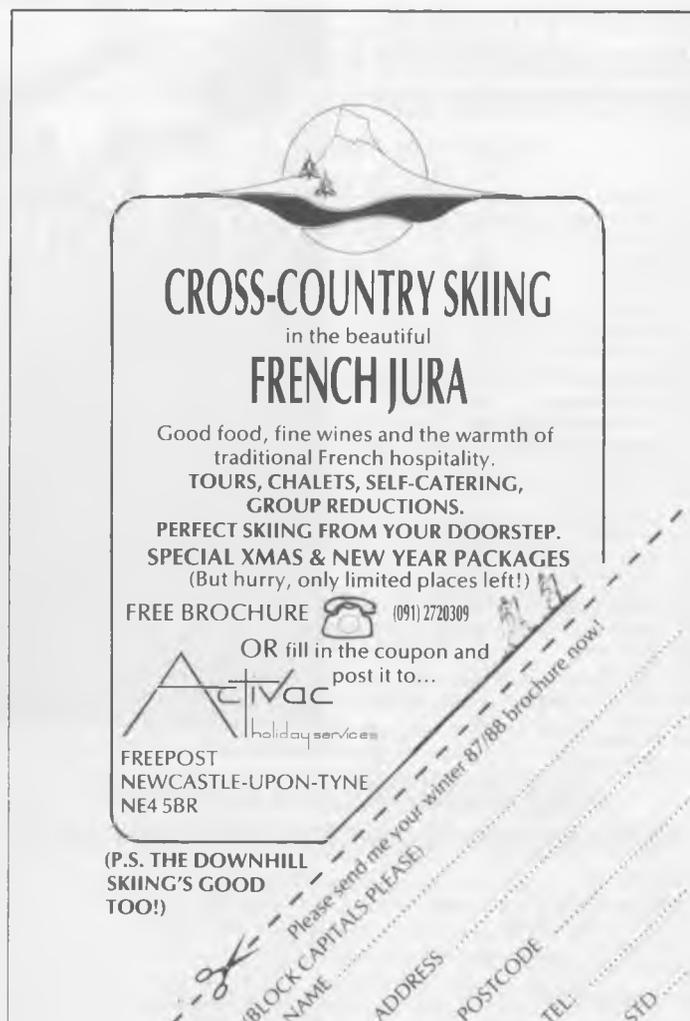
Accumulated fund at beginning of the year	10,290	7,336
(Deficit)/surplus for the year	(109)	2,954
	10,181	10,290

N Berry Chairman
D Hodgson Treasurer October 1987

Auditor's Report

I have examined the above statements which, in my opinion, have been properly prepared from the books and records of the Association.

A. R. Brierley 5 October 1987



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10th Annual Calderdale Hike

Saturday, April 23rd, 1988

From Greetland Community Centre.
36/40 miles over the hills of the South Pennines for runners and walkers.
Also shorter route of 27 miles.
Walkers start time 8.00 a.m.
Runners 9.00 a.m.

Details from the
Entries Secretary:
Mrs. Olive Schofield
17, Hollins Bank
Tuel Lane
Sowerby Bridge
Nr. HALIFAX
Telephone: (0422) 831272



VANESSA BRINDLE ENGLAND'S CHAMPION LADY FELL RUNNER

by Bill Smith

One of the outstanding female fell runners to emerge during recent years has been Vanessa Brindle of Clayton-le-Moors Harriers, the winner of the 1987 English ladies' championship, despite a late season lapse of form. She was also the early leader in the British championship, due to her victories in the Blisco Dash and Ennerdale Horseshoe, but did not contest the other four events in Scotland and Wales.

Vanessa was born on November 17th, 1952 in Manchester and is employed as a radiographer. She now lives at Barrowford, near Nelson, almost within the shadow of Pendle. Her main pastimes prior to taking up running in 1983 were walking and dancing, though she had also played some table tennis and badminton. In July, 1981, her friend Shirley married J. S. Bradshaw ('Stan Bradshaw Junior') of Clayton Harriers, who lives at Leyland, and through them she came to know another Leyland-based Clayton Harrier, Tony Peacock, who has been her boyfriend since then. She attended a few fell races as a spectator but resisted suggestions that she should try the sport herself. She did, however, compete in a mile run at Wilson's Playing Fields, Clayton-le-Moors, organised by the Nori Club in December, 1982, for which Shirley also had entered. Vanessa performed much better than she'd expected to and this led to her receiving encouragement from Linda Lord and Judith Makinson of Clayton Harriers. She eventually joined the Club in May, 1983, just after running her first fell race.

This was at Coniston, a tough course for a novice, on April 30th, having been persuaded to enter by Linda Lord's husband Peter, who assured her that he'd be plodding along at the back of the field with her. As it turned out, she soon left Peter behind but then had to push herself hard to maintain contact with other competitors as she wasn't sure of the route and was afraid of getting lost. 'When we turned to come down off the Old Man, I couldn't believe at first that we actually had to go down that steep scree slope, and I must admit that I'm still not keen on it. However, 'It felt such an achievement to have got round and in such a relatively fast time. I was used to taking a full day to walk that sort of distance'. She finished 3rd lady behind Carol Walkington and Ann Teasdale, and among other performances that year was runner-up to Clayton's Brenda Cranswick in the Clougha Pike race a few weeks later and 1st lady in the Half Tour of Pendle in October.

Outstanding performances the following year included victory at Black Lane Ends, 2nd placings in the Wardle Skyline, Clougha Pike, Darwen Tower (St. Aquinas School), Wasdale, Loughrigg, Three Shires, Tour of Pendle (long course), Gale, Dunnerdale and Winter Hill, and 3rds in the Duddon (short course) and Ennerdale. For sheer fell running performances, the Wasdale and Ennerdale must surely take precedence over the others. Vanessa finished 6th in the ladies' championship that year, but slipped back to 8th in 1985, though this season saw her achieving half-a-dozen or more victories in such events as the Roaches, Three Peaks, Pendleton, Three Shires, Tour of Pendle (long course) and Dunnerdale, with new records being established in the Roaches, Three Peaks and Three Shires. In 1987 she completed a hat-trick of wins in the Roaches, whose course has changed each year, thereby making talk of records a little awkward, and this also applies to the Three Peaks, whose Ribbleshead-to-Wherside ascent was altered in 1986, when the winner was Carol Walkington. However, Vanessa broke Carol's record for the revised course in the 1987 race.

Also in 1985, Vanessa and Tony Peacock were the first mixed team to finish in the Haworth Hobble (17th), a distinction she has claimed in the two subsequent events, with Martin Stone replacing Tony in 1986 when the latter was injured. Brindle and Peacock were also the first mixed team to complete the Saunders 'Bowfell' course in 1985 and the following year were outright winners of this class, moving up to place 2nd mixed team in the 'Scafell' class in 1987. In the Karrimor, they have always entered the 'A' class, finishing 3rd mixed team (17th overall) in 1985 and 1st mixed team in both 1986 and '87 (11th and 14th overall respectively). Vanessa also completed the Bob Graham Round in 1985 in the fast time of 21 hrs 51 mins, though her lack of ultra-distance fell background resulted in painful knees when descending during the latter stages. Her Three Shires performance that year remains her best-ever in any fell race. 'Everything fell into place on the day and I felt to be going really well. People were encouraging me all along and particularly near the end when it was obvious that I was going to break the record. It was a great feeling!'

Vanessa got off to a cracking start in the 1987 campaign, especially in the English championship events, winning the Blisco, Saddleworth and Ennerdale, with a new record in the latter, and finishing runner-up to the reigning champion, Carol Haigh, in the Edale and Kentmere, a position she also later attained in the Blake Fell Race. However, her brilliant form deserted her later in the season, partly due to her nursing a slight ankle problem on reduced training mileage, and this resulted in a 5th place at Pendleton, 2nd Scafell Pike and 4th Langdale. All these results combined, however, were quite sufficient to give her the English championship title ahead of Clare Crofts of Dark Peak Fell Runners.

Other 1987 victories included the Three Peaks, for a second time, in heatwave conditions; Coniston, a week later in a blizzard!, and three of the short, low-key Pennine events which she enjoys so much: Pinhaw Moor, Kelbrook and Edenfield. Recalling the Three Peaks, Vanessa says, 'I set off feeling great and going well, but due to heat, I realised too late that I hadn't drunk enough and slowly ground to a near-halt going up Wherside. I only continued because of the encouragement given to me by other runners, and then someone gave me a drink of 'uocozade on the way up Ingleborough, for which I was extremely grateful'. She was pleased with her performance in the Kentmere Horseshoe, run in thick mist, and 'quite enjoyed the challenge offered by the snow'. The



Vanessa Brindle competing in the 1987 Pendleton Fell Race (Photo: W. Smith)

Ennerdale, too, gave her cause for satisfaction: 'I didn't feel too good when I set off, but seemed to settle down as the race progressed, and towards the end when everyone else was struggling, I was going quite well. Of the Pinhaw Moor Race, she says: 'It gave me such a lift to find I was running near Eric Birtwistle and others who usually finish way ahead of me'.

Vanessa's early and mid-season form resulted in her being selected to represent England in the World Cup event in Switzerland in August and she finished 2nd counter to Carol Haigh, though 14th overall out of 27 finishers: 'The course was three-quarters uphill, on roads and good tracks and was very fast - not what we think of as a fell race course. While I am in favour of international competition, I feel that there are athletes other than fell runners who, because of the nature of Continental 'mountain' racing with its fast prepared tracks, would be more suited to competing in and winning international events. Is there really such a thing as International Fell Racing? Fell Running as we know it just does not exist internationally. British Fell Racing is unique because of the terrain and the weather'.

Training is 'a bit haphazard' for Vanessa, depending on how much time is available and, more importantly, how motivated she feels. However, an average week would consist of: Monday - short run of up to 5 miles, then evening keep-fit class; Tuesday - Clayton Club run over 8/10 miles; Wednesday - 7 miles steady; Thursday - about 7 miles, or less if there is a long race at the weekend; Friday - rest; Weekend - race or long run, 18/20 miles on Sunday. Vanessa's evening runs are over the fields and roads around Barrowford, while at the weekend, if not racing, she uses Pendle, The Winter Hill/Anglezarke Moor area (Tony Peacock's local fell training ground), or the Yorkshire Dales.

'I consider myself to be an average runner', Vanessa says modestly, 'and certainly not in the same class as others such as Pauline Haworth. There are certainly more women taking to the fells who have a far greater potential than I have'.

Tony Peacock, however, says: 'Vanessa has a terrific natural talent for running, which I believe, has not yet been fully developed. She has more climbing ability than most male fell runners, but her forte is fast continuous running such as would be found in road races or some of the longer 'B' category fell races. Although her ability to cope with rough, rocky ground has improved since she started running, she doesn't relish that type of terrain as some do, including myself, and performs best when the going is relatively good and she can build up a steady pace. During the past two years, the pressure on Vanessa to do well has been considerable, and at times she has had difficulty in coping with comments and compliments which were well-meant, but also conveyed expectation of yet another fast run'.

Vanessa herself gets the last word: 'There have been many times when I have got disheartened with running and wondered why I did it, but I have always been encouraged to carry on by fellow club-members and other fell runners. It is only because of this that I have done as well as I have, and have continued running. I think it is the feeling of achievement you get at the end of a race, and being part of a group of people who are extremely honest, friendly, and good to be with, that makes me carry on'.

RESULTS

RAS MYNYDD MAWR Wales
N/4 $\frac{3}{4}$ m/1,340ft 2 May 1987
The second annual Ras Mynydd Mawr held at Y Fron proved to be a success, with 53 entered in the senior race. Though the stormy weather was not conducive to fast times both senior men and women's records were broken. Glyn Griffiths took 35 seconds off last year's time to win again in 33.44, while Angela Donnelly took 4min.32secs. off last year's ladies record. The overall quality improved as well, with 34 runners finishing inside 45 mins. as compared with 19 last year. D.Tomes 1: G. Griffiths, Eryri (rec.) 33.44
2: M. Jones, Eryri 35.24
3: A. Furlong, Sarn 35.37
1 Vet.40: D. Williams, Eryri, 35.48;
1 Vet.50: D. Johnson, Eryri, 44.19;
1 lady: A. Donnelly, Eryri, 41.21 (rec).

WINTER HILL RACE England
BS/4 $\frac{1}{2}$ m/1,600ft 16 May 1987
1: P. McWade, Clay, v40 rec 33.36
2: B. Brindle, Horw. 33.47
3: S. Sunter, Horw. 34.19
4: K. Gaskell, Horw. 34.31; 5: D. Thompson, Red Rose, 34.35; 6: A. Sunter, Horw. 34.49; 7: P. Weatherhead, Pen, 34.53; 8: J. Parker, Ilk, 35.06; 9: K. Robinson, B'burn, 35.34; 10: R. Smith, Chor, u/20, 36.49.

SNAEFELL Isle of Man
AS/5m/1,900ft 19 May 1987
1: T. Rowley, West. (rec.) 40.45
2: A. Gage, West. 41.07
3: S. Hull, Bound. 41.35
4: P. Cain, Bound, 46.03; 5: T. Varley, Bound, 47.07; 6: D. Davies, u/a, 49.05;
1 Vet.40: G. Hull, Bound, 49.13.

SPELGA SKYLINE N.Ireland
AL/12m/4,500ft 30 May 1987
A dry, bright day for the first long championship race of the season. Robin Bryson led from the start and by the second summit had opened up a significant gap on the chasing group of Jim Patterson, Ian Parke and Brian Ervine.

By the half-way road crossing Robin was 3 minutes in front and the race was now for second place. Jim and Brian were together starting the final climb and had closed slightly on Robin. However, he maintained his lead, and finished 3 minutes ahead of Jim, with Brian another 2 minutes behind. His time of 1.57.04 broke the two hour barrier for the first time and was over 4 minutes inside the old record. A great run too by Jim Patterson, now a veteran. With Ian Parke 4th and Jim Hayes 5th Ballydrain won the team prize by 5 points from Newcastle A.C.

1: R. Bryson, Newc. 1.57.04
2: J. Patterson, Mour. v40 2.00.03
3: B. Ervine, Bally. 2.02.24
4: I. Parke, Bally. 2.06.02; 5: J. Hayes, Bally, v40, 2.11.14; 6: W. McKay, Alb. 2.11.37.

CHEVY CHASE England
AL/17m/4,000ft 7 June 1987
The Chevy Chase was held in atrocious weather conditions - strong north-west wind, intermittent heavy rain - the peat on the Cheviot summit was knee-deep. All runners were undeterred and put in a tremendous effort - all starters finished - last year's winner was again victorious. The 1988 race will be held on June 4th.
Lawrence Heslop
1: S. Murdoch, J&H 2.42.20
2: B. Othley 2.45.00
3: M. Pedley, DPFR 2.49.20
4: D. Jackson, Aln, 2.51.30; 5: S. Hicks, 2.51.38; 6: D. Brown, Aln, 2.54.30.

SADDLEWORTH England
A/3m/950ft 31 May 1987
Despite the race being in the English Championship it was still predominantly a local affair with very few travelling from elsewhere. On offer as well was a special award of £50 if Ricky Wilde's course record of 18.50, set in 1978, was broken. Some error Frank, should be in the form of expenses, subvention etc.

With the golf course being extended into another of the lower fields there was the possible saving of a few seconds. In the end the record survived yet another year as Malcolm Patterson scored a notable victory, by a comfortable margin of just over 100 metres, over Rod Pilbeam. The veterans went to Peter McWade by a similar margin though Vanessa Brindle, in the ladies, had C. Crofts chasing her hard all the way. Alan Bocking

1: M. Patterson, DPFR 19.05
2: R. Pilbeam, Kes. 19.24
3: R. Rawlinson, Ross. 19.37
4: G. Devine, P&B, 19.49; 5: N. Peach, Sale, 19.50; 6: A. Smith, CFR, 20.07; 7: A. Pearce, Bing, 20.14; 8: H. Symonds, Kend, 20.20; 9: R. Ashworth, Ross, 20.24; 10: K. Manning, Clay, 20.25;
1 Vet.40: P. McWade, Clay, 20.52;
2 Vet.40: D. Spedding, Kes, 21.20;
3 Vet.40: D. Cartwright, Pen, 21.21;
1 Vet.50: D. Hughes, CFR, 23.07;
1 Lady: V. Brindle, Clay, 24.26; 2 Lady: C. Crofts, DPFR, 24.36; 3 Lady: A. Harris, Stockport, 25.20.

BLENCATHRA England
N/8m/2,700ft 10 June 1987
Rod Pilbeam again dominated from the front when navigation proved important in poor visibility on Blencathra. Andy Lewsley won the unofficial race (via Sharp Edge) and Colin Valentine was an overnight guest at the ever popular Mill Inn (did he really run barefoot!?) John Stout
1: R. Pilbeam, Kes. 61.15
2: S. Carr, u/a 65.27
3: M. Ligema, Els. 66.46
4: R. Hand, Bord, 67.40; 5: B. Ervine, Bally, 68.05; 1 Vet.40: M. Hudson, Hoad Hill, 69.02; 1 Lady: J. Ramsden, Lake, 84.59; 1 Vet.50: P. Wiseman, Garstang, 95.08.

KINDER TROG England
BL/14m/3,000ft 14 June 1987

I decided to make minor alterations to the course for this year's race. I used a much more direct route from the start to the first check point on the Lantern Pike summit and changed the finish, missing out the check point at Moor Lodge. Both changes seemed to have been well received by the runners and it is now very much a ridge run round Hayfield Village.

With these changes in mind I flagged/marshalled these new sections to prevent the previous years' navigational problems. This worked fine so all the navigational eccentricities were confined to the moors.

A field of just under 200 left Hayfield in fine clear weather to tackle the steep climb up the Lantern Pike. The early leaders, Tim Tett and Dave Ibbotson, tried their best to lead the whole field astray on their way up to Abbots Chair, but the local lads kept most

KNOCKLAYD N. Ireland
AM/6 $\frac{1}{2}$ m/1,700ft 14 June 1987
Ian Parke repeated his win of last year and in the process broke the record set by cross-country international Paddy O'Neill five years ago. Jim Patterson had a fine run in second place, showing that he now has the necessary speed for fast, runnable courses. Richard Rodgers fought off the challenge of veteran Jim Hayes to take third, while Billy McKay produced another good run for 5th, in his first season on the hills.
1: I. Parke, Bally. (rec.) 46.27
2: J. Patterson, Mourne, v.40 47.19
3: R. Rogers, Newc. 48.01
4: J. Hayes, Bally, v.40, 48.09; 5: W. McKay, Albert, 49.26; 6: B. Ervine, Bally, 51.47; 7: J. Savage, Newc, 53.32;
8: D. Rankin, Mourne, v.40, 54.06; 9: T. Jannaway, Newc, 54.09; 10: S. Graham, Newc, 54.15.

SKIPTON England
BS/4m/1,000ft 14 June 1987
1: G. Devine, P&B 21.44
2: D. Leaf, Rowntree 21.53
3: G. Schofield, Bing, 21.55
4: M. Mason, Hali, 22.06; 5: T. Davies, Skip, 22.08; 6: T. Rutherford, Clay, 22.10; 7: B. Hilton, Leeds, 22.21; 8: R. Grillo, Keighley, 22.33; 9: G. Kirkbright, Skyrac, 22.43; 10: A. Venn, Shef, 22.44;
1 Vet.40: R. Shaw, Skyrac, 22.52;
1 Vet.50: D. Lawson, Bing, 24.59;
1 Lady: D. Sharp, Spen, 28.26.

GRINDLEFORD England
N/4m/550ft 18 June 1987
1: R. Bailey, Bing. 28.30
2: R. Rodgers, Newc. 28.54
3: A. Moffatt, DPFR 29.05
4: S. Rochford, DPFR, 29.21; 5: M. Farrell, Shef, 29.27; 6: A. Harmer, DPFR, 29.32; 7: T. Tett, DPFR, 29.33; 8: T. Barrables, Mat, 29.45; 9: G. Picken, DPFR, 30.03; 10: J. Wootton, Merc, 30.09; 1 Vet.40: N. Serconby, R.R., 31.51; 2 Vet.40: W. Wilson, DPFR, 32.12; 3 Vet.40: D. Homer, Bux, 32.16;
1 Lady: A. Watmore, Totley, 35.10.

BUCKDEN PIKE England
AS/5m/1,500ft 20 June 1987
1: G. Kirkbright, Skyrac 35.51
2: K. Shand, Rochdale 35.53
3: A. Schofield, Rochdale 36.08
4: R. Shaw, Sky, 36.26; 5: T. Davies, Skip, 36.45; 6: I. Holmes, u/a, 36.51; 7: D. Leaf, Rown, 36.59; 8: D. Thompson, Red Rose, 37.12; 9: J. Verity, St.Bedes, 37.24; 10: N. Burrows, Clay, 37.25;
1 Vet.40: T. MacDonald, Bing, 38.12;
1 Vet.50: D. Lawson, Bing, 41.57;
1 Lady: C. Haigh, Holm, 42.53; 2 Lady: E. Denby, Denby Dale, 46.39; 3 Lady: S. Watson, Valley Striders, 46.40.

SPERRIN MOUNTAIN TRIAL Northern Ireland
O/15m/3,500ft 21 June 1987
This event marked the revival of the Mountain Trial in Northern Ireland after an absence of several years and was the first race to be held in the Sperrin Mountains of County Tyrone. The venue was ideal because the area was completely new to most participants, as most fell running is concentrated in the Mourne, and it therefore provided a good test of navigational skills.

Brian Ervine won comfortably, 19 minutes ahead of his Ballydrain clubmate Ian Parke, with veteran Denis Rankin in third place. The winning time of just under 3 hours reflected the heavy conditions underfoot, especially on the second half of the course. Many competitors failed to find control 5 at a waterfall despite good visibility and poor navigation seems to be the only explanation.

Jim Hayes did a great job organising this successful event which hopefully will become an annual fixture. Thanks to Jim and Lesley and Brian Cooke for all the time and effort they put into the event.

1: B. Ervine, Ballydrain 2.54.22
2: I. Park, Ballydrain 3.13.28
3: D. Rankin, Mourne, (V) 3.29.32
4: I. Taylor, u/a, 3.37.53; 5: WJ. Brown, Mourne, 3.53.04.

PATRICK Isle of Man
AM/10m/2,800ft 27 June 1987
1: S. Hull, Bound. 1.31.52
2: J. Stout, CFR, (1 v.40) 1.33.39
3: I. Callister, Manx 1.37.39
4: J. Tasker, Manx, 2 v.40, 1.37.47;
5: R. Callister, West, 3 v.40, 1.41.13;
6: G. Hull, Bound, 4 v.40, 1.45.12.

CAIRNGORM Scotland
BM/10m/3,000ft 27 June 1987
1: D. McGonigle, Dund. 1.15.36
2: D. Woodhead, Horw. 1.17.46
3: D. MacGillivray, Loch. 1.19.59
4: R. Campbell, Loch, 1.22.21; 5: R. Shields, Loch, 1 v.40, 1.23.19; 6: W. Knox, Teviot, 1.23.34; 1 Lady: A. West, Carn, 1.54.56.

ELDWICK GALA England
CS/3m/500ft 27 June 1987
1: M. Crewe, Bing. 17.07
2: R. Rodgers, Newc.(NI), 17.32
3: D. Quinlan, Bing, 1 v.40 17.57
4: J. Verity, St.Bedes, 17.58; 5: K. Summersgill, Skip, 18.12; 6: M. Foschi, Penn, 2 v.40, 18.16; 1 v.50: D. Lawson, Bing, 19.05; 1 Lady: S. Taylor, 22.30.

of the pack roughly in the right direction.

As the leaders crossed the Glossop road to head up to Mill Hill, Kinder and Brown Knoll so the mist and rain came. After their early adventures, Tim Tett and Dave Ibbotson emerged out of the mist to cross the Chapel road with a slight lead over Ray Aucott who was having a real battle with Pete Brownson.

The new finish, with its very fast descent from Cracken Edge, was ideal for downhill specialist Tim who finished just under a minute in front of Dave, with Ray just holding off Pete on the run in.

Alan Bond - organiser
1: T. Tett, DPFR 1.53.42
2: D. Ibbotson, Glossop 1.54.24
3: R. Aucott, DPFR, 1 v.40 1.55.47
4: P. Brownson, Alt, 1.55.49; 5: J. Stephenson, Grimsby, 1.57.22; 6: D. Woodhead, Horw, 1.58.08; 7: T. Wootton, Mercia, 1.59.43; 8: M. Prady, Gloss, 2.00.49; 9: J. Fretwell, Holm, 2.01.01; 10: P. Jones, Telford, 2.01.07;
1 Lady: G. Freeman, Alt, 2.48.47.



Tim Tett, seen here on his way to winning Lantern Pike (Photo: W. Smith)

RESULTS

Y GARN Wales
AS/3m/1,500ft 20 June 1987

The attractive village of Rhyd-ddu attracted a good class field for this British Championship race. The short course and very steep grassy slope seemed to be just right for the Lakeland lads, quite a few going over the route in the morning. Whisper had it that Malcolm Patterson was going so well he had to be favourite.

The conditions were just right and it was very obvious from the start that the record was going to go but who would take it. The short stretch of road soon gave way to fell and by the time the leaders reached the styles the field had already stretched out. Rod Pilbeam just leading Ray Rawlinson and Patterson tucked in behind them.

By the summit Patterson had a 10 metre lead over Pilbeam who had a 20 metre lead over Jack Maitland and another 10 metres before the improving Colin Donnelly. Now was the time to look around and enjoy the view but I don't think anyone at the sharp end of the race can remember as they set off at a suicidal pace (well so it seemed to me). The steep descent was too much for Pilbeam and Maitland but Donnelly was really going and by the turn onto the path after the descent he had almost caught Patterson. At this point they were 2 minutes inside the record. Along the path Donnelly tried hard to pass Patterson who must have been feeling the pace as he stumbled and Donnelly shot ahead. Unless he made a mistake no one was going to catch him. Donnelly won in a record time of 26.22 beating the old record by just over 2 minutes. Patterson was second and Pilbeam had stayed ahead of Maitland. To make it a family double Colin's wife, Angela, easily won the ladies race in a new record time of 33.49.

In the vets race P. McWade beat the local favourite H. Parry by nearly one minute. After the race the runners packed the small village hall for a good 'bun fight' and everyone agreed what a good race it had been. With special thanks to race organiser, Alan Allport, who looks to be leaving the village but hopefully will still be in the locality to organise next year's race. R. Hill

1: C. Donnelly, Eryri (rec) 26.22
2: M. Patterson, DPFR 26.29
3: R. Pilbeam, Kes. 26.34

4: J. Maitland, P&B, 26.54; 5: H. Griffiths, Eryri, 27.08; 6: R. Rawlinson, Ross, 27.24; 7: A. Smith, CFR, 27.30; 8: W. Bland, Kes, 27.44; 9: G. Devine, P&B, 28.02; 10: G. Griffiths, Eryri, 28.12; 11: D. McGonigle, Dund, 28.18; 12: G. Gough, B'burn, 28.25; 13: G. Schofield, B'burn, 28.28; 14: N.

Lanaghan, Kes, 28.36; 15: P. McWade, Clay, 1 Vet.40, 28.42; 16: G. Read, Roch, 28.46; 17: S. Hughes, Eryri, 28.52; 18: M. Prady, Gloss, 29.03; 19: D. Frampton, Kes, 29.06; 20: K. Manning, Clay, 29.12; 2 Vet.40: H. Parry, Eryri, 29.25; 3 Vet.40: D. Spedding, Kes, 29.59; 1 Vet.50: B. Gauld, Carn, 31.33; 1 Lady: A. Carson, Eryri, 33.49; 2 Lady: A. Smith, DPFR, 36.34.



Part of the field at Holcombe Tower

(Photo: P. Hartley)

HOLCOMBE TOWER England
CS/3½m/850ft 24 June 1987
1: P. Dugdale, Horw. (rec) 19.26
2: S. Livesey, Ross, 19.48
3: M. Aspinall, Ross, 19.57
4: A. Adams, Staffs, 19.59; 5: R. Rodgers, Newc, 20.12; 6: R. Jackson, Salf, 20.19; 7: S. Rutherford, Clay, 20.27; 8: P. Cambell, Bolt, 20.30; 9: A. Selby, Bolt, 20.36; 10: M. Keys, u/a, 20.43; 1 Vet.40: S. Tune, Staffs, 21.03; 1 Vet.50: D. Clutterbuck, Roch, 26.32; 1 Lady: C. Haigh, Holm, 23.23; 2 Lady: V. Brindle, Clay, 23.46.

BLAKE FELL England
AM/7m/2,150ft 27 June 1987
1: R. Pilbeam, Kes. 52.42
2: A. Smith, CFR 54.42
3: R. Rawlinson, Ross, 55.05
4: D. Lee, CFR, 55.29; 5: H. Jarrett, CFR, 55.40; 6: R. Bergstrand, Roch, 55.50; 7: I. Ferguson, Bing, 55.59; 8: G. Schofield, B'burn, 56.03; 9: G. Clucas, CFR, 56.19; 10: P. McWade, Clay, 1 Vet.40, 56.26; 1 Vet.50: D. Hughes, CFR, 63.00; 1 Lady: C. Haigh, Holm, 64.16; 2 Lady: V. Brindle, Clay, 64.31.

BENARTY Scotland
BS/4½m/800ft 28 June 1987
1: D. Woodhead, Horw (rec) 31.20
2: M. Curtis, Fife 33.50
3: J. Blair-Fish, Carn, 35.04

FALKLAND FESTIVAL Scotland
AS/3m/1,200ft 28 June 1987
1: D. McGonigle, Dund (rec) 19.24
2: M. Linsey, Carn, 19.29
3: B. Potts, Clyde, 21.10
4: I. Matteson, Aber, 21.40; 5: R. Morris, Carn, 21.40; 6: J. Bowman, u/a, 22.03; 1 Vet: R. Shields, Clydes, 22.43.

HOPE WAKES England
BS/4m/650ft 30 June 1987
1: M. Bradbury, Buxton 25.03
2: R. Bailey, Bingley 25.07
3: A. Trigg, Glossop 25.14
4: M. Farrell, Sheff, 25.18; 5: M. Wilson, Hallam, 25.25; 6: M. Senior, Pen, 25.36; 7: R. Rogers, Newc, 25.51; 8: F. Taylor, Roth, 25.53; 9: N. Raitt, Notts, 25.55; 10: D. Ibbetson, Gloss, 25.59; 1 Vet.40: D. Cartwright, Pen, 26.44; 2 Vet.40: G. Berrv, DPFR, 27.16; 3 Vet.40: D. Stevens, Sheff, 27.23; 1 Vet.50: F. Broomhead, Steel City; 1 Lady: C. Haigh, Holm, 28.51; 2 Lady: J. Johnson, Denby Dale; 3: G. Goldsmith, DPFR.



Start of Y Garn (Photo: N. Shuttleworth)



Malcolm Patterson about to be passed by Colin Donnelly at Y Garn (Photo: N. Shuttleworth)

ANNALONG HORSESHOE N.I.
AL/13m/5,100ft 28 June 1987
The Annalong Horseshoe is probably the best long race in Northern Ireland, climbing five 2,000 footers in the eastern Mourne. Conditions for this year's race meant that there was no chance of the record being broken as thick, thick mist covered the course and it was very warm and humid. By the summit of Chumney Rock a group of five had broken clear, and on the descent the race took a decisive turn when the Ballydrain pair of Brian Ervine and Ian Park made a costly navigational error which put them out of the lead and into about 11th place. This left Jim Patterson on his own in the lead, and he only realised this when he reached the marsh on Slieve Commedagh. Jim has a bit of a reputation for making 'navigational errors', but despite the difficult conditions he made no mistakes this time as he pulled away from the rest of the field to win in 2 hours 9 minutes - a very good time considering the conditions. Jim Hayes also ran alone for most of the race to finish second, 12 minutes behind Jim Patterson. Stanley Graham, Denis Rankin and Bill McKay reached the final checkpoint on the summit of Slieve Binnian together, and on the long descent to the finish Stanley pulled away to take 3rd place.

Brian and Ian who had pulled back through the field were next to the Binnian checkpoint and although they descended four minutes faster they didn't manage to catch Billy or Denis and finished 6th. There was then a gap of 20 minutes to the rest of the group lead by John Savage in 8th place, and a long wait until everyone was finished and accounted for, as many had gone astray.

1: J. Patterson, Mour. (V) 2.09.35
2: J. Hayes, Bally. (V) 2.21.46
3: S. Graham, Newc. 2.25.32
4: D. Rankin, Mourne, (V) 2.27.56;
5: W. McKay, Albertville, 2.28.08;
6 equal: I. Park, Bally, and B. Ervine, Bally, 2.28.56.

COWPE England
BS/2½/755ft 1 July 1987
Was Mark Aspinall yawning or gasping for air as he crossed the finish line at the Cowpe Hill Race? For the fourth year in succession he took first place, well clear of his rivals. Yet, throughout this winning streak, Paul Campbell's record of 15.30 has remained unbroken. Perhaps next year a 'souped-up' event will attract some real competition to challenge the supremacy of this Rossendale Harrier.

Carol Haigh made a welcome return to the event after winning the first one in 1981 and almost as predictably won again! Only a handful of the Clayton mob turned up and out of these came the fastest vet, Doug McCallam.

The under 14's race was almost as well supported as the main event with lots of local lads and lassies taking advantage of the free entry. Lee Ashworth (son of Bob!) won in fine style, fighting off a posy of competition from the White Lion junior football team!

1: M. Aspinall, Ross. 15.53
2: D. Ashworth, u/a 16.26
3: G. Read, Roch, 16.52
4: M. Keys, u/a, 17.02; 5: S. Sunter, Hor, 17.04; 6: A. Schofield, Roch 17.09.

BOAR'S HEAD England
BM/8m/1,200ft 1 July 1987
 The inaugural run of this race attracted a fairly small (58) but quite high standard field to what proved to be a good run and an enjoyable evening, the sun shone for the first time in months. There was a tremendous battle for the first four places and almost the whole field took full advantage of the hospitality of the Boar's Head for some considerable time after the presentations.

The early running was made by Marc McDermott up the track and over the parkland to Lyme Cage but he was closely pursued by Tony Hulme, Jeff Norman and Rob Taylor. On the steep section between the Cage and the Bowstones the fun really began - there must be ten thousand different route possibilities on this section and all of the leading four took various options; Marc went up the edge of the wood, Tony wandered across the hillside, Rob chose diagonal tussocks and Jeff flatly refused to divulge his route other than to say that it was 'disastrous'. Suffice it to say that when they emerged on to the ridge Tony was in the lead, with Rob second, Marc third and Jeff fourth. They stayed in this order all the way down the fast downhill and back into the Park, but the last climb to Pursefield Wood saw Rob force his way past Tony and the final chase down the track saw Jeff overhaul Marc. Everyone seemed to enjoy themselves and the general feeling seemed to be that the venue, the course, the date and the atmosphere were most pleasant and deserving of repetition, so provisionally the date/time for next year's race will be Wednesday 29 June at 7.30pm.

Dave Jones

1: R. Taylor, Stockport 47.34
 2: A. Hulme, Pennine (1 V) 47.56
 3: J. Norman, Altrin. (2 V) 49.30
 4: M. McDermott, Macc. 49.50; 5: R. Weatherhead, Penn. 51.08; 6: M. Seddon, Seloc. 52.07; 1 Vet50: B Thackery, DPF. 58.16; 1 Lady: K. Parker, MDOC. 1.01.32.

CORT RA LAW Scotland
N/6m/1,200ft 1 July 1987
 1: M. Rigby, Westerlands 48.40
 2: D. Woodhead, Horwich 49.40
 3: R. Morris, Carnethy 50.54
 1 Lady: H. MacPherson, West, 71.20.

BRADDA Isle of Man
AL/15m/4000ft 5 July 1987
 Brent Brindle made a successful return to the Isle of Man, winning the 15 mile Bradda Fell Race. The likeable Horwich athlete, who will hopefully be back on the island next Easter, trying to make it a hat-trick of Manx Mountain Marathon victories. Although outside Del Davies' course record, Brent had a cushion of eight minutes to spare over local Stephen Hull who overtook fell champion Tony Varley in the last mile.
 Phil Cain

1: B. Brindle, Horw. 2.17.23
 2: S. Hull, Bound. 2.25.47
 3: T. Varley, Bound. 2.25.55
 4: I. Callister, Manx. 2.31.35; 5: J. Tasker, Manx. 1 Vet. 2.36.12; 6: J. Crellin, Manx. 2.42.18.

Juniors - 6 miles:

1: D. Knowles, Western 48.07
 2: S. Weir, Western 65.55

MAMORE Scotland
CL/16m/2,000ft 6 July 1987
 1: D. Woodhead, Horw. 1.41.57
 2: P. Dolan, Clydes. 1.42.50
 3: D. McGillivray, Loch. 1.46.09
 4: W. Ryder, Morpeth, 1 V.40. 1.48.38;
 1 V.50: R. Barker, Red Rose. 1.59.58;
 1 Lady: B. Hall, u/a. 2.12.33;



Alan Farningham (6th) and Dermot McGonigle (26th) in the Moffat (Photo: B. Covell)



Steve Hughes (8th) at Moffat, seen here in the Duddon (Photo: W.S. Bateson)

MOFFAT CHASE Scotland
AL/17m/5,000ft 5 July 1987
 1: C. Donnelly, Eryri (rec) 2.36.06
 2: R. Pilbeam, Kes. 2.39.06
 3: W. Bland, Kes. 2.42.29
 4: H. Griffiths, Eryri, 2.43.16; 5: P. McWade, Clay, 1 V.40, 2.44.10; 6: A. Farningham, Aber. 2.44.36; 7: J. Maitland, P&B, 2.46.02; 8: S. Hughes, Eryri, 2.46.26; 9: H. Parry, Eryri, 2 V.40, 2.46.59; 10: G. Griffiths, Eryri, 2.47.12; 11: G. Schofield, B'burn, 2.47.25; 12: G. Kerr, Fife, 2.47.38; 13: G. Devine, P&B, 2.50.02; 14: A. Styan, Holm, 2.51.52; 15: M. Rigby, Amb, 2.52.34; 16: M. Lindsay, Carn, 2.53.19; 17: A. Curtis, Liv, 2.53.58; 18: A. Richardson, Kend, 3 V.40, 2.55.27; 19: N. Lanaghan, Kes, 2.56.11; 20: J. Broxap, Kes, 2.56.37;
 1 Vet50: D. Hughes, CFR, 3.13.01;
 1 Lady: J. Smith, DPF. 3.29.24;
 2 Lady: C. Menhemet, Bel, 3.55.59.

SHELF MOOR England
AM/6m/1,500ft 5 July 1987
 The sun for once came out giving a hot afternoon for the race. The moor itself was surprisingly on the dry side despite all the rain leaving the possibility of fast times. The race itself was notable for a near disaster soon after the start with a farmer determined to shepherd his flock across the path despite a hundred fast approaching fell runners. It developed into a battle between Andy Trigg, of the host club, and Notts T. Parr. Andy, though, always had the edge with a gap of ten seconds to lower the record of 43.35 set by David Crookes in 1984.

Dave Cartwright was first veteran by over three minutes and Jean Lochhead, making a rare appearance on the fells these days, had an even greater margin in the ladies.
 Alan Bocking

1: A. Trigg, Gloss. 43.28
 2: T. Parr, Notts. 43.38
 3: J. Taylor, Holm. 44.20
 4: D. Ibbetson, Gloss, 45.15; 5: D. Cartwright, Pen, 1 V.40, 45.29; 6: H. Waterhouse, Sadd, 45.45; 7: K. Shand, Roch, 46.20; 8: A. Hauser, Holmfirth, 46.31; 9: J. Wootton, Mercia, 47.16; 10: L. Hutchinson, u/a, 47.35; 1 Lady: J. Lochhead, Holm, 55.55.

HATHERSAGE England
BS/4m/380ft 6 July 1987
 1: M. Wilson, Hallam. 17.06
 2: M. Patterson, DPF. 17.09
 3: D. Ibbetson, Gloss. 17.49
 4: T. Parr, Notts, 17.57; 5: J. Brown, u/a, 18.07; 6: J. Smith, Hallam, 18.04;
 1 V: R. Wilde, Man, 18.16; 2 V: R. Toogood, DPF. 18.32; 3 V: C. Berry, DPF. 18.56; 1 Lady: J. Johnson, DD, 22.23.

SCRABO N. Ireland
BS/3m/750ft 8 July 1987
 A large turn-out by our standards, of 47 runners for this popular little race. With the field containing road, cross-country, track and fell runners and a few tri-athletes the usual form book was overturned. Road runner Jim Hefferon, who usually runs Scrabo every year simply ran away from the rest of the field and was only two seconds outside the 7 year old record. Jim Hayes, who always runs well at Scrabo, his local hill, was second and recorded his fastest time for several years. Richard Rodgers produced a good run for third while tri-athlete Noel Munnis was a revelation in fourth, one second ahead of track champion Pat McCavana. In the team race Newcastle beat Ballydrain by one point.

1: J. Hefferon, Albertville 19.46
 2: J. Hayes, Bally, (V.40) 20.09
 3: R. Rodgers, Newc. 20.18
 4: N. Munnis, N.Down, 20.22; 5: P. McCavana, Newc. 20.23; 6: I. Park, Bally, 20.33; 7: J. Patterson, Mourne, V.40, 20.35; 8: T. Hughes, Sparta, 20.56; 9: W. McKay, Albert, 21.01; 10: R. Bryson, Newc. 21.18.

STOODLEY PIKE England
BS/3m/800ft 8 July 1987

1: S. Livesey, Ross, 17.09
 2: R. Jackson, Salf, 17.32
 3: T. Rutherford, Clay, 17.34
 4: I. Ferguson, Bing, 17.47; 5: G. Kirkbright, Skyrac, 17.52; 6: G. Webb, Calder, 17.54; 7: M. Keys, u/a, 18.02; 8: M. Wallis, Clay, 18.04; 9: J. Maitland, Bentley, 18.08; 10: M. Rice, Tod, (Jnr.), 18.10; 11: S. Sunter, Horwich, 18.12; 12: C. Edwards, Bing, 18.26; 13: M. Cheseldine, Leeds, 18.33; 14: I. Holmes, u/a, 18.40; 15: A. Brown, Ross, 18.42; 16: D. Woodhead, Horw, 18.44; 17: A. Sunter, Horw, 18.45; 18: K. Shand, Roch, 18.46; 19: R. Shaw, Sky, (1 V.40), 18.47; 20: R. Rowlands, Cald, 18.48; 1 V.50: D. Lawson, Bing, 19.51; 1 Lady: D. Sharp, Spen, 23.16.

ST. JOHN'S Isle of Man
AS/3m/900ft 12 July 1987

Ace walker Steve Brennan scored a superb victory to win the 3 mile St. John's fell race, taking over half a minute off the course record. The race, part of the local cricket club's 'Summer Fayre' saw Brenny's club-mates Stephen Hull and Steve Partington making it a Boundary Harriers 1-2-3.

Phil Cain

1: S. Brennan, Bound. (rec) 23.16
 2: S. Hull, Bound. 23.39
 3: S. Partington, Bound. 23.50
 4: J. Crellin, Manx, 24.40; 5: K. Callister, Manx, 25.11; 6: P. Cain, Bound., 25.18; 1 Vet: J. Tasker, Manx, 26.26; 1 Jnr: P. Brew, Northern.

STANBURY England
BS/5m/800ft 12 July 1987

1: G. Kirkbright, Skyrac 33.10
 2: T. Rutherford, Clay, 33.37
 3: D. Woodhead, Horw. 33.45
 4: S. Green, Bing, 1 Junior, 33.40; 5: T. Lofthouse, Bing, 33.59; 6: D. Quinlan, Bing, 1 Vet, 34.00; 1 Vet.50: D Lawson, Bing, 35.11.



Ken Taylor in the 1987 Wasdale (sorry no results received) on 12th July

(Photo: W. S. Bateson)

TRANSFAN Wales
AL/21m/8,100ft 11 July 1987

Overnight strong winds and heavy rain cleared to give superb views and a slightly lower temperature than earlier in the week. The field of 16 were led away from Llanddeusant and on to the open hill at a brisk pace by Les Williams a promising youngster from the host club, Mynyddwyr De Cymru, followed closely by Anthony Kay and Kevin Hagley.

Despite a route choice which seemed to be designed to show the pursuing runners every minor summit of the Carmarthen Fans, Williams retained his lead as far as Bannau Brycheiniog (2630ft). The early pace may have been a little fast, however, as Hagley overtook Williams on the 'hands and knees' ascent of Fan Gihirych to be a minute ahead at the half-way checkpoint of Fan Nedd. Behind, John 'Puffing Billy' Darby was improving quickly from a steadier start to be in third place, whilst Kay had found the tussocky going difficult and had dropped back to sixth, behind

Adrian Belton of M.D.C. and John Jameson of Cirencester. By the time Fan Llia was reached, Belton had caught Darby and was only 3½ minutes behind Williams and a further minute behind Hagley.

The final two climbs (1266ft up Fan Fawr and 1700ft over Y Gyrn to Penyfan, at 2907ft the highest peak in South Wales) were to prove decisive. Belton's superior strength, gained from good performances in the demanding Scottish Islands Peaks and Bens of Jura races, enabled him to catch Williams by the summit of Fan Fawr. He then demonstrated his class by running the section to Penyfan in 38min.24secs., some seven minutes quicker than the next fastest runner on this section, overtaking Hagley in the process. Although he had a lead of almost 5 minutes at the summit he did not relax on the final rocky descent into Cym Lluch, and was over 7 minutes ahead at the finish. Les Williams held on to third place for the veterans' prize and Allan Smith ran a well-paced race to pick up the supervets'

trophy in 11th place. Tea and cakes and a wash in the stream rounded off a memorable day. Hopefully the 1988 race will attract more runners to tackle the challenge of this classic route.

Martin Lucas

This race has recently gained an unfortunate reputation for being badly organised; however, the new organisers (Martin and Kay Lucas) did a good job this year, and even managed to arrange perfect weather. But what is the point of providing masses of food at the finish when I'm so exhausted that I haven't even got the energy to eat?

Those who are not familiar with these hills might like some further information about the course. Its toughness derives from the absence of connecting ridges between the mountains; although the climb from Llanddeusant to Bannau Brycheiniog is fairly gentle, the rest of the race is a relentless switchback - but at least this means that one can usually rely on finding a stream to

drink from at the foot of each mountain. Apart from a few stretches of nasty tussocks, most of the course is very runnable, though the hordes of day-trippers on Pen-y-Fan may provide additional obstacles! The finish at Cwm Lluch is an idyllic place in which to lie down and expire.

Anthony Kay

Ed: Any resemblances between Anthony Kay and the new editor do not extend to eating habits after races.

1: A. Belton, MDC 3.57.26
 2: K. Hagley, DPFR 4.03.36
 3: L. Williams, MDC, 1 V 4.09.45
 4: J. Darby, MDC, 4.15.20; 5: A. Kay, TH&H, 4.19.00; 6: J. Jameson, Ciren, 2 Vet, 4.26.46.

INGLEBOROUGH England
AM/7m/2,000ft 18 July 1987

It was a very wet, muddy and misty Ingleborough, but this didn't stop a newcomer to the fells Royal Marine Mark Croasdale, a member of the British National Ski Team, from opening a 20 metre lead by the summit. But once descending Hugh Symonds and Bob Whitfield soon caught him by Crina Bottom. The run-in saw a good tussle between the three with Symonds winning by 10 seconds from Whitfield, who in turn was now well clear of a tiring Croasdale.

Normally an easy 'Class A' race, the knee-deep mud and slippery conditions made times very slow. Thanks must go to the Gala organisers who toiled away in the ever-descending rain. Bill Smith
1: H. Symonds, Kend. 47.56
2: R. Whitfield, Bing. 48.06
3: M. Croasdale, R.M. 48.51
4: G. Huddleston, Kend. 49.12; 5: G. Kirkbright, Skyrac. 49.34; 6: D. Woodhead, Horw. 50.05; 7: A. Jones, P&B, 50.32; 8: P. McWade, Clay, 1 Vet.40, 50.37; 9: R. Pallister, P&B, 50.48; 10: J. Hornby, Spen, 50.52; 2 Vet.40: P. Hall, Barr, 52.40; 3 V.40: D. Quinlan, Bing, 53.21; 1 V.50: D. Lawson, Bing, 54.28; 1 Lady: S. Parkin, Aire, 59.51; 2 Lady: J. Lochhead, Holm, 63.24; 3 Lady: S. Taylor, Horsf. 63.59.

GREEBA FELL Isle of Man

Stephen Hull took the honours in the Greeba fell race, and looked set to become the 1987 Isle of Man Fell Runner of the Year. Stephen, the former junior cycling star, continued his current good form on the hills, establishing a new course record for the tough 10 miles course. Stephen came home 3 minutes ahead of Allan Gage, who hung on for a very good second spot while Phil Cain

KINNISIDE England
AM/9m/3,000ft 18 July 1987

A small field for this year's race but the heavy rain and thick mist didn't dampen the locals enthusiasm for their summer (sic) sports. After a steady start along the road, a group containing Clucas, Schofield, Jarrett and Byers began to pull away on the short climb to Kinniside Cop and they were still together at the top of Blakeley Raise. Some then chose to skirt around the deep bogs of Latter Barrow but Clucas and Schofield ploughed straight through and into a good lead by the summit. However, once in the forest, Clucas moved up a gear leaving Scofield to look after himself, which he did, by promptly getting lost, allowing Jarrett and Byers to move up a place. The positions then remained the same until the finish with the winning time being highly respectable in the heavy going.

- 1: G. Clucas, CFR 1.09.52
2: H. Jarrett, CFR 1.12.20
3: G. Byers, CFR 1.13.03
4: G. Schofield, B'burn, 1.14.02; 5: K. Miggins, CFR, 1.15.43; 6: A. Bowness, CFR, 1.16.08; 7: M. Hudson, H.H., 1 Vet, 1.17.49; 8: C. Webb, CFR, 1.17.54; 9: G. Lamb, CFR, 1.18.20; 10: J. Hope, Horw. 1.19.12; 1 V.50: G. Scott, CFR.

came through to gain 3rd place from Messrs Crellin and Varley. Phil Cain

- 1: S. Hull, Bound (rec) 1.14.08
2: A. Gage, West 1.17.09
3: P. Cain, Bound. 1.17.42
4: J. Crellin, Manx, 1.18.17; 5: T. Varley, Bound, 1.19.17; 6: I. Callister, Manx, 1.20.44; 1 Vet: J. Tasker, Manx, 1.21.23; Juniors, 3 miles - 1: M. Pinnington, Manx, 29.18; 2: P Brew, 29.44

PEAK FOREST England
CS/6m/650ft 19 July 1987

- 1: D. Cartridge, Bolton (rec) 35.42
2: A. Trigg, Gloss, 36.10
3: R. Jackson, Salf. 36.24
4: R. Cudworth, 36.44; 5: R. Wilde, Man. 1 Vet, 36.55; 1 Lady: G. Goldsmith, 49.34.

BAMFORD England
BS/3¼m/600ft 22 July 1987

- 1: R. Bailey, Bing, 20.25
2: R. Jackson, Salf. 20.43
3: M. Farrell, Sheff. 21.00
4: G. Hall, Holm, 21.08; 5: R. Wilde, Man, 1 Vet, 21.11; 6: D. Ibbotson, Gloss, 21.17; 7: M. Senior, Pen, 21.24; 8: T. Parr, Notts, 21.36; 9: J. Clark, Roth, 21.48; 10: M. Prady, Gloss, 21.57; 2 Vet: D. Grayson, Stain, 22.25; 3 Vet: G. Berry, DFR, 22.44; 1 Lady: C. Haigh, Holm, 23.36.

MEALL AN T-SUIDHE Scotland
AS/3¼m/1,500ft 25 July 1987

- 1: G. Devine, P&B 30.15
2: M. Rigby, Amble. 30.50
3: G. Brooks, Loch. 32.05
4: D. MacGillivray, Loch, 32.11; 5: P. Marshall, Hadd, 32.15; 6: J. MacRae, Loch, 32.52; 7: D. O'Neill, Loch, 33.07; 8: R. Shields, Loch, 1 V.40, 33.11; 9: S. Hicks, Amble, 33.26; 10: J. Maitland, Loch, 33.39; 1 Jun: C. Dermott, Sheff, 33.56; 1 Vet.50: F. Bias, E. Kil, 41.53; 1 Lady: V. French, Sheff, 47.46.

MOEL SIABOD Wales
AM/8m/2,000ft July 1987

- 1: C. Donnelly, Eryri 46.44
2: D. Roberts, Eryri 48.12
3: D. Anderson, Sarn 48.25
4: H. Parry, Eryri, (1 Vet) 49.00; 5: A. Kay, Thames, 51.14; 6: P. Stott, Eryri, 52.25; 7: A. Furlong, Eryri, 52.33; 8: J. Hope, Horw, 52.47; 9: D. Davis, Eryri, (2 Vet) 53.00; 10: E Evans, Eryri, 53.05; 1 Lady: A. Bedwell, Myn, 62.00.

TURNSLACK England
BM/8m/1,200ft 25 July 1987

The weather was yet again warm and sunny for this moorland race from Calderbrook, near Littleborough. Alan Buckley, the former Holmfirth Harrier now representing Warrington, led the way up onto the moor after the opening section of track, but after a typically determined battle, he was finally bested by both Paul Dugdale and Dave Cartridge, the Horwich man winning by one second with a time of 50.54, thereby missing John Wild's 1982 record by exactly one minute. Steve Hawkins, the 1986 professional champion (jointly with Steve Carr) who has followed his elder brother Mick into joining Bingley Harriers, took 4th position ahead of Glossop's Derek Ibbotson. Carol Haigh was an easy winner of the ladies race, beating runner-up G. Cook (Rochdale) by 08.23 and Sue Parkin's 1984 record by 05.07 with a time of 59.42. Bill Smith

- 1: P. Dugdale, Horw. 50.54
2: D. Cartridge, Bolton 50.55
3: A. Buckley, Warr. 52.06
4: S. Hawkins, Bing, 52.38; 5: D. Ibbotson, Gloss, 52.46; 6: R. Jackson, Salf, 53.00; 1 Lady: C. Haigh, Holm, 59.42; 2 Lady: G. Cook, Roch, 68.05; Teams - 1: Clayton, 60pts; 2: Rochdale, 63pts; 3: Bolton, 97pts.

COW HILL Scotland
BS/2m/900ft 27 July 1987

- 1: S. Carey, Sheff. (rec) 17.21
2: G. Devine, P&B 17.35
3: R. Bergstrand, Sheff. 17.37
4: K. Manning, Sheff, 18.30; 5: J. McKendrick, (1 Jun) Irv, 18.40; 6: M. Walker, Cleve, 18.47; 1 V.40: E. Orr, Loch, 21.54; 1 Lady: V. French, Sheff

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	Weight	Price
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Elite De Luxe	14 oz	57.00

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Part of the field at Turnslack

(Photo: D. Woodhead)

DAVOS ALPINE MARATHON

Switzerland
67km/2,300m 25 July 1987

After a very successful run in this ultra-race with a climb over an Alpine pass last year in the exalted company of Brent Brindle I was invited to return this year with a party of British ultra and marathon runners gathered by Michael Coleman of the Times and acted as their guide for two weeks. We produced six male runners in the first 25 but none of our runners had the combined abilities to run fast, climb fast, and run at altitude fast, for 42 miles. There were stage prizes at the three villages of Wiesoen, Filisur, and Bergun and also at the top of the Sertig Pass, but Trevor Hawes found that several runners were after these. Veronique Marot however managed to pick up the first three for ladies while running a 26 mile training run for the Rome World Championships and also disrupting the rhythm of several runners including last-year's ladies winner. As she jogged the rest of the race and finished 12th lady there were several questions asked by the organisers and the press afterwards. Or maybe they were asked while she was having massage at 27 miles. Maureen Hurst ran a very steady race to set a new ladies record but she is not taking up fell running - Lesley Watson brought her consistency in marathon running to finish 3rd lady. There was more snow on the course than last year and rain for the slower finishers.

John Blair-Fish

- 1: J. Hagler, Swiss 5.22.36
2: P. Rupp, Swiss 5.39.31
3: F. Valentini, Swiss 5.45.45
12: J. Maitland, 6.08.23; 14: T. Hawes, 6.10.09; 16: S. Lambourne, 6.15.44; 18: K. Gaskell, 6.17.15; 22: J. Blair-Fish, 6.21.13; 25: T. Tullett, 6.23.20; Ladies: 1: M. Hurst, (GB) 6.32.45; 2: R. Brechbühl, (Swiss) 7.03.02; 3: L. Watson (GB) 7.17.56; 6: K. Fitzgibbon, 7.27.35; 12: V. Marot 7.45.24.

SLIEVE DONARD N.Ireland

AM/7m/2,800ft 25 July 1987

Probably one of the best fields ever assembled for a fell race in Ireland due to the strong contingent from across the water in addition to the top local runners. With such a quality field the pace was bound to be hot from the start. On the long climb from sea-level to the summit at 2,796ft Robin Bryson, Rod Pilbeam and Mike Lindsay opened a gap on the rest of the field. The three reached the summit together in 36 minutes and on the rough descent, to Bloody Bridge, Mike Lindsay took the lead and hit the coast road about 50 yards ahead of Rod. Hefin Griffiths used his descending ability to pass Robin and move into third. However on the 2 3/4 mile road section back to the finish at Newcastle Rod passed Mike to win in 64.25, just seconds outside Mike Short's 10 year old record. Had Rod known the course and how close he was to the record he could probably have broken it. Alan Farningham was 5th ahead of '84 winner Andy Curtis and '86 winner Dermot McGonigle, while Ian Parke out-sprinted Jim Patterson, the first veteran, for eighth place. Jim Hayes was second veteran in 11th and Don Williams of Eryri was third in 13th.

The only lady competing was Angela Donnelly of Eryri, who broke the ladies record by a remarkable 23 minutes, and beat a good deal of the field in the process, finishing 23rd overall.

- 1: R. Pilbeam, Kes. 1.04.25
2: M. Lindsay, Carn. 1.04.52
3: H. Griffiths, Eryri 1.05.51
4: R. Bryson, Newc. 1.05.18; 5: A. Farningham, Aber. 1.07.03; 6: A. Curtis, Liv. 1.08.02; 7: D. McGonigle, Newc. 1.08.23; 8: I. Park, Bally. 1.09.17; 9: J. Patterson, Mourne, (1 Vet) 1.09.18; 10: M. Jones, Eryri, 1.10.08; 11: J. Hayes, Bally, (2 Vet) 1.10.34; 12: P. McCavana, 1.11.25; 13: D. Williams, Eryri, (3 Vet) 1.11.27; 14: B. Ervine, Bally, 1.11.30; 15: E. Roberts, Eryri, 1.11.53; 1 Lady: A. Donnelly, Eryri, 1.24.55 (rec); Teams - 1: Newcastle 3.26.06; 2: Eryri 3.27.26; 3: Ball'drain 3.31.21.

GLOSSOP England

AL/22m/4,200ft 26 July 1987
The weather held for the first few back in this annual traverse over the moors above Glossop. From what had been a fine morning the afternoon turned into heavy rain.

Andy Trigg really had the race to himself forging further and further ahead to win by the astonishing margin of sixteen minutes. Having said that, what should have been his nearest opposition somehow managed to go too far right on Bleaklow and dropped down to Woodhead instead of Crowden - I promised to keep quiet about the names to save embarrassment!

There was quite a duel for the veterans award between G. Berry and Ray Aucott with the former just prevailing on the long run in. Pat Mee was the first lady, never really being troubled throughout the race.

- Alan Bocking
1: A. Trigg, Gloss. 2.50.28
2: T. Daniel, CVFRC 3.06.17
3: A. Addis, Maccles. 3.06.41
4: T. Ashworth, Clay, 3.07.25; 5: M. McDermott, Kend, 3.10.49; 6: T. Ryan, Gloss, 3.12.34; 7: D. Ibbetson, Gloss, 3.14.29; 8: J. Britton, ICL, 3.17.18; 9: G. Berry, DPFR (1 vet) 3.17.44; 10: R. Aucott, DPFR (2 vet) 3.18.16; 1 Lady: P. Mee, Alt, 4.02.15. Teams - 1: Glossopdale 9.17.31; 2: Maccles'fd 9.57.33.

HALF NEVIS Scotland

AM/6m/2,200ft 26 July 1987

Quote of the Day: on reaching the half way turning point, the race leader Sam Carey, was heard to say: "I ain't going down there, no way," as he contemplated the famous Grassy Slope. Sam was back in 3rd place before going over the top. Sam gets the prize for having the worst descent/ascent ratio; but can console himself by also having the best ascent/descent ratio!

- 1: G. Devine, P&B 50.02
2: R. Bergstrand, Sheff. 50.55
3: K. Manning, Sheff. 53.01
4: M. Dixon, Ardgour, 53.26; 5: J. MacRae, Loch. 53.58; 6: R. Shields, Loch, (1 V.40) 54.20; 1 Jun: S. McKendrick, lrv. 56.35; 1 Vet: 50: R. Kettles, Lass, 62.12; 1 Lady: P. Hawtin, Edin, 72.46.



Robin Bryson (4th) at Slieve Donard. (Photo: N. Ervine)

WIDDOP England

N/7m/850ft 29 July 1987
If the course of the first Widdop event is anything to go by Calder Valley Fell Runners will soon be getting a reputation for finding the hardest, wettest and most demanding 7 mile route on the Pennine Moors. 108 hardy souls took to the slithering peaty bogs, tussocks knee-high and a waist-deep stream, which was more like an army assault course!!!

Clayton le Moors took the main honours with Mick Wallis well clear in 47.34 from club-mate Trevor Rutherford to take the Ridge Trophy.

Good organisation, excellent beer at 'The Pack Horse Inn' and interesting course, everything we runners like.

- M. Bogtrotter
1: M. Wallis, Clay. 47.34
2: T. Rutherford, Clay. 48.12
3: J. Holt, Clay. 49.10
4: A. Schofield, Roch, 49.15; 5 equal: A. Haigh, Holm, and D. Woodhead, Horw. 49.30; 1 Jun: M. Rice, Tod, 49.59; 1 Vet: R. Hargreaves, Clay, 50.38; 1 Lady: C. Haigh, Holm, 56.00.

PORT ERIN REGATTA I.o.M.

NS/6 1/2m/800ft 30 July 1987

- 1: J. Callister, Manx 44.32
2: A. Gage, West 46.41
3: R. Sutcliffe, York 46.42

MOEL HEBOG Wales

AM/5m/2,500ft 1 August 1987

- 1: C. Donnelly, Eryri 44.13
2: H. Griffiths, Eryri 44.29
3: R. Pilbeam, Kes. 46.46
4: G. Devine, P&B, 47.06; 5: S. Livesey, Ross, 47.41; 6: D. Lee, CFR, 47.52; 7: P. McWade, Clay, (1 V.40) 47.56; 8: G. Schofield, B'burn, 48.04; 9: G. Read, Roch, 48.30; 10: H. Parry, Eryri, (2 V.40) 48.38; 3 V.40: D. Williams, Eryri, 51.13; 4 V.40: D. Davies, Eryri, 52.15; 1 V.50: B. Gauld, Carn, 53.43; 1 Jun: B. Beachell, Southport, 54.32; 1 Lady: C. Crofts, DPFR, 57.16; 2 Lady: A. Carson, Eryri, 59.28.

LATRIGG England

AS/3m/1,200ft 2 August 1987

- 1: R. Bergstrand, Roch. 17.48
2: W. Bland, Kes. (1 V.40) 18.01
3: G. Devine, P&B 18.07
4: R. Jackson, Salf. 18.18; 5: M. Croasdale, RM, 18.21; 6: D. Frampton, Kes, 18.22; 1 Lady: S. Parkin, Kend, 21.41.

SHEEPSTONES 3-MAN RELAY England

N/3 x 3m/1,000ft 5 Aug. 1987

New race organised by Calder Valley. It was the same course as the Mytholmroyd fell event with turn around at the trig-point of Sheepstones. A hard steep course with plenty of good fell for us lads. It was Gary Devine who gave Pudsey the lead they were never to lose. The Sunter brothers of Horwich ran well with only a few seconds separating them even though they ran legs 1 and 3.

- 1: Pudsey & Bramley 73.18
2: Horwich RMI 74.10
3: Rochdale 76.11

BRADWELL England

BS/4 1/2m/750ft 6 August 1987

- 1: J. Taylor, Holm. 25.42
2: R. Bloor, Holm. 25.54
3: D. Ibbotson, Gloss. 26.10
4: M. Whyatt, Gloss, 26.18; 5: F. Taylor, 26.26; 6: M. Burgess, ECH, (1 V.40) 26.48; 7: C. Stanley, Ples, 26.53; 8: J. Wooton, Merc, 27.01; 9: A. Whalley, Macc, 27.05; 10: D. Greyson, Stan, (2 V.40) 27.30; 3 V.40: J. Armstead, DPFR, 29.21; 1 Lady: A. Watmore, Tot, 31.53;

RESULTS

DOWNHAM England AS/5m/1,800ft 8 August 1987

1: D. Cartridge, Bolt. (rec) 40.59
2: S. Livesey, Ross. 41.18
3: R. Owen, Horw. 42.11
4: I. Taylor, Holm, 42.34; 5: G. Schofield, B'burn, 42.59; 6: G. Gough, B'burn, 43.20; 7: P. McWade, Clay, (1 V.40) 43.25; 8: I. Holloway, Roch, 43.45; C. Lyons, Normads, 44.00; 10: G. Read, Roch, 44.20; 2 V.40: D. Cartwright, Pen, 45.14; 3 V.40: J. West, Clay, 47.53; 1 V.50: A. West, u/a, 51.43; 1 Lady: J. Lockhead, Holm, 55.30; 2 Lady: S. Watson, VS, 56.18.
Junior Race (11-15yrs) - 1: A. Taylor, Clay, 10.51; 2: R. Hope, Horw., 11.41; 3: P. Targett, Clay, 11.51.

BUTTERMERE H'SHOE Eng. AL/20m/8,000ft 8 Aug. 1987

An excellent day for the runners - cool, if a bit misty at times. The conditions obviously suited our winners, with three of the four main records being broken. With the long race counting for the CFR championship, competition was intense, with three inside the old record. John Nixon ran close to his own race record, and still finished outside the leading bunch. Donald Lee ran a fine race until High Stile, but then faded slightly to let the eventual winners through. A fine finish by Harry Jarrett has set a record that is likely to stand for a year or two. Sarah Haines ran well to improve on her own time last year, and also claim a new ladies' record.

On the Melbreak course, Jon Wicker improved on last year's position and time to win in just 28 secs outside the record. Sarah Taylor smashed Susan Ashton's record from last year. Despite the high standard at the sharp end, the field of only 16 was very disappointing. We were unable to award the junior prize. Combining this with the large number of vets in the long race makes one wonder where the future of the sport lies.

We'd planned for a much larger entry, and with a slight decline in the Buttermere Race and dramatic decline in the Melbreak runners we would have made a substantial loss without our usual generous sponsorship. The Scale Hill Hotel once again provided enthusiasm and encouragement, as well as all the trophies, most of the food, and underwriting the financial side. Without this the race would be unable to continue in its present form; the only real answer is to attract more realistic numbers to provide more revenue.

We were fortunate to have Lord Underhill, CBE, to present the prizes to the Buttermere winners. A spokesman in the House of Lords on environmental matters, he is a regular visitor to the Lake District and has attended our race for the last four years.

1: H. Jarrett, CFR (rec) 3.46.06
2: C. Valentine, Kes. 3.46.25
3: G. Lucas, CFR 3.47.34
4: D. Lee, CFR, 3.49.07; 5: J. Nixon, Horw. (1 V.40) 3.50.53; 6: P. Haines, Mand, 3.52.06; 7: A. Ligema, u/a, 3.54.35; 8: R. Hamilton, DPFR, 4.04.19; 9: B. Berzins, DPFR, 4.07.13; 10: F. Anderson, CFR, 4.12.48; 1 V.50: G. Scott, CFR, 4.49.58; 1 Lady: S. Haines, York, 4.34.20; 1 Team: CFR, 11.22.47; 2 Team: DPFR, 12.36.32.

SIERRE-ZINAL Switzerland 31km/2,000m 9 August 1987

This year it rained at Sierre-Zinal for half the race and the front, vest-only runners complained of being cold while the sometime meteorologist author of this report was somewhat more cautious in his attire though not in his pre-race preparations. There was a somewhat disappointing showing this year by the Brits, apart from the veterans and ladies. Veronique Marot broke her own record but not 3 hours and also published her training schedule up to the Sierre-Zinal race in the Spiridon magazine for the benefit of those who finished behind her. Sally Goldsmith also ran strongly to startle several male runners.

John Blair-Fish

1: B. Imhof, Switz. 2.36.17
2: M. May, Switz. 2.38.03
3: C. Doll, Germ. 2.38.14
GB Positions: 9: M. Patterson, 2.41.30; 11: J. Maitland, 2.42.43; 22: M. Short, 2.49.28; 39: J. Norman, (3 Vet) 2.58.09; 43: M. Roscoe, 2.58.44; 45: D. Evans, (4 Vet) 3.00.07; 55: V. Marot, (1 Lady) 3.01.57; 56: M. Wallis, 3.02.06; 77: D. McGonigle, 3.06.27; 86: J. Blair-Fish, 3.08.40; 115: S. Goldsmith, (2 Lady) 3.12.52.

WERNETH LOW England C/5m/800ft 12 August 1987

Run over five miles on the slopes of Werneth Low this is not really a fell race but a useful midweek race over the country to brush up on a fell runners basic speed. Very informal and with a good bar after it attracted 55 locals including Ricky Wilde who actually lives on the Low.

The race is novel in that the Cricket Club is on the top of the Low so there is a fast down hill start with the latter stages being uphill and whilst all the course is runnable it is still tough as a few road runners found out.

Running over his training area Ricky had a fairly comfortable win from Dave Ibbotson, bearing in mind that Ricky is also a veteran now! The veterans prize went to Tony Hulme in fourth.

Alan Bocking

1: R. Wilde, Man. (Vet) 32.22
2: D. Ibbotson, Gloss. 32.41
3: M. Prady, Gloss. 33.35
4: A. Hulme, Penn, 33.43; 5: C O'Brien, Man, 34.52; 6: W Sparrow, Man, 35.59.

WADSWORTH VILLAGE Eng. BS/4m/800ft 16 August 1987

The race with the climb at the end and stiles galore had a record entry this year. With excellent organisation from Kay and Bernard Pierce, the whole day was blessed with sunny weather for the race and village gala. Horwich again supplied the winner this year in Paul Dugdale who was only 10 secs outside the course record, which was all the more remarkable since in the morning he finished runner-up in the Barnoldswick Weets race.

The prize-giving was calmer this year with no 'Choppers', but Sean Sunter received a fine 'Titter-Tat'!

1: P. Dugdale, Horw. 23.37
2: M. Whyatt, Gloss. 24.20
3: P. Rowan, Hali. 24.22
4: G. Hall, Holm, (Jun.) 24.29; 5: R. Jackson, Salf, 24.34; 6: K. Waterhouse, Sadd, 24.36; 1 V.40: I. Clarkson, Roch, 24.44; 1 Lady: L. Lord, Clay, 30.16.

MELBREAK 2 TOPS England AS/4m/1,400ft 8 August 1987

1: J. Wicker, u/a 37.22
2: A. Bowness, CFR 37.49
3: J. Hawksley, u/a 40.14

TROSTAN TRAIL N. Ireland BL/16m/3,000ft 9 August 1987

Although this race on the North Antrim moors contains only 3,000ft of climbing it is one of the toughest as it mostly consists of deep heather, bog and very heavy going, with some sections of track and road. It turned out to be a ding-dong battle between Jim Hayes, Jim Patterson and Brian Ervine who pulled away from the rest in the early stages and extended their lead. The leading trio were in close contact for most of the race, and it was Brian who reached the last summit a few seconds in front, despite having dropped back on the previous descent. However, on the run through the forest to the finish it was Jim Hayes who took the lead to win, with Jim Patterson just 7 seconds behind in second. Billy McKay performed well in a long race again, taking fourth place while orienteer Steven Linton was a highly creditable fifth in his first long fell race. With Gordon Murray in eighth Ballydrain finished well ahead of Newcastle AC in the team race.

1: J. Hayes, Bally, (V) 2.22.16
2: J. Patterson, Mourne (V) 2.22.23
3: B. Ervine, Bally. 2.23.28
4: W. McKay, Albert, 2.37.55; 5: S. Linton, NWOC, 2.39.37; 6 equal: N. Douglas, Newc, and J. Sloan, N.Down (V), 2.51.30.

WITCH'S CLOUGH England N/4m/1,100ft 15 August 1987

1: G. Schofield, B'burn 33.44
2: G. Gough, B'burn 34.31
3: C. Lyons, Nom. 34.51
4: K. Shand, Roch, 35.05; 5: M. Targett, Clay, 35.19; 6: D. Thompson, RR, 35.23; 7: A. Jones, P&B, (Jun.) 35.29; 8: D. Woodhead, Horw, 35.50; 9: K. Robinson, B'burn, 35.59; 10: M. Keys, u/a, 36.16; 1 V.40: C. Taylor, Clay, 38.28; 1 V.50: P. Barker, RR, 39.14; 1 Lady: J. Lockhead, Holm, 42.49; 2 Lady: M. Ashton, Clay, 45.11; 3 Lady: K. Taylor, Clay, 47.16.

RAMSAY GALA Isle of Man AS/3m/1,800ft 11 August 1987

1: S. Partington, Bound. 37.06
2: G. Gage, West. 37.08
3: T. Varley, Bound. 37.46
1 Vet: J. Tasker, Manx, 42.09.

TEGG'S NOSE England B/6½m/1,100ft 15 August 1987

Or was this the veterans day out? - that is the question. The line up included four veterans all with a chance of individual glory in Ricky Wilde, Jeff Norman, Tony Hulme and Tony Keller, although the latter is best known for his road running exploits.

As usual the pace out of the sheep-dog trials field was fast and furious, not relenting until the outward climb over The Hollins began. As the gaps began to appear it was Ricky Wilde and D. Beattie who began to pull away with Jeff Norman leading the rest although gradually pulling away.

The two leaders remained together over Tegg's Nose and back up again on the other side before Ricky made a break in the valley before The Hollins was crossed again to the finish. In the end it was a comfortable victory for Ricky, his second with the week. With Jeff third there may be some truth to the rumour that the FRA Veterans title is going to be harder to win next year than the individual. Totley's A. Watmore was an easy winner of the ladies whilst Altrincham's J. Rimmer just held out for first junior boy.

Alan Bocking

1: R. Wilde, Man. (1Vet) 45.32
2: D. Beattie, Dund. 46.00
3: J. Norman, Alt. (2Vet) 46.30
4: M. Prady, Gloss, 46.52; 5: A. Alexander, Sale, 47.05; 6: D. Ibbotson, Gloss, 47.51; 1 Lady: A. Watmore, Tot, 57.41; 1 Jun: J. Rimmer, Alt, 55.07; 1 Team: Altrincham.

BARNOLDSWICK WEETS Eng. CS/6m/800ft 16 August 1987

1: D. Cartridge, Bolt. 32.17
2: P. Dugdale, Horw. 32.53
3: M. Aspinall, Ross. 33.09
1 Lady: C. Haigh, Holm, 39.56.



Les Shaw and others in the 1987 Witches Clough

(Photo: P. Hartley)

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Clayton le Moors Harriers set new Record
6 - STAGE COAST TO COAST RELAY

June 20th - 21st, 1987

Clayton-le-Moors Harriers have established 3 new records for a relay run over the route of Wainwright's 'Coast to Coast' Walk. In the tradition of Clayton men's relays, the route was divided up into legs of about 30 miles or so, making six separate sections in all, the sections being run solo with the exception of legs 4 and 5, which were partially run in darkness. On these sections, two runners were teamed up together. A Clayton ladies team of 12 runners covering 13 separate sections also ran the full route, the ladies running alone throughout. Three mens teams ran in all, an A, a B, and a Vets team, and the relays were run in an atmosphere of keen competition.

The event was held on the weekend of June 20th - 21st 1987, in generally fine conditions, the first runners leaving St. Bee's Head on the West Coast of Cumbria in the early hours of Saturday morning. Each team carried a pebble picked up from the beach at St. Bee's, which was passed from runner to runner at the change-over points to take the place of a baton, and taken right across the country to Robin Hood's Bay. A telephone control centre was kindly manned throughout by Douglas and Monica Browning back in Lancashire, and this enabled runners on the later sections to keep in touch with the progress of the relay, as earlier runners phoned-in their times.

The ladies left St. Bees Head some two hours before the men, and were only passed by the A and Vets teams on the final section approaching Robin Hood's Bay. At the end of the first section, as far as Rosthwaite, Martin Clark had established a 13 minutes lead for the A team over the Vets, with the B team a further 17 minutes behind. However, due to staggered start times, all 3 teams went into leg 2 close together. On the second section, Denis Beresford, whom it was said had been training on raw meat, roared back with a storming run, and took the Vets into the lead, so that at the start of the third section at Shap he had taken out some 51 minutes on an ailing Jack Holt, and given Stan Bradshaw Jr, a 38 minutes lead over Gifford Kerr of the A team. However, this handsome lead was drastically reduced after an incredible run by the Flying Doctor Kerr, who covered his 33 mile section in only 3 hours, 56 minutes, so that at Keld the Vets led the A team by just seven minutes with the B team a further 69 minutes behind.

Keld saw the first pairs off and running, and Paul Jarman and Mike Wallis soon passed Robin Price and a 'bonking' Ian Beverley, to give the A team a lead of some 25 minutes at the next changeover point in the darkness at an obscure Rawcar Bridge in the Vale of York. On this, the fifth section, the best run was performed by the B team pairing of Alan Morris and John Rutter, some three minutes faster than the A team pair. Their run was all the more remarkable for the fact that John Rutter was running at just 24 hours notice following the late withdrawal of an injured runner, and had never seen any of the route before. The sun was up for all three teams to hand over for the start of the last leg at 'The Lion Inn' at Blakey high on the North Yorkshire

Moors, with the A team some 42 minutes ahead of the Vets. This lead was cut right back by a brilliant performance by veteran Pete Ashworth, who even overtook the A team's Tony Brierley bruised and battered following a ballooning accident the previous day (shades of Richard Branson here!), but Pete paid for his early pace, and Tony restored the A team's lead and came into Robin Hood's Bay some 9 minutes ahead of a tiring Pete Ashworth. Andrew Howarth, who also ran an excellent anchor leg, brought the B team home a further 78 minutes behind. A celebratory drink was then enjoyed in warm sunshine at Robin Hood's Bay by a large number of Harriers and supporters who had followed the Relay to its conclusion.

Thus the total times for the four teams were as follows:

A Team	27 hrs 48 minutes
Vets Team	27 hrs 57 minutes
B Team	29 hrs 55 minutes
Ladies Team	30 hrs 39 minutes

It is hoped that these records will be recognized, and will stand as a challenge for other clubs to have a go at. I am sure they can be improved upon; if the best times for all three mens teams are taken on each section, a total time of 26hrs 29 minutes would be reached, one hour and 19 minutes faster than the A team's time. The route provides an interesting challenge for teams to attempt and a grand weekend away.

CLAYTON LE MOORS HARRIERS

Ladies Section

COAST TO COAST RELAY 20/21 JUNE 1987

SECTION	MILES	RUNNER	ACTUAL TIME	RUNNING TIME Scheduled (Actual)
St. Bees Head	0	Kay Pierce	04.00	2h 15m (2h 14m)
Ennerdale Bridge	14¼	Judith Taylor	06.14	1h 30m (1h 25m)
Black Sail Pass	23	Monica Shone	07.39	1h 00m (1h 21m)
Rosthwaite	28¾	Vanessa Brindle	09.01	3h 00m (2h 23m)
Patterdale	46½	Judy Makinson	11.24	2h 30m (2h 41m)
Shap	62½	Monica Shone	14.05	1h 10m (1h 31m)
Orton	70½	Linda Lord	15.36	1h 35m (1h 35m)
Kirkby Stephen	83½	Karin Taylor	17.11	2h 30m (1h 52m)
Keld	96¼	Alison Ormerod	19.03	2h 00m (1h 43m)
Reeth	107½	Maureen Ashton	20.46	1h 45m (1h 25m)
Richmond	118	Ann French	22.11	3h 00m (2h 36m)
Oaktree Hill	134	Wendy Dodds	00.47	3h 00m (3h 25m)
Clay Bank	153¼	Marie Webster	04.12	3h 00m (2h 52m)
Glaisdale	172	Eileen Burnip	07.04	3h 00m (3h 35m)
Robin Hood's Bay	191		10.39	
TOTAL DISTANCE RUN: 191 miles			TIME TAKEN: 30 hrs 39 mins	

	TEAM RUNNERS	DISTANCE MILES	LEG TIME	OVERALL TIME
St. Bee's Head to Rosthwaite	A Martin Clark V Tony Peacock B John McGonagle	28¾	4 hrs 17 mins 4 - 30 4 - 57	4 hrs 17 mins 4 - 30 4 - 57
Rosthwaite to Shap	A Jack Holt V Denis Beresford B Tim Laney	33¾	5 - 27 4 - 36 5 - 28	9 - 44 9 - 06 10 - 25
Shap to Keld	A Gifford Kerr V Stan Bradshaw B Bob Mitchell	34	3 - 56 4 - 27 5 - 04	13 - 40 13 - 33 15 - 29
Keld to Rawcar Bridge	A Paul Jarman & Mike Wallis V Ian Beverley & Robin Price B Mark Burrige & Keith Makinson	33	4 - 28 5 - 00 4 - 53	18 - 08 18 - 33 20 - 22
Rawcar Bridge to Lion Inn, Blakey	A Peter Browning & Paul Gallagher V Stuart James & Ronnie Orr B Alan Morris & John Rutter	33	5 - 26 5 - 35 5 - 23	23 - 34 24 - 08 25 - 45
Lion Inn to Robin Hood's Bay	A Tony Brierley V Peter Ashworth B Andrew Howarth	28¾	4 - 14 3 - 49 4 - 10	27 - 48 27 - 57 29 - 55

Account of the Ladies Record

by Linda Lord & Eileen Burnip

The idea of running the Coast to Coast footpath in a relay had been in our minds for some time following the successful completion of the Pennine Way by Clayton ladies in 1982.

As with the Pennine Way all lady members were given the opportunity to take part, and a final total of 13 runners of mixed age and ability volunteered. We tried where possible to match the runner to the type of distance and terrain best suited to them, and finally settled on a schedule with sections varying from 5¼ to 19 miles.

Navigation and route finding were left to the individual runner, but it was stipulated that the route described by A. Wainwright in his book 'A Coast to Coast Walk' (Westmorland Gazette 1973) be followed at all times. Some girls ran alone whilst others adopted to have a companion with them - there was no fixed rule about this, but everyone rec'd their section at least once to ensure familiarity with the route. Two late changes were made when Marie Webster (travelling up all the way from Southampton) replaced Eileen Irwin who was unable to run, and Monica Shone volunteered to run a second leg in order to cut down the distance on injury-stricken Linda Lord's section.

Like the men, we decided to pass on a small rounded pebble, picked up from the beach at St. Bees, from runner to runner.

With hindsight, it was obvious that timings on the schedule were, in some cases, way out. We gained quite a lot of time, and this caused problems with runners in the latter stages not being ready for their changeovers.

Everyone involved seemed to enjoy themselves, and it was an excellent weekend for club spirit and morale.



Eileen Burnip at Pendleton
(Photo: W. Smith)

ANDERSONS MOURNE MOUNTAIN MARATHON

by Robert Howard

This year's Mourne Mountain Marathon, again sponsored by the Belfast firm of Andersons, took place over the weekend of September 19/20th in some of the worst weather in the 9 year history of the race. The venue was Kilbroney Country Park near Rostrevor, just south of the Mournes and 124 teams set off from there on the Saturday morning, including 16 from the mainland.

Facilities at the park were excellent but the same could not be said of the arrangements for the start. Marshalling was non-existent and with no direction markers a number of teams went directly to the route issue point from registration and missed out the official start altogether. Some others, including race favourites Derek Ratcliffe & Ken Taylor, had trouble even finding the route issue point but at least everything was sorted out amicably when race director Dennis Rankin re-started them. Next year Dennis vowed to put the starts outside the registration tent and the route issue points within sight of the starts!

It was gloomy as everyone set off, but soon after the skies grew even darker, the cloud descended and the heavens opened to begin a downpour that lasted all day. Throughout the whole race underfoot conditions were boggy and visibility was virtually nil so accurate navigation became essential.

Many of the competitors either lacked the navigational skills or the determination to carry on in such foul weather conditions and nearly two-thirds of the field retired on day 1. This year there were 3 classes, whereas in the past there have been only 2, and another break with tradition was to have 2 mid-camps. The 'C' class camp was in a valley beneath Hen Mountain on the same site as last year's camp but it was relatively deserted with only 15 pairs stopping overnight. The 'A' & 'B' camp was situated in a col near Cove mountain at over 1800', but again few made the climb to get there and there were only 32 tents.

Overnight positions showed clear leaders in all 3 classes though Ratcliffe & Taylor were being hard pressed by Brian Ervine & Ian Park. In the 'B' class the mixed pair of Hugh & Adrina Buchanan were well ahead as were the Scots John & Scott McKendrick in the 'C' class.

Nearly all those capable of surviving day 1 managed to continue and complete the course but the final count showed only a 30% finish rate. The 'B' class suffered most and only 13 of the 74 starters crossed the finish line.

Ratcliffe and Taylor extended their lead to win the 'A' class and regain the trophy they lost last year and Derek has now won 5 times in the last 6 years. Last years winners Pat McCavanna & Robin Bryson had to settle for 4th this time out. Hugh and Adrina Buchanan also extended their

lead to become the first mixed pair to win a class in the event but in the 'C' class overnight leaders Scott and John McKendrick got into difficulty after losing their compass. As a result Richard Lecky-Thompson and Steve Schofield came through to win.

A look at the results shows all 3 winning pairs came from the mainland so it wasn't a good weekend for the Irish. Both 'B' & 'C' class winners were also regular orienteers and as Ken Taylor and Derek Ratcliffe are good navigators its clear this was a race dominated by those good with a map and compass.

More entries from the mainland will be welcomed next year (even if they do win all the trophies!), so if you would like to try the Mourne Mountain Marathon write to Dennis Rankin, 18 Cranmore Gardens, Belfast BT9 6JL.

Ian Park and Brian Ervine, 2nd in the Anderson 'A' Class (photo: R. Howard)



ANDERSONS MOURNE MOUNTAIN MARATHON

Results

'A' CLASS

- | | |
|--------------------------------|-----------------|
| 1 Derek Ratcliffe & Ken Taylor | 11 hrs 16 mins. |
| 2 Brian Ervine & Ian Park | 11 hrs 57 mins. |
| 8 Steve & Jill Libby (mixed) | 15 hrs 56 mins. |

No Veterans or Ladies pairs completed.

'B' CLASS

- | | |
|---|-----------------|
| 1 Hugh & Adrina Buchanan (mixed) | 13 hrs 55 mins. |
| 2 Paul & Eugene Mulholland | 15 hrs 38 mins. |
| 3 William McNeilly & Dave Watson (veterans) | 15 hrs 48 mins. |

No Ladies pairs completed.

'C' CLASS

- | | |
|--|-----------------|
| 1 Steve Schofield & Richard Lecky-Thompson | 8 hrs 29 mins. |
| 2 John & Scott McKendrick | 9 hrs 57 mins. |
| 3 Julie Fletcher & Garri Owen (mixed) | 11 hrs 54 mins. |
| 13 Emily Hackett & Mildred Ryan (ladies) | 18 hrs 9 mins. |

No Veterans pairs completed.

CHARLIE RAMSAY'S ROUND (plus 2) SOLO

26 MUNROS IN 24 HOURS

by Martin Stone

In 1978, Charlie Ramsay of Lochaber AC climbed 24 Munros in 24 hours starting and finishing at Glen Nevis Youth Hostel. The route took him along the Mamores, over the three peaks on the East side of Loch Treig then two on the west side, the Grey Corries Ridge and finally the 4 Munros around Ben Nevis. Throughout the run he was accompanied by other Scottish fell runners and given food and drink at various points by members of Lochaber Mountain Rescue. His time for the round was 23 hours/58 minutes, during which he had run more than 60 miles and climbed 28,000 feet. It set a standard for ultra-distance mountain running in Scotland which was only challenged once in the following 9 years. In 1981 Peter Simpson completed the round solo in bad weather but it took him 24 hours/40 minutes. He was met by his wife at one spot, Loch Treig.

In mid-February I spent a few days with friends walking the Munros in the Creag Meagaidh area. Beautiful winter days with views south towards the Grey Corries and Treig hills. The seed was sown then but it took until May to start reccieing. A chance remark made by Jon Broxap and I realised that I wasn't the only one interested in Ramsay's Round. It seemed ironic that there should be this sudden interest after 9 years of relative obscurity. Rather than get lost on the Coniston race, Jon, Mike Walford, John Gibbison, Graham Holden and I spent 3 days bothying and running Karri-mor style over parts of the route. Superb days, travelling fast over snow-covered peaks, through snow storms and even some sunshine. Jon had obviously given the round more thought than I and was suggesting an extension of about 10 miles, 3000 feet and 2 Munros on the south side of Loch Ossian. We reccied them during a long day from Fersit and I scribbled down some possible schedule times which could prove useful. It seemed a very expensive addition; an extra 2 hours/45 minutes of effort for only 2 additional Munros (Sgor Gaibhre and Carn Dearg) at the furthest point, 25 miles from home. Not to be attempted unless you could guarantee compressing Charlie's basic round into 21 hours/15 minutes.

Following the Scottish Islands Race at the end of May, Mark McDermott and I devoted another 2 days completing the reccie. Lucky with the weather, we discovered some great lines in the Mamores and Grey Corries and took photographs of the interesting bits to be referred to later while 'revising' for the attempt. Although I'd pencilled a date in my diary for the end of June, I didn't seriously think there was any chance of making the attempt in 1987. I'd been doing so much running that I couldn't see myself being in the right frame of mind to do the round justice and besides that, I quite liked the idea of spending some more time with Helene before she disappeared to the Himalayas for 3 months.

However, Wednesday afternoon on 24th June saw me travelling up to Fort Bill on the train. Scattered around the carriage were scribbled notes, bits of schedules, transpaseal, cut out sections of map and a message of good luck from Charlie himself. I based my schedule on Pete Simpson's from 1981, bits of my Scottish 4000's run in 1986 and notes taken during the reccies. The calculator was working overtime as I tried to compress the start and finish of Pete's run, slot in the extra 2 Munros and also

work out all the summit ETA's based on the section I wanted to run during the night. Like Peter, I had decided to tackle it the opposite way round to Charlie.

As the train pulled into Glasgow I breathed a sigh of relief - I'd drawn up a schedule in which I could have confidence. It gave me a time of 23 hours/43 minutes including the extension. The next job was to prepare the maps. Six strips to be transpasealed both sides after annotating them with notes about route choice, vital water points, bearings and emergency card locations.

Crossing Rannoch Moor we passed a number of the peaks I intended to climb next day. The weather was great and I spent an hour or so with my head hung out of the window, snapping shots of the route. By the time the train pulled into Fort William, the adrenaline was all but pouring out of me. Worries about festering for days in Glen Nevis till a clear slot turned up were dispelled by a phone call to Mountainline, the local mountain weather forecast. Perfect - light winds, clear, sunshine with the odd shower and improving onto Friday.

Next morning I set out from Glen Nevis attempting to extend Charlie's route by 2 Munros. Running on my own, I was carrying about 9 pounds of kit; thermal bottoms, jersey, 2 torches, exposure bag, water bottle and five pounds of food - everything I'd need to sustain myself for 24 hours as there were no plans for support to be provided en route. For safety reasons I carried nine weather-sealed cards describing the run which I intended to place at pre-arranged spots on summit cairns and in the valleys. The cards contained a return address and a request not to remove them until the 5th July. By then I would either have finished or been found! If I didn't ring Helene within 30 hours, she would organise the mountain rescue to pick up the cards and use them to isolate me on a particular section of the route.

The weather for the attempt was perfect with a gentle breeze, high cloud and low humidity. Leaving the hostel at 10.40 a.m. I climbed Ben Nevis, Carn Mor Dearg, the Aonachs and Grey Corries reaching Stob Ban within five hours. Two hours and two Munros later I crossed the Treig Dam. On the summit of the 13th Munro, Beinn Na Lap the decision to extend the round or just attempt the basic route was made. I left a card on the summit cairn at 8.30 p.m. with a note scribbled on it saying 'I'm going to add the extra 2 south of Ossian'. The climb onto Sgor Gaibhre from



Martin seen here at the camp in the 1987 Swiss Karri-mor (Photo: P. Hartley)

Loch Ossian was a 55 minute grind at the furthest point from home and I was now committed to the extra 2 hour/45 minute loop.

Throughout the short mid-summer night it never became totally dark. Although there was no moon, the yellow glow of Northern Lights over hills to the NE provided almost enough light to dispense with a torch. The night section was planned for the 10 mile return route along valley tracks and over low cols. This took me from the west side of Loch Ossian, via Loch Treig to the east end of the Mamores. It was such a warm evening that I was able to run in shorts and tee shirt until midnight. In the early hours I was struggling with problems of drowsiness which I couldn't overcome. Unable to stay awake, I stopped for 3 short kips while making the 2,000 foot climb up Sgurr Eilde Mor, the first Munro of the Mamores. I hoped that after a sleep and the onset of daylight I would get my drive back for the final tough

section along the ridge. Although there was time in hand according to the schedule, this was being frittered away at an alarming rate. To succeed, I needed to be able to cover the scrambling sections on the ridge at a decent speed.

A beautiful cloudless morning, back into tee shirt and shorts by 4.30am and renewed enthusiasm with the end now literally in sight. The rock was bone dry and I covered the 11 Munros on the Mamores ridge in exactly 6 hours from summit to summit. By 9.00am it was hot but the slight breeze on the ridge was enough to make running almost pleasant! Sheltered forest tracks took me down the Nevis valley back to the hostel. I completed the round in 23hrs 24mins having run 70 miles and ascended/descended 31,000 feet. No-one had ever climbed so many Munros within 24 hours. During the run I met nobody between Carn Mor Dearg and Glen Nevis 22 hours later, and had perfect views on all but one summit.

The Bob Graham 24-Hour Club New Members 1987

I sat on my own outside the hostel in the warm sunshine, relaxing and quietly enjoying a mix of emotions from elation to relief. I couldn't wait to ring Helene and tell her I was back safely. It had been a great adventure, one that I would remember for the rest of my life. Half an hour later some friends who'd been taking part in the Three Peaks Yacht Race arrived to collect me. Over the next few weeks, five of the nine cards placed on the summits were returned in the post by other Munroists - the other four are probably still out there.

It's difficult to express simply what inspires me to attempt these runs alone and what motivates me while I'm out there. I can't disguise the fact that it's partly to satisfy my ego. While I may never be a good fell racer, I seem to have found my strength in long distance solo mountain running. The sense of achievement and satisfaction gained from adventures like this is unbeatable and for 24 hours I become totally detached from the reality of a 'normal' life. The senses are finely tuned, constantly monitoring ones feelings to keep thinking positively and cope with the pressures of the schedule, navigation and the need to eat regularly.

What are the secrets of success? I try to plan for every eventuality and after receiving the route not too long before the attempt, I think through each section summit by summit. I place total trust in the schedule which I spend hours devising and tuning. By the time the run begins, I'm convinced in my own mind that if the weather holds and I don't get injured I will succeed. I'm always on a high in the hours leading up

to the start and this carries me through the first dozen or so hours of the run. When at some point the going gets tough, I just try to convince myself how good it would be to succeed and how disappointed I'd be if I allowed a few hours of discomfort to jeopardise the whole attempt.

On this occasion I felt particularly inspired by the good wishes and encouragement of friends. I hadn't planned to make the attempt this year but was told in no uncertain terms by Helene that it had to be done while the recies were fresh in my mind and I was running well. Were it not for her there's no way I'd have started and knowing that close friends were thinking of me on the day inspired me to run my best yet.

So I'd completed a hatrick within 12 months - all solo, unsupported 24 hour runs. In July 1986 I broke the record for the 85 mile traverse of the Scottish 4000 foot peaks and on January 8th I completed the first solo winter Bob Graham within 24 hours.

People ask me what comes next. The answer is 'I'll have to consult the list'. There's plenty more left on it!

Editor: Martin deservedly won the FRA's long distance award for this superb effort. The 'Helene' referred to in the article was Helene Diamantides who, together with Alison Wright, later in the year broke the record for running from Everest Base Camp to Katmandu by more than 24 hours, when recording a time of 3 days 10 hours 8 minutes for the 180 mile run consisting of 32,000 feet of ascent and 46,000 feet of descent. Congratulations to all concerned.

Map and Schedule of Scottish Munros

No.

447	Stephen Pearson	486	Stan Gardiner
448	Helene Diamantides	487	David Say
449	Martyn Hopson	488	Chris Farrell
450	Frank Wilkinson	489	Ian Partridge
451	Ken Hargreaves	490	Guy Russell
452	Mike Lawrence	491	Mark Hoon
453	Phil Cheek	492	Tim Oakes
454	Sarah Haines	493	Ian Shaw
455	Andrew Kelly	494	Nick Arding
456	Peter Eccles	495	Steve Payne
457	Graham Shutt	496	Tony Henry
458	Steven Cockerham	497	Paul Farmer
459	Geoffrey Howard	498	John Warswick
460	Peter Hanks	499	Raymond Phillips
461	Nigel Hetherington	500	Andrew Addis
462	John Wilmott	501	Paul Ramsden
463	Andy Hauser		
464	Bob Carey		
465	Bob Bradon		
466	Mike Langrish		
467	Calum Bark		
468	Paul Daly		
469	Peter Mason		
470	Keith Midgley		
471	Wade Cooper		
472	John Armistead		
473	Neil Goldsmith		
474	Dave Mosely		
475	Howard Swindells		
476	Keith Tonkin		
477	Fergus Macbeth		
478	Paul Rutter		
479	John Thompson		
480	Jerzy Matuszewski		
481	Denis Gleeson		
482	Michael Quinn		
483	Tim Laney		
484	Jim Ditchburn		
485	John Oldroyd		

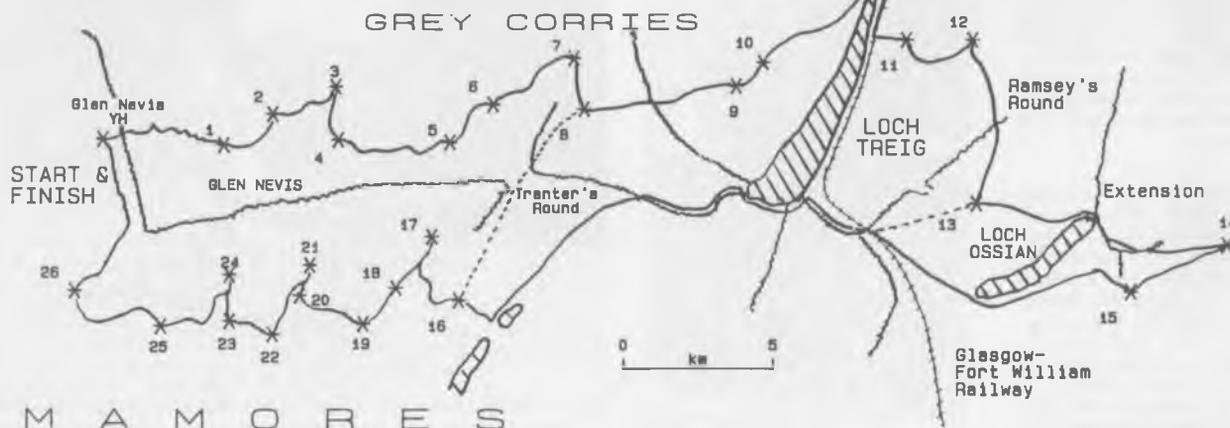
Membership certificates will be presented at the Clubs Biennial dinner dance to be held at the Shap Wells Hotel, on Saturday, 8th October 1988.

F. Rogerson
Hon. Chairman.

SCOTTISH 24 HOUR MUNROS RECORD

26 Peaks & 31,000 Feet Ascent on 25-26th June 1987

Depart Glen Nevis YH		10.40	15 Carn Dearg	(3088)	22.33
1 Ben Nevis	(4406)	11.59	Loch Ossian West End		23.12
2 Carn Mor Dearg	(4012)	12.32	Loch Treig SW Corner		00.15
3 Aonach Mor	(3999)	13.14	Loch Eilde Mor NE Corner		01.57
4 Aonach Beag	(4060)	13.29	16 Sgurr Eilde Mor	(3279)	03.09
5 Sgurr Choinnich Mor	(3603)	14.14	17 Binnein Beag	(3083)	04.08
6 Stob Coire an Laoigh	(3650)	14.41	18 Binnein Mor	(3700)	04.53
7 Stob Choire Claurigh	(3858)	15.13	19 Na Gruagaichean	(3442)	05.14
8 Stob Ban	(3217)	15.39	20 Stob Coire A'Chairn	(3219)	05.48
9 Stob Coire Easain	(3658)	16.49	21 An Gearanach	(3200)	06.09
10 Stob A'Choire Mheadhoin	(3610)	17.05	22 Am Bodach	(3382)	07.00
Loch Treig Dam		17.44	23 Sgor An Iubhair	(3284)	07.18
11 Stob Coire Sgriodain	(3211)	18.56	24 Sgurr A'Mhaim	(3601)	07.46
12 Chno Dearg	(3433)	19.24	25 Stob Ban	(3250)	08.31
13 Beinn Na Lap	(3066)	20.28	26 Mullach Nan Coirean	(3077)	09.08
14 Loch Ossian East End		21.02	Finish - Glen Nevis YH		10.04
14 Sgor Gaibhre	(3134)	22.04			



THE 10th SAUNDERS LAKELAND MOUNTAIN MARATHON

by Robert Howard

The Saunders Lakeland Mountain Marathon celebrated a decade of races with its biggest ever entry when it was staged at Eskdale over the weekend of July 4/5th. The venue this year was the large Outward Bound Centre as Eskdale Green, which provided some excellent start/finish facilities and a picturesque setting on the lawns above the centres own Lake. As usual a Friday night reunion was held over a pie and peas supper and those attending were allowed the use of the nearby Fisherground Campsite.

On the Saturday morning all the runners gathered at the centre, and the scene on the lawns was a colourful one, as everyone copied down checkpoints from the master-maps and checked their packs. These varied from the slim packs of the elite runners weighing in at around 13 lbs, to some enormous backpacking sacks that looked likely to cripple those carrying them.

Traditionally the SLMM has mass starts but this year runners were set off at 2 minute intervals because of the increased entry. Starting procedures were complex with no less than 2 pre-starts, the start proper and then a very, very long flagged run out before the route issue point. There was a set of scales by the first of the starts but it seemed most preferred not to know exactly what they were carrying. By the time everyone was away 962 runners had started the race.

As in recent years there were 5 courses to cater for all levels of ability (see below for details), and all the classes were for pairs except the 'Klets Classic' class, which is the only solo class in 2-day mountain marathons. The courses covered a large area of the western fells around Langdale, Scafell and Coniston, and were set by Ken Ledward. Ken officially retired as organiser last year but with no replacement coming forward he stepped in to do the job again. This year the courses concentrated on presenting route finding difficulties, rather than on pinpoint navigation to the checkpoints themselves.

Part of the Klets challenge is to tackle 6 'special' checkpoints described as 'passages of elevated interest', - in other words somewhere up a crag. This year Ken was a little more imaginative than usual and apart from the checkpoints involving some climbing, he placed another in a cave and one half way across an old bridge girder, still spanning the river Esk. Janet Sutcliffe, the only lady in the class, got a soaking here after dropping her compass and having to retrieve it from the river.

The weather on day 1 was just about perfect as it was bright and sunny but a breeze kept the temperatures down. Conditions underfoot were also good and it wasn't surprising, therefore, that nearly everyone reached the mid-camp. This was at Stool End Farm in Langdale, and on a fine evening it made a magnificent setting. As usual the atmosphere was sociable as everyone discussed the days running and there was some

additional entertainment as the field/trench toilets were continually redesigned, - or to put it another way, kept falling down. For those who couldn't resist the lure of 'Old Peculiar', the Old Dungeon Ghyll wasn't too far away either.

The overnight results showed most of the classes had clear leaders, particularly the Scafell class where Joss Naylor and Andy Ligema were 31 minutes ahead, but the Bowfell class was very close with only 11 minutes between the top 5 pairs. Everybody was set off again in a series of massed starts in the morning and although the second days courses are shorter they faced a hot day as the breeze had dropped. A few pairs did retire due to the heat, but remarkably 87% of the runners completed their courses, a record for the event and one that may remain for many years to come.

Not surprisingly Joss Naylor and Andy Ligema claimed the Scafell title, by an impressive 32 minute winning margin to add yet another title to the Naylor collection. In the Klets Classic class 3 times winner Derek Ratcliffe wasn't competing but Mark McDermott proved a worthy successor and won by 37 minutes. In the Bowfell class there was something of a surprise as the overnight leaders retired allowing Martin and Graham Sellens to win. As in recent years the ladies and mixed teams performed well, particularly in the Scafell class with 3 mixed teams in the top 8. One runner deserving special mention is Janet Hutchinson, who badly bruised her arm on Day 1, but carried on wearing a sling and still won the ladies section of the Backpackers class, with her partner Carole Thomas.

Joan Saunders presented the trophies, and Bob Saunders gave out prizes of equipment donated by most of the big names in the outdoor trade. The general feeling was that this was the best SLMM yet, and if you want to compete next year apply early, as the popularity of the event now far outstrips the limits on the number of entries accepted.

(Robert Howard is trying to put together a short history of the SLMM, but it seems either no records have been kept over the years, or they have been lost. If you have any results from the SLMM for the years 1978 to 1983, or if you won a class in the event yourself in those years, please get in touch with Robert Howard at: 4a Langham Drive, Narborough, Leicester LE9 5EY.)



Descending Long Scar on Day 1.

SAUNDERS LAKELAND MOUNTAIN MARATHON

Results

CLASSES	This year the classes were as follows; (figures are minimum distances and ascents.)
Klets Classic	A solo event for very skilled & fit high level mountain travellers. 66 km/2750 m (plus 150 ft rock climbing).
Scafell	For top class fell running navigators. 74 km/2833 m
Bowfell	For experienced navigators. 66 km/2550 m
Wansfell Fellrunner	For novice fell runners. 46 km/2295 m
Wansfell Backpacker	For walkers only. 44 km/2310 m

In every class there were also sections for mens, womens and mixed teams.

Klets Classic	1 Mark McDermott	9.33.
	17 Janet Sutcliffe	18.23. (Ladies)
Scafell	1 Joss Naylor & Andy Ligema	10.08.
	4 Martin Stone & Miss Diamantides	10.41. (Mixed)
	(No ladies pairs competed in this class)	
Bowfell	1 Martin & Graham Sellens	9.08.
	7 Selwyn & Elaine Wright	9.56. (Mixed)
	14 Tara Winterton & Jane Meeks	10.39. (Ladies)
Fellrunners	1 Stanley Pattinson & Alan Wanless	6.23.
	13 Roger Panter & Jane Beardwell	7.36. (Mixed)
	26 Jill Docherty & Sue Kiveal	8.30. (Ladies)
Backpackers	1 Christopher & Douglas Metcalfe	9.45.
	11 Kevin Bormann & Barbara Brierley	10.36. (Mixed)
	13 Carole Thomas & Janet Hutchinson	10.38. (Ladies)



Tony Peacock and Vanessa Brindle finishing on the lawns of the Outward Bound Centre Eskdale.



Joan Saunders presents the Scaffell trophy to Andy Ligema and Joss Naylor. (Andy distinguished himself shortly after this by dropping the cup!)

THE ALPINE PASS ROUTE

by Chris Gravina

Is there life after completing the Bob Graham Round? To find out, I looked round for something suitably challenging, which offered prospects of good running, good scenery and the possibility of occasional sunshine, and decided to attempt the 'Alpine Pass Route', in the last week of July 1987.

The APR runs across Switzerland - from Sargans on the Leichtenstein border to Montreux on Lake Geneva. It crosses 14 alpine passes, passing through majestic mountain scenery which includes a variety of remote valleys, snow, rock and alpine meadows - and through popular tourist centres such as Grindelwald and Gstaad. The APR is about 210 miles long, with about 60,000 feet of ascent and descent, mainly on mountain paths but with sections of road and jeep track. There is an English guidebook published by Dark Peak - (author J. Hurdle). The book allows 15 days to walk the route - optimistically I planned to do it in 5, but actually took just over 6 days after injuring a knee, and wasting time on a short cut which wasn't. I went solo and unsupported, and averaged about 12 hours per day - leaving plenty of scope for others to reduce my time significantly!

I started off with a 10 lb pack including sleeping and bivi bags, but reduced the load to 5 lb at the halfway stage when accommodation in the form of huts, haylofts and hotels became frequent. There is really no problem with finding somewhere warm to sleep anywhere on the route. Buying food was sometimes a problem outside the main tourist centres, however - shops shut for 2 hours at noon, and it was difficult to synchronise one's arrival in civilization with restaurant meal times. I settled for one good meal per day, supplemented by

the traditional Alpine diet of milk, rolls, cheese and chocolate. Superb milk and cheese were obtainable from farms along the way, my favourite cheese (Tilsit) having an odour reminiscent of sweat-soaked PBs...

The route was mainly on hard-surfaces, and I wore a pair of Nike Pegasus in preference to fell shoes, for their better cushioning. They coped well, even when crossing the higher, snow-covered passes. I expected the latter might be tricky to negotiate without boots, but in the event all had large, well defined steps kicked up them by other walkers.

The weather was generally warm but cloudy, with a couple of hours of heavy rain every day. This was apparently an exceptionally bad year. Every day had its memorable moments. There had been heavy storms the week before, and I spent the first day fording swollen torrents and detouring round landslides. The next day ended in a snow bound cable car station where I bivouaced in a snow-mobile garage. Then to Meiringen, Grindelwald, tourists and civilisation, where storms raged round the Eiger more or less vertically above. I delivered the mail to the Blumlisalp Hut on the high Hochturlipass, and ran into a herd of chamois on the descent. The final pass, the col du Jaman, was an alpine pasture with a small restaurant ideally situated for a celebration meal accompanied by the sound of cowbells.

I would be happy to help anyone plan a similar trip.

A TORRIDON ROUND

by Derek Hodgson

Like many good schemes this one was hatched during the thinking time made available on a long car journey. In this case during a return trip from Torriddon May 1986 with daughter Susan.

After being blown and washed off Skye we moved on to Torriddon and decided on a walk over the Algin ridge. It turned out to be one of those days when progress on the tops was only possible by crawling on hands and knees, so not wanting to take up 'Gag Gliding' a hasty retreat was beat back to our now demolished tent (fibreglass hoops!) and hence home. 'Scottish Ben's one - Walkers nil'. How about a return match I thought, Liathach, Algin, Dearg, and Ben Eighe in one trip.

Fourteen months later, during two weeks holiday with the family, coincidentally in Torriddon ...

About 5.00 a.m. I peer out of the window across Gruinard Bay and the sky is clear. The plan was to drive to the car park opposite the Ling Hut for 8.00 a.m., start up Liathach and go clockwise to the end of the Ben Eighe ridge returning to the start. A final check look out of the window at six, showed the cloud level down to about 300 feet!? Following a further hours indecision I decide to GO. A faint heart never skinned an elephant's chopper, and all that!

It's 9.00 o'clock as I leave the family and start on the long slog up Liathach reaching Stuc a Choire Dhurbh Bhig in about an hour, too out of breath to try and pronounce it. As I start off along the ridge I get great views as the mist clears. Looks like it could be a great day. I hurry on and take a couple of wrong slots off one of the tops in thick mist, then dash along the trod beneath the Fasariren pinnacles and off the ridge at Sgorr a Chadail. Support from the family awaits at the bridge (874583) as I arrive midday, and it's getting hot.

On to the Algin ridge via Tom na Greagaich where I remember my last visit on hands and knees with Susan, and take in the view with mixed feelings. Magnificent, inspiring, and a bloody long way to Ben Eighe! Lot's of descent, climb, hot sun, people, and great views. No sun cream or water which I need. The descent to the stream from the last horn is steep and rough and it feels good to drink, wash off some of the salt, bath the feet and refuel, all amidst solitary splendour. I've been going about six hours now.

Very steeply up to the Dearg ridge to Stuc Loch na Cabaig and along this interesting ridge with views of Liathach's Northern corries (jumping at its high point to make it a Munro, it's 2995 ft.) Some running at last to Carn na Feola where the start of the final Ben Eighe section comes into view. Hmmm!???. Another steep and rough descent to the West, over the moor and on up to the magnificent Coire Mich Fheargair. I'm slowing down now and feeling the effects of the heat and sun and the thought of missing out the last one seems attractive. However, the family support party awaits in the coire and Susan runs down to meet me with water and encouragement. We had planned for her to support me over the Ben Eighe section. I arrive at the lip of the coire about six o'clock to be greeted by one worried wife, (apparently I looked knackered!?) and the rest of the family, all sunburnt.

We leave for the climb up to Ruadh Stac Mor taking the opportunity several times to stop, look back, and admire the fantastic views. I'm now starting to suffer the effects of not drinking enough and cramp sets in. It's good to have company and be plied with food and staminade, I drink but don't feel like eating. We miss out Sail Mhor and traverse the quartzite ridge to Scur nan Fhir Duibhe where most of the ridges traversed during the day can be looked back upon. It's around 9.00 p.m. and we take a few photos as the light starts to go. One final look around to soak up the views for the last time and its painfully down the scree to the road, via Coire Domhain. Tired but with the sense of satisfaction and achievement that comes with a hard day out on the hills.

'Bens one - Runners one'
A fair result!

...

Summary:

Traversal of Liathach, Ben Algin, Ben Dearg, and Ben Eighe. About 25 miles and 13,000 feet of ascent.

Time Splits:

Liathach - 3hrs and ¼ hr rest.
Algin - 2 ½ hrs and ¼ hr rest.
Dearg - 2 ¾ hrs and ¼ hr rest.
Ben Eighe - 4 hrs.

Support at stream GR 884613 and Loch Coire Mich Fheargair and over the Ben Eighe section.

1987 - WHAT A WET YEAR !



Mud, Glorious Mud - Paul Dugdale, Albert and Sean Sumner in training for Chew Valley '88? (Photos: Bolton Evening News)

SWISS ALPINE RACE SERIES 1988

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RACE 2

THE SERTIG RACE — JEWEL OF THE MOUNTAIN RACES

Filisur — Bergün — Sertigpass — Davos

The longest mountain race in Switzerland over a distance of 39km with a difference in altitude of +1920m/ - 1460m. The Sertig Pass at a height of 2,740m above sea level is the *pièce de résistance*. All this takes place amid incredible scenery high in the mountains. An unforgettable experience!

RACE 3

LANDWASSER RACE — THE STARTER

Davos — Wiesen — Filisur.

A race full of surprises. 28 km long with a difference in altitude of +380m/ - 840m. All this amid beautiful, ever-changing scenery.

WALK

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Davos — Sertigpass — Bergün

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BOOK REVIEWS

A Review of John Legge's New Book

'RUNNING IN DEVON'

by Bill Smith

The author of this little book has in recent years contributed some very interesting articles to the late lamented Athletics Weekly on cross-country and road running in his native Devon. The first of these, and to my mind the best, was 'A Run Through Devon's Green Lanes' (A.W. - February 23rd, 1985) which introduced to me some of the genuinely rural cross-country races they have down there, a few of which might qualify as 'C' or even 'B' category events. He later that year expanded this article into an A4-size typewritten booklet, with illustrations, bearing the same 'Green Lanes' title.

Running In Devon is a revised and updated version of that booklet, professionally printed and bound, with 48 pages and 35 photographs, though unfortunately none of them depict the kind of country runs referred to above. The front cover photograph showing a mass fun run is not representative of the book's contents, which are devoted almost entirely to genuine athletic events, and was probably used to boost sales among the jogging fraternity.

It must be emphasized for the benefit of FRA members, however, that the majority of these events are road and parkland 'cross-country', with the material on the real country runs forming only a very small part of the book. The first chapter, entitled 'Town And Country Races', presents short profiles of forty events, listed month by month throughout the year, and there are others on 'Club Competition', 'Cross-Country Championships', 'Road Racing In Devon' and 'Devon Relays Past And Present'.

The authentic cross-country and hill races are apparently all held during summer, usually in conjunction with village galas and country fairs. Devon even once had its own 'professional' races: 'Relics remain of the days of inter-village sports when each village had its own cross-country annual race with money awards for the victors'. The book contains mention of nine events which could be termed 'hill races' (though not necessarily rough fell style), plus two which are no longer run, while one which appeared in the 1985 booklet and is still run is unaccountably missing from this book, though John Legge tells me it was certainly included in his manuscript.

This is the Chagford Two Hills Race, about which **A Run Through Devon's Green Lanes** said: '... An even greater test of endurance is the Chagford Two Hills Race, the two hills being Meldon and Nattick. This is probably the nearest equivalent we have in Devon to Fell Running. A course takes the field of runners through Chagford out onto the hills where the deep ferns are yearly pressed back to provide a passageway for the perspiring aspirants as they work for the top. The traversing of these two gigantic hills is an unforgettable experience even for the hardened athlete ...'

The two events which are no longer run are the Lynton-to-Lynmouth Cross-Country over Exmoor, held during the 1960s and early '70s, in which 'often a thrilling finish was in store for the spectators as the leaders could be seen on the crags above the village as they began the dangerous descent', and the Cawsand Beacon Run, 'which also involved a dangerous downhill run over moss-strewn boulders ...'

The Holne Cross-Country in August has varied in distance from 2½ to 4 miles and involves 'bracken, woodland, river and numerous gateways ... Holne Country Fair is a typical Dartmoor event with Sheaf Pitching, Ram Roasting and Bowling taking place in the village field alongside the moorland church'.

The Christow Cross-Country, also in August, is described as being 'Devon's equivalent to fell running', in which 'an initial steep climb is followed by reckless downhill running which follows with a run through the Teign and an uphill finish into the showfield where a circuit of the track completes the 2 mile course'. There are four events mentioned of around this distance, the others varying from 4, 5 and 6 miles to the 10 miles of the Doone Valley Run.

While this book cannot be wholeheartedly recommended to those readers whose sole athletic interest is in fell running, it should make an interesting read for anyone who also likes road and parkland 'cross-country', and could be particularly handy for anyone planning a holiday in Devon. It can be obtained for £2.75, post free, from Obelisk Publications, 2 Church Hill, Pinhoe, Exeter, Devon.

Since submitting the review of 'Running In Devon', I've received some further information from the author, John Legge, which may be of interest to some F.R.A. members.

Another hill race not mentioned in the book is the Bowerman's Nose Race, held in conjunction with the Manaton Show, near Newton Abbot. Writes John: 'Bowerman's Nose is a rock formation on Dartmoor and runners choose their own route from the showground to the rock, and back again. Last year, an American visitor attempted to race direct to the rock, oblivious of the private grounds, etc., en route, and arrived back hours later, having encountered marsh and plastered from head to toe. So it is better to follow tracks! 'The 3 mile course consists of lane, track and moorland and this year's event took place on August 8th: 'The field was very small, but the organisation good. I ran most of the race with the champion, a local lad, who clocked 18 minutes and left me standing'.

For information on the Holne Cross Country, contact Kevin Ireland, 5 Market Street, Buckfastleigh, Devon, and for the Ideford Cross Country, M. Bulley, Ideford Cross Country Organiser, Hayes Farm, Ideford, Chudleigh, Devon. John suggests that anyone interested in any of the other runs should address their enquiries c/o the village Post Office.

JOSS NAYLOR MBE WAS HERE:

A personal account of the
complete traverse of the
'Wainwright' Lakeland Peaks.

Published by KLETS, Braithwaite, near Keswick. 6¼ x 4½, 28 pages of text and photographs. £2.50.

Chris Bland of Borrowdale was the first man to attempt a complete traverse of all the summits listed in A. Wainwright's 7-volume Guide to the Lakeland Fells within a week. He made his attempt in 1981, aiming to complete one book per day, and eventually covered all but 22 of the full total of 214 summits. A very gallant effort indeed, and particularly as it was a pioneering effort.

Clayton-le-Moors veteran 'King of the Mountains', Alan Heaton, was the next man to attempt this mammoth task, two days after his 57th birthday in 1985 (Bland had been 40). However, rather than follow Chris' example of doing one book per day, Alan based his own schedule on the original one devised by Liverpool schoolmaster John Beech almost a decade earlier, though with several variations. (Beech, incidentally, was a fell-walker, not a runner, whose plan had been inspired by Naylor's Lakeland 24 Hour Record of 72 peaks in 1975.) Heaton completed the full course in 9 days 16 hours 42 minutes, though it should be mentioned that his start on Day 5 had to be postponed till 12.50 due to a visit to Keswick Hospital for a painful toe injury incurred the previous day: 'The thought crossed my mind that this might be the beginning of the end,' Alan wrote in his notes for Day 4, with reference to the injury. His achievement, like Chris Bland's,



Joss Naylor at Horse Crag in this year's Saunders (photo: R. Howard)

stands as yet another milestone in the development of ultra-distance fell running.

Twelve months later, 50-year-old Joss Naylor of Wasdale, who during the 70's had broken both Heaton's 24 Hour and Pennine Way records, made his attempt at the Wainwright Round. Like Alan, Jos started and finished at Keswick's Moot Hall, traditional venue for the Bob Graham Round, as originally suggested by John Beech, and while some of their sections were identical, others varied considerably. Jos even traversed one section of the Far Eastern Fells in the reverse order to Alan. He set a new record of 7 days, 1 hour, 25 minutes for the full course and utilised his run as a fund-raising effort for the Arthritis Research Council, which was celebrating its 50th anniversary.

This little booklet tells the story of the run in Naylor's own words and a thoroughly gripping and highly-entertaining account it is, with Jos's down-to-earth sense of humour never far from the surface. There is also a complete schedule of the attempt, with times at both summits and rest points, plus eight black and white photographs. One of these, showing Jos and Ken Ledward (the book's publisher) at Esk Hause, was actually taken on Jos's 72 Peaks run and has previously appeared on the cover of the 'Karrimor Annual Digest 77/78', with one half of it - Jos's half - also being featured in Roger Smith's **42 Peaks** booklet. Both the front and back cover are taken up with a superb colour shot of Jos and pacer Dave Hall approaching the summit of Scafell Pike. The book is available from Ken Ledward, Pete Bland Sports, and possibly other retailers such as Andy Hyslop's 'Rock and Run'.

Bill Smith.

MOORLAND CHALLENGE

by Tony Winbush

(96 pages published by Ernest Press. Price £4.65.)

This book is a revised, updated edition in an improved format of the same author's Long Distance Walks (Vol. 1) published in 1981. It provides a long distance walker's/runner's comprehensive guide to the North Yorkshire Moors, the Wolds and adjacent areas. Included are nearly 60 routes divided into challenges, events and paths. Throughout, the book is very clearly written showing immediately the mileages involved, the start and finish points with grid references, the maps required and where to obtain fuller information.

For the challenges there are route guides and full page maps and for the events a checkpoint list, all supplemented by relevant background information. Whilst essentially a reference book packed with information, it is illuminated by brief quotations and black and white photographs.

In short, it provides an inspiration and invaluable source of ideas for training routes in the region concerned.

HA WORTH HOBBLE 1987

by Peter Travis

Early morning and steep cobbled hill is alive with voices;
runners, eager for the first surge,
walkers, determined looks to combat the strenuous miles.

We run the road and on to open hill;
across Bronte Bridge, where classic tales,
conceived their genesis in strange and fertile minds.
Top Withens, gaunt and roofless,
peat tracks, frozen ridges to throw
the unwary runner, and then on to uneven causeway.

Over tussocked moorland, and county boundary.
Hoof Stones, high, long and wearisome.
Snow assaults us as we pass the summit,
but yields to clearer skies and with this,
brightness so lightens the mind.
Steep climb to monument of long finished war,
unremembered but tells us that we,
have climbed to highest point above the town.

Heptonstall, what heart-tearing climb awaits us.
Woodland path, and sun flickers through
trees that hint of life to come.
Walshaw Dean, dry stone wall our companion;
then down lane to meet metalled road.
We drive our legs and run,
across frozen snow - below we see
our destination, a sprint to valley reservoir,
then up the hill, past church and inn,
of Bronte fame, and swift descent,
sweet and good, we pound the cobbled hill,
where we had stood but such short time ago.



Howarth Hobble - Bronte Bridge

(Photo: Keighley News)



Howarth Hobble - 8 a.m. start

(Photo: P. Hartley)



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Report on
F. R. A. U/21
TRAINING
WEEKEND 1987

by Robin Bergstrand

It was a small but perfectly formed group of young fell runners, which gathered at Staveley-in-Cartmel village hall on a showery Friday evening in August. The occasion was the first F.R.A. U/21 training weekend, organised by yours truly and with financial aid from the F.R.A. Committee.

Once the food arrived, courtesy of John Broxap, things swung into action with an easy 6 mile run around Newby Bridge and Finsthwaite.

Unfortunately a missed turning and the competitive urge of some of the party turned it into an 8 mile burn-up. Those of us who knew or guessed what was in store the following day cautiously hung back off the pace.

The amazing keenness of the participants meant that we left the hall half an hour ahead of schedule on Saturday morning for a scenic jog out to Grizedale Forest, via High Dam. After a walking recovery through the forest and a swig of orange juice (and a fistful of sandwiches in Robin Lawrence's case) the first real effort of the day commenced. A 6 x 900m paarlauf around forest tracks and paths was organised, with the party age-handicapped into pairs totalling 36 years. (e.g. Andy Peace (18) and Tim Gibson (18) totalling 36). As Geoff Hall's father probably exceeds this total by several times on his own, it was initially suggested that he ran all 6 legs himself, but we relented and let him run alternate legs. On completion of this 'sharpening', we left the humidity and flies of the forest, with a short run to the 'posh' Forestry Commission visitors centre in Grizedale Village, under strict orders not to offend the other visitors or scare their children.

After lunch, it was 'how to become world orienteering champion' time. A course was planned on the attractively packaged Grizedale wayfaring map, and the party was sent off into the unknown in ones or two's, with the key words 'keep to the line features', ringing in their ears. Following direct bearings through the grot that they call Grizedale Forest, is not recommended. First to depart were Chris Harney and Robin Lawrence, who managed to get badly lost between the picnic tables and the start point, and lost 20 minutes before reaching the first control! A fun time was had by all (honest!) and after a couple of hours of thrashing around in thick undergrowth and brushings, we accumulated scratched and sweaty at the finish point. Driven away by the swarming midges we were soon wending our way back towards 'home', eager to note in our training diaries that we'd covered over 20 miles in all.

Sunday morning dawned clear and fresh, but there was a slight show of reluctance when reveille was sounded at 7.30 a.m.

Saturday's activities had obviously dampened some of that youthful exuberance. Nevertheless, it was a 100% turnout, for the 5

mile run out to Seale and back before breakfast. After breakfast a break of a couple of hours gave Tim Gibson a chance to show his prowess as a magician, which along with Robin Lawrence and Chris Harney's piano playing ability and Stephen Hawkin's raw garlic eating exploits just goes to show what a multi-talented lot fell runners are. And so to the final event and the weekend's highlight, the Gummers How Dash. Inaugurated in early 1986 by Sheffield University Orienteering Club, the 1 mile /400 feet course has a fast start and finish, with a rocky and steep bit in the middle. Thanks are due to Carl Dermott, for sacrificing a shot at victory in order to do the timekeeping, a truly great gesture.

A fast start impressed the by-standing tourists, some of whom even took pictures, and it was that up and coming star Robin Bergstrand, who led to the summit with Stephen Hawkins and Andrew Peace on his heels. Hawkins lived up to his reputation and flew down the roughest ground to take the lead. Geoff Hall was descending equally well and pulled through to second place. Stephen looked a comfortable winner until around a hundred metres to go when his unusual diet caught up with him and he had to pull up in order to prevent an unpleasant accident. This let Geoff through for a fine victory, one second ahead of 'old man' Bergstrand. His time of 7.35 demolished the previous record of 8.17 held by Andy Kitchin, the British Orienteering Champion.

So that was it, and the sun had come out as well! The weekend seemed to fulfill what I had intended i.e. a fair amount of work but a good laugh nonetheless, and I hope that it will initiate more of the same in years to come. Thanks to everyone who turned up - I enjoyed it anyway!

6TH ANNUAL SAFTEY AND NAVIGATION COURSE

by Peter Knott

On the basis of comments from the participants the 6th annual course was a success. On the basis of the numbers of participants the organisers find it both surprising and disappointing that the numbers remain small and that the course still hasn't really taken off.

When you consider; (a) the number of people running in the fell races now; (b) that the complete fell runner must have navigational skills and; (c) that for the sacrifice of one race and one week-end the basic skills can be obtained, it is a surprise to us that there is not more demand.

Those that have attended the course have gained in initial skill and confidence on which to build by experience, and a new perspective and enjoyment of the fells.

This year, as in previous years, some of the participants were in attendance for the second time to help to extend their capability. Notably, two of the leading Juniors, who surprised the organisers and the other participants with times of just over the hour for the 8km. 8 control point Silver Howe Chase, showing that they could not only run fast but had acquired the ability to navigate at

ALSO RAN by Colin Ramsbottom

Thoughts of an ex-fell runner, once a member of Clayton le Moors, now with Witney Road Runners.

I suppose the rot set in when I was obliged to move south with my job in May 1983. On top of that, numerous sprained ankles have taken their toll and I've finished up with an arthritic left ankle which doesn't half give me some gyp. The last straw was being advised by the local sports injury doctor to wear a splint when running on rough stuff. (in Oxfordshire? I ask you). I've decided to hang up my Walsh's and hobble around the Cotswolds in my Hi-Tec Silver Slads.

My fell running started when aged 29, in 1973 with three other mates; Stan Bradshaw, Terry Moore and Tony Peacock, all of us living in the Chorley/Loveland area. Every Saturday we used to run up and down Great Hill from White Coppice (3 miles). Maintaining even the slowest pace took an extreme effort, and I never knew where Terry got his extra energy to bite his dog out to stop it chasing sheep. Terry had another peculiarity, not surprising since he originally came from Yorkshire, and that was to demolish cairns. This weekly run gradually got quicker and a bit of needle crept in. Tony was the first to get serious by turning up one Saturday, in some old football shorts; previously we'd all run in old longs and were still in camps.

Jimmy Loxham did a guest run with us one week and as we were rounding the summit cairn on Great Hill, he looked over to Darwen Tower and said he'd actually run there and back from White Coppice (10 miles). We all knew now that Jimmy was a real Superman and not just renowned for his appearances in the showers after Clayton Club nights. Thanks mainly to Stan and his navigational skills we got to know every track between Rivington Pike and Darwen Tower, and eventually all of us joined Clayton and started to compete regularly.

My first races were in 1978, at Rossendale (old course) and Langdale - the year the check point was on the wrong Crinkle. Never having won any 'pots', I've had to get my kicks from whatever source available, here are just a few:- getting to the first gate in the Kentmere before the crush; running for Lancashire in the Northern Counties (or so I thought); jumping over Neil Shuttleworth in the Chew Valley when he'd fallen at the start line, and did he do it to get a good photo; seeing Billy Bland in the second half of the Langdale, the year it was re-routed up and down Scafell Pike; being told to keep quiet by Jimmy Loxham in the Wasdale when I was just going to tell a bunch of runners that they were heading off in the wrong direction. I believe my real highs were:- helping Stan on his record breaking run of the Scottish 4,000 footers in May 82; assisting on four successful Bob Graham rounds; getting a first class time in the Three Peaks; and completing the Wasdale on two occasions.

My biggest regret was not doing the Bob Graham, having to call off my attempt three weeks before because of a knee injury. Another ambition never realised was to get my picture in the Fell Runner, especially since Tony got a full frontal on the cover of the 'January 85' edition and Stan has featured in it more times than I've run up Great Hill. Just in case you've room I enclose a photo of me at Honister in the 1983 Borrowdale, finished 85th in 3 hrs 52 mins:- one of my better runs.

Well enough of my reminiscences, I've really enjoyed the last 14 years of running; the fellowship, the friendly rivalry and the unassuming modesty of the vast majority of fell runners. I'm just sorry it's all come to an end. As soon as I do a few training runs on consecutive days, the pain gets too bad and I spend a week in a depressed state, shouting at the wife whilst waiting for my next run. I hope to keep ticking over doing a bit of running, cycling and swimming and who knows, I still may see you on the fells if ever replacement surgery extends to new ankles.

speed in complex terrain.

Where were you, the rest of the aspiring future champions, and all those who wish to progress from marked routes to 'navigational skill required' events before you can describe yourselves as the 'complete fell runner'?

We are prepared to put on a course twice a year, Spring and Autumn. The F.R.A. subsidises the costs. Is the demand there? Let us know your views. Collar us at events and bend our ears. Tell us truly you **don't** need such a course, if that is what you believe.

SILVER HOWE CHASE

This year the course was shortened slightly to allow time for a thorough discussion of route advice before disbanding on Sunday afternoon with the 8 controls to be taken in a fixed sequence. The results were as follows:-

The organisers Peter Knott and John Gibbison, would like to thank those who gave up their time to help with the navigators on Saturday:- Sue Parkin, Anne Armitage, and Joe Falkner, and Ken Ledward who once more directed the course.

1. GEOFF HALL (JUN)	HOLMFIRTH	1:01:04
2. JOHN TAYLOR	HOLMFIRTH	1:02:46
3. CHRIS THOMAS	ALTRINCHAM	1:40:15
4. YVONNE ARMITAGE (INSTRUCTOR)		1:52:30
5. BRIAN MAHER	ABERDEEN	1:54:40
6. JAMES FARQUAR	ABERDEEN	1:55:17
7. GEOFF HALL (sen)	HOLMFIRTH	1:59:35
8. KEITH ANDERSON	AMBLESIDE	2:09:45
9. JOHN FRANCIS	LIV. PEM.	2:43:10
10. PAUL IBBOTSON	MORECAMBE	2:46:10
11. BRIAN HUGHES	LIV. PEM.	2:49:40
12. SUSAN WESTCOTT	BRADFORD	3:03:10
ANNE DICKINSON	BRADFORD	

RESULTS

ARROCHAR ALPS Scotland N/15m/9,000ft 22 Aug. 1987

The weather for this race was surprisingly satisfactory, being overcast with a little cloud on the tops but there were enough runners who had reced the course dispersed through the field to prevent any navigational catastrophes. A few runners got nearly crag-fast taking a direct line off Ben Vane, instead of contouring to the right. Billy Bland complained that he had to walk all the way. The course consisted of five miles of bog up from Stronafyne farm to Loch Sloy Dam, then ascent and descent of Ben Vorlich, Ben Vane, Ben Ime, and Beinn Narnain. The steepest and roughest stretch was the one mile section up and down Ben Vorlich. The descent off Ben Narnain nominally followed a path of variable distinctiveness but included several becks and short-cuts for the initiated. Some say this event of 15 miles and 9,000 feet of climbing will replace Ben Nevis as Scotland's premier events. Certainly Andy Dytch and Bobby Shields got everything right in their organisation.

John Blair-Fish

- 1: W. Bland, Kes. 3.07.39
- 2: D. Ratcliffe, Ross. 3.12.44
- 3: C. Valentine, Kes. 3.20.07
- 4: M. Rigby, West, 3.21.16; 5: J. Broxap, Kes. 3.29.50; 6: M. Garratt, Mand. 3.30.03; 7: M. Hudson, H.H. (1 V.40) 3.30.44; 8: D. Bell, HELP. 3.31.39; 9: J. Blair-Fish. 3.32.59; 10: J. Gibbison, Lancs. 3.34.59; 1 V.50: B. Richardson, Scot. V. 3.54.58; 1 Lady: C. Menhennet, Bell. 4.09.26.

SLIEVE GALLION N. Ireland CM/12m/1,500ft 22 Aug. 1987

A new race this year, organised by Magherafelt and District A.C. in County Tyrone, an area in which there has never been any fell running until now. The race started and finished in the village of Mareymore, and despite Slieve Gallion being some distance away, the organiser Barry Holmes came up with a very ingenious route consisting mainly of hilly farm lanes and fields; thus keeping the road section down to a mile at the start and finish. There was enthusiastic local support, with a large crowd at the finish, plenty of refreshments afterwards and a commentator to keep the spectators informed of the summit positions.

There was a large field of almost 50 with many locals taking part as well as most of the regular fell runners. At the summit local road runner Pat Higgins had a substantial lead, but on the way back he was passed by Jim Hayes and Jim Patterson. Many runners made mistakes on the way back as the markers which were easily visible at turns and junctions on the way up were not so easy to see on the way down. An interesting route, although not a true fell race it is a hard fast race. The prizes were very generous due to the sponsorship from local businesses.

- 1: J. Hayes, Bally. (vet) 76.29
- 2: J. Patterson, Mourne (vet) 76.41
- 3: P. Higgins, Ballin. 77.35
- 4: R. Rogers, Newc. 80.14; 5: I. Speers, Magh. 81.35; 6: W. McKay, Alb. 83.22.



Lady winner at Arrochar, tackling typical section below the summit of Beinn Narnain (Photo: W. S. Bateson)

SEDBERGH England AL/14m/6,000ft 23 Aug. 1987

235 runners set off on this arduous course over the Howgill Fells in dry, overcast conditions, with intermittent low cloud and a lively breeze on the tops, but with rain setting in during the latter stages. 1986 winner Robin Bergstrand set the pace on the initial climb from Lockbank Farm, and by the second checkpoint on Castley Knotts he was leading Ken West and the Northern Ireland runner Ian Parke by one minute. This order continued on the traverse northward to Carlin Gill and then eastward over the tops to Bowderdale Beck, but the gradual southwesterly ascent to The Calf saw Bergstrand establish a 3-minute lead over West, with Parke a further minute behind. West reduced this lead by a minute on the fast ridge run over Winder, with Parke in dogged pursuit, but the young Rochdale flyer finally won by 2.42 with a time of 2.08.28, which was 8.55 slower than his record run last year. Ian Parke retained 3rd place with a 2.12.01 clocking, 51 secs behind Ken West, whose performance is particularly praiseworthy now he is a veteran.

Derrick Lawson also had a typically fine run to claim the o/50 award in 23rd position (2.21.39), while Sue Parkin was the fastest lady in 147th (2.52.58). 24 places ahead of runner-up Stella Lewsley (3.00.49). Horwich won the team prize from Kendal by 41 points to 43, with Ambleside 3rd with 51. Two Bingley lads, R. Lawrence and C. Harney, were the only entrants for the junior race over Arant Haw, Castley Knotts, The Calf and Winder, and they completed the course together in 1.49.00.

Bill Smith

- 1: R. Berstrand, (I), Roch. 2.08.28
- 2: K. West, (V), Border 2.11.10
- 3: I. Park, Bally. 2.12.01
- 4: D. Barnes, Kes. 2.12.27; 5: P. Lambert, Clay, 2.15.52; 6: A. Lewsley, Bord. 2.15.54; 7: P. Clark, Kend. 2.16.01; 8: W. Brindle, (I), Horw. 2.16.04; 9: A. Richardson (V), Kend. 2.16.12; 10: R. Jamieson, Amble, 2.16.20; 11: A. Schofield (I), Roch. 2.16.28; 12: P. Mitchell, Bing. 2.16.35; 13: F. Loftus, Horw. 2.17.02; 14: P. Irwin, Ross. 2.17.07; 15: J. Winder, Calder, 2.17.25; 16: S. Hicks, Amble. 2.17.46; 17: D. Kay (V), Bolt. 2.17.53; 18: P. Ratcliffe, Ross. 2.18.24; 19: N. Raitt, Notts. 2.20.07; 20: S. Sunter, Horw. 2.20.39; 1 V.50: D. Lawson, Bing. 2.21.39; 1 Lady: S. Parkin. 2.52.23.

TWEEDSMUIR Scotland N/3m/1,000ft 23 August 1987

This event accompanying the Tweedsmuir Fair had all the aspects of the village sports with clay pigeon shooting, Greenmantle Ale from Frank Smith, the organiser, and local goodies in the tea tent. The course ascended Nether Oliver Dodd and Upper Oliver Dodd, a distance of about 3 miles. Debate has since raged among members of Carnethyas to the origins of Oliver Dodd and also to the eligibility of H. Hutchinson, age 12, from Peebleshire to run in the race and finish 16th. Mark Rigby, after his exertion at Arrochar, only took the lead from veteran Bobby Shields half way down the hill. Following the local interest and participation Frank has been persuaded to run his proposed longer races at a different time of the year.

John Blair-Fish

- 1: M. Rigby, Amble. 22.43
- 2: B. Shields, Loch. (vet) 22.50
- 3: A. Spencley, Carn. 22.55
- 4: R. Morris, Carn. 23.33; 5: A. Metham, L&L, (vet) 23.45; 6: J. Hutchinson, Peeb. 24.52; 1 J: N. Harrison. L&L 27.22.



1st V.50, Derrick Lawson, seen here at Turnslack (Photo: W. Smith)

WHINLATTER KING OF THE FOREST RACES

LORDS SEAT England N/5½m/1,000ft 25 Aug. 1987

Cockermouth runner Dave Swanston established a big lead in the race. Even the 'muddy' fell section did not appear to slow him down. Unfortunately, back in the forest Dave went astray, leaving Martin Harbridge (also now running for Cockermouth) to outstrip Pete Barron from Keswick to win the race.

There was consolation for Dave Swanston: he won the Gilbert Scott Muddy Shoe Award, presented for the most noteworthy act of navigational incompetence in the two races.

The ladies race was won by Stella Lewsley from Border AC in a fine time of 46.12.

- 1: M. Harbridge, CASA. 35.20
- 2: P. Barron, Kes. 35.28
- 3: P. Skelton, Kes. 35.35
- 4: P. Harlow, Kes. 36.04; 5: S. Sharp, CASA. 36.15; 6: J. Ritson, Der. 36.25; 1 Lady: S. Lewsley, Border. 46.12.

GRISEDAL GRIND England N/5m/1,500ft 27 Aug. 1987

Rod Pilbeam led from start to finish to set a new course record of 27 minutes, 27 seconds, despite not finding the tin of paint on the summit. Don Lee in second place just managed to do enough to win the overall series.

The ladies race was won by Carol Charlton from Keswick in 42.26, just ahead of a fast finishing Janet Sutcliffe (42.52).

- 1: R. Pilbeam, Kes. 27.27
- 2: D. Lee, CFR. 29.25
- 3: H. Jarrett, CFR. 30.19
- 4: J. Broxap, Kes. 30.32; 5: P. Barron, Kes. 30.41; 6: A. Bowness, CFR. 30.55; 1 Lady: C. Charlton, Kes. 42.26.

See page 34 for overall results.



The first climb out of Sedburgh

(Photo: P. Hartley)

WORLD CUP Switzerland
22-23rd August 1987

The World Cup races took place at Lenzerheide-Valbella in the Graouonden region of Switzerland. The event followed the format agreed by the International Mountain Racing Committee of two races for Senior Men, one short and one medium, a Junior race and a Ladies race. The men's medium course was uphill only whilst other courses had approximately three times as much climbing as downhill. The general opinion of those who had competed in previous World Cup Races was that the courses were harder but fairer than in previous years and rather closer to the type of course we have in Britain.

Lenzerheide-Valbella, a family resort in summer and a ski resort in winter, is situated in a high valley running south from Chur, the main town in the area. The courses were on the western slopes of the valley and the men's medium course finished at an altitude of 2330m (7200ft). The weekend weather was hot with brilliant sunshine and this, combined with the high altitude, favoured the competitors from Switzerland, Italy and other alpine countries. The Italians dominated all the team events and in addition made a clean sweep of the individual medals in the men's short event.

Despite the complications caused by three separate race starts and two finish areas, the general organisation was excellent. The combination of generous Swiss hospitality, superb local facilities and spectacular mountain scenery, helped to ensure that all competitors enjoyed a memorable weekend.

A summary of the race results and brief reports are as follows:

Men's 'Short' Race

8.9km/689m.ascent/237m.desc.

Malcolm Patterson and Dave Cartridge started well and after 1km were with the leaders at what they felt to be a relaxed pace. However, the Italians, revelling in the hot conditions, gradually turned the screw as the gradient grew steeper, putting Malcolm and Dave under pressure to retain their forward positions. Although they were both disappointed, their finishing positions were highly creditable considering the conditions. Alex Smith was another man who was disappointed at losing out in a battle for 20th place which was to mean that we missed the bronze medal by one point. However, his 21st place was a solid team performance on his World Cup debut. Ray Rawlinson was another of our runners badly affected by heat and altitude.

- | | |
|--------------------------|-------|
| 1: F. Bonzi, Italy | 42.32 |
| 2: L. Bortaluzzi, Italy | 42.45 |
| 3: R. Gotti, Italy | 43.49 |
| 8: M. Patterson, Eng. | 45.00 |
| 11: J. Maitland, Scot. | 45.32 |
| 12: D. Cartridge, Eng. | 45.37 |
| 15: H. Griffiths, Wales. | 46.37 |
| 21: A. Smith, Eng. | 47.18 |
| 25: D. McGonigle, Scot. | 48.09 |
| 26: C. Donnelly, Scot. | 48.11 |
| 29: R. Rawlinson, Eng. | 49.07 |
| 30: M. Lindsay, Scot. | 49.43 |
| 32: G. Griffiths, Wales. | 50.11 |
| 36: E. Roberts, Wales. | 52.55 |

Teams:

- | | |
|-------------------------|-----------|
| 1: Italy (1.2,3) | 6 points |
| 2: Switzerland (5.6,13) | 24 points |
| 3: Germany (4,16,20) | 40 points |
| 4: England (8,12,21) | 41 points |
| 7: Scotland (11,25,26) | 62 points |
| 8: Wales (15,32,36) | 83 points |



The English Teams (Photo: D. Hughes)

Ladies Race:

7.6km/371m.ascent/151m.desc.

Last year's champion, Carol Haigh, started with the leaders but suffered from the heat and sun and faded to 9th place. The other English girls packed well but too far back to win a team medal. None the less they turned in a creditable performance in a race which appeared to be of a considerably higher standard than last year.

- | | |
|-----------------------|-------|
| 1: F. Rueda, Columbia | 35.47 |
| 2: C. Fladt, Germany | 36.56 |
| 3: G. Savaris, Italy | 37.08 |
| 9: C. Haigh, Eng. | 38.31 |
| 14: V. Brindle, Eng. | 39.40 |
| 16: C. Crofts, Eng. | 40.20 |
| 18: J. Smith, Eng. | 41.02 |
| 21: A. Carson, Wales. | 42.08 |
| 24: E. Hughes, Wales. | 45.48 |

Teams:

- | | |
|------------------------|-----------|
| 1: Italy (3,6,7) | 16 points |
| 2: Switzerland (4,5,8) | 17 points |
| 3: Germany (2,13,15) | 30 points |
| 4: England (9,14,16) | 39 points |

Junior Race:

7.6km/371m.ascent/151m.desc.

This was our most successful event and for the third successive year we gained the individual and team silver medals. Steve Hawkins started steadily but moved up to fourth position by the 1k mark and into the lead shortly afterwards. The 'middle' climb saw him drop back to fourth place but in the latter stages he climbed strongly and regained second place on the descent. He was splendidly backed up by Andy Peace and Geoff Hall who were never out of the first ten. Ian Dermott (12th in 1986) had one of those unfortunate days being badly affected by the heat.

- | | |
|------------------------|-------|
| 1: F. Lizzoli, Italy | 32.23 |
| 2: S. Hawkins, England | 32.36 |
| 3: D. Milani, Italy | 33.18 |
| 8: A. Peace, Eng. | 34.27 |
| 10: G. Hall, Eng. | 34.36 |
| 11: B. Hughes, Wales. | 34.55 |
| 20: T. Grant, Wales. | 36.14 |
| I. Dermott, Eng. | 36.38 |

Teams:

- | | |
|---------------------|-----------|
| 1: Italy (1,3,6) | 10 points |
| 2: England (2,8,10) | 20 points |
| 3: Germany (4,9,14) | 27 points |

Men's 'Medium' Race - 14.7km

1480m.ascent (altitude 2320m.)

The uphill race is unfamiliar to U.K. runners and the hot weather made it doubly difficult. However, in the eyes of the alpine nations this race is THE CLASSIC event. Mike Short thoroughly vindicated his selection and showed the benefits of experience in continental mountain racing, with a magnificent run to gain 7th place. He was well supported by Rod Pilbeam and Shaun Livesey to gain 5th team place, which represents our best ever team position in the uphill event. Bob Ashworth battled all the way despite suffering from the hot weather.

- | | |
|---------------------------|---------|
| 1: J. Johnson, U.S.A. | 1.11.42 |
| 2: H. Stuhlpfarrer, Aust. | 1.12.07 |
| 3: G. Dold, Germany | 1.12.56 |
| 7: M. Short, Eng. | 1.15.42 |
| 17: R. Pilbeam, Eng. | 1.17.51 |
| 23: S. Livesey, Eng. | 1.20.21 |
| 25: D. Evans, Wales. | 1.21.43 |
| 28: M. Lindsay, Scot. | 1.24.28 |
| 30: G. Kerr, Scot. | 1.25.29 |
| 32: S. Hughes, Wales. | 1.25.56 |
| 33: A. Curtis, Scot. | 1.26.20 |
| 34: A. Farningham, Scot. | 1.26.20 |
| 36: H. Parry, Wales. | 1.26.53 |
| 38: R. Ashworth, Eng. | 1.30.31 |
| 39: M. Jones, Wales. | 1.31.08 |

Teams:

- | | |
|------------------------|-----------|
| 1: Italy (5,6,13) | 24 points |
| 2: Germany (3,10,18) | 31 points |
| 3: Austria (2,12,22) | 36 points |
| 5: England (7,17,23) | 47 points |
| 7: Scotland (28,30,33) | 91 points |
| 8: Wales (25,32,36) | 93 points |

The points from the Junior and two Mens team events are combined to give the overall World Cup winners. There was never any doubt that Italy would win the Cup but the competition for silver and bronze medals was close. Unfortunately the England team lost out on the medals despite totalling 34 points fewer than in 1986, when we finished third. Obviously standards are improving and there is no doubt that the Swiss, Germans and Austrians are all attracting quality athletes into mountain racing. Two of the races were won by runners from the Americas, thus emphasizing the 'World', aspect of the event.

- | | |
|----------------|------------|
| 1. Italy | 40 points. |
| 2. Switzerland | 97 points |
| 3. Germany | 98 points |
| 4. England | 108 points |
| 5. Austria | 136 points |
| 6. Yugoslavia | 222 points |
| 7. San Marino | 295 points |
| 8. Wales | 207 points |

Dave Hodgson
England Team Manager.

THE KING OF

THE FOREST SERIES England

The overall King of the Forest Series was won by Donald Lee (aggregate time 65.59), who overturned a minute lead to beat Pete Barron by 10 seconds (66.09).

The ladies winner was Carol Charlton (Keswick) in an aggregate time of (90.04).

It was great to see so many people at both races. We hope to see you all again next year.

Many thanks to Jim and June Hall for organising registration and the finish, Colin Webb for flagging the Grisedale Grind (and clearing the forest for the final sting in the tail), and to Stephen Sharp and Gilbert Scott for helping to flag the Lords Seat Race.

Also thanks to the Forestry Commission for allowing us to run the races.

Peter Skelton

- | | |
|---------------------------|-------|
| 1: D. Lee, CFR. | 65.59 |
| 2: P. Barron, Kes. | 66.09 |
| 3: P. Skelton, Kes. | 66.45 |
| 4: D. Spedding, Kes. | 67.49 |
| 5: M. Richardson, Amble. | 68.20 |
| 6: I. Charlton, Kes. | 70.01 |
| 1 Lady: C. Charlton, Kes. | 90.04 |

CROSS KEYS ROAD

AND FELL RELAY England

2 x 3 miles 29th August

Horwich retained the Cross-Keys trophy, but not without a good battle with clubs Glossopdale, and Salford. It wasn't until leg 3 that Horwich took command through a fastest run of the day by Paul Duedale on the road, which lifted them from 4th to 1st. Then evergreen Tony Hesketh made sure on the anchor fell leg, with Glossopdale taking second.

The route's for each leg are interesting the road being more hilly than the fell, with a two lap circuit. On the fell it's a circuit of Broadstone Hill with a steep stream crossing near the change-over point, which found most runners legless on the wet grass.

Spike Shoeman

- | | |
|-----------------------------------|-----------------------------------|
| 1: Horwich 'A' | 68.19 |
| 2: Glossopdale | 68.37 |
| 3: Salford | 68.51 |
| 4: Holmfirth, 69.04; | 5: Halifax, 70.19; |
| 6: Horwich 'B', 71.52; | 10th: Halifax, 1st Junior: 74.18; |
| 11th: Holmfirth, 1st Vets: 74.48. | |

PENDLETON England
AS/5m/1,500ft 29 Aug. 1987

This race over the summits of Apronful Hill and Mearley Moor was a late substitution in the English championship for Burnsall, which fell on the same weekend as the World Cup event. A warm, sunny afternoon saw Malcolm Patterson score a decisive 11-second victory over Dave Cartridge with a time of 31.51, with Gary Devine coming in 3rd in 32.28 and Sean Livesey and Steve Hawkins arriving within the next 14 seconds. Ray Owen, who had looked very strong and determined as he led from Cartridge on the gradual climb from the gully to the 'Nick O' Pendle' road, finally finished 7th, behind Ray Rawlinson. Pete McWade was the fastest 0/40 in 12th position (34.42) and Pete Duffy the 0/50 winner in 74th (40.07).

Vanessa Brindle, who had been the pre-race favourite for the ladies event, had a very poor run, probably the result of her World Cup effort the previous weekend, and finished a lowly 162nd (44.28) out of 257 finishers. Her Clayton-le-Moors clubmate, Maureen Hurst, better known as a road runner than a fell racer, took first prize in 89th position (40.32) ahead of two Dark Peak girls, C. Crofts 102nd and Jacky Smith 119th. The junior race to and from a point halfway between the gully and the road was won by

R. Hope (Horwich) in 15.03, 42 seconds ahead of runner-up D. Beech (Hyndburn).

Bill Smith

- 1: M. Patterson, DPFR. 31.51;
- 2: D. Cartridge, Bolt. 32.02;
- 3: G. Devine, P & B. 32.28;
- 4: S. Livesey, Ross. 32.32; 5: S. Hawkins, Bing. 32.42; 6: R. Rawlinson, Ross. 33.21; 7: R. Owen, Horw. 33.43;
- 8: R. Whitfield, Bing. 33.44; 9: G. Schofield, B'burn. 33.49; 10: R. Ashworth, Ross. 34.21; 11: H. Symonds, Kend. 34.37; 12: P. McWade, Clay. 34.42; 13: G. Cough, B'burn. 34.51; 14: G. Webb, Colder. 34.58; 15: M. Wallis, Clay. 35.08;
- 16: C. Lyon, Skelm. 35.14; 17: B. Toogood, DPFR. 35.17; 18: M. Targett, Clay. 35.20; 19: K. Manning, Clay. 35.27; 20: R. Pallister, P & B. 35.29;

Vet (O/40):

- 1: A. McWade, Clay. 34.42;
- 2: B. Toogood, DPFR. 35.17;
- 3: D. Kay, Bolt. 36.22;

Vet (O/50):

- 1: P. Duffy, Aberd. 40.07
- 2: J. West, unattached. 40.59
- 3: G. Brass, Clay. 41.11

Juniors:

- 1: A. Preedy, Burn. 36.02
- 2: E. Cotton, Kend. 37.46
- 3: R. Lawrence, Bing. 37.52

Ladies:

- 1: M. Hurst, Clay. 40.32
- 2: C. Crofts, DPFR. 41.15
- 3: J. Smith, DPFR. 41.46

Junior Race (U/15):

- 1: R. Hope, Horw. 15.03
- 2: D. Beech, H'burn. 15.45
- 3: P. Mason, Clay. 16.01



Andy Harmer and Joe Dean at the start of the second climb at Pendleton (Photo: P. Hartley)

GALTEES RIDGE, S. IRELAND
AL/10m/4,200ft 30 Aug. 1987

The Galtees Ridge in County Tipperary rises impressively to a height of 3,018 feet at Galtymore and maintains a height of over 2,000 feet for most of its length. This year it was the third and final race in the All Ireland Championship and included the annual NIFRA v IHRA inter-association challenge.

It was Jim Patterson and Brian Irvine who set the pace, using their climbing ability to build up a lead on the initial 2,000 feet climb of Temple Hill. On the fast section to Galtymore, Pat Farrelly reduced their lead and by Galtymore the three were together. They were still together on the final descent when Brian took a fall, leaving Tim and Pat to sprint for the line, with Pat edging in front to win by three seconds. So intense was the battle between these three that they broke the record by a large margin and finished seven minutes ahead of Jim Hayes, in 4th place.

Stanley Graham had a good run taking 5th, giving NIFRA four runners in the top five, and victory in the inter-association challenge. Jim Patterson's 2nd place meant that he retained the All-Ireland title he won last year, winning by two points from 1985 Champion Jim Hayes.

- 1: P. Farrelly, Curr. 1.40.51 (record)
- 2: J. Patterson, M. AC Vet. 1.40.54
- 3: B. Irvine, Ballydrain. 1.41.33
- 4: J. Hayes, Ballydrain, Vet. 1.48.32;
- 5: S. Graham, New AC. 1.52.11; 6: W. McAuliffe, AJAX. 1.54.27; 1 Lady: K. Bent, Setanta. 2.31.26.

LAXEY HORSESHOE Isle of Man
AN/12m/3,200ft 30 Aug. 1987

- 1: G. Gage, Western AC. 1.46.40
- 2: P. Cain, Bound M. 1.46.49
- 3: J. Varley, Bound M. 1.47.27
- 4: R. Stevenson, 1.51.21; 5: C. Halsall, Mans. AC. 1.55.56; 1 Vet: R. C. Western. 2.06.31.

CALDER VALLEY
FELL RUNNERS

MOUNT SKIP FELL RACE
AT MYTHOLMROYD:

England
29 Aug. 1987
NEW/1,000 ft/4 1/2 m approx.

- 1: R. Jackson (jun), Man. 29.57
- 2: M. Rice, Tod. H. 29.57
- 3: R. Jackson, 1 Vet, Sale. 34.09
- 4: A. Davison, U/A. 34.22; 5: S. Duxbury, Ross. 35.10; 6: I. Marshall, Airien. 36.09; 1 Lady: Sylvia Watson, V.S.. 41.17.

EYAM LOCKING England
N/5 1/2 m/600ft 1 Sept. 1987

- 1: M. Patterson, DPFR (rec) 29.15
- 2: R. Jackson, Manch. 29.31
- 3: J. Taylor, Holm. 29.36
- 4: A. Jones, Sheff. 30.25; 5: D. Ibbotson, Gloss. 30.30; 6: M. Seddon, Holm; 1 V.40: G. Berry, DPFR. 32.07; 1 Lady: J. Smith, DPFR. 36.19.

HADES HILL England
BS/5m/1,200ft 3 Sept. 1987

The first three home made all the running in this popular mid-week race where over 250 runners turned up. Dave Lewis returned to Hades and although he was pushed all the way by Paul Dugdale he was still well outside his own record of 27.18 set in 1982.

Comments from the rear of the field are that maybe they should pay less entry fee, since they don't or can't run on the path due to homeward-bound runners. Or, how about a different classification since you run further and over more rougher terrain.

Seymour Hills

- 1: D. Lewis, Ross. 28.25
- 2: P. Dugdale, Horw. 28.44
- 3: M. Aspinall, Ross. 29.47
- 4: G. Hall (u/18) Holm. 30.22; 5: R. Jackson, Manch. 30.39; 6: T. Rutherford, Clay. 31.30; 1 Vet.40: J. West. 33.37; 1 Lady: V. Brindle, Clay. 37.12; 1 Team: Rossendale.

BEN NEVIS Scotland
AM/10m/4,400ft 5 Sept. 1987

- 1: M. Lindsay, Carn. 1.29.25
- 2: G. Devine, P&B. 1.31.24
- 3: H. Griffiths, Eryri. 1.31.44
- 4: G. Griffiths, Eryri. 1.34.09; 5: G. Gough, B'burn. 1.34.46; 6: J. Broxap, Kes. 1.35.37; 7: C. Valentine, Kes. 1.35.59; 8: D. Rodgers, Loch. 1.36.07; 9: P. Mitchell, Bing. 1.36.22; 10: I. Holmes, Keigh. 1.36.37; 11: I. Davidson, Carn. 1.36.59; 12: R. Shields, Loch. (1 V.40) 1.37.35; 13: N. Lanaghan, Kes. 1.37.48; 14: G. Schofield, B'burn. 1.38.07; 15: R. Campbell, Loch. 1.38.19; 16: D. MacGillivray, Loch. 1.38.59; 17: A. Hudson, FRA. 1.39.02; 18: S. Fraser, Loch. 1.39.32; 19: T. Lofthouse, Bing. 1.39.33; 20: S. Hicks, Amble. 1.39.34; 2 V.40: N. Jackson, Sale. 1.41.10; 3 V.40: D. Spedding, Kes. 1.41.27; 1 Lady: A. Carson, Eryri. 1.52.57.

JACK BLOOR England
BM/7 1/2 m/1,150ft 5 Sept. 1987

Malcolm Patterson returned to Ilkley Moor to regain this trophy after a year's absence and always knew the way.

Behind, John Taylor clear in second made a very bad route choice from the covered reservoir to drop to 4th. But local runner James Parker of Ilkley Harriers, who could have run blindfold, moved to runner-up spot over Dave Woodhead who took a detour to the last checkpoint.

Sarah Haines retained the ladies title with a new record, an improvement of 3 secs on last year.

A nice touch are the Trophies (if you finish that well up!) for the first five, they change each year with a different motif of the historic Cup & Ring Stone Markings.

Seymour Hills

- 1: M. Patterson, DPFR 55.23
- 2: J. Parker, Ilkley 56.11
- 3: D. Woodhead, Horw. 56.16
- 4: J. Taylor, Holm. 56.50; 5: D. Kelly, Ross. 57.04; 6: J. Sage, Leeds. 57.17; 1 V.40: R. Futrell, Holm. 60.34; 2 V.40: F. Wheeler, Bing. 60.50; 1 Lady: S. Haines, York. (rec) 65.14; 2 Lady: L. Lord, Clay. (o/35) 66.56.



Eddie Campbell (Mr. Ben?) doing the Ben for the umpteenth time. (Photo: W. S. Bateman)

BOOK REVIEW

ON HIGH LAKELAND FELS
by Bob Allen

(190 pages, published by Pic Limited, Glossop. Price £9.95)

'Not another book on the Lake District', I hear you say. Well yes, but this superbly illustrated book is one of the best I've seen for a long time.

It describes 84 walks and 40 scrambles, it grades and gives them a star rating and supports all this with 100 excellent colour photographs. In view of the quality of presentation the very reasonable price is an added bonus.

HOLME MOSS England
N/16m/4,000ft 6 Sept. 1987
This new race, organised by Holmfirth Harriers, attracted a field of 79 runners. The course was partly flagged and included sections of the Pennine Way. Three steep-sided valleys provided a tough test before Laddow Rocks and the peat wilderness of Black Hill.

Dave Ibbetson of Glossopdale was the early leader on the fast moorland tracks, but a group including Andy Trigg, Donald Lee and Holmfirth junior John Taylor broke away en-route to the TV mast and Crowden Youth Hostel. Taylor was first off Black Hill and stretched out his lead to the finish.

Due to the start location close to the moorland reservoirs, all race facilities had to be provided on the spot. Hot beef teacakes and soup were a welcome sight for the finishers as heavy rain ended a typical summer's day for '87. Thanks go to the local sponsors for an extensive individual and team prize list. Russell Banghan

1: J. Taylor, Holm. 2.20.35
2: A. Trigg, Gloss. 2.22.24
3: A. Stvan, Holm. 2.22.45
4: D. Lee, CFR. 2.23.09; 5: G. Webb, Calder. 2.24.13; 6: M. Seddon, Holm. 2.24.48; 1 V.40: J. Nixon, Horw. 2.26.18; 1 V.50: G. Scott, CFR. 2.54.51; 1 Lady: S. Watson, VS. 3.02.45; Team: Horwich.

ORDNANCE SURVEY England
AL/20m/7,000ft 13 Sept. 1987
Grasmere, Cumbria.

Clear weather throughout the race again made navigation easy and reduced the number of route choices: several runners said that bad visibility would have forced them on to paths, whereas the fast routes for both courses were mainly pathless.

Separate first checkpoints confused one or two women, but most ran round into Easedale and chose either Blinrtarn Gill or Easedale tarn to reach the ridge.

Variations to Women 2 went either side of Pavey Ark and one person up the middle: Angela Soper went up Jack's Rake - for fun and a change from wet grass! On Martcrag Moor, men crossing from Sergeant Man distracted at least one woman down below Stake Pass. From Lining Crag a small group ran down Langstrath to face a very rough steep climb to Low Saddle, but most, including Sue Parkin, chose the ascending traverse under High Raise, and back well below Ullscarf to cross Wythburn. Sue Parkin showed a clean pair of heels to the rest of the field and Sarah Haines and Vicky Thornton also had fine runs. Because Sarah went to Lining Crag but failed to find the checkers, we have (after discussion with the checkers), decided to apply an addition of 5 minutes to her time from Lining Crag onwards. This means that Vicky is placed second and Sarah third.

A few men, perhaps inspired by Ted Dance, also used the road and the Easedale paths but most climbed from the mark-up point and ran along or just under the Gibson Knott ridge to Men 1. Did anyone take the straight line, down into Far Easedale and up the Tarn Crag ridge? Beyond Stake, Billy Bland and Derek Ratcliffe contoured south of Rossett Crags, Martin Hudson, Jos Naylor and George Brass to the north,

HODDER VALLEY England
BM/5m/700ft 12 Sept. 1987
This year's Hodder Valley Show was held at Newton on a showery day, though the weather improved just in time for the fell races. The circuitous course up Easington Fell had opening and closing stages of rough cross-country and provided Dave Cartridge with a decisive 31-second victory over Chris Lyon from Parbold, who in turn finished 3 seconds ahead of T. Rutherford of Clayton, the promoting club. Cartridge ran it from the front all the way in his usual bold style and clocked 29.16, which is the new record as the course was revised somewhat this year.

Clayton's John West claimed the O/40's prize in 8th position, with Derek Kay 2nd in this category in 14th, and the O/50's award going to Blackburn's P. Dawson (32nd). Clayton had the fastest team, while Jean Lochhead was a clear winner of the ladies race in 70th position out of 150 finishers (37.22), ahead of Linda Lord (79th) and Carol Walkington (91st). The junior race was won by Jonathan Taylor of the promoting club.

Bill Smith

1: D. Cartridge, Bolt. 29.16
2: C. Lyon, Newburgh. 29.47
3: T. Rutherford, Clay. 30.44
4: M. Keys, U/A. 31.24; 5: D. Thompson, Red Rose. 31.30; 6: M. Targett, Clay. 31.40.

and Andy Ligema, having used Naismith's Rule to work out the times, took the straight line from Martcrag Moor down and up via Mickleden. Of these ways the planners thought the second and third were the best. Runners were also reported in such places as Bowfell summit and the O.D.G.! Towards Men 3 most runners returned via Rossett but Billy and some others ran under Bowfell Links to Ore Gap, not apparently gaining much by this variation. Few, if any, men ran down Langstrath: the fastest route to Low Saddle passed under Long Crag and Ullscarf, but many chose to run the easy path over Ullscarf both out and back to cross Wythburn and just held off Derek Ratcliffe yet again to score a seventh win. Can he equal Jos Naylor's ten? New names near the top of the list this year included Mark Rigby, Andy Ligema, Philip Clark and Bob Berzins. Next Year?

John Lagoe, Mike Rose,
Dick Courchee.

P.S. John Lagoe went off to the Himalayas in November; what chance a monster course next year?

1: W. Bland, Kes. (1 V) 3.39.27
2: D. Ratcliffe, Ross. 3.42.21
3: M. Rigby, Amble. 3.51.11
4: A. Ligema, OBMS. 3.55.03; 5: M. Patterson, DPPR. 4.04.56; 6: M. Hudson, LOC. (2 Vet) 4.05.02; 7: A. Richardson, Kend. (3 Vet) 4.05.55; 8: J. Broxap, Kes. 4.06.10; 9: P. Clark, Kend. 4.08.55; 10: M. Hoffe, u/a. 4.09.27; 11: N. Lanaghan, Kes. 4.10.00; 12: C. Valentine, Kes. 4.11.27; 13: B. Berzins, DPPR. 4.14.50; 14: D. Barnes, Kes. 4.14.58; 15: A. Lewsley, Bord. 4.16.22; 16: B. Ashworth, Ross. 4.18.05; 17: H. Symonds, Kend. 4.19.17; 18: P. Haines, Mand. 4.19.36; 19: D. Rosen, Lancs. 4.20.16; 20: I. Holloway, Roch. 4.22.34; 1 V.50: J. Naylor, CFR. 4.39.34; 2 V.50: B. Richardson, Scot. 4.51.47;

Teams:

1: Keswick 11.55.37
2: Kendal 12.34.07
3: Rossendale 12.51.51

Ladies:

1: S. Parkin, EPOC 3.19.55
2: V. Thornton, LOC 3.33.35
3: S. Haines, York Uni. 3.33.55



Denis Beresford in the mud at Hodder Valley (Photo: W. Smith)

BIRD'S EYE HALF BOB BAXTER
ROUND Isle of Man

BL/27m/7,000ft 13 Sept. 1987

1: B. Baxter, Manx 6.35.31
2: P. Corlett, Manx 6.48.03
3: R. Callister, West. 6.50.28
4: J. Varley, Bound. 6.51.28; 5: S. Hull, Bound. 7.15.38.

THREE SHIRES England

AL/13m/4,000ft 19 Sept. 1987

Bingley's Bob Whitfield broke his own record in winning the Three Shire race, but he wasn't the first runner to finish. Mick Hoffe of CFR was but had missed the last checkpoint at Wilson Place farm when descending off Lingmoor. But, to the organiser's credit, he did receive a prize, a picture of Blea Tarn.

The record was smashed by almost six minutes with the first six runners all inside the old time of 1.53.08 from an entry of 317.

The biggest headache was the rain which turned the parking field into a mud bath, many a car was man-handled up the grassy field. It's a good job the sun shone during the race because the rain was heavy and freezing cold with Wetherlam, Swirl Howe, Pike O'Blisco and Lingmoor covered in mist.

1: R. Whitfield, Bing. 1.49.07
2: D. Lee, CFR 1.49.17
3: M. Rigby, Amble. 1.51.55
4: C. Valentine, Kes. 1.52.05; 5: N. Lanaghan, Kes. 1.52.33; 6: P. Clark, Kend. 1.52.58; 7: G. Reade, Roch. 1.54.04; 8: J. Broxap, Kes. 1.54.30; 9: H. Jarrett, CFR. 1.54.46; 10: R. Bloor, Aire. 1.55.09; 1 V.40: A. Richardson, Kend. 1.55.56; 2 V.40: D. Spedding, Kes. 1.56.16; 1 V.50: G. Barras, Sky; 2 V.50: H. Blinksinsop, Kes; 1 Lady: V. Brindle, Clav. 2.15.05; 2 Lady: S. Haines, York. 2.24.50.

RAS ELIDIR FAWR Wales

AS/4½m/2,800ft 19 Sept. 1987

1: C. Donnelly, Eryri 44.35
2: H. Griffiths, u/a 44.45
3: H. Parry, Eryri (1 Vet) 49.18
4: Daf. Davies, u/a. 49.27; 5: M. Jones, u/a. 49.28; 6: Del Davies, Eryri. (2 Vet). 49.32; 7: D. Williams, Eryri (3 Vet) 49.43; 8: S. Hughes, Eryri. 50.34; 9: R. Owen, Eryri. 50.48; 10: T. Hughes, u/a. 51.20; 1 Lady: A. Carson, Eryri. 57.02.

BREDON HILL England
N/6m/750ft 19 Sept. 1987

Bredon Hill is a lump of oolitic limestone 961 feet high, surrounded by the orchards and fields of the Vale of Evesham. This is 'The Archers' country, and not the sort of place where you would expect to find a group of colourfully clad idiots running up and down a hill. Nevertheless, the Bredon Hill Race has been going for several years now, though there have been some changes to the course. The present course is an 'out-and-back', starting in the village of Elmley Castle. There is a 600 metre road section at the start, before runners turn off along the edge of a field to a stream crossing, which marks the start of the climb. The route continues upwards through rough pasture and then woodland. Now, every fell runner knows that crossing fields, pasture and woods you emerge onto open fell - but this is Worcestershire, so here we emerge from the woods into... more fields. In fact the route continues for nearly 1½ miles on narrow footpaths across the summit plateau before reaching the stone tower which marks the turn-round point. The race is probably Category C: 'genuine cross-country' with a big hill, rather than a true fell race, but no less enjoyable for that.

Twenty-one runners toed the start line on a damp and gloomy September morning, and it was clear that there was going to be serious competition for the team prize among those well-known fell running clubs, Evesham AC (the organisers), Gloucester AC and Stratford-upon-Avon AC. Chris Penney (Evesham) and Chris Harvey (Gloucester) led at the start, but when the serious climbing began Anthony Kay (running for the better-known fell running club, Thames Hare & Hounds) took over. Kay had built up a good lead at the top of the climb, and maintained it while crossing the summit plateau. Penney pulled away from Harvey just before the tower, and then slowly started to close the gap on Kay. Once the descent through the woods had started, the gap-closing rate increased dramatically, and Penney soon tore past Kay to open up a 29-second gap by the finish. Meanwhile Harvey didn't fancy the descent at all, and continued straight on instead of turning down through the woods: anyone who can get lost on a course marked as well as this one clearly has great potential as a fell runner. He did finish eventually, but too late to salvage the team prize for Gloucester.

Everyone then gradually drifted into the pub, conveniently situated just across the cricket ground from the race finish. Malcolm England, who devised the course, clearly understands what fell runners want after a race!

Anthony Kay

Editor: C. Harvey is also a member of a well-known fell running club in Scotland.

1: C. Penney, Eves. 35.45
2: A. Kay, Thames 36.14
3: P. Hoady, Glouc. 37.10
4: M. England, Eves. 37.19; 5: C. Buxton, Glouc. 37.25; 6: B. Thornett, Strat. (1 Vet) 38.37; 1 Team: Evesham. 27pts.

SIMONSIDE England
BS/6m/1,170ft 20 Sept. 1987

Over the six years that this race has been run we have always lost a few markers to hungry sheep and cows, but this is the first time we have had to contend with sabotage! In spite of its remoteness some vandals interfered with the markers and sadly John Conroy of Morpeth, although a creditable 9th at the summit, lost his way and eight minutes. Chris Wright of Mandale set a cracking pace leading most of the way to the summit, reaching it first. Barry Mitchell of Morpeth was just as determined hanging on tenaciously. Colin Atkinson came up from seventh and flung himself down the hillside so that for the last two miles the first three were sorted out. Neil Dunn was obviously determined to win; second at the summit and with the first three all the way. Neil, farming in one of the most remote areas of England, is Coquettale's own Jos Naylor. This is his first win on Simonside in a personal best time.

The new site for the show by the river not only gives a super setting but avoids runners crossing a road and gives a good view of the route. Gill Hale, Newton Aycliffe, a name to watch in ladies fell running, now dominates the ladies winning for the third year.

The race is now central to N.E. Fell Running and attracts regularly over 100 runners to this remote Border fell.

- 1: N. Dunn U/A 40.32
- 2: C. A. Wallsend 40.34
- 3: B. M. Morpeth 40.35
- 4: B. Lowdon, U/A. 40.36; 5: D. B. Gosforth. 40.42; 6: C. W. Mandale 41.19.

LANTERN PIKE England
B/5m/1,050ft 19 Sept. 1987

Ricky Wilde's 1977 course record survived again at this race held from Spray House Farm and in conjunction with the Hayfield Sheepdog Trials. Not that this was really in doubt with the amount of rain that fell during the course of the afternoon which meant water skis were more appropriate than studs.

This did not deter a good sized field of 230 though a few missed being recorded at the finish due to soggy numbers and even soggy recording boards for which Alan Bond offers his apologies.

Back to the race and Horwich's promising young athlete, Paul Dugdale, was a winner all the way gradually opening up a gap from the rest of the field headed by Malcolm Patterson. This was enough to draw Malcolm away from the Stockport Striders duo of Garry Horn and Beshir Hussain who finished well clear in third and fourth respectively.

As for the legend of Ricky Wilde, after his recent individual victories, he had to be content with first veteran, ten seconds clear of Tony Hulme. Ricky in fact gave more or less everyone a head start as well about which little will be said!!!

Making a rare appearance in a fell race these days Jean Lochhead strode home a comfortable winner as well as being the first lady veteran.

- Alan Bocking
- 1: P. Dugdale, Horw. 30.50
 - 2: M. Patterson, DPF 31.15
 - 3: G. Horn, Stock. 31.27
 - 4: B. Hussain, Stock. 31.37; 5: A. Trigg, Gloss. 32.26; 6: M. Aspinall, Ross. 32.32; 1 V.40: R. Wilde, Manch. 33.31;
 - 1 Lady: J. Lochhead, Holm. 41.05.



Ladies Winner, Gill Hale, and other competitors at Simonside (Photo: Ian Webb)

SCAFELL INTERNATIONAL

AM/5m/3,000ft 26 Sept. 1987

With the sponsorship of the EEC (England), CFRA were able to invite teams from abroad to compete against the best of British on our own ground. The choice of the Scafell race was determined mainly by the time available to put the organisation into place, but also to expose the continentals to the toughest terrain we had to offer. After all, we have been running on their relatively simple uphill track races for several years past. Italy, Belgium, France, sent teams to compete against Ireland, Scotland, Wales and England.

With virtually all our best fell runners on display, including 1987 British Champion Colin Donnelly, the home countries confidently predicted a home countries white-wash. Surely the ferocious gradients of Lingmell, and ankle bending rocks of Scafell, not to mention the hated (by continentals) descent, would sort out the men from the boys once and for all.

Running in the race myself I was aware, climbing towards the summit, of an unfamiliar figure bounding downwards to be followed a minute or two later by the expected leaders of Donnelly, Pilbeam and Patterson. Dismissing the 'rogue' figure from my mind as an energetic spectator, I concentrated harder and spotted several of the visitors trailing down in the wake of the leaders, where I expected them to be.

Battista Scanzi, only a reserve in this year's Italian World Cup team, had scorched to the summit in record time leaving our renowned 'climbers' nearly two minutes behind. Furthermore, they made little impression on his lead during the descent as he coasted home an easy winner having been 'slowed down' by his strategically placed team manager and coach. Throw away your PB's boys - he did it all in flats as well!

The rest of the results speak for themselves with, as expected, our strong home team winning the team race. Gary Devine acquitted himself well in his first senior England vest and could do even better when he gets his pre-race act together. Colin Donnelly confirmed his fine Championship win in second place and the English pair of Rod Pilbeam and Malc Patterson remain the dominant English runners. Shaun Livesey, the most durable of the English

team, produced another dependable performance - 6th place. Finally, Bob Whitfield created a new record for speed of descent. Pity they don't have some races like this abroad which would suit Bob's particular skills and strength.

- Danny Hughes
- 1: B. Scanzi, Italy 51.05
 - 2: C. Donnelly, Scot. 52.29
 - 3: R. Pilbeam, Eng. 52.49
 - 4: M. Patterson, Eng. 52.44; 5: R. Whitfield, Bing. 53.30; 6: S. Livesey, Eng. 53.43; 7: M. Hoffe, CFR, 53.55; 8: C. Bonzi, Italy. 54.03; 9: G. Devine, Eng. 54.38; 10: R. Rawlinson, Ross. 55.14; 11: H. Griffiths, Wales. 55.24; 12: W. Bland, Kes (1 V.40) 56.03; 13: P. Andre, France. 56.13; 14: R. Bryson, Ireland. 56.17; 15: D. Lee, CFR. 56.54; 16: J. Lenihan, Ireland. 57.22; 17: G. Schofield, B'burn. 57.33; 18: J. Andre, France. 57.55; 19: N. Lanaghan, Kes. 58.23; 20: H. Jarrett, CFR. 58.47; 2 V.40: H. Parry, Wales. 59.41; 3 V.40: D. Spedding, Kes. 60.54.

- Club Team Results:**
- 1: Keswick 60 points
 - 2: Cumberland Fell Runners 64 points
 - 3: Eryri Harriers 65 points

- International Team Results:**
- 1: England 12 points
 - 2: Italy 29 points
 - 3: Scotland 30 points
 - 4: Ireland 37 points
 - 5: Wales 39 points
 - 6: France 40 points
 - 7: Belgium 69 points

THIEVELEY PIKE England
AS/3 1/2m/900ft 26 Sept. 1987

It's not often that route-finding errors are made at the very start of a race, and particularly a short, flagged race, but this happened at Cliviger Sheepdog trials when the leading bunch in the senior race carried their initial lap of the field over into the second field where the race finishes. Dave Cartridge, who was out to complete a consecutive hat-trick of victories in this event, said afterwards that although he knew the route well enough himself, he thought it best at this point to stick with the main bunch. The error had no bearing on the eventual result, however, as Cartridge took the lead on the first climb and was never headed, coming home 29 seconds clear of Ray Owen with a time of 25.07.

John Taylor of Holmfirth had a fine run, coming home in 4th place behind Geoff Read as the first junior, while some of his young rivals also excelled, namely M. Rice (Todmorden), C. Harney (Bingley) and G. Hall (Holmfirth), in positions 9, 10 and 11 respectively. The first veteran, I. Greenhalgh (Rochdale), a new name to me, also finished well up in 13th position, while the fastest lady, Jean Lochhead, was placed 122nd out of 223 finishers. In the under 15's race, William Styan scored a 34 second victory over Jonathan Taylor with a time of 21.23.

- Bill Smith
- 1: D. Cartridge, Bolton 25.07
 - 2: R. Owen, Horw. 25.36
 - 3: G. Read, Roch. 25.54
 - 4: J. Taylor (J), Holm. 26.14; 5: R. Bergstrand, Roch. 26.26; 6: A. Styan, Holm. 26.34; 7: K. Shand, Roch. 26.40; 8: M. Pradv, Gloss. 26.54; 9: M. Rice (J), Tod. 26.55; 10: C. Harney (J), Bing. 26.57;
 - 1 V.40: I. Greenhalgh, Roch. 27.14;
 - 2 V.40: R. Hargreaves, Clav. 28.00;
 - 1 V.50: G. Spink, Bing. 32.06; 2 V.50: R. Barker, Red Rose. 33.01; 1 Lady: J. Lochhead, Holm. 32.51; 2 Lady: C. Walkington, Horw. 34.42.

Teams:
1: Rochdale. 15pts; 2: Holmfirth. 21pts.



The Belgian team examining the footwear options after the Scafell.

(Photo: D. Hughes)



Dave Cartridge and Geoff Read at Thieveley

(Photo: W. Smith)

BLACK MOUNTAINS Wales
AL/18m/5,500ft 26 Sept. 1987

Yet another fine day for the Black Mountains race saw 38 runners eagerly start, all be it 10 minutes late. Favourite Adrian Belton led from start to finish in, despite the good conditions all round, the slowest winning time ever. The organiser wanted to break 3 hours but was probably slowed up by the constant looking at his watch towards the finish! Four Vets in the first 12 positions, with Super Vet Alan Smith finishing strongly in 18th place. Just behind was first lady, Sue Ashton, with the other two lady runners finishing strongly also. Only 3 retirements, with everyone finally brought back for showers and refreshments, but no time for a prize-giving - thank goodness for gift vouchers!

John Darby (organiser)

- 1: A. Belton 2hrs 54min
- 2: J. Darby 3hrs 00min
- 3: L. Williams (1 V40) 3hrs 08min
- 4: G. Woods, 3hrs 20min; 5: P. Jones, 3hrs 20min; 6: M. Hartley, 3hrs 20min;
- 7: C. Barcroft, 3hr 21min; 8: D. Thomas, (2 V.40) 3hrs 23min; 9: P. Dixon, 3hr 28min; 10: R. West, (3 V.40) 3hr 29min;
- 1 V.50: A. Small, 3hrs 49min; 1 Lady: E. Oliver, 4hrs 17min.

PERIS HORSESHOE Wales
AL/18m/7,500ft 2 October 1987

A new tough long race was held at this year at Llanberis. The organiser, Arthur Clarke, was instrumental in selecting a classic route which encircled the main 3,000ft mountains of the Llanberis valley. The race started at the Royal Victoria Hotel and the initial stages followed some of the paths and railway tracks that run through the old Dinorwic slate quarry. This access let the runners on to the first peak, Elidir Fawr (2,565) and the route continued with Y Garn (3,104) and then followed the steep ascent to the summit of Glyder Fawr (3,279). At this point Hefin Griffiths had a substantial lead over Colin Donnelly and reached Pen y Pass in an incredible time of 1hr 27mins. From then on Colin gradually cut into Hefin's lead and both were almost together when they reached Snowdon (3,560) having climbed and descended Lliwedd (2947) on route. The course then followed the Snowdon Ranger path and an option was open to climb or avoid Moel Cynhorion (2,207) before visiting the final checkpoint in Bwlch Maesgwm. Colin opted to climb Cynhorion and immediately gained on the tiring Hefin who was overtaken before the finish by Hugh Parry who took

the veterans prize. Angela Carson won the ladies with Stan Winstanley winning the super vet section. The race was brilliantly organised and should prove a must to all hardened fell runners in 1988 when the race will be included in the British Championships.

Ken Jones

- 1: C. Donnelly, Eryri 3.19.55
- 2: H. Parry, Eryri (1 V.40) 3.23.47
- 3: H. Griffiths, u/a 3.25.53
- 4: D. Davies, Eryri (2 V.40) 3.30.17; 5: R. Powell, Eryri, 3.36.59; 6: D. Williams, (3 V.40) 3.45.06; 7: B. Berzins, DPPFR, 3.48.59; 8: Daf. Davies, u/a, 3.52.54; 9: A. Hayes, Eryri, 3.53.34; 10: M. Hartley, Mercia, 3.53.50; 1 Lady: A. Carson, Eryri, 4.14.48; 1 V.50: S. Winstanley, Horw, 5.15.36.

TOUR OF PENDLE England
AL/17m/4,200ft 3 October 1987

After a misty start the sun broke through to give a very pleasant day on Pendle Hill and surrounds.

A field of 150 got away to a brisk start, (did Kevin Shand get a flier?) to be followed 15 minutes later by a further 80 competitors preferring the less strenuous half-tour. Both the size and quality of the fields may possibly have been adversely influenced by the Ian Hodgson Memorial Relay the next day, but the winners of both races were performances of high quality.

The experienced Dave Cartridge romped home 4 minutes clear of runner-up Geoff Read, whilst junior international Jeff Hall from Holmfirth went one better to finish the half tour 6 minutes clear of the nearest rival.

In the full tour host club Clayton-Moor Harriers easily won the unofficial pack race with their club members making up more than one third of the field. At three to score however, Read, A. Schofield and Shand took the honours for Rochdale Harriers.

With an even larger proportion of the field in the half tour, what might constitute a record of great (little?) significance in the history of fell running nearly passed unnoticed! The well-known Lancashire Coast fell running club of Blackpool and Fylde AC turned out no less than 6 runners! Could this be the start of something big?

Full Tour:

- 1: D. Cartridge, Bolton 2.18.44
- 2: G. Read, Roch. 2.23.06
- 3: C. Valentine, Kes. 2.25.22
- 4: J. Holt, Clay, 2.26.32; 5: G. Schofield, B'burn, 2.27.22; 6: A. Schofield, Roch, (J), 2.29.40; 7: S. Furness, B'burn, 2.29.47; 8: K. Shand, Roch, 2.29.51; 9: D. Ibbotson, Gloss, 2.30.20; 10: T. Farnell, (1 V.40) DPPFR, 2.30.55; 2 V.40: M. Carson, Grimsby, 2.43.54; 3 V.40: K. Munton, Clay, 2.48.41; 1 V.50: G. Brass,

Clay, 2.49.35; 2 V.50: B. Thackray, DPPFR, 3.00.00; 3 V.50: R. Barker, Clay, 3.00.43; 1 Lady: S. Watson, VS, 3.16.46; 2 Lady: M. Rosen, Lancs, 3.39.28;

Teams:

- 1: Rochdale (2,6,8) 16 points
- 2: Blackburn (5,7,15) 27 points
- 3: Clayton (4,12,13) 29 points

Half Tour:

- 1: J. Hall (J), Holm. 68.37
- 2: B. Holmes, u/a 74.50
- 3: M. Nicholson, Clay, 75.27
- 4: A. Preedy (J), Burn, 75.27; 5: D. Nuttal, Clay, 76.04; 1 V.40: D. Scott, Clay, 77.35; 1 V.50: P. Knott, B'pool, 86.15; 1 Lady: R. Pickvance, u/a, 88.56.

IAN HODGSON RELAY Eng.
25m/8,500ft/4 stages 4 Oct. 1987

Once again the weather deteriorated for the race after a good Saturday. There is little doubt that the rain and poor visibility make for a more interesting race and a close examination of the results shows how navigational errors by some teams caused them to lose many places. Particular problem spots were the tarn on Caudale Moor and the Pile of Stones at the head of Dovedale.

Keswick are to be congratulated on their win, a reward for thorough reconnoitering and good tactics. New records were set on all the legs and Rossendale were faster than in 1986 even though they finished six minutes behind Keswick. Overall we feel that the race provides a good test of a team's fell running strength in depth and in misty conditions any navigational weaknesses are likely to be exposed. The revised first leg over St. Sunday Crag was well received and we do not expect to make any further course changes in next year's event.

One of the disappointing aspects of this year's event was the number of pairs who split up. Not only can this be dangerous but it is counterproductive in terms of the race. There can be few things more demoralising for a runner going through a bad patch than to see his partner go racing ahead on his own without a backward glance.

Unfortunately the adverse conditions make life difficult for marshalls, particularly those on the fells, and I'm sure that all runners will join me in expressing thanks and appreciation to those who spent hours on High Street, Dove Crag and at Kirkstone.

Dave Hodgson

- 1: Keswick 'A' 3.43.35
- 2: Rossendale 'A' 3.49.35
- 3: Kendal 'A' 4.00.30
- 4: Ambleside 'A' 4.07.59
- 5: Bingley 'A' 4.07.59
- 6: Skyrac 'A' 4.11.11
- 1 Mixed Team: Livingston 4.43.04
- 1 Ladies Team: Clayton 5.47.43

LANGDALE HORSESHOE Eng.
AL/16m/4,000ft 10 Oct. 1987

Like the Pendleton, this was a late substitution for an English Championship event which fell on the same weekend as the World Cup, in this case the Sedbergh Hills Race. Clear, cool weather made for ideal running conditions, though it was a bit wet underfoot in parts following heavy rain during the preceding week. Billy Bland, who is now a veteran, achieved his fifth victory in this event, though his time of 2.00.04 missed Andy Styan's elusive ten-year-old record by some five minutes. Be that as it may, Billy's performance once more confirms that he is not yet ready to relinquish the title he inherited from Jos Naylor as the King of long, rough mountain courses.

A slight change of route was introduced this year as a result of a wall being badly damaged by competitors in the 1986 race, and this section was flagged, with the footbridge being used to cross Dungeon Ghyll instead of the more colourful fording place higher up. Bob Ashworth was leading at this point and he was still in with a chance on Bowfell, along with Malcolm Patterson, Bob Whitfield and Billy Bland. However, the latter pair then forged ahead across the Crinkles, with Bland outpacing Whitfield to the top of Blisco and finally defeating him by 69 seconds. Bob was able to console himself, though, with the knowledge that he had won the English championship. Congratulations, Bob.

Dave Spedding was the first veteran home in 21st position, followed by the Clayton Harriers, John Nuttall and Tony Peacock, in 42nd and 44th respectively. A much closer battle was fought for the o/50 award, with Danny Hughes leading narrowly from George Barras on Bowfell, though the latter developed a six-minute-plus lead beyond Blisco. As with Whitfield, however, Danny had the consolation of knowing he had won the English championship for his class. Keswick had the fastest team, with Rossendale a close second.

Claire Crofts scored a runaway victory in the ladies race with a splendid performance in 2.29.58, thereby totally demolishing Angela Donnelly's 1985 record of 2.34.28. This placed her 59th out of 296 finishers, 79 positions and nearly 22 minutes ahead of runner-up Ann Harris, with Jacky Smith taking third place in 142nd, 2.53.10.



Billy Bland and Rod Pilbeam, setting Keswick 'A' off on the 1st leg towards victory

(Photo: P. Hartley)

The under-18s race up Redacre Gill attracted five competitors, of whom the fastest was Holmfirth's John Taylor, while his clubmate William Styan demonstrated some of his father Andy's descent speed to shrug off the challenge of Clayton's Jonathan Taylor in the under-15s race up to the western shoulder of Side Pike (last checkpoint in the senior race). A Chamberlain (Ambleside) triumphed in the under-12s race over the same course.

Bill Smith
 1: W. Bland, Kes. (1 V.40) 2.00.04
 2: R. Whitfield, Bing. 2.01.13
 3: R. Ashworth, Ross. 2.04.39
 4: R. Pilbeam, Kes. 2.06.26; 5: M. Paterson, DPFR. 2.07.22; 6: A. Styan, Holm. 2.08.05; 7: G. Devine, P&B. 2.09.04; 8: D. Ratcliffe, Ross. 2.09.35; 9: P. Clarke, Kend. 2.10.02; 10: M. Rigby, Amble. 2.11.04; 11: A. Trigg, Gloss. 2.12.43; 12: G. Webb, Calder. 2.12.46; 13: R. Bangham, Holm. 2.12.59; 14: H. Jarrett, CFR. 2.13.09; 15: D. Lee, CFR. 2.13.37; 16: P. Irwin, Ross. 2.13.41; 17: G. Schofield, B'burn. 2.13.45; 18: M. Croasdale, u/a. 2.13.49; 19: J. Holt, Clay. 2.14.01; 20: J. Broxap, Kes. 2.14.08; 2 V.40: D. Spedding, Kes. 2.14.27; 3 V.40: J. Nuttall, Clay. 2.26.14; 1 V.50: G. Barras, Skyrac. 2.32.27; 2 V.50: D. Hughes, CFR. 2.38.37; 3 V.50: G. Brass, Clay. 2.40.17; 1 Lady: C. Crofts, DPFR. 2.29.58; 2 Lady: A. Harris, u/a. 2.51.48; 3 Lady: J. Smith, DPFR. 2.53.10;

Juniors u/18:
 1: J. Taylor, Holmfirth 24.43
 2: R. Lawrence, Bingley 26.22
 3: P. Smith, Holmfirth 27.00

Juniors u/15:
 1: W. Styan, Holmfirth 9.08
 2: J. Taylor, Clayton 9.30
 3: P. Singleton, Ambleside 10.15

Juniors u/12:
 1: A. Chamberlain, Ambleside 10.49
 2: D. Hope, Horwich 11.16
 3: M. Whitfield, Bingley 11.46

COMMEDAGH-DONARD N.I.
AM/5½m/3,200ft 10 Oct. 1987
 In contrast to previous years the weather was cool with mist on the tops for this end of season race.

Brian Ervine took the lead on the steep climb of Commedagh, with Jim Patterson close behind and Derek Ross in third. At the top of Donard Brian had a 30-yard lead from Jim. On the tricky descent of the boulder fields on Donard in the mist most runners made mistakes. Brian and Jim arrived at the forest together, and realizing that the record would be broken decided to finish together, after having many ding-dong battles during the season. Their time of 67.41 broke the record by 2mins 48secs despite the misty conditions.

Willie John Brown had his best run of the season taking third ahead of Davy Graham and Derek Ross (first and second in last year's race). Denis Rankin was second veteran in 7th place, helping Mourne AC to victory in the team race.

1 equal: B. Ervine, Bally 67.41
 J. Patterson, Mourne (V.)
 3: W. J. Brown, Mourne 73.33
 4: D. Graham, Bally, 73.39; 5: D. Ross, Newc. 73.56; 6: B. McBurney, Newc. 78.04; 7: D. Rankin, Mourne. (2 V.) 79.27; 8: B. Farrelly, Mourne, 79.37; 9: J. Savage, Newc. 79.39; 10: G. Murray, Bally, 83.36.

GALE England
CS/4½m/800ft 24 Oct. 1987
 The race wasn't included in the calendar this year which probably contributed to the reduced field. However, it was no less competitive for this as the sweat, spit and snot-splattered competitors at the finish testified.

After the usual mad dash up the road (last one to the ginnel is a stinker) Schofield, Taylor and Read got away from the rest. They were still together at the start of the climb but then young Taylor



Dave Rosen leaving Thunacar Knott

(Photo: P. Hartley)

injected some pace leaving the other two to fight it out.

While conditions were generally perfect, the road-works on the approach to the White House slowed things down, but on the return Taylor extended his lead to over half a minute and finished an easy winner.

1: J. Taylor, Holm. 24.50
 2: G. Read, Roch. 25.32
 3: G. Schofield, B'burn 25.58
 4: I. Clarkson (V.40) Roch. 26.21; 5: J. Eaton, Ross. 26.38; 6: G. Bell, Roch. 26.49; 7: D. Ashton, Chor. 27.01; 8: D. Beals, Roch. 27.18; 9: R. Bradley (V.40) Holm. 27.22; 10: K Shand, Roch. 27.57.

K.I.M.M. Wales
October 24th-25th, 1987

The vital factor, the weather, was great. As a result the proportion of finishers was high as was the proportion who really enjoyed the event. A triumph for the planners who made excellent use of the area despite some access restrictions. It was a long first day for the elite class and a hard second day for the A class.

Amongst the outstanding performances of the week-end were those of Nicky Lavery and Vicky Thornton completing the Elite in 15.30.09 after a long first day; Mark Chapman and Steve Nicholson who won 'A' class by over an hour; and Stella Lewsley and Jean Ramsden who took 2nd place in the Score event.

The organisers wish to express their thanks and appreciation to the Planners and all the Organising team for their hard and skillful work which made KIMM '87 another successful event. See you all at KIMM '88, but please don't bring any more cars than you have to!
 Peter Knott

Elite:
 1: P Irwin & D Ratcliffe 11.50.00
 2: K Taylor & R Bryson 12.18.34
 3: D Rosen & J Broxap 12.30.13
 4: M. Garratt & P. Haines 12.36.56;
 5: J. Brown & M. Bagness. 13.00.25;
 6: M. Walford & H. Symonds. 13.16.32;
 7: A. Belton & A. Addis. 13.22.17;
 8: M McDermott & A Thornton. 13.24.10;
 9: A. Bell & P. Farmer. 13.33.53;
 10: M. Sellens & G. Sellens. 13.42.03;
 1 Vets: D. Beresford & S. Bradshaw. 14.20.05; 1 Ladies: N. Lavery & V. Thornton. 15.30.09; 1 Mixed: V. Dempsey & H. Pakit. 16.07.11.

'A' Class:
 1: M Chapman & S Nicholson 10.42.51
 2: H Buchanan & R Horlock 11.49.49
 3: S Thorpe & R Kohler 12.09.51
 1 Vets: M. Reynolds & S. Brown. 12.22.29; 1 Mixed: T. Peacock & V. Brindle. 13.12.10; 1 Ladies: E. Kessell & W. Dodds. 15.24.02.

BLACK LANE ENDS England
CS/5m/1,000ft 1 Nov. 1987

1: D. Cartridge, Bolton 29.57
 2: A. Pearce, Bing. 30.38
 3: G. Devine, P&B 30.38
 4: J. Taylor, Holm. 30.58; 5: T. Rutherford, Clay. 30.59; 6: S. Livesey, Ross. 31.00; 7: G. Schofield, B'burn. 31.23; 8: P. McWade, Clay (1 V.40) 31.31; 9: J. Hornby, Spen. 31.52; 10: B. Brindle, Horw. 32.28; 2 V.40: R. Hargreaves, Clay. 32.42; 3 V.40: D. Cartwright, Pen. 33.33; 1 Lady: V. Brindle, Clay. 38.46.

WINTER HILL England
AM/11m/2,700ft 29 Nov. 1987

1: G. Devine, P&B 1.26.25
 2: R. Owen, Horw. 1.26.33
 3: G. Schofield, B'burn 1.28.22
 4: C. Valentine, Kes. 1.29.29; 5: P. McWade, (1 V.40) Clay. 1.29.46; 6: D. Lee, CFR. 1.29.59; 7: R. Jackson, Horw. 1.30.32; 8: W. Brindle, Horw. 1.30.53; 9: B. Brindle, Horw. 1.31.06; 10: T. Hesketh, Horw. 1.31.14; 2 V.40: D. Kay, Bolt. 1.33.51; 3 V.40: J. Nixon, Horw. 1.34.03; 4 V.40: J. Norman, Alt. 1.34.27; 5 V.40: J. Nuttall, Clay. 1.35.44; 6 V.40: A. Jones, DPFR. 1.40.52; 1 Lady: A. Harris, Stock. 1.52.13; 2 Lady: V. Brindle, Clay. 1.52.45; 3 Lady: R. Pickavance. 1.52.58.

A happy competitor in the K.I.M.M.

(Photo: R. Howard)



COMPETITION RESULTS



Messrs. Maitland, Livesey, Cartridge and Pilbeam at Coniston 1986 - E. Rennie

Winner:

John Darby of Trevethin, Pontypool.

'Oh no! It's the checkpoint, I meant to lead them the wrong way!'

Runner Up:

David Haworth of Lincoln.

'Right then lads say after me: 'Heads and Shoulders; Knees and Toes'.

Others:

'Think your way to better fell running' by Jack 'I'm in the lead Maitland'.

'Japanese soldiers (FRA div) surrendering 41 years after wars end'

'Oh! I've forgotten the condoms'

'The morning after the FRA dinner - looking for 'hughie' on the fells'.

'The bells, the bells' - Mr. Q. Modo, Notre Dame fell runners and bell ringers club'.

'Eh Jack, you've got a spotty bum!'

'What on earth made you wear a new hair piece in this weather Jack? - shut up Shaun and help me find the elastic!'

'The concrete and clay beneath my feet begins to crumble ...'

'Sorry Jack, I'm buggered if, I can see your radiation tablet'.

'He must be in the S.H.R.A., the words he's using!'

'Watch out lads, he's doing his rain dance'

'That's all I need, Des O'Connor on my walkman'

'Jack: 'This wind is bloody awful!'

Shaun: 'It must be all that brown rice you eat'

'That's funny this mist is singeing my hair!'

'Ouch! I heard someone shout 'turn it offski', and then there was this tremendous noise'.

Jack: 'Oh hell Shaun, I've forgotten to tell Dave we've run out of freedom shorts'.

'Bloody hell, not a Madonna concert up here as well'.

COMPETITION



(Photo: Whittle Hill, Rossendale 1987 (Photo: W. S. Bateson)

Entries to: John Blair-Fish, 28 Howden Hall Crescent, Edinburgh EH16 6UR. (No blasphemy please)

Name:

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Kildalton Amateur Athletic Club require experienced masseuse for next years Bens of Jura. Accommodation will be provided for the weekend. C.V. and photo to Roland Worthington: Eyre, K2AC, Kildalton Estate, Isle of Islay, Argyll. PA42 7EF. All replies answered S.A.E. please.

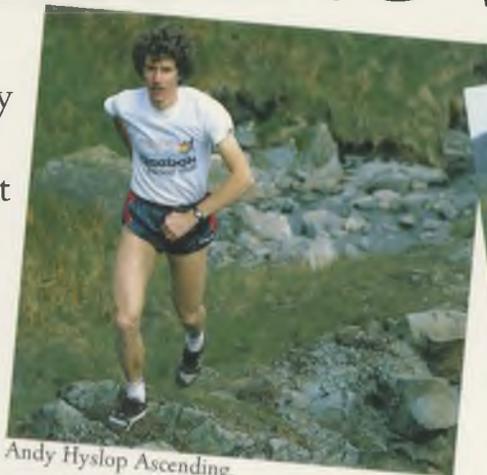
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All year round accommodation Bed and Breakfast. Five minutes walk from Town Centre. Television, hot and cold central heating in all rooms. Telephone: Mrs Elizabeth Campbell (0397) 4137.

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Back Cover: Ann Capp, winner of the 1987 Wrekin (Photo: W. S. Bateson).

THE FJELLRUNNER FOR FELLRUNNERS: EITHER WAY IT'S GRIPPING STUFF.

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Andy Hyslop Ascending



Andy Hyslop Descending

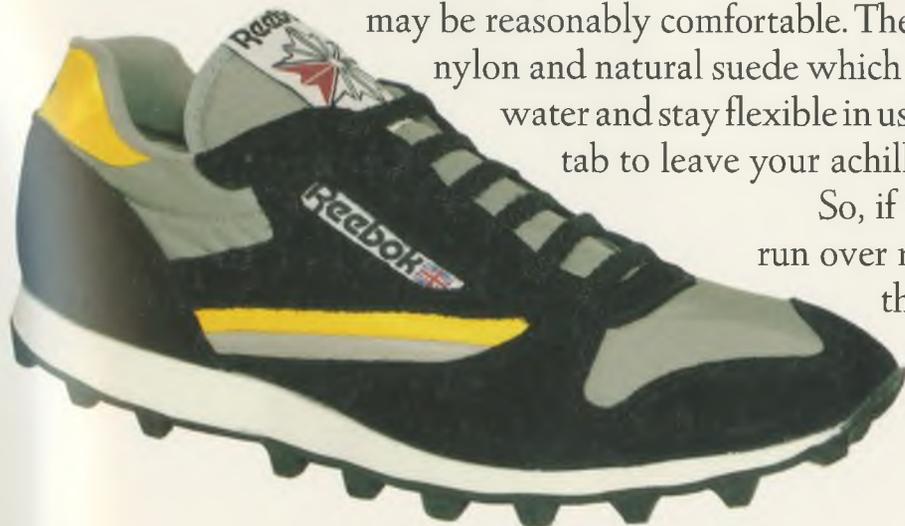
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To help prevent possible injury on rock and scree, we have incorporated a polyurethane instep protector. This will help to stop stones and sharp edges damaging your foot.

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