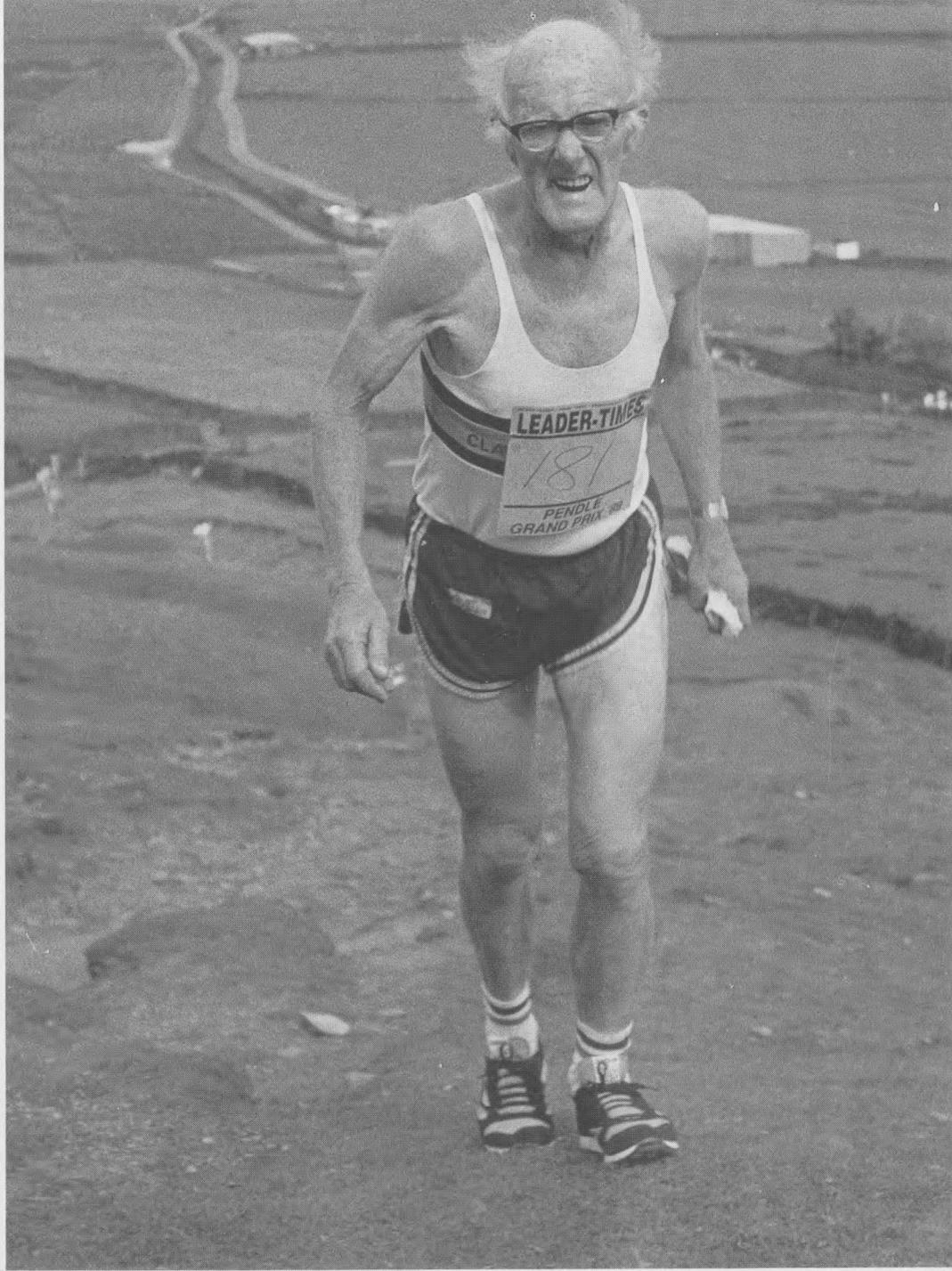


the

FELL

runner



September 1989

ANY PLACE - ANY TIME



THE PLACE: KESKADALE (NEULANDS)

THE TIME: 1.30 pm SATURDAY, JULY

THIS COMPETITOR'S BOOTS DISINTEGRATED (NOT WALSH'S) ON DESCENDING KNOTT RIGG ON THE FIRST DAY OF THE SAUNDERS TWO DAY MM WE WERE ON HAND TO SUPPLY HIM WITH A NEW PAIR OF WALSH'S, SO THAT HE COULD CONTINUE, IT PAYS TO HAVE FLEXIBLE FRIENDS!

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Front Cover: Jack Riley, one of the oldest members of Clayton, on Pendle Hill - Photo: Dave Woodhead. Back Cover: Burnsall - The start of the rough descent - Photo: Peter Hartley.

EDITORIAL

Magazine Turnround

Various letters to me have raised questions about magazine turnround and topicality of results published. There are many contributors to the magazine and several of them seem to assume that copy sent two weeks after the published deadline can just be slipped in. Photographers need to find time to get into their darkrooms on the deadline date. Then there have been problems with the printer reading discs and handwriting, interpreting the required layout, and producing proofs and modified proofs. I have now finally reached agreement with the officers of the FRA to use a printer, Macdonald Lindsay Pindar pic, who I can visit to discuss such problems as they arise.

Ray Eagle also asks about the level of service on results and the depth of the field covered. Dave Weatherhead took over collecting results last year with the specific remit to extend the results lists published and to chase every race in the calendar. All organisers of races advertised in the calendar now receive an sae from Dave and I believe coverage has improved considerably as a result of Dave's efforts.

Facilities at Fell Races

Letters below also ask what we may expect at Fell Races for our entry fee. My personal opinion is that the race entry fee should either cover refreshments available at the finish or vouchers to purchase the same. Walking back to the car after running the Wasdale to find money for tea and cakes and then back to the finish area seemed unnecessary. Or should we be running with our friendly pieces of plastic to cover refreshments at the end of races or purchase of new shoes mid-race as shown in the report on the Saunders? I noticed a runner with a Visa wrist sweatband at the end of a Swiss uphill race and wondered if this was a sign of the future.

Fatigue Limited Competition

Tony Trowbridge's article below suggests that British and English Championship races are too demanding for top athletes. Consulting other runners and judging from my own experience I do not think there are any totally objective statements that can be made. The number of long races that can be taken on at a given level vary from individual to individual and also depend on experience and fitness.

Having said all that I feel my decision this year not to run both the Moffat and Wasdale in successive weekends this year may not have been wise; the night before Moffat I helped Robin Morris load six trays of cakes, the entry-fee Moffat race refreshments, from a bakery into his car and there were only 50-odd runners at the race.

P.S. The Committee is now seeking comments on the number of races in the British Championship - see Committee News.

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Rates: A bargain at £1.00 for the first 20 words, then 10p per word thereafter. All payments must be made in advance. It is hoped that the response from members will justify the continuation of this column. So why not get rid of those spare shoes, fill that seat in the car to races or advertise your B & B availability etc.?

Letters and Articles for Next Issue - deadline 25th November

John Blair-Fish, Five The Screens, 28 Howdenhall Crescent
Edinburgh EH16 6UR (031-664 8425)

Results and Race Reports to:

David Weatherhead, 47 Clarendon Road, Elswick
Bingley BD16 3DL (0276 567589)

Advertising Copy to:

Martin Stone, 12 Moorlands, 103 Garstang Road, Preston
Lancashire PT1 1NN (0772 562395)

LETTERS

Free Refreshments at Fell Races

We are writing this letter as a plea to all fell race organisers to ask them to maintain that very special (and desirable) fell race custom of providing free refreshments at the finish of long races, with copious amounts of drinks like tea, squash etc. We note that this year some organisers seem not to have bothered.

It may seem trivial to some, but it is after all the only tangible benefit that most runners (outside the prize-winners) receive.

We firmly believe that the majority of fell runners would prefer to see their modest entry fee going towards (in order of importance):

1. Organisers expenses and safety provisions.
2. Refreshments.
3. Modest prizes (if funds permit). Glamorous prizes, T-shirts, "expenses" etc should be provided only from sponsorship not entry fees.

Those organisers who disagree with this view are of course entitled to do so, but may find that fellow fell runners are voting with their feet, and going elsewhere.

PETER and SARAH HAINES

SLMM 1989 and the cost of a gallon of tea

The following is not intended to be entirely critical, because during the above event I experienced two long days covering challenging courses, and enjoyed them.

However, in the programme the editor states that "the taking part is all important", and it is this statement with which I take issue.

The start was a shambles. Confusion and mis-directed teams were everywhere, and yet no official would grasp the nettle and shout clear instructions. How many teams set off prematurely can only be guessed at.

The finish was equally confused. But what does this matter when the majority of teams had been timed out?

My partner and I finished 44th overnight and were going well on day two when we were informed that the last control had to be collected in. We know that we could not win the event, but were desperately disappointed not being allowed to finish it. The planner got his times/distances wrong and frustrated an awful lot of competitors.

Was the reason for timing out or making the courses too long an attempt to reduce numbers for next year? Surely a better way would be to limit the size of each class entry. All that has happened is that the SLMM now has a name for being a sloppy event.

After a long time out, competitors need lots of fluid. To be limited to one cup of tea is outrageous considering the event fees. How much does a gallon of tea cost? To be told by an official that further

drinks can be got from the cafe next door is not really satisfactory and smacks of arrogance.

Thirteen hundred competitors at £8 and no maps to produce, provides a good chance of a large profit. An event budget would make interesting reading. This is not sour grapes but an indication that competitors were not thought of in much detail.

I appreciate the hard work put in by organisers, but officials must be well briefed and allocated jobs which they can handle firmly.

Two long days in big hills in good weather, tainted by disappointing memories.

Yours faithfully
J ARMSTRONG

Saunders Hitchhikers Guide

Having recently watched the umpteenth repeat of "Hitchhikers Guide to the Galaxy" on the television I would like to put the same question to Keith Fazey, organiser of the Saunders Lakeland Mountain Marathon, as is posed on the programme. That is, what's the meaning of Life, the universe and the route choice and timing for the Kirkfell Class on this years event?

I realise that to put on an event like the Saunders, in a very sensitive area such as the Lakes must be a daunting prospect. Indeed Keith himself, told us of the last minute access problems he had to overcome before the start. But what on earth possessed him to allow our class to descend from Kirkfell via the East bank of 111 Gill. How no one was killed or injured by falling boulders could be the new question in a future TV Sci Fi. The repeated cries from above of "below" followed by the noise of falling stones gave the impression of being in the White Spider on the Eiger on a bad day. I can hear the mutterings of "Its a hard life" and "If you can't stand the heat" etc and normally I'm the first to resist any attempt to sanitise the hills but someone being killed could damage our sport immeasurably as well as doing the recipient of the rock a load of no good!

Apart from that, the first day was very good. Plenty of climb, and about the right length. We even saw Chris Brasher above Black Walls. Hi Chris! I use Reebok flats and I find them very good. My fell shoes are getting very tired and I will need to replace them very soon! Hint! Hint!!

OK I can hear you mutter, what's the problem. One dodgy route choice on the first day. Big deal! . . . Well the problem started on day two. A 7.30 am start and the penultimate control with a closing time of 1 pm leads one to think that it will all be over with by 2 pm at the latest. Wrong . . . by 1 pm a large part of the class hadn't reached control 3 when the Marshall upped and left as per his instructions. It was at this point that a change in

route was displayed. The problem with this was by now even the "new" penultimate control was officially closed also. As a consequence a large number of the class retired in disgust and returned via Newlands Pass to the finish rather than carry on with the route to a control that almost certainly wouldn't be there and to a finish that would have officially closed some one hour previous. Being bloody minded a small group of us carried on to discover the punch still in place and the finish still open. When we informed the retirees of this they were not very amused!

Its not the length of the second day that warrants complaint because there have been too many soft events of late but rather the timing. I suspect no one actually went round the route to check if it was viable or was it that Joss Naylor did it and an extra 10 minutes was added on!

At the finish I saw someone in a shouting match with Ken Ledward over apparently similar goings on in the Bowfell class. I don't believe in that manner of doing things but on the other hand I feel obliged to register my feelings. Keep at it Keith, don't take this too personally and if you get it somewhere near right next year I will be the first to shout well done.

Yours in sport
R DENBY

PS — As it appears that its the firing squad at dawn if we upset potential and actual sponsors, lots of love and kisses to Reebok UK, Saunders and Theakstons for the ale on Friday night.

What is 'The Fell Runner' For?

Firstly let me thank all the various people who make our sport tick, but I need to have a moan. I have strong views on a number of issues from Abortion to Zionism and can pick an argument with anyone, but there are times and places for such things and this magazine is not one of them.

Enough of the BNFL debate please! . . . and be very selective in future editorial policy. I suggest that general political issues should only be included if they have a strong direct bearing on our sport as, say, Access Rights might have. If decisions by Committee or individual clubs cause people concern then we have procedures such as AGM's and EGM's (at British, National, Regional and Club levels) to debate them.

If something really drastic comes along we can resort to Working Groups, Sub-Committees etc and opinions should be directed to them. Obviously this magazine can be used for relevant news items.

What I, and I think most of your readers, want to see in this magazine is more detail about Mountain Races, other related fun giving activities and writing which conveys our love of and respect for the hills and having a good time.

Incidentally there could be scope to improve this race coverage. Do correspondents fail to provide brief accounts of race progress, terrain, conditions etc? Do they fail to send in full results including the middle and even end of the field? Are these things sometimes edited out? Could

organisers send results in a photocopyable format?

I would much rather see this extra detail even if it meant restricting (not excluding) space given to epics, new circuits (of which an infinity can be invented), the World Cup, gossip about personalities etc. After all, most of your readers are "average" or slower and its nice to find out how we are doing against each other. Very few of us try to maximise points in "The British" and even the best run in many other races.

Finally, is there any chance of a quicker turn round in results, even if this implies a less glossy format for the magazine?

Lets have an investigation, reporting back in 1997.

Your's in a sweat
RAY EAGLE

SLMM and "All Fell Runners are Pigs"

This weekend, for the last time, I competed in the Saunders Lakeland Mountain Marathon. At the end of the event I went for the customary refreshments of soup, salad and a small cup of tea. I went back for a refill of tea and was told that I was only allowed the one drink with my meal.

I approached the organiser of the event, Keith Fazey, and expressed the opinion that a small drink of tea/coffee was hardly adequate to replace lost fluid after several hours on the fells. His reply was that "all fell runners are pigs — if we let you have more than one drink there would be none left for the last in".

When I pointed out that we had paid a considerable amount to run in an event where promoters of other similar events provided adequate fluid, he offered to send me a breakdown of costs for the event, made reference to another event's "scabby sausage rolls in plastic bags" and said I could buy drinks in the pub or cafe next door. In order to avoid any angry response to Mr Fazey's arrogance I walked away.

Well, Mr Fazey — can we see a breakdown of the event costs — so expensive you couldn't even supply a bowl of water? I am sure all the "pigs" who took part in your event will be interested to see where their money goes before they rush back for more insults.

Myself, I will be running in the Rock and Run, and the Karrimor, the newest and the oldest, where friendliness and good organisation go hand in hand. Oh — I forgot to mention the badly organised start procedure, badly planned courses with poor route choice and . . . but no doubt others will.

Yours sincerely
JOHN ECKERSLEY

Misplaced Caption

Peter Farrell has been trying to get his face into your learned Journal for all of his mere 56 years, yet when he finally succeeds you call him Eric Frost — nay, Forst — and make him over 60.

Yours
A SHAME (Under 60)
CLAYTON LE MOORS

"Get Lost"

Dear Wheeze,

Leave me alone! I am a victim of a breeched birth. I even entered the world the wrong way so what else do you expect from me.

Yours somewhere in sport
RED PILBEAM

... Now ... where was I?

PS — Pilbeam is also Anglo-Saxon for Pile of Wood.

PPS — Pile of Beams — Pilbeam.

Response to Danny Hughes

Hurrah! The magazine has come at last, and of course it was worth the wait.

My part in the "Wheeze" cartoon scandal will be well known to the FRA committee and I was happy to leave it at that were it not for the published objections of Mr Hughes, particularly since some parts reminded me of nothing more than an old saying about persons living in abodes of transparent silica lobbing rocks about.

To accuse the cartoon of "promoting one shoemaker at the expense of another which I do not believe is the function of the magazine" reeks of gross hypocrisy coming from the man who took up more than a few column inches justifying and thereby promoting the activities of his employer, BNFL.

To speculate that the cartoon was "possibly libellous and could prove very expensive for the FRA" is all very well, but he neglects to say that the affair was ended amicably, a fact which as a committee member he should be aware of. To put the record straight for other members not in a privileged committee position, and who may quite rightly worry about the threat of legal action reducing FRA funds, may I say that as soon as I was aware of Chris Brashers displeasure I wrote to him directly offering my unreserved apology, independent of any statement issued by the FRA. I also wrote an open letter to the FRA reassuring them of my benign intentions.

Chris Brasher responded like a true gentleman and wrote back agreeing to end the matter. He later agreed to sponsor my attempt at the Three Peaks Yacht Race with road and fell shoes, which I was happy to wear, being impartial in these matters.

To suggest that an amateurish cartoon could influence the activity of a large successful sportswear firm is surely endowing it with more power than it merits, and yet Mr Hughes asserts that it "discourages the development of fell shoes by more than one supplier". I suppose that is a back-handed compliment?!

And what about the statement that fell shoes are "scandalously overpriced"? A fairly average price of road training shoes will set you back the same amount as a pair of fell shoes, and yet they are targeted at a much larger consumer group with presumably better profit margins. This can only lead to one of two conclusions; the road running fraternity are being ripped off, or we fell runners are getting a bargain.

Well, I've had my say. I wasn't going to, but I was provoked your honour!

Incidentally, can anyone tell me why the front of the soles on my (same price as Walsh) Reebok fellshoes come unglued after only one outing?

Yours in sport
DR SIMON BLEASE

PS — Can I become a member of CATSPIS?

PPS — Dear Rod, you may have been a Breech, but I was a deep transverse arrest, with brain damage as a result!

28 Munros Record

Re Jonathan Gibbons letter, *The Fell Runner*, December 1988. Ivan Butterfield states 15 High Mountains 1979: "rounded tranguation pillar which might reasonably be supposed to make the highest point of the mountain. However this is said to be on a small lump on the rib midway between the other points." However the notes to Section 10 of Munros Tables Comment: "Observations on the ground gives the impression the main summit of the Saddle is slightly higher than the Ing Point." Hamish on all fours? I still claim 28, for the moment I'll just read and dream about doing the 137 I have left.

Yours sincerely
JONATHAN BROXAP

Blencathra Fell Race 1989

This event takes place with the co-operation of the local Parish Council whose hall and common lands are used for the start and finish. There is also limited good parking in the village. A booking with guest speaker had gone unnoticed and I was asked in early May to make alternative arrangements. Notices were circulated at races and via Pete Bland but naturally some runners were not reached. I had a reduced entry and some turned out on the Wednesday only to be disappointed, for which I apologise. Its the runners that make preparations worth while and the evening a success. Please forgive and come back next year — Tuesday, 5th June.

JOHN STOUT

The Fell Running Scene in Northern Ireland

The Fell Running scene in Northern Ireland is going from strength to strength this year. Fields haven't increased by large amounts, but all races are turning out 30 to 50 runners and the standards throughout the field are increasing. As well as the NI Championship races, the mid-week "Hill and Dale Series" races in the Mounes are proving very popular and competitive. Leading runners are turning out in the "Hill and Dale" races and it is now as hard to win a "Hill and Dale" race as a NI Championship event! The regular competition is good and is helping to increase standards in general.

Yours in sport
BRIAN ERVINE
NIFRA

Speechless on the Bens of Jura

It's not that often that we English get a chance these days to leave the Scots or the Welsh lads speechless but the Bens of Jura Race gave us an all too rare bite at the cherry. The protagonists were a nameless Eryri lad and an equally anonymous Mandale runner — Oh what the hell it was Allan Carter!

Carter: (on the fifth Ben) "The going up here's nigh on impossible man."

Eryri: "It's not so bad — it's like this all over Tryfan, boy."

Carter: "Ah wouldn't know — this is the first Scottish island wot ah've ever visited!"

RUSS O'CALLAGHAN
MANDALE

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For further information contact: Dr W R Tancred, Director, Department of Physical Education and Recreation, University of Sheffield, Goodwin Athletics Centre, Northumberland Road, Sheffield S10 2TZ or phone (0742) 768555; ext 6257.

STAMINAAAAAADE!

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LANGLAUF: Anyone interested in joining an *ad-hoc* selected group to cross-country ski at Davos over New Year should contact "Stud Mark Tours", c/o John Blair-Fish.



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Fell Runners Association — Welsh Regional Committee:
The following Officers and Committee members were elected at the AGM on Saturday, 28th October 1988.

Chairman:
Les Williams, 30 The Fairway, Cyncoed, Cardiff CF2 6RE (0222 752876)

Deputy Chairman:
Malcolm Jones, 42 Isgraig, Tremadog, Porthmadog, Gwynedd LL49 9PT (0766 513876)

Secretary and F.R.A. Committee Representative:
Jonathan Gibbon, 53 St Fagan's Rise, Fairwater, Cardiff CF5 3EZ (0222 5553699)

Treasurer:
Eilir Evans, Rowen, Dinas, Y Felinheli, Gwynedd LL56 4RX (0248 671150)

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Martin Lucas, Chestnut View, St Brides Major, Near Bridgend
Mid-Glamorgan CF32 0SY

Robert Benjamin, Frewd Parry, Chas Ryder, Huw Parry, Ruth Parry,
Kay Lucas, Francis Uhlman

COMMITTEE NEWS

Annual General Meeting

NOTICE IS HEREBY GIVEN THAT THE AGM OF THE FELL RUNNERS ASSOCIATION WILL BE HELD AT 3.30 pm ON SUNDAY, 26th NOVEMBER IN THE RIVINGTON AND BLACKFORD HIGH SCHOOL, HORWICH, (THE VENUE FOR THE WINTER HILL RACE EARLIER IN THE DAY).

Motions for the meeting should, under the FRA Constitution, be with the Secretary by 26.10.89 and nominations for Club Representatives to the AGM and for election to the Committee should be with the Secretary by 12.11.89.

The Committee will propose that "as from 1990 the English Championship will only be open to FRA members".

Consultations are also under way towards a proposal that the British Championship should be open only to members either of the FRA or the SHRA.

There will also be a motion to affiliate to the new British Athletics Federation instead of the AAA. Exact wording to be decided.

Committee Meetings

Kaim Hill, 21.5.89

Water Privatisation: The Secretary had received a reply from the Minister which did not resolve questions of upland access. Members are to be urged to protest direct to the Minister.

British Athletics Federation: All of the proposals put forward by our working group have been included in the draft Constitution of the new body. The Fell and Hill Running Commission will have three English members out of a total number of seven elected at the AGM.

Annual Dinner: Kevan Shand will be unable to organise the Dinner next year. A volunteer is needed. This year's dinner will be on Saturday, 11th November at Blackburn Moat Hall; see a Committee member for details.

Magazine: The possibility of a change of printer was discussed and will be on the next Agenda. It was decided that another Committee member will have sight of possibly

contentious items prior to publication.

Training and Navigation Course: Thirty-three people attended the course and the feedback was very positive. Committee congratulated Kath de Mengel and Roger Baumeister, and Dark Peak FR on the organisation.

As a move towards greater openness and democracy within the Association all Scottish members were invited to the meeting and several attended and made very helpful comments.

Present: D Hodgson, S Wright, D Hughes, A Styan, K Lucas, J Blair-Fish.

Y Gam, 24.6.89

Treasurers Report: A healthy bank balance was reported by Barbara Carney of just over £20,000 in all accounts, with two magazines still to be produced.

Championships: It was felt that there may be too many champion-

APPLICATION FOR MEMBERSHIP TO THE FELL RUNNERS ASSOCIATION

The Fell Runners Association was formed on the 4th April 1970, to look after the interests of fellrunning throughout the British Isles. The Association now has its own governing status within the A.A.A.'s structure.

MEMBERSHIP BENEFITS

Three magazines per calendar year, containing race results, reports, photographs, articles etc.

A very comprehensive calendar listing over 200 events.

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Please mark envelopes 'F.R.A.' and enclose remittance as follows:

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ship races in the Calendar and that some top runners are "voting with their feet". We agreed to seek members views and discuss the matter in detail at the next meeting (see item in this Magazine).

World Cup Trip: The Secretary is pursuing plans to organise a tour to the World Cup in France.

Relay Awards: The first three teams, plus the first ladies' team, will receive glass tankards to be awarded on the day.

Calendar Copyright: It was pointed out by Dave Jones that several commercial magazines are again "ripping off" our Calendar. We will ask the AAA for help in this matter.

All Welsh members were invited to the meeting and again several attended putting forward helpful comments.

Present: D Hodgson, S Wright, J Gibbon, A Hulme, D Jones, A Styan, K de Mengel.

Sedbergh, 20.8.89

Championships: This was the major item on the agenda as we were discussing not only the format of the championships but also the actual races.

There was a long discussion on the format for 1990 in which a compromise suggestion by Dave Hodgson was central. This involved keeping the British Champs at nine races but making an award to a Short, Medium and Long race champion within that. Alternatives were to return to the four from six format of three years ago or to simply have one race in each category. It was recognised that in

order to involve Scottish and Welsh runners fully it was necessary to have less travelling. The meeting was eventually split between retaining the present format and returning to four races from six. Norman Berry, in the chair in Dave Hodgsons absence, felt that in the circumstances we should retain the present format for another year but attempt to seek the views of Scots and Welsh together with the membership generally.

The races provisionally chosen were as follows:

British Championship		
Short	Medium	Long
Pen y fan	Ben Lomond	Edale
Eildon	Snowdon	Ennerdake
Gategill	Ben Nevis	Langdale

English Championship		
Short	Medium	Long
Gategill	Fiensdale	Edale
Thievely Pike	Skiddaw	Ennerdale

It was hoped that by choosing more classic races, to which top runners travel anyway, less travelling would be involved overall.

Magazine: The Editor pointed out that the printing of the next edition will be done by Macdonald Lindsay Pindar pic of Loanhead which should make communication much easier for him. The price was very competitive. It was a general feeling that the BNFL correspondence had run its full course and many members were very fed up with it.

Present: N Berry (chair), S Wright, A Styan, J Blair-Fish, J Gibbon, B Carney, A Hulme.

SELWYN WRIGHT

UK has been preparing a Constitution for the new body and we have been taking part. In fact back in February we arranged the first ever meeting between fell runners in all four Home Countries to decide on what we all wanted. We had the chance, you see, to have one body in charge of Fell Running throughout the UK. That's something that we've been fighting for over many years. We also had the chance to make sure that fell runners were actually in charge — rather than having to go cap in hand to bureaucrats for important decisions.

The proposals put forward in the new Constitution of the Federation are exactly, word for word, what we asked for at that meeting and we are very happy about that.

In the new Federation each branch of the sport, Track and Field, Cross Country, Road Running etc has charge of its own affairs and has representatives on the Federation Council. The way that this is done is through Commissions for each branch. The proposal is that there will be a Fell and Hill Running Commission which will have complete control over the sport throughout the UK. It will of course be answerable to the main Council in the same way as other branches of the sport. Unless however we threaten to bankrupt the sport or some other major problem arises we don't expect the Council to interfere. After all we don't want to interfere with Track and Field or Road Running so why should they interfere with us.

In England the AAA has in the past allowed us to run our own affairs as an affiliated association in a very free way. We don't expect that to change. As far as Scotland

and Wales are concerned however, the new arrangements should be very beneficial. The SHRA presently only has the status of a club within the Scottish AAA which means they can't even select their own national team and most of their major decisions have to be confirmed by the SAAA. The Welsh Regional Committee of the FRA does select its own teams but the National Association did not give it sufficient money to fund the Welsh team's travel to the World Cup. Team members are having to pay part of the costs themselves.

The new Federation will put a stop to situations like that and we will receive an operating grant from the Federation for operational costs. The way we propose to set up the Fell and Hill Running Commission will mean that we have an extra layer of administration within the sport. The reason is that we are taking over control from all the old layers of bureaucracy outside of Fell Running — in athletics generally. There will be a Commission comprised of seven people — three from England, two from Scotland and one each from Wales and Northern Ireland. The FRA would, we propose, be affiliated to the British Athletics Federation through the Commission.

There should be no doubt that the Commission would be in a very powerful position *vis-a-vis* the FRA but bear in mind that five out of the seven members of the Commission will be members of the FRA elected at the various AGM's.

We think that the new British Athletics Federation represents an excellent deal for Fell Runners and one which is well worth supporting at the AGM.

SELWYN WRIGHT

The Championships

It has become clear this season that several top runners are not competing in the British Championship and in particular that Scottish and Welsh athletes have not been attracted. This is a matter of great concern to the Committee because we don't want the Championships to become devalued.

We considered changing the format either back to the four races from six system of three years ago, or to a new suggestion of a Championship for each distance within the present nine race format. Eventually we decided not to change from the system of the last three years because there was not enough

evidence that the majority wanted a change.

It was also a strong factor that we should not unilaterally change things without consulting the SHRA. We need in short, to find out what everybody wants before we start turning things upside down.

You can guess what's coming next! If you have a view on the subject then please let us know by writing either to the Editor or to me. If you don't like writing then tell one of the Committee members at a race. We're open to everyone's ideas. If we don't hear yours then don't complain afterwards!

SELWYN WRIGHT

British Athletics Federation

Unless your head's been buried completely in the sand for the last year you could hardly fail to have noticed that a new governing body for athletics is about to come into being. It will mean various changes in the way the sport is organised — notably that there will be a single governing body for the whole UK instead of one each for England, Scotland, Wales and Northern Ireland.

The FRA is affiliated to the English body, the AAA, at the moment and so the introduction of the new Federation means changes for us as well. Of course we're a democratic association so everyone has a say and the AGM will have to approve any changes which the Committee thinks are necessary.

For the last year a Working Party consisting of representatives of all branches of athletics throughout the

First Edale FRA/DPFR Navigation Training and Safety Course 13th/14th May

With the encouragement of the FRA Committee DPFR organised the first (annual?) fell running course from the Youth Hostel at Edale.

Clearly a lot of hard work in preparation had been put in by the Dark Peak team, Roger Baumeister, Kath de Mengel and Mai Patterson in particular, and the course was a great success.

About 35 people attended, together with enough instructors to give three or four to one group, making navigation work very effective.

The navigation started with an introduction to map and compass work and map familiarisation with the Harvey Peak District Map. Saturday afternoon was devoted to orienteering exercises with a 1:15000 Blackamoor map, and Sunday saw the big test with an 8 km seven control interval start even over Kinder.

Talks were given by Wendy Dodds on soft tissue injury and prevention, by Peter Knott on equipment for fell

races and two day events, safety on the field by a member of the local MR team, and fitness and training by Tony Trowbridge.

Tony's talk was particularly interesting, showing how most fell runners tend to overtrain and over-race, based on the scientific study of Clare Croft's training and racing programme. Some improved understanding of what training does to the cardiovascular, respiratory and neuromuscular system was obtained together with some simple practical methods to monitor training effects.

FRA committee support was evident in the form of secretary Selwyn Wright working as an instructor on Saturday, and chairman David Hodgson manning a control on Sunday's event and making a short closing address of thanks to DPFR.

The annual course at Elterwater in September will continue and hopefully the Edale course will also be an annual event, the two courses complementing each other with the aid of cross participation.

PETER KNOTT

STANBURY FELL RACE, 27th January 1990

Prizes include £120 Sherpa Peak Two-Man Peapod Tent — first man; Wax Jackets — first vet and first lady. Plus famous malt loaves.

All ladies a prize and first 50 men. A prizegiving not to be missed. Entries to Mr David Woodhead, 166 Hainworth Wood Road, Keighley, BD21 5DF, West Yorkshire (Tel. 0535 669100).

International News

“Brits” Reconnoitre World Cup Courses

Die, in the mountains of Drôme (Southern France), plays host to the 1989 World Cup mountain races. Already the small ancient town is festooned with banners and notices announcing the event. A “World Cup” office has been set up with two full time secretaries. Sale of World Cup memorabilia is breaking all records. Ton Vink, Chairman of the organising committee, is being seriously diverted from his proper job.

Two races over the approved Col-de-Roussett is a modification of the previous race between these two points. The planners have made a good job of stiffening up the course. The road sections have been removed by taking a direct route along paths to produce a steeper shorter race of 17 km. A testing smaller hill has to be navigated (up and down) before the final ascent to the col. This is the course over which an open race for all categories, including vets 40-49, vets 50-59, vets 60 upwards, ladies’ and lady vets, will take place before the World Cup race.

The short course is a figure of eight starting and finishing in Châtillon-en-Diois — 10 km with two steep and arduous climbs through wooded hillsides. Tactics will play a large part in this race with several stretches too narrow for passing. Ray Owen had a poor ascent on the first big climb and never regained lost ground, finishing 11th, just in front of Jack Maitland who was 12th. Malcomb Patterson had a good run to finish 7th behind a batch of Italian internationals of whom Claudio Galeazzi was the winner. Robin Bergstrand ran well to finish 10th. The Scots were led home by Andy Curtis (17th) followed by John Hampshire (22nd). Danny Hughes won the supervets category by 43 seconds, in 67th position overall (150 started).

In the shorter ladies’ race, Janet Darby (3rd) and Paula Hawton (5th) — (Northern Ireland), both coached by Jim Darby, made a fine impression behind the French champion Isabelle Guillot, who must stand an excellent chance of winning on her own ground in September. Janet is contending for a place in the England team. Ann Curtis was first lady vet in 9th position overall.

The long course from Die to the

the previous race between these two points. The planners have made a good job of stiffening up the course. The road sections have been removed by taking a direct route along paths to produce a steeper shorter race of 17 km. A testing smaller hill has to be navigated (up and down) before the final ascent to the col. This is the course over which an open race for all categories, including vets 40-49, vets 50-59, vets 60 upwards, ladies’ and lady vets, will take place before the World Cup race.

Aziz Nih (France), a tiny man of the stature of Bonzi (Italy), led the field home with a scintillating run in 1.1.47. Jack Maitland ran strongly for first British home in 6th place, but over four minutes behind. Male Patterson was disappointed with his 12th position but Rod Pilbeam, one place behind, was delighted with his early season form. Ian Davidson was the first of the Scots group home, finishing in 16th position, followed by Andy Curtis who was 23rd. Danny Hughes again led the supervets in 91st position (250 ran). The ladies ran over the same course and the irrepressible Guillot was again the winner, finishing 49th amongst the men. Paula Hawton was second lady seven minutes later and Ann Curtis was 2nd lady vet.

All in all a good week for the British, who were well represented amongst the prizes and who returned home feeling better for a relaxing week of training and sunshine.

DANNY HUGHES

The Swiss Alpine Marathon, Davos, 29th July

This unusual race is a combination of fell running, road running and ultra running. At a distance of 67 kms it suits those with the stamina for distance running, but it does cross the 2,740 m Sertig Pass after a 20 km climb in the later part of the race. This makes it a race where fell runners and marathon runners can compete on equal terms.

It also incorporates two other races. The LANDWASSER covers only the first 28 km of the course, which descends 840 m following broad tracks and roads along the canyon of the Landwasser valley, and finishing at the village of Filisur.

This is the lowest point on the Alpine Marathon and the start of the SERTIGLAUF, which covers the remaining 39 km, taking in 1,920 m of ascent and a 1,460 m descent. Most of this is through meadows on wide tracks, but there is some rougher ground either side of the pass, including a boulder field and a few kilometres of steep descent, down which many road runners pick their way gingerly and very slowly. Of the three races this is clearly the best suited to British fell runners.

Most of the 50 British runners there were trying the full Alpine Marathon, which is by far the biggest of the races, attracting over 1,300 runners. They were set off from the Stadium at Davos on a clear, hot day, at the same time as

the Landwasser race, and British interest centered on the ladies’ race.

Drawn on by the faster pace of the Landwasserlauf, Vanessa Brindle built up a big lead by the time they reached Filisur, but payed the price for it by struggling on the long climb, and was soon overtaken by Ruth Pickvance and then by marathon runner Leslie Watson. Ruth had a two minute lead at the top of the pass, where she was greeted by a large crowd, and this was extended to seven minutes on the steep part of the descent.

By this time, however, the distance and the long sections of road running were taking their toll and in the last 10 km Leslie Watson made up the deficit and pushed ahead to win by nearly 5 mins in 6.52.17. Nevertheless, it was a remarkable run by Ruth Pickvance as she had never run further than 33 km before (in the Haworth Hobble). Vanessa Brindle finished 4th after a nasty fall.

In the men’s race Jack Maitland was once again the highest placed Briton, coming 19th in 5.59.23, but this was his slowest time in the race to date. Hugh Symonds had a poor race, cramping up and finishing 214th. (The winner of the men’s race for the second year running was the German Charly Doll in 5.14.23.) In the Sertiglauf there were 10 British runners, none of them ladies, and the best performance came from John Blair-Fish who was 4th in 3.41.17.

Alpine Round Up



Ruth Pickvance approaching Sertig Pass in Davos Alpine Marathon — Photo: Bob Howard.



Davos Alpine Marathon Massage on the Sertig Pass — Photo: Bob Howard.

The 21st International Sierre — Crans Montana Race, 30th July

This long-established race from the town of Sierre up to the ski resort of Crans Montana is a straightforward 14.7 km road climb over an ascent of 955 m and is used by some runners as warm up for the Sierre-Zinal race.

On six Britons entered this year, among them Bob Treadwell, who has dominated the race winning it seven times in the last 11 years. This year, however, he was not even the first Briton home as Nigel Gates finished 4th in 58.11, just 20 seconds ahead of him. Sally Goldsmith, who teaches at Montana during the summer, won the ladies’ race once again, finishing in 1.07.54, just ahead of women’s World Cup Champion Fabiola Rueda-Oppliger.

**The 14th Swiss KIMM,
5th/6th August, Arosa**

After the difficult terrain last year, this year's Swiss KIMM, based at Arosa in Eastern Switzerland was a much easier proposition. The race is firmly based on the British KIMM, with some minor differences in the classes and the major differences of being in Alpine terrain and altitudes.

It is also a much smaller race and 230 pairs took part this year, 13 of them from Britain and mostly in the Elite/A and C classes. (The Elite and A classes were combined this year due to shortage of numbers — this doesn't so much reflect lack of ability as the fact the Swiss will enter an easier class if they can.)

By British standards the courses were relatively short and they featured strong route choices. Navigation wasn't difficult in the clear weather that lasted most of the weekend but there was a lot of running on paths. This is largely a result of the terrain as you can't risk finding a way through broken ground and the paths offer safer and

quicker routes. Altitudes weren't extreme this year (up to 2,500 m), but those who came straight out to the race did find some difficulty.

The five British pairs in the Elite/A found the going very difficult and the winners, Olivier Buholzer and Matthias Ramsauer won the prize of a place in this year's British KIMM. What British successes there were came as a result of good second days. In the "B" class David Warner and Chris Kemp of the Parachute Regiment came from 6th overnight to take 3rd place, and in the "C" class John Redmayne and Craig Harwood from the Bowline Club. Leicester came from 3rd overnight to make up a 10 minute deficit and win.

**Sierre — Zinal. La Course
Des Cinq 4,000, 13th August**

This classic race is the biggest attraction in the Swiss mountain race calendar and 70 British runners travelled over to compete in a field of nearly 1,300.

The race begins in the Rhone valley just outside the town of Sierre and climbs 1,000 m in the first 5 km to take the runners up the side of the Val d'Anniviers. The route then continues to climb steadily along the valley side to a high point of 2,425 m at the 24 km mark, and it is from here that runners see the five 4,000 m peaks ahead of them from which the race takes its name. The route then descends, gradually at first but very steeply near the finish, to the small resort of Zinal at 1,680 m. The total distance is 31 km with 2,000 m of ascent.

On an exceptionally hot day the Columbian Jairo Correa lead from the start and with his natural acclimatisation and powerful climbing he looked a certain winner. However, as has so often been the case in the past, the final steep descent was the crucial point in the race and the Swiss runner Pierre-Andre Gobet took advantage of Correa's poor descending to overhaul him and win for the second year running. He also set a new course record of 2:33.15.

Colin Donnelly ran exceptionally well to finish 3rd on his first attempt at the race in 2:36.41. With Jack Maitland chasing him, he moved steadily up the field throughout the race and between 20 and 26 km he moved from 8th to his final position of 3rd. Jack was just behind him at 20 km, but failed to follow Colin's move through the field and finished 9th in 2:43.23.

In the ladies' race Sally Goldsmith was a clear favourite and she lead

from the start and was never seriously challenged. Her time of 3:11.00 gave her a winning margin of six minutes but it was well down on her time of 3:04.37 from the previous year and Veronique Marot's record of 3:01.57. Amazingly, Sally only does any competitive hill running during her summer stay at Montana (when she wins all the big local races) and says she "doesn't have much of a head for heights" and "virtually walks coming down". If she does any training in the mountains and learns to descend the opposition will stand no chance.

BOB HOWARD

Principal Results — Sierre — Zinal

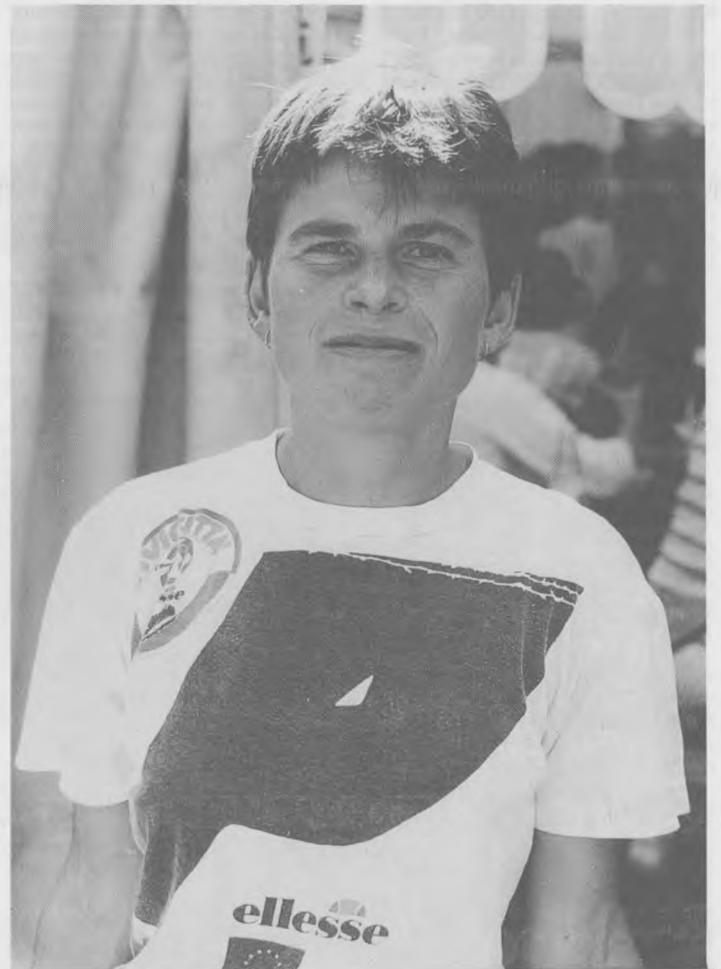
- 1.P Gobet (Bulle) 2:33.15
- 2. J Correa (Columbia) 2:34.10
- 3. C Donnelly (Eryn) 2:36.41
- 9. J Maitland (Pudsey) 2:43.23
- 16. A Trigg (Glossopdale) 2:49.14
- 19. G Moser (Pieterlen) 2:49.53 (1st vet)
- 21. M Whyatt (Glossopdale) 2:50.15
- 27. M Short (GB) 2:55.14 (2nd vet)
- 30. J Blair-Fish (Carnethy) 2:56.51
- 36. G Hull (Pudsey) 2:57.45
- 40. M Rigby (Ambleside) 2:59.2
- 41. G Revie (Pudsey) 2:59.9
- 44. R Jamieson (Ambleside) 2:59.45
- 47. M Brady (Glossopdale) 3:00.40
- 82. S Goldsmith (Edinburgh) 3:11.0 (1st lady)



Craig Harwood and John Redmayne (R) — C Class Winners Swiss Kimm —
Photo: Bob Howard.



Sierre — Zinal after Hotel Weishorn — Photo: Bob Howard.



Sally Goldsmith, Sierre-Montana, Val de Dix, Sierre — Zinal Ladies' Winners — Photo: Bob Howard.

Thyon-Grande Dixence

(6th August, 10 miles 2,000 feet)

Every year in early August there is a race from the resort of Thyon in the Valais region of Switzerland to the World's highest dam, the Grande Dixence.

6 pm, Saturday the 5th August saw my family standing up by an alpine road trying to hitch a lift to Thyon. Eventually, a kind French couple took us to this, a skiing resort 2,100 metres (6,930 feet) up the side of a mountain.

We arrived in time for the presentation of numbers to invited participants. Then we had a four-course tea. I found myself talking to Jairo Correa, the Columbian fellrunning champion who was a day away from a spectacular victory.

In the morning after a breakfast of cereal and croissants, I went to the start-line with my mother and sister, just getting to the line for the 8 am start of the "Tourist" section. Although we didn't expect it, only a few people out of the 289 entrants were walking! It was a mild, wet day, but ideal running conditions. The first part of the course is an uphill stretch of four kms to the top of Les Cuinlles, a mountain nearly 2,400 metres tall. Then the path widens on the descent. Small flags outline the path. At the five km mark there is a drink stop. This is several tables with tea, water and rivella to drink. Every now and then on the route, you get a glimpse of the dam, each time nearer. Then there is some downhill for another couple of kilometres. Apart from a slip that led my head to go careering into a pathside rock and an electric shock from a belligerent cow-fence, the following three kilometres of level ground were quite pleasant. This flat part also included a drink-stop and a first-aid service. I tripped in the right place! The rocky track traversed a steep mountain-side making overtaking quite difficult. As we plodded up past part of the final hill with the magnificent view of snow-capped mountains we reached the final drink-stop at 13 kilometres. Five minutes after the refreshments we were overtaken by Jairo Correa, the Columbian I sat opposite at our meal the night before. Runners left Thyon at 10 am and it was towards eleven when he passed us with an enormous lead. The path was thinning now and for the runners the strain and effort were probably telling that home was not far away. Three minutes later we saw Colin Donnelly of Great Britain being overtaken by Mohammed Sahmi, the Algerian marathon runner. We kept climbing for

another kilometre before a deserved, steep, downhill stretch where I started running. The downhill was over too soon and another long ascent began. It climbed very steeply for what seemed hours, until we reached 2,400 metres and began to run down the winding path to the crest of the Grande Dixence dam, where I ran the last 400 metres flat out with the crowd helping me with their clapping.

The course of 16 kilometres was over. I gave in my number in exchange for my Thyon — Dixence T-shirt. My mother and sister came in 10 minutes later, closely followed by my father who was a veteran runner. Jairo Correa finished in 1.09.43, smashing Jack Maitland's record by 47 seconds. Jack Maitland came eighth this year in 1.16.44. Second place belonged to Mohammed Salmi of Algeria with 1.12.25, and third place was Britian's Colin Donnelly with 1.13.06. Sally Goldsmith won the women's competition in 1.24.14, just 12 seconds outside Veronique Marot's record. You can imagine that running along a dam almost as high as the Eiffel Tower was quite an experience for me. And after a crowded, exciting, stomach churning descent by telepherique to the Ritz hotel in front of the dam, I had a shower, a coke, and watched the prize-giving. I'm sure I'll run the race next year. For an enthusiast in running and walking I strongly recommend this very friendly, well organised, and beautiful race.

MATTHEW PRITCHARD

1. J Correa (Columbia)	1.09.43
	(record)
2. M Sahmi (Algeria)	1.12.25
3. C Donnelly (GB)	1.13.06
4. N Gates (GB)	1.14.17
8. J Maitland (GB)	1.16.44
11. M Whyatt (GB)	1.17.36
12. M Prady (GB)	1.17.41
13. G Hall (GB)	1.17.43
14. M Short (GB)	1.17.45
	(1st vet)
18. A Trigg (GB)	1.19.06
20. G Devine (GB)	1.19.44
21. J Kerley (GB)	1.20.13
26. P Stephenson (GB)	1.21.42
32. J Blair-Fish (GB)	1.23.25
36. A Jeffries (GB)	1.24.13
	(4th vet)
37. S Goldsmith (GB)	1.24.14
	(1st lady)

High Alpine Mountain Relay

Austria, Stubai Alps, four sections
6th August 1989

From the village Neustift in the Stubai Valley in Austria leads a mountain trail high up towards 2,500 metres.

From here one can walk for several days from hut to hut to finish at last in Neustift again.

This course was chosen for a relay event, probably to get some people to spend money on beers and food in the big tent and to give cheers to some local runners.

This year, for the third time, 26 teams participated and a women's

course was also introduced, though half the men's distance.

They upgraded the event calling it World Championship 89.

For 1990, being the year the World Cup races will be held in Austria (a far as I am told) it could

be an interesting event for British runners.

Up till now there were no Swiss, British, French teams.

The international touch was given by Italian, German, Yugoslavian and Dutch teams.

The Italians won, the Germans were taken out of the race, the Yugoslavian team quit after the first-half section and the Dutch finished last so there is a demand for more competition.

The Italians took about 8 hours 45 minutes, turning a 12-minute setback into a 12-minute lead in the third section.

This was done by a runner also mountain guide and well known with this area who took some short-cuts (and additional climbing). An incredible 1 hour 43 minutes for section three.

The favourites, the Schlicker Mandeln with top runner Florian Stern in the second section in 2 hours 18 minutes finished second, 5 minutes after the Italians.

The women's course starts halfway the men's race at the Dresdner hut. The sections are half the men's sections.

First team to arrive in 5 hours 20 minutes.

The course is fascinating, changes often from climbing to descent.

Depending on former weather, old snowpatches are likely especially on north slopes.

In 1988 the race was cancelled due to poor weather conditions.

The organisation is sometimes lacking in details.

Insurance: It was said "runners are insured".

Comments after some casualties: "This only goes for accidents from one runner to the other(s) and helicopter rescue.

"(The helicopter didn't transport at the time but stayed at some mountain hut.)

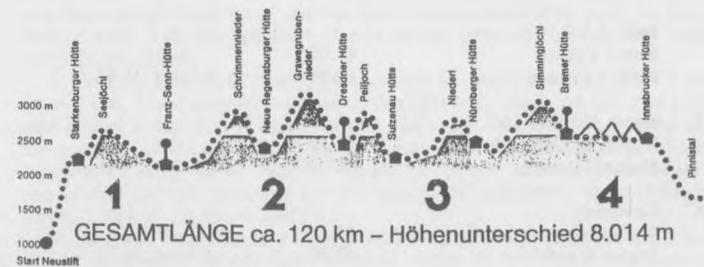
"Drinks are available at control posts.

"Transportation facilities were foreseen but in practice very poor.

"The best thing is to organise yourself!

"Taking clothes for the finishing runner and getting at several sections starts need a bit of working out."

KEES GEER



STELLINA CHALLENGE

Susa, Italy, Sunday, 20th August

In mid-July, with the Selection Committee poised to select the England team for the World Cup, we were surprised to receive an invitation to send a British team to compete in the Stellinger Challenge Mountain race in Susa, Italy. The invitation incorporated an offer to provide 3m lire expenses, which a quick calculation revealed would cover travel expenses of five people to Italy. Swift discussions with the Scots and Welsh decided that the team should consist of representatives of England, Scotland and Wales, and the team eventually chosen was Robin Bergstrand and Shaun Livesey — England, John Wilkinson — Scotland and Hefyn Griffiths — Wales. Yours truly volunteered for the job of team manager and proceeded to make the travel arrangements. In my experience this is usually the most difficult part of the team manager's job and this certainly proved to be the case on this trip.

From start to finish the travel arrangements were dogged by misfortune, mainly because British Airways cabin crew chose the weekend of the event to stage a 24-hour strike causing cancellation, or severe delays, in every flight we were due to use. I have now made two resolutions — the first being to avoid British Airways flights and the second to avoid Heathrow Airport if at all possible. John Wilkinson and I, did not arrive in Susa until 5 pm on Saturday; the remainder of the team having arrived late Friday night. Regrettably the hours spent waiting at airports tended to overshadow an otherwise enjoyable and successful weekend, characterised by the warmth and hospitality of our Italian hosts and their flair for pageantry and organisation of mountain races. The Italians like pre-race parades, spectacular prize-givings and lots of speeches — everyone on the platform seems to leap at the opportunity of making an off the cuff speech, usually accompanied by much arm waving and applause. Whilst this might be very different from our own low key approach to fell racing, there can be no doubting the Italian love and commitment to Mountain Racing.

We found that the Stellinger Challenge was an inaugural event organised to commemorate the Stellina Partisan Group who operated in the Susa Valley during World War II. The organisers had invited all nations involved in World War II to send teams. In addition the event was open to Italian Club teams and teams made up from the Italian international squad, the race took the form of a two-man relay, with take-over at mid-mountain. Our team split into two teams with an all English team of Robin and Shaun and a Celtic team of Hefyn and John. After 1 Zi miles round the town on the first leg, the course was all uphill, rising 5,300 feet in 8.3 miles. The Welsh boyo described the first leg as a long tough climb similar to the mid-section of the Ben Nevis race and the second leg was described by the Rossendale pocket battleship as

an extremely tough, sustained climb similar to the hardest sections of the Melantee or Ben Lomond races.

Our team realised that the competition was very strong and flight delays meant that course reconnoitering was minimal and in the case of John Wilkinson (on his first trip to a continental race) non-existent. I felt that we had little chance against the Italians but stood a chance of beating the other international teams. Pre-race briefing was intended to be realistic and stressed the aim of the top three teams to Robin and Shaun and top 10 to Hefyn and John.

I was therefore delighted to see Robin in third place at the takeover and Hefyn in ninth position. The second leg was the harder of the two and Shaun slipped one place to fourth when overtaken by Fabio Ciaponi, one of the top Italians. John, probably still suffering from travel fatigue, slipped back to twelfth overall. However, in the international classification, the British teams finished third and eighth and could be well satisfied with their performance.

The organisers of this event would welcome any club teams from the UK to compete in the Stelling Challenge. Any club wishing to send a team (only two runners required) would receive a warm welcome, as the British seem to be very popular in this part of Italy. However, be warned that the race is a tough one. Details are available from myself. I have also arranged to receive information about races in the Italian Dolomites and should receive them early in the New Year.

Finally, if any one wishes to volunteer for the team managers job next year, I should mention that in addition to working out the travel arrangements, some experience of giving TV interviews and a thank you speech in Italiano would be useful!

DAVE HODGSON

Results

1. Italy "B"			
Bertolla Constantino	40.41		
Bortoluzzi Luigi	40.44	1 hour 21.25	
2. Italy "A"			
Bonzi Fausto	41.00		
Naitza Franco	40.54	1 hour 21.54	
3. Great Britain "A"			
Robin Bergstrand	41.46		
Shaun Livesey	42.20	1 hour 24.06	
4. Germany			
Wolfgang Monzel	42.01		
Dieter Ranftl	42.30	1 hour 24.31	
5. Switzerland			
Hans Peter Napflin	43.29		
Franz Napflin	43.00	1 hour 26.29	
6. Austria			
Michael Abl	44.00		
Gerhard Fuchs	42.49	1 hour 26.49	
7. Switzerland "B"			
Marco Bovier	43.54		
Martin Schmid	43.01	1 hour 26.55	
8. Great Britain "B"			
Hefyn Griffiths	43.51		
John Wilkinson	45.51	1 hour 29.42	

Interview with Hugh Symonds at a camp site in Davos, Switzerland

Pyrenees Races

JABF: Which races have you won in the Pyrenees?

HS: I had the records for three races: Cabaleros (12 miles, 5,000 feet, 1.48), Vignemale (30 miles, 10,000 feet, 4.30) and Pic du Midi (15 miles, 6,000 feet, 2.81).

JABF: What is the terrain like?

HS: The terrain for Vignemale is as rough as anything in Britain with snow, ice and roped sections over crevasses.

JABF: Were there any problems using the fixed rope at Vignemale?

HS: Burnt hands on the way down.

JABF: Did PBs help coming down?

HS: Marvellous on the snow. The person ahead of me on the way up ran with instep crampons given to him halfway up.

JABF: Can the French run downhill?

HS: I have won the two races on the descent.

Mountains of Britain Sabbatical

JABF: How long is this Munro trip to last?

HS: It is not a Munro trip, it's the mountains of Britain.

JABF: What do you mean by the mountains of Britain?

HS: Mountains of 3,000 feet plus in Scotland, England and Wales.

JABF: When do you start and finish?

HS: 19th April 1990. I would like to finish by end of July. Target time is 100 days.

JABF: Are you using motorised support?

HS: No. My food is transported but my body isn't. Pauline is driving the food around. We hope to get a bigger dormobile than this one from sponsors.

JABF: What about the children?

HS: They are coming along too. They are going to school at every roadhead in Scotland; Pauline is a qualified teacher. This trip in the Alps now will give us experience.

JABF: Who is helping on the hills?

HS: Mike Walford and Phil Clark are helping in Skye. Martin Moran in Torridon and Mark Rigby when he can.

JABF: I will help when I can too. How far will you run everyday?

HS: Averages of 20 miles and 5,000 feet by day.

JABF: Any rest days?

HS: Possibly. Not planning a day by day routine. At least five miles everyday to keep up the average but I wish to be flexible.

JABF: Have you got a route planned?

HS: Yes. I have a provisional route starting on Ben Hope and finishing on Snowdon.

JABF: Are you going to move around?

HS: No. I am not taking lifts between peaks. It is a continuous foot traverse from Ben Hope to Snowdon excepting the Skye and Mull crossings.

JABF: Have you done some reconnaissance?

HS: Yes. I have been looking when I can for the last three years.

JABF: Is that why we do not see you often at races?

HS: Ha Ha! This year and next year certainly.

JABF: How are you getting time off school?

HS: Sabbatical.

JOHN BLAIR-FISH

Un Hombre Loco en la Montaña

(One Madman on the Mountain)

Though largely unknown among British walkers/mountaineers/fell runners, the Sierra Nevada is Spain's highest mountain range, rising to 3,482 metres (11,424 feet) at the summit of Mulhacen, and has as total of 21 summits over 3,000 metres, conveniently arranged along a main spine running roughly NE to SW.

The unrunnable back-yard of the in-laws

The "high sector" stretches for about 50 km and though the range continues at lower levels at both ends it is this section which has the most rugged terrain and which is of most interest to mountaineers. This crest zone is mainly very rough; imagine the Glyders or Scafell's, narrow the ridges and extend them over a distance of miles and you have some idea of it. Much of the ridge is unrunnable (don't forget the altitude) and the climbs involve either rock climbing or detours up excruciating scree.

I first took interest in the range when I realised that it was almost in the back-yard of my in-laws house in Granada. My interest increased when I learned something of the terrain and heard of the "Integral de los Tres Mil Metros" ("All of the Three Thousand Metres"), a tough challenge traversing the ridge from Jeres del Marquesado in the NE to Lanjaron in the SW a distance of 36 map miles with much of the route above 10,000 feet. The usual Spanish time was three days, four in crampon encumbered winter.

Months of map studying and measuring followed and my knowledge of Spanish mountaineering terms quickly overtook that of my wife Anne, who is fluent in Spanish.

Tres dias

July 1989 arrived and we finally set off on the long drive to southern Spain to spend two weeks with Annes' mum and dad in Granada. When I announced my intention to "run" the Integral in 12 hours to anyone in Spain, I was met by gales of laughter, "tres dias, tres dias" was the usual comment. Even the man at the Andalucian Mountaineering Federation would only concede that two days might be possible, certainly not one day. He looked doubtfully at my puny physique and solitary arm (I lost the other in a road accident in 1981) and spoke disparagingly of the rock climbing required. Secretly, this worried me also, but I certainly didn't let that destroy my veneer of self-assured confidence; I had the image of the "Hombre Loco" to live up to!

The start up on the un-reced path

After a couple of totally inadequate recesses of bits of the ridge the day arrived. Reluctant relatives were crow-barred out of bed and we drove to the start at Jeres. Shouldering my borrowed Ridge Runner (thanks Tom!) I set out in tee shirt and shorts up a totally un-reced path through the pine forest at 9.20 am — too late by far, but getting anyone moving this early is difficult in Spain.

Within five minutes the path had petered out and I was cursing, thrashing about in the undergrowth and generally getting in a sweat. By the time I had attained the correct route I had lost 20 minutes and had legs lacerated by fiendish prickly plants. Fortunately, I found a firebreak which took me to the forest limit directly below the minor peak of the Mirador Alto (2,683 m) and my route to the main ridge was then clear. I was climbing well at about "Bob Graham" pace, finding good springs for drinking water and my first peak, Picon de Jeres was getting nearer all the time.

Cattle with cow-bells gave the climb an alpine flavour and I enjoyed the increase in the cool breeze as I gained height. Not so enjoyable was the

decrease in oxygen which became noticeable above 2,800 m and which made the final steep ridge very hard.

I reached the summit in three hours — bang on schedule — and the whole switchback ridge was revealed as far as Veleta, some eight miles away as the crow flies. It looked rather Scottish, and confidence was high.

Good progress then problems

The first section over Cervatillos, La Atalaya, and El Cuervo though rough was straightforward and I made good progress despite a minor fall coming off Atalaya which lost me my supply of Isostar. By the Cuneta de Vacares, however, I was slowing, the altitude being really hard to cope with, causing me to stop for regular gasping fits and keeping my legs in a permanent “just reached the summit of Causey Pike” state!

The peaks of Vacares and Goteron are rock agujas (pron agoohas — needles). Vacares proved rather gripping, so I bypassed the even more improbable Goteron to reach the foot of Alcazaba, the first of the big peaks. “The big ridge step is avoided by loose rocky gullies on the left (1 +)” said my Collomb guide, but the only gullies I could see were ideal for the Dangerous Brothers to attempt — not for me! The step is actually the end of a huge crag (Tajos del Goteron), mostly overhanging and some 500 feet high, and avoiding it involves a descent to 2,900 m and then a crushing climb up 500 metres of scree and boulders. I was definitely the worse for wear when I reached the top.

Thirst

Thirst was now a major problem and I decided to descend into the oasis of the Cañada de Siete Lagunas to re-fill my water bottle. This meant missing out the minor peak of Siete Lagunas between Alcazaba and Mulhacen, but that was unavoidable. Descending was blissful after the climb, though the bouldery terrain needed care, and I soon drank a gallon of water and filled the bottle before tackling Mulhacen.

The route to the summit from the Cafiada (cwm, corrie, combe) involved another 600 m of scree bashing, except it was me that took the bashing not the scree! I was in a bad way on this climb, very slow and breathless, I couldn't keep up the plod and had to stop repeatedly to gasp for air, the scree sliding slowly down all the time. Boulders in the scree offered no refuge, they were just as likely to slither as the smaller stones — alarming.

First fellow traveller met

About halfway up I met my first fellow traveller, a German who spoke perfect English and who wore boots, carried an ice axe (!) and looked pitifully at my tattered running shoes. “About two hours to the top, the worst is still to come, of course” he said sadistically, and then stumbled off towards his tiny tent in the Cafiada. Forty minutes later I staggered, legs like jelly, onto the summit. It was 4.55 pm.

Panic descent

I was now getting panicky about the time. Anne was to meet me in Lanjaron at 9.20 pm — hopelessly ambitious, and I knew that I was likely to be benighted on the descent, my purist traverse of the entire ridge was out of the question and I decided to stick to the standard “Integral” as covered by Spanish parties. This misses out the most shattered parts of the ridge and bypasses a number of the 3,000 ers — not exactly an Integral, but I had no choice.

Remembering I was supposed to be a fell runner I covered the 1,100 feet descent to the Sierra Nevada South Road in nine minutes and then set off along it at a walk-jog towards Los Machos. This “road” is actually just a dirt track cut into the southern side of the range. It is a continuation of the tarmac GR420 (the highest road in Europe, which almost reaches the summit of Veleta at 3,470 m) and it crosses the south flank of the range at about 3,000 m before descending to the village of Capileira. It is thus possible to drive from Granada to Capileira via the Sierra Nevada in an ordinary car, but it is hard on the suspension — better get a Range Rover for that trip!

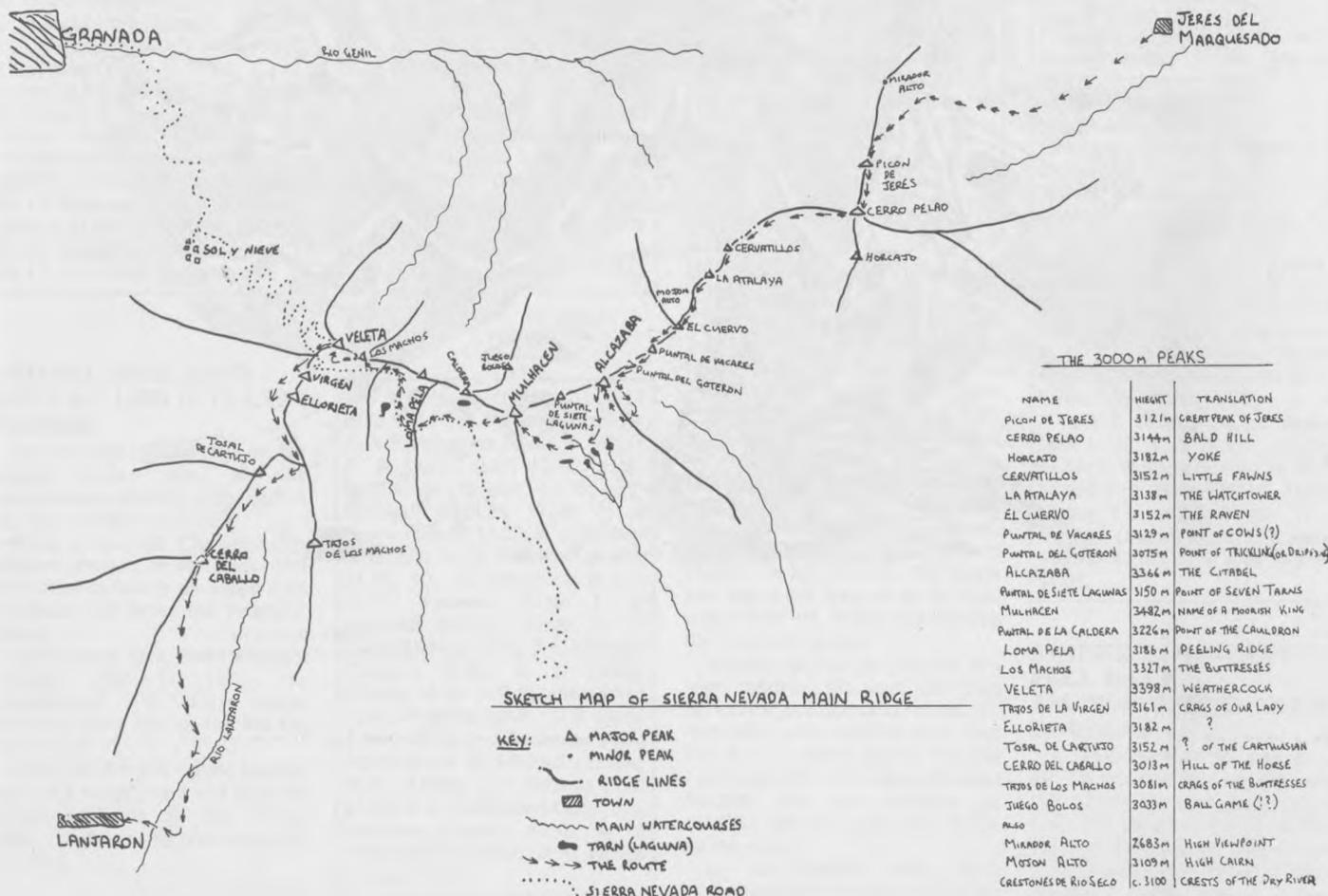
The road took me past Puntal de la Caldera and Crestones de Rio Seco (which make the Aonach Eagach look runnable) and on to a point below Los Machos from where I scrambled up rocks and scree to the summit. Every climb was now a major experience in suffering. Yewbarrow on my unsuccessful BG attempt last year was hard but this was something else; the constant feebleness of the legs, the dry rasp of breath in the chest, the feeling of partial suffocation. If this is a mere 3,000 metres, how can Reinhold Messner climb 8,000ers without oxygen cylinders? *We should be told!*

The ridge from Los Machos is steep sided and pinnacled and leads to the crags of Veleta, so I traversed left along a shelf of scree (what else?) to avoid the cliffs and then returned along their top edge to Veleta's summit.

I was now in populated areas, being near the tarmac roadhead, and I got some funny looks as I shambled off on the descent, soon leaving the road behind as I traversed under the serrated ridge of Virgen and Ellorieta, heading SW towards Cerro del Caballo and Lanjaron. I reached the Ellorieta hut at the head of the Lanjaron valley, at 8.10 pm, Caballo looking distant and depressingly high, and I realised that it was impossible to reach the finish before dark, I would just have to rely on my Petzl to find my way down through the forest.

At the final summit (Caballo) I was extremely anxious and agitated. It was gone 9 pm, I had only 40 minutes of daylight left, Lanjaron lay nine miles and almost 8,000 feet of descent away, the route was totally unknown and un-reced, and the lower half was in forest. Anne would certainly be very worried as every local “expert” (most of whom had never been on a mountain top) had convinced her that death had destruction awaited me up there. I had to get down quickly.

Fatigue was forgotten as I set off on a maniacal descent at a pace which would have seen me off Ben Nevis in under 45 minutes. This descent,



however, was two Ben Nevis' and after 45 minutes I was staggering down in the dark, off the path, in the forest, above the valley and beside myself with worry! The Petzl had developed a fault whereby the head piece kept drooping 'til it illuminated my nose and this added to the difficulties, still, at least the air was a bit more breathable.

After attempting to follow the river down its gorge, I struggled down to a farm (cortijo) on the south-east side of the valley and managed to ask for directions to Lanjaron. I was told it was two hours on foot, but found it hard to believe. I had been descending now for nearly two hours, surely I was almost there? The farmer was sympathetic, gave me water, offered me a lift on his Suzuki (which I declined) and wished me luck.

I eventually stumbled upon a dirt track heading down to the twinkling lights, and at 12.25 am I walked into Lanjaron. The traverse had taken me 15 hours and five minutes, I was three hours late and there was no sign of my car or my wife.

Tribulations at Lanjaron

I could write at least as many words about my tribulations in Lanjaron as about the traverse itself; about trying to find the police station; about dozing on a wall as all the bars closed at 2.00 am; about trying to phone someone who spoke English; about the Guardia Civil (police) having sent Anne and her mum back to Granada, saying I couldn't possibly arrive before tomorrow evening; about trying to hire a taxi to Granada with no money on me and about being rescued at 1.00 pm the following day, suffice to say that the 12 1/2 hours I spent in Lanjaron were at least as trying as the previous 15 on the Sierra!

Although I am assured that my time is now the "record" for the Integral de los Tres Mil, I am not satisfied with it. Lack of proper reconnoitring of the route, lack of acclimatisation to the altitude and failure to start early, were all factors in slowing the overall time. I still believe I could cover the

standard route in 12 hours and the purist traverse of the entire ridge in 15, what time could be achieved by Andy Hyslop or Del Davies I prefer not to contemplate! A winter traverse in one day is also a possibility, although extra equipment would be a hindrance some of the climbs could be easier; cramponing up snow is easier than that abominable scree!

NOTES ON THE SIERRA NEVADA

LOCATION: Closest city — Granada.
Costa del Sol (Motril) 40 miles south by road.
Nearest airports — Malaga or Almeria.

ACCOMMODATION: Hotels in Granada or at Sol y Nieve (a ski resort on the north side of Veleta), many local campsites, high mountain camping in the Cafiadras, Felix Mendez Hut (all other huts are in disrepair and are useful only as refuges).

MAPS: The best map is by the Federacion Espafla de Montafiismo (FEM) at a scale of 1:50,000. Don't expect OS accuracy though! Available from most map retailers (I've seen it at Nevis Sport).

GUIDES: The only English guide is Robin Colloms "Gredos Mountains and Sierra Nevada" by West Col Publications, it's not a Wainwright by a long way, but it's all there is unless you speak Spanish.

Anyone wishing further information can contact me at 140 Eaves Lane, Chorley PR6 0SU.

ANDY WALMSLEY



RESULTS

SLIEVE MUCK FELL RACE AS/3.5 m/1,400 ft

This "novice" event is open to anyone who has not won a Northern Ireland Championship race.

In dry and sunny conditions Darren Barrett built up a substantial lead by the summit which he stretched on the descent to win by a margin of 1 minute 36 seconds.

Junior Edward Hawkins produced his best result to date but was edged into third place on the descent by his brother-in-law Kevin.

1:	D Barrett (B'drain)	33.00
2:	K Quinn (Tullyree)	34.36
3:	E Hawkins (Cast/Drom)	34.42
4:	P Holmes (N'castle)	36.06;
5:	D Watson (N'castle)	36.26;
6:	A Magill (Cave & Dune)	36.54;
7:	C O'Hara (N'castle)	37.49;
8:	R Ferry (Maghera)	38.22;
9:	A Corish (A'ville)	39.10;
10:	D Johnston (Unatt)	39.15.
Veterans:		
1:	R Ferry (Maghera)	38.22;
2:	A Corish (A'ville)	39.10.
Juniors:		
1:	E Hawkins (Cast/Drom)	34.42;
2:	A Magill (Cave & Dune)	36.54.

MYNYDD MAEN TRAVERSE BM/7.5 m/1,700 ft/4.3.89 Gwent

1:	N Webb (RRW)	50.03
2:	G Griffiths (Hebog)	50.05
3:	E Hardwood (Mercia)	53.47
4:	L Williams (MDC)	54.28;
5:	C Gildersiene (MDC)	55.46;
6:	M Owen (RRW)	55.57;
7:	S Blease (MDC)	56.20;
8:	A Belton (MDC)	56.20.
Veterans 0/40:		
1:	L Williams (MDC)	54.28;
2:	M Owen (RRW)	55.57;
3:	F Parry (MDC)	61.17.
Veterans 0/50:		
1:	J Collins (Swan)	63.02;
2:	D Fisher (MDC)	67.44.
Ladies:		
1:	S Ashton (MDC)	74.17;
2:	J Davis (Bris)	81.53.

CRIFFEL HILL RACE AM/7 m/ 1,800 ft/12.3.89 Dumfries

This was the second year on the altered course due to the commercial planting of conifers in the once beautiful mid-glen.

Being a Scottish Championship medium counter, all the contenders were there including the nippy Pete Marshall, who broke the Veterans' record.

In the senior race, Rod Pilbeam's amazing time in 1987 was unchallenged. It'll take a strong northerly for a life up the hill for that to go!

Good weather and a good turnout ensured a happy event and with the licence extension in the Abbey Arms, the prizegiving was as good as the race!

R Austin

CHEW VALLEY SKYLINE FELL RACE AL/13 m/2,000 ft/5.3.89 Lancashire

1:	G Devine (P & B)	1.41.31
2:	M Whyatt (Gloss)	1.41.37
3:	J Taylor (Holm)	1.41.43
4:	A Trigg (Gloss)	1.43.17;
5:	B Whitfield (Bing)	1.44.13;
6:	B Ashworth (Ross)	1.44.40;
7:	P Me Wade (Clay)	1.46.07;
8:	W Gaunt (Nott Un)	1.46.33;
9:	D Ibbetson (Gloss)	1.46.54;
10:	P Mitchell (Bing)	1.47.19;
11:	A Styan (Holm)	1.47.26;
12:	I Holmes (Bing)	1.47.31;
13:	G Webb (Calder V)	1.47.58;
14:	H Waterhouse (Saddle)	1.48.43;
15:	B Brindle (Horw)	1.48.58.

Veterans 0/40: 1: P McWade (Clay) 1.46.07; 2: A Styan (Holm) 1.47.26 3: T Hesketh (Horw) 1.49.04; 4: P Jebb (Bing) 1.56.04.

Veterans 0/45: 1: P Toogood (Dk Pk) 1.54.11; 2: T Peacock (Clay) 2.02.08 ; 3: J Dean (Saif) 2.02.48; 4: W Buckley (Gloss) 2.05.29.

Veterans 0/50: 1: N Matthews (Horw) 1.57.32; 2: D Ashton (Black) 1.57.40; 3: R Hird (Macle) 1.57.49.

Veterans 0/55: 1: G Barrow (Skyrac) 2.05.32; 2: B Thackery (Dk Pk) 2.16.50; 3: D Clutterbuck (Roch) 2.23.40.

Ladies: 1: C Haigh (Holm) 2.02.31; 2: R Pickvance (Clay) 2.05.28; 3: S Ratcliffe (Saddle) 2.10.17; 4: J Johnston (Denby D) 2.16.57; 5: S Watson (Valley S) 2.17.02; 6: J Town (Denby D) 2.18.27; 7: J Smith (Dk Pk) 2.18.50; 8: J Harold (Horw) 2.21.23.

Intermediates: 1: J Taylor (Holm) 1.41.43; 2: W Gaunt (Notts U) 1.46.33; 3: A Schofield (Roch) 1.52.15; 4: A Lee (Roch) 2.05.03. **Juniors:** 1: G Cudahy (Bux) 22.18; 2: D Smith (P & B) 22.37; 3: G Bland (Kesw) 22.44; 4: P Daccus (P & B) 22.50; 5: W Styan (Holm) 23.17; 6: R Lawrence (Bing) 23.55.

1:	J Wilkenson (Gala)	51.17
2:	D Bell (HELP)	51.34
3:	A Farningham (Gala)	52.15
4:	A Curtis (Liv)	52.30;
5:	D McGonigle (Dundee)	53.09;
6:	P Marshall (HELP)	53.26;
7:	B Grieve (Dumf)	54.22;
8:	A Bennett (W'lands)	54.25;
9:	P Stott (Eryri)	54.36;
10:	M Johnstone (Carn)	54.39.
Veterans 0/40:		
1:	P Marshall (HELP)	53.26;
2:	D Davis (Hebog)	55.45;
3:	D Milligan (Solway)	56.04;
4:	J Shields (C'side)	56.20;
5:	R Blamire (Stew)	58.09.
Veterans 0/50:		
1:	B Gauld (Carn)	62.32;
2:	J Buchanan (Scot M)	66.52;
3:	R Mitchell (Teviot)	68.41.
Ladies:		
1:	J Salvona (Liv)	61.06;
2:	A Curtis (Liv)	62.53;
3:	S Niedrum (Clydes)	67.38;
4:	V Dempsey (Liv)	69.32;
5:	C Farrell (Clydes)	74.57.

ROSTREVOR TO NEWCASTLE RELAY 9.4.89

Eleven teams contested the annual 20 mile relay across the Mournees for the Mourne Observer Cup.

Times' were slow due to difficult conditions on the mountain stages, with knee-deep snow on Slieve Donard.

Jim Hefferan gave Alvertville a three second lead over Ballydrain's Phillip Healy on the opening road leg, running 17.34, just one second outside the stage record.

On the second leg over Eagle Mountain to Spelga, Brian Ervine clocked 52.57 despite the snow to give Ballydrain a nine Minute lead over Newcastle.

Pat Brannagh of Albertville set the fastest time of 24.34 for the 5 1/4 mile road leg to the Trassey Track and although Ballydrain had a 10 minute lead at the final changeover, disaster struck when a navigational error put them out of contention.

Robin Bryson recorded the fastest time of 82.03 on the final leg over Slieve Donard to bring Newcastle AC through for a clear victory.

1:	Newcastle AC (A)	3.08.14
2:	Albertville Harriers (A)	3.24.15
3:	Newcastle AC (B)	3.24.30
3:	Greenhill OPC	3.35.19.

CRAIG DUNAIN HILL RACE CS/15.4.89 Inverness

1:	I Matheson (A'deen)	33.41
2:	A Reid (Coast)	34.18
3:	D Rodgers (Loch)	35.26
4:	D Crowe (Dundee)	35.56;
5:	E Butler (A'deen)	36.40.
Veterans:		
1:	M Edwards (A'deen)	37.02;
2:	R Wilby (Blick Isle)	37.05.
Ladies:		
1:	L Bain (A'deen)	40.27;
2:	J Wilson (I'ness)	41.20.

GISBOROUGH MOORS RACE BM/12V2 m/2,400 ft/16.4.89 Cleveland

The going was good to soft apart from the final descent, where it was softer than soft, thanks to woodcutters anonymous! Some runners complained they were clean until then — one even said he didn't get "mucky enough"!

John Taylor ran another brilliant race against the North East Half Marathon Champion, Kevin Brown, to defend his title in the best way possible. A late surge by Ben Grant saw him move through in the final stages from 4th to 2nd and winning the Veterans' section.

Mandale gained revenge for last year, regaining the team title from Holmfirth, but having to rely on two men who were running their first Fell Race — Kevin Brown 3rd and Paul Lowe 6th. More than 30 teams finished this year making an excellent turnout, with over 400 in all the races.

In the Ladies' race, Ruth Pickvance ran very well to win in the

third fastest ever time of 104.04, from the improving Sheila Wright, with Helen Diamantedes giving another solid performance in 3rd.

In the Junior short race, S Brophy led a clean sweep by Holmfirth in a new record of 27.54, whilst Louise Sweeney and Kathryn Parry had their own private battle in the Ladies' race for a Mandale clean sweep. In the Ladies five mile race, the outstanding performances were by C Hay winning the senior ladies, K Woodall winning the Under-18 Ladies, whilst Chris Pennington continues to mature winning the Under-18 Men's race.

The Veterans' section in the full race provides an extremely high quality of competition. Ben Grant gave a brilliant performance and, on another day, who knows — he may have become the first Veteran winner of the event! Jon Williams and Bob Firth were in close contention up to a third distance, but couldn't maintain Grant's climbing ability and overall speed. The top five Veterans finished in the first 25!

In the Over 50s, B Milburn ran a very consistent race to finish some two minutes ahead of T Maughan, with Brian Hood in third.

Don't forget it's the anti-clockwise route next year!

D Parry

1:	J Taylor (Holm)	82.12
2:	B Grant (H'gate)	83.01
3:	K Brown (Mand)	83.40
4:	S Shaw (Loft)	84.39;
5:	A Hauser (Holm)	86.23;
6:	P Lowe (Mand)	87.03;
7:	M Burn (Thirsk)	87.10;
8:	J Williams (Mand)	87.22;
9:	P Mitchell (Bing)	88.34;
10:	C Wright (Mand)	89.17.
Veterans		
0/40:	1: B Grant (H'gate)	83.01;
2:	J Williams (Mand)	87.22;
3:	R Firth (Mand)	89.53;
4:	R Bradley (Holm)	92.39;
5:	B Dale (Marske)	94.11.
Veterans 0/50:		
1:	B Milburn (Durham)	101.45;
2:	T Maughan (Unatt)	104.11;
3:	B Hood (Mand)	109.20.
Ladies:		
1:	R Pickvance (Clay)	104.04;
2:	S Wright (Mand)	106.07;
3:	H Diamantedes (DPFR)	106.56;
4:	J Lockhead (Holm)	108.59;
5:	C Proctor (Osmoth)	115.12.
Ladies 5 Miles:		
1:	C Hay (Bill'ham)	51.27;
2:	E Morgan (Heaton)	53.22;
3:	K Blakey (Cleve)	55.01.
Men 5 Miles		
U/18:	1: C Pennington (Mand)	41.42;
2:	N Johnson (Unatt)	49.55.
Ladies 5 Miles		
U/18:	1: K Woodhall (CMC)	52.28.
Junior Men		
U/16:	1: S Brophy (Holm)	27.54;
2:	W Styan (Holm)	28.50;
3:	N Helliwell (Holm)	29.19.
Junior Ladies 2% Miles		
U/16:	1: L Sweeney (Mand)	41.54;
2:	K Parry (Mand)	42.02;
3:	S King (Mand)	44.05.

KINDER DOWNFALL FELL RACE AM/10 m/2,150 ft/16.4.89 Derbyshire

A record field of 560 runners set off 15 minutes late and followed Colin Donnelly around the course. Colin did not appear to be troubled, and was disappointed with his run. The course record remained intact, though I think that a stronger

challenge to Colin would have seen the record go. Conditions weren't ideal, but they were not bad. Andy Darby's record still looks to be one of those "all time greats"!

Second place was more closely fought with Graham Huddleston holding off the local runner Mike Whyatt. Glossop took the team prize with close packing of Whyatt, Trigg and Prady.

There was a good entry in the Ladies' section of 34 which was won by Barbara Murray, wifji Kath Drake second.

The race was a British Intermediate Championship race but, although the intermediate standard was high, the entry was disappointing with only eight in total. The first intermediate was Gerard Cudahay from Buxton, in a very good time of 68.38, putting him in 11th position overall.

Unfortunately, the course suffers with the numbers we had. As was wryly observed, that number constitutes pollution. Next year, reluctantly, it will be pre-entry and limited to 400.

N Goldsmith

1: C Donnelly (Eryri)	64.50
2: G Huddleston (Kend)	65.08
3: M Whyatt (Gloss)	65.18
4: A Trigg (Gloss) 67.05; 5: T Parr (Notts) 67.29; 6: P McWade (Clay) 67.45; 7: M Prady (Gloss) 67.48; 8: G Wilkinson (Clay) 67.55; 9: S Willmott (Cannock) 68.20; 10: G Webb (Calder V) 68.31. Veterans 0/40: 1: P McWade (Clay) 67.45; 2: A Styan (Holm) 70.03; 3: A Hulme (PFR) 70.40; 4: A Judd (Leeds) 74.09; 5: D Kay (Bolt) 74.17. Veterans 0/50: 1: R Hird (Macc) 74.24; 2: D Ashton (Black) 74.33; 3: N Matthews (Horw) 79.02. Ladies: 1: B Murray (Macc) 83.22; 2: K Drake (Spen) 83.47; 3: J Johnson (Denby D) 84.53; 4: S Ratcliffe (Saddle) 85.24; 5: S Watson (Valley S) 86.59. Intermediates: 1: G Cudahay (Buxton) 68.38; 2: J Gavin (Ross) 72.29; 3: M Rice (Todm) 76.19; 4: A Douglas (Red R) 82.51; 5: A Lee (Roch) 83.45. Juniors: 1: N Matthews (Horw) 30.08; 2: D Gibbons (Stock) 30.12; 3: S Quigley (Stret) 31.12.	

CURRAGHARD RACE 20.4.89 N.I.

Conditions were kind as the Hill and Dale series continued in Tollymore Forest, attracting an excellent field of 59 runners. The fine evening and some very good athletes led to early speculation that the six year old record could fall.

A strong climb to the top by Ian Park left him clear of his nearest rival, on the descent several runners changed positions but at the front Ian remained unchallenged. As he came into the view of the large crowd it became apparent that the old record was in danger. Spurred on by the roars of the crowds, Ian summoned up a last effort to conquer the dreaded "grassy slope" and take a remarkable 28 seconds off the longstanding record.

Olympic hockey player Violet McBride finished impressively but just failed to close the gap on the elegant striding Gwenda McNeilly.

1: I Park (B'drain)	20.35
2: I Brannigan (Drom/Cast)	21.07
3: J Patterson (N Down)	21.15
4: B Ervine (B'drain) 21.32; 5: F O'Hagan (Newry) 21.44; 6: D Ross (N'castle) 21.51. Veterans: 1: M McNulty (Drom/Cast) 22.30; 2: W McCracken (Newry) 23.11; 3: W Magee (Larne) 23.45. Ladies: 1: G McNeilly (N'castle) 28.53; 2: V McBride (ACKCAC) 28.57.	

BEN RHA HILL RACE CM/22.4.89 Caithness

1: S Wright (C'ness)	47.57
2: A. McDonald (C'ness)	48.37
3: B Mackey (C'ness)	48.54
4: J Dunnion (Annan)	52.19. Veterans: 1: G Clarke (A'roath) 52.55; 2: W Bruce (C'ness) 53.25. Ladies: 1: A Smith (C'ness) 69.29; 2: I Clarke (A'roath) 75.00.

RAS MOLWYN PEAKS AM/9.5 m/2,500 ft/22.4.89 Gwynedd

1: D Hughes (Hebog)	1.16.47
2: H Griffiths (Hebog)	1.16.55
3: D Davies (Blaen)	1.20.28
4: M Roberts (Blaen) 1.20.35; 5: P Ratcliffe (Telf) 1.21.04; 6: J Holt (Clay) 1.21.24; 7: D Davies (Hebog) 1.22.58; 8: M Jones (Hebog) 1.23.17. Veterans: 1: J Holt (Clay) 1.21.24; 2: R Catherall (Clwyd) 1.26.03; 3: D Thomas (Mywydd D) 1.26.49; 4: P Jones (Hebog) 1.29.55; 5: J Morris (Clwyd) 1.30.52. Ladies: J Lockhead (Holm) 1.42.34; 2: C Proctor (Holm) 1.46.03; 3: S Bennell (ERYRI) 2.06.18; 4: A Williams (Prest) 2.14.07. Juniors: 1: S Griffiths (Aberyst) 36.17; 2: R Thomas (Blaen) 37.28; 3: S Buckley (Blaen) 40.22.	

SNAEFELL RACE AS/5 m/1,900 ft/25.4.89 I.O.M.

The five mile course goes over the Isle of Man's only true mountain, that of Snaefell, which means — in the Manx Gaelic-Snow Mountain. Fortunately at this time of year snow is not a problem and indeed the race was run in very good conditions.

The newly formed Manx Fell Runners took the first two places. Ritchie Stevenson managed a rare win with Tony Varley doing exceptionally well to finish second after a long lay off through injury.

A number of athletes were sampling the fells for the first time, and we can only hope that they will be bitten by the "mountain bug".

Ritchie Stevenson.

1: R Stevenson (MFR)	45.46
2: T Varley (MFR)	47.30
3: S Davies (WAC)	47.52
4: D Corrin (MAC) 48.08; 5: D Young (MFR) 48.20; 6: I Callister (MAC) 49.26. Veterans 0/40: 1: D Corrin (MAC) 48.08; 2: D Young (MFR) 48.20; 3: M Cowbourne (MFR) 50.30.	

CAVE HILL RACE AS/2 m/750 ft/26.4.89 N. Ireland

A top class field lined up for the opening race in this year's Northern Ireland Fell Running Championship.

Adrian Philpott of the Achilles Club set the pace in the early stages but, by the top of the climb, North Belfast's John Ferrin was in the lead. Philpott was next to turn at the summit, followed by the Ballydrain trio of Ian Parke, Darren Barrett and Brian Ervine. In the slippery conditions, an impressive descent by 19 year old Barrett, took him past the leaders, to win in 13.54 which was just three seconds outside the course record.

First Junior was Andrew Callan, one second ahead of Anthony Magill, with Edmind Hawkins a further 15 seconds back. First Veteran was North Down's Jim Patterson, and first Lady was Morag McRoberts.

B Ervine

1: D Barrett (B'drain)	13.54
2: J Ferrin (N Belf)	14.03
3: I Parke (B'drain)	14.06
4: B Ervine (B'drain) 14.13; 5: J Patterson (N Down) 14.21; 6: J Hayes (B'drain) 14.48; 7: A Philpott (Ach) 14.57; 8: W McKay (A'ville) 15.03; 9: D Graham (B'drain) 15.19; 10: G Murray (B'drain) 15.30. Veterans: 1: J Patterson (N Down) 14.21; 2: J Hayes (B'drain) 14.48; 3: F Strickland (B'drain) 16.22. Ladies: 1: M McRoberts (Unatt) 20.50; 2: M Rea (Unatt) 28.19. Juniors: 1: A Callan (Dromara) 16.17; 2: A Magill (C'hill D) 16.18; 3: E Hawkins (Dromara) 16.33.	

HARROP DALE HILL RACE 28.4.89 Lancashire

1: A Trigg (Gloss)	36.03
2: D Gibbons (ECH)	36.13
3: M Whyatt (Gloss)	36.42
4: B Ashworth (Ross) 37.07; 5: D Ibbetson (Ross) 37.13; 6: H Waterhouse (Sadd) 37.18. Veterans 0/40: 1: T Keller (MCR) 37.30; 2: B Deagan (Roch) 39.16; 3: W Buckley (Gloss) 41.34. Veterans 0/50: 1: R Barker (Red Rose) 43.24; 2: B Rennie (Old & Roy) 46.35; 3: H Gill (Sadd) 46.48. Ladies: 1: K Drake (Spen) 43.55; 2: S Exon (Stret) 45.38; 3: K Martin (Altrinch) 47.20.	

CONISTON FELL RACE AM/9 m/4,500 ft/29.4.89 Cumbria

1: C Valentine (Kesw)	1.13.40
2: I Ferguson (Bing)	1.13.59
3: A Peace (Bing)	1.14.12
4: N Lanaghan (Kesw) 1.14.17; 5: H Jarratt (CFR) 1.14.25; 6: D Lee (CFR) 1.14.28; 7: P Harlowe (Kesw) 1.14.30; 8: A Farningham (Gala) 1.15.06; 9: D Hughes (Hebog) 1.15.10; 10: D Nuttall (Clay) 1.15.22. Veterans 0/40: 1: J Holt (Clay) 1.17.30; 2: J Nuttall (Clay) 1.20.09; 3: D Findley (CFR) 1.25.32. Veterans 0/50: 1: N Matthews (Horw) 1.27.52; 2: H Blenkinsop (Kesw) 1.30.20. Veterans 0/60: 1: J Niblett (Horw) 2.08.58. Ladies: 1: F Cole (CFR) 1.35.36; 2: J Laverack (Amble) 1.37.07. Juniors: 1: J Bland (Kesw) 32.36; 2: R Lawrence (Bing) 33.08; 3: D Smith (P & B) 33.36.	

PENTYRCH HILL RACE BM/7.5 m/ 1,700 ft/25.4.89 Glamorgan

Athletes travelled from far afield for this popular evening event particularly with the weather being good.

Glyn Griffiths dominated the race from start to finish to win comfortably.

John Gough

1: G Griffiths (Les Croup)	49.27
2: G Patten (Unatt)	50.04
3: B Burke (Deeside)	50.22
4: P Harris (Newport) 52.12; 5: K Peach (Les Croup) 52.35; 6: A Thomas (CHSOB) 52.50. Veterans 0/40: 1: D Thomas (MDC) 54.25; 2: P Morris (Barry) 55.38; 3: R Williams (Beddau) 55.44. Veterans 0/45: 1: B Griffiths (Swans) 52.39; 2: R Crawford (MDC) 61.06; 3: T Smith (MDC) 65.09. Veterans 0/50: 1: J Collins (Swans) 58.52; 2: P Harris (Newp) 61.52; 3: A Jones (Unatt) 88.26. Ladies: 1: K Patten (Unatt) 63.24.	

RAVENSTONES BROW FELL RACE BM/10 m/1,250 ft/29.4.89 Lancashire

1: A Trigg (Gloss)	64.52
2: M Whyatt (Gloss)	65.58
3: B Ashworth (Ross)	66.42
4: P Brownson (PFR) 67.45; 5: D Ibbetson (Gloss) 67.49; 6: M Bell (Horw) 69.55; 7: A Hulme (PFR) 70.19; 8: P Yorke (Bux) 70.22. Veterans 0/40: 1: A Hulme (PFR) 70.19; 2: S Furness (Black) 72.04; 3: B Deagan (Roch) 72.08. Veterans 0/50: 1: T Eckersley (Sadd) 75.41; 2: F Gibbs (FRA) 80.17; 3: R Shaw (EPOC) 83.33. Veterans 0/60: 1: P Wiseman (Garst) 89.51; 2: D Mason (Escap) 118.53. Ladies: 1: J Johnson (Denby) 82.18; 2: K Drake (Spen) 83.22; 3: G Cook (Roch) 87.40.	

SADDLEWORTH THREE DAY EVENT

Harrop Dale Hill Race 28.4.89

Ravenstones Brow Fell Race 29.4.89

Scouthead Road Race 30.4.89

The top six athletes in the overall results all had their good days to maintain an interesting competition. Andy Trigg, however, repeated his achievement of 1987 but this time winning all three races on his way to the overall title, improving his previous best by six minutes. It is remarkable how close times are each year, underlined by the fact that Andy's time, the second best for the event, equalled Dave Crooke's 1985 time exactly, when he also won all three races.

Tony Keller won the veterans category by over 11 minutes and Kathy Drake was in a class of her own winning the ladies section in a new record time.

Don Whittam

1: A Trigg (Gloss)	150.14		
2: B Ashworth (Ross)	154.22		
3: M Whyatt (Gloss)	154.54		
4: D Ibbetson (Gloss)	155.59; 5: P Brownson (PFR)	156.47; 6: H Waterhouse (Sadd)	158.13.
Veterans 0/40: 1: T Keller (MCR)	163.08; 2: W Buckley (Gloss)	174.53; 3: R Ball (Gloss)	176.10.
Veterans 0/50: 1: B Rennie (O & R)	196.51; 2: H Gill (Sadd)	198.29.	
Ladies: 1: K Drake (Spen)	186.39; 2: K Martin (Altrinch)	204.38.	

RAS MYNNYDD MAWR AS/4 m/1,300 ft/29.4.89 Gwynedd

1: G Owen (ERYRI)	31.56		
2: M Jones (ERYRI)	32.33		
3: P Grant (ERYRI)	32.45		
4: M Roberts (Blaen)	32.50; 5: T Furlong (ERYRI)	33.38; 6: T Jones (ERYRI)	33.50.
Veterans 0/40: 1: D Davies (Hebog)	32.52; 2: D Thomas (ERYRI)	36.36; 3: H Stansfield (ERYRI)	38.04.
Veterans 0/50: 1: B Evans (Prest)	39.59; 2: L Griffiths (Hebog)	41.17; 3: D Charles (ERYRI)	41.44.
Ladies: 1: A Carson (ERYRI)	36.11; 2: C Gilbert (ERYRI)	44.33; 3: D Meldrum (Prest)	56.27.

CROWTHORN FELL RACE N/6 m/700 ft/30.4.89 Lancashire

The second year of this event was blessed with 50 entrants even though there was a much more established race nearby.

After heavy rain a couple of days earlier the majority of the route was still reasonably solid but for the boggy ground across to Bull Hill.

Jeff Hornby broke the previous course record by nearly three minutes to take the winners trophy.

Good advice was offered by a few experienced runners and will help towards improvements next year.

T P Bebbington

1: J Hornby	40.39		
2: M Lee	41.20		
3: D Hughes	43.10		
4: C Nash	43.40; 5: D Kay	43.48;	
6: M Watts	43.50.		
Veterans: 1: D Kay	43.48; 2: R Barker	48.31; 3: A Healey	48.40.
Ladies: 1: J Lothead	53.48; 2: N Greenhough	90.01.	
Juniors: 1: C Shennan	58.32.		

PENRITH BEACON HILL RACE CS/4.5 m/500 ft/1.5.89 Cumbria

1: K West (Pen)	24.02		
2: M Rogers (Kend)	24.43		
3: D Spedding (Kesw)	25.13		
4: R Jamieson (Amble)	25.15; 5: A Lewsley (Bord)	26.07; 6: R Unwin (CFR)	26.17.
Under-18: 1: A Baglee (Carl)	27.03.		
Ladies: 1: S Lewsley (Bord)	31.12; 2: J Kine (Luton)	31.17.	
Juniors: 1: D Barry (Pen)	5.58; 2: H Warburton (M Chesh)	6.00.	

THREE PEAKS RACE AL/23.5 m/4,500 ft/30.4.89 Yorkshire

During the last 12 months, the Yorkshire Dales National Park have carried out much anti-erosion work in the Three Peaks area. This has led to the constructions of 1,500 metres of hardcore "walkway" over what used to be the peat bog approaches to Penyghent and a similar stretch on the approach to Blea Moor. Whatever ones opinion of the effect on the environment, there is no doubt that the course is now faster, it was, therefore no surprise to find new records in both mens and ladies categories.

However, close comparison of intermediate times with last years results, suggests that the high standard of competition and near perfect weather conditions, contributed as much to the fast times as the new pathways. The leading runners all recorded fast times over Ingleborough with 12 traversing the final peak in less than one hour, compared to only two in 1988.

No fewer than 15 runners reached Ribbleshead together but half way up Whemside, Sean Livesey and Gary Devine broke clear and the race was clearly between them with Sean making all the running. Gary strove to close the gap, only to find Sean slipping into overdrive on the long descent to the finish. Vanessa Brindle again won the ladies race, reducing her record by over 4Vi minutes. Bingley retained the team trophy with exactly the same team as last year.

The Three Peaks Race is not an easy event to organise due to the many sensitive sections of the route in the valleys and erosion on the hills. Satisfying the requirements of farmers, landowners and National Park authorities and controlling the race demands over 60 marshalls.

Dave Hodgson, Chairman

1: S Livesey (Ross)	2.51.45											
2: G Devine (P & B)	2.54.24											
3: I Ferguson (Bing)	2.56.28											
4: D Cartridge (Bolt)	2.59.17; 5: P McWade (Clay)	3.01.50; 6: A Hauser (Holm)	3.01.58; 7: G Kirkbright (Unatt)	3.02.41; 8: B Whitfield (Bing)	3.04.16; 9: G Huddleston (Kend)	3.04.43; 10: B Brindle (Horw)	3.05.14; 11: M Prady (Gloss)	3.05.48; 12: I Holmes (Bing)	3.07.41; 13: P Tuson (Kend)	3.07.55; 14: J Nixon (A'Ratti)	3.08.12; 15: K Gaskell (Horw)	3.08.45.
Veterans 0/40: 1: P McWade (Clay)	3.01.50; 2: J Nixon (A'Ratti)	3.08.12; 3: K Taylor (Ross)	3.13.13; 4: A M Harmer (Dk Pk)	3.14.02; 5: D Quinlan (Bing)	3.16.21; 6: S Kirkbride (Kend)	3.16.39.						
Veterans 0/50: 1: T Hesketh (Horw)	3.10.29; 2: D Ashton (Black)	3.21.42; 3: C Keogh (Roch)	3.32.39; 4: W Fielding (Leeds)	3.44.49; 5: G Barras (Skyrac)	3.50.09; 6: J Huck (Lane M)	3.55.22.						
Ladies: 1: V Brindle (Clay)	3-32.43; 2: R Pickvance (Clay)	3.42.25; 3: S Ratcliffe (Saddle)	3.48.22; 4: N Lavery (Amble)	3.53.41; 5: W Dodds (Clay)	4.05.48; 6: M Dunne (Bing)	4.24.24.						
Juniors: 1: N Stirr (Leic)	49.39; 2: S Brophy (Holm)	51.23; 3: R Lawrence (Bing)	52.27.									

WRAY CATON MOOR FELL RACE BS/6 m/1,000 ft/1.5.89 Lancashire

Warm, sunny weather prevailed as Rod Pilbeam headed the leaders onto Caton Moor, with record-holder Mark Croasdale lying fourth at the back of a closely-knit bunch. He forged ahead approaching the trig point, however, was caught again as the mild, gradual descent began, only to once more pull clear with a quarter of mile of moorland running left before the corss-country descent into Wray. At this stage, skimming across the short moor grass, Croasdale looked confident and unbeatable, and indeed eventually won by 17 seconds with an "unknown", Adam Eyre, 10 seconds ahead of Pilbeam and Steven Hawkins, fourth.

1: M Croasdale (Roy M)	38.48						
2: A Eyre (Notts)	39.05						
3: R Pilbeam (Kesw)	39.15						
4: S Hawkins (Bing)	39.32; 5: B Reynolds (Notts)	39.40; 6: G Hall (Holm)	39.47; 7: G Wilkinson (Clay)	39.51; 8: C Lyon (Horw)	40.18; 9: S Barlow (Horw)	40.56; 10: R Lucas	41.52.
Veterans 0/40: 1: J Barley (Lancs)	44.42; 2: M Walford (Kend)	45.24; 3: L Stephenson (Kend)	45.53.				
Veterans 0/50: 1: R Barker (Red Rose)	47.58.						
Ladies: 1: J Harold (Horw)	48.56; 2: D Varney (Kend)	51.53; 3: C Proctor	53.10.				
Juniors: 1: N Matthews (Horw)	20.30; 2: S Beaumont (Keigh)	21.50; 3: N Bagley (SROC)	21.59.				

PENISTONE HILL RACE BS/6.5 m/1,055 ft/1.5.89 Yorkshire

1: P Bowler (Staff M)	40.23						
2: A Pickles (P'stone)	41.09						
3: T Parr (Notts)	41.23						
4: R Rodgers (Horw)	41.48; 5: M Jubb (Sheff Un)	42.05; 6: B Minto (S'Burn)	42.26; 7: N Pugh (Sheff Un)	42.52; 8: D Alexander (Sheff Un)	43.15; 9: G Davis (Sheff Un)	43.24; 10: S Chapman (Unatt)	43.25.
Veterans 0/40: 1: A Hulme (PFR)	43.47; 2: R Hardcastle (Long W)	45.13; 3: P Powell (Holm)	46.18; 4: D Cartwright (P'stone)	47.04; 5: D Mallison (Denby D)	47.58.		
Veterans 0/45: 1: D Gledhill (Holm)	49.44; 2: M Cotgreave (PFR)	50.13; 3: B Beaumont (Rock)	51.03.				
Veterans 0/50: 1: B Thackery (Dk Pk)	49.19; 2: P Dibb (Long W)	52.52; 3: E Muxworthy (Holm)	53.19.				
Ladies: 1: J Johnson (Denby D)	51.21; 2: S Boler (P'stone)	51.43; 3: J Town (Denby D)	53.04; 4: A Soaper (A'Ratti)	58.45.			
Inter-mediate: 1: E Crowther (Saif)	20.44; 2: R Horbury (Barns)	20.56; 3: M Moorhouse (Saif)	21.05; 4: C Gibbins (P'stone)	21.17; 5: S Quigley (Stret)	21.45.		
Juniors: 1: D Codd (P'stone)	24.11; 2: A Worthington (Stret)	24.18; 3: L Lacon (Holm)	24.37.				

BEACON HILL FELL RACE BS/1.5 m/500 ft/1.5.89 Yorkshire

1: R Jackson (Horw)	10.15						
2: L Warburton (Spen)	10.44						
3: K Dobson (Bing)	10.58						
4: J Hey (Unatt)	11.03; 5: G Read (Roch)	11.07; 6: J Smith (P & B)	11.09; 7: M Dransfield (Spen)	11.13; 8: M Bruce (Bing)	11.14; 9: A Davison (Tod)	11.17; 10: J Kershaw (P & B)	11.41.
Veterans 0/40: 1: J Hoffman (ASVAC)	12.14; 2: S Sanderson (ASVAC)	12.55; 3: K Munton (Calder V)	13.06.				
Veterans 0/45: 1: B Jackson (Horw)	12.06.						
Veterans 0/50: 1: P Watson (P & B)	13.52.						
Ladies: 1: C Harding (P & B)	15.31.						
Juniors: 1: J Kershaw (P & B)	11.41.						

SLIEVE BIGNIAN 4.5.89 N.I.

On a sun drenched evening lan Park continued his recent good form and notched up his second victory in the Hill and Dale series.

Another large field of 39 runners answered the starters signal and embarked on the toughest climb to date in this bottom to top race, lan led all the way and in doing so took almost a full minute off the previous best time for the course. In the veterans category Denis Rankin running strongly finished ahead of Mike McNulty on this occasion. Morag McRoberts picked up the ladies prize unchallenged.

1: I Park (B'drain)	25.08		
2: B Ervine (B'drain)	25.57		
3: A Callan (Drom/Cast)	26.27		
4: D Ross (N'castle)	27.01; 5: P Stott (ERYR)	27.31; 6: K Quinn (T'ree)	27.47. Veterans: 1: D Rankin (Unatt) 29.39; 2: M McNulty (Drom/Cast) 30.03; 3: R Ferry (Maghera) 31.35. Ladies: 1: M McRoberts (Unatt) 38.43.

BEN LOMOND HILL RACE
AM/9 m/3,192 ft/6.5.89
Scotland

1: I Ferguson (Bing)	1.05.57						
2: G Devine (P & B)	1.06.27						
3: A Farningham (Gala)	1.06.29						
4: M Rigby (W'lands)	1.07.01; 5: B Potts (Clydes)	1.07.47; 6: D Rodgers (Lochab)	1.08.00; 7: P Marshall (Hadd)	1.08.37; 8: J Wilkinson (Gala)	1.08.58; 9: S Watson (P & B)	1.09.09; 10: P Mitchell (Bing)	1.10.57. Veterans 0/40: 1: P Marshall (Hadd) 1.08.37; 2: J Shields (Clydes) 1.14.56; 3: T Ross (Fife) 1.15.09; 4: B Maher (Hunt B) 1.15.52; 5: R Nicell (Fife) 1.16.42. Veterans 0/50: 1: B Gauld (Carn) 1.18.43; 2: R Kettles (Lassw) 1.26.42; 3: R Mitchell (Teviot) 1.29.33; 4: J Lightbody (Ferr) 1.29.50. Ladies: 1: T Calder (Edin) 1.15.59; 2: J Robertson (Ayr) 1.24.12; 3: L Hope (Lochab) 1.37.55; 4: H Spenceley (Carn) 1.40.51.

SLIEVE BEARNAGH
AM/7 m/2,650 ft/6.5.89
N.I.

All the leading contenders in the N.I. Fell running Championship were lured up for this years Bearnagh race in hot sunny conditions. On the track up to the Hare's Gap, Adrian Philpott pushed the pace and a group of five broke clear. By the top of Slieve Bearnagh, Adrian and Ian Park had a 40 second lead over Brian Ervine, with Jim Patterson a further 10 seconds back.

The gaps between the first four were still the same at the top of the third and final peak, Slieve Meelbeg.

On the descent Adrian pulled ahead but strayed slightly off course. Ian seized his opportunity and crossed the line 18 seconds on front, clocking 58.38 — 34 seconds outside the record set by Robin Bryson last year.

Brian just held off Jim's challenge in the line and Darren Barrett finished an isolated 5th.

With six in the first nine, Ballydrain dominated the team race.

1: I Park (B'drain)	58.38						
2: A Philpott (Achill)	58.56						
3: B Ervine (B'drain)	59.34						
4: J Patterson (N Down)	59.35; 5: D Barrett (B'drain)	62.16; 6: D Graham (B'drain)	63.43; 7: G Murray (B'drain)	63.58; 8: B McBurney (N'castle)	64.32; 9: J Hayes (B'drain)	65.33; 10: B McKay (A'ville)	66.44. Veterans: 1: J Patterson (N Down) 59.35; 2: J Hayes (B'drain) 65.33; 3: M McNulty (Cast/Drom) 69.15. Lady: 1: M McRoberts (Unatt) 77.58.

DARWEN MOORS HILL RACE
BM/11 m/1,800 ft/7.5.89
Lancashire

1: D Cartridge (Bolt)	1.17.19						
2: P McWade (Clay)	1.19.57						
3: G Schofield (Black)	1.20.36						
4: S Breckell (Black)	1.20.43; 5: G Gough (Black)	1.22.22; 6: M Whyatt (Gloss)	1.22.50; 7: A Selby (Bolt)	1.23.02; 8: J Nixon (A'Ratti)	1.23.09; 9: P Standing (Bolt)	1.23.20; 10: J Smith (P & B)	1.23.32. Veterans 0/40: 1: P McWade (Clay) 1.19.57; 2: J Nixon (A'Ratti) 1.23.09; 3: A Fielding (Bolt) 1.24.27; 4: B Mitchell (Clay) 1.26.21; 5: B Mapp (Red R) 1.27.12. Veterans 0/45: 1: D Kay (Bolt) 1.25.27; 2: D Gibson (S'worth) 1.33.36; 3: F Thomas (Dk Pk) 1.33.47. Veterans 0/50: 1: D Ashton (Black) 1.27.23; 2: R Hird (Macc) 1.30.07; 3: E Knight (Mercia) 1.32.54. Ladies: 1: Y McGregor (ASVAC) 1.34.17; 2: V Brindle (Clay) 1.38.20; 3: G Denner (Chor) 1.42.41; 4: J Makinson (Clay) 1.47.11; 5: K Etherden (S'worth) 1.55.19.

SHINING TOR RACE
AS/5 m/1,450 ft/10.5.89
Derbyshire

The dry conditions made for fast times with Mike Prady just missing his own record by 10 seconds for his second win in the event. Barbara Murray made no mistake breaking her own record.

The largest field ever started this years race which is about the maximum that can be handled with the isolated venue, next year, it may be pre-entry only.

Tony Hulme

1: M Prady (Gloss)	33.37						
2: P Bowler (Staffs)	33.5J						
3: T Parr (Notts)	34.12						
4: J Newns (Staffs)	34.19; 5: G Cudahy (Buxt)	34.24; 6: A Trigg (Gloss)	34.50; 7: M Whyatt (Gloss)	35.21; 8: A Adams (Staffs)	35.28; 9: C Stanley (GPT)	35.29; 10: A Hulme (PFR)	35.31. Veterans 0/40: 1: A Adams (Staffs) 35.28; 2: A Hulme (PFR) 35.31; 3: T Keller (PFR) 36.33; 4: J Whalley (Macc) 38.12. Veterans 0/50: 1: R Hird (Macc) 38.33; 2: D Tilley (Bolt) 42.25; 3: R Taylor (Buxt) 43.21. Ladies: 1: B Murray (Macc) 40.10; 2: R Pickvance (Clay) 41.17; 3: K Martin (Alt) 43.14; 4: S Rowson (Macc) 46.21.

DUMYAT HILL RACE
BS/5 m/1,250 ft/10.5.89
Central

On a fine evening, with dry conditions underfoot and a following breeze on the ascent, a large field, including some of Scotlands best hill runners, contested the event.

John Wilkinson equalled the course record set by Dermott McGonigle in 1987. Christine Whalley had an easy win in the ladies category.

Wendy Evangelisti

1: J Wilkinson (Gala)	33.18				
2: K Cook (Unatt)	33.31				
3: K Vose (Stir Uni)	33.43				
4: M Rigby (W'lands)	33.43; 5: B Potts (Clyde)	34.02; 6: D Crowe (Hawl^)	34.13; 7: A Costigane (Kilbar)	35.28; 8: A Bennet (W'lands)	35.32. Veterans: 1: T Ross (Fife) 37.19; 2: R Nicoll (Fife) 37.40; 3: A Lamb (N Shield) 38.30; 4: S Campbell (Unatt) 39.07. Ladies: 1: C Whalley (L'stone) 40.32; 2: C Menhennet (B' Houst) 42.07; 3: F Bowie (Unatt) 45.46. Ladies Veterans: 1: J Sharp (Cent) 48.06.

BELMONT WINTER HILL FELL RACE
BS/4.5 m/1,000 ft/13.5.89
Lancashire

This was the fourth running of the event over the new course with conditions the best yet, dry underfoot, clear skies and a cooling breeze. Nevertheless, the senior records remained intact — but only just.

Mike Whyatt and Ray Owen Led a small group on the first climb and over to Noon Hill. On the return over White Hill summit Ray had opened a gap which he maintained to the finish. Julie Harold was untroubled in winning the ladies category from Anne Haworth returning briefly to her old training ground.

M Kelly

1: R Owen (Black)	33.10							
2: M Whyatt (Gloss)	33.25							
3: C Lyon (Horw)	33.32							
4: G Wilkinson (Clay)	33.56; 5: W Brindle (Horw)	34.34; 6: I Holmes (Bing)	34.44; 7: B Brindle (Horw)	34.49; 8: S Duckworth (Rad)	34.55; 9: M Bell (Horw)	35.02; 10: A Schofield (Ross)	35.08. Veterans 0/40: 1: S Furness (Black) 36.16; 2: B Smith (Ross) 38.10; 3: G Duckworth (Horw)	38.13. Veterans 0/45: 1: D Kay (Bolt) 37.08; 2: A Wardle (Horw) 37.38; 3: W Buckley (Gloss) 38.59. Veterans 0/50: 1: N Matthews (Horw) 38.04; 2: R Barker (Red Rose) 40.45; 3: P Ward (SELOC) 44.52. Ladies: 1: J Harold (Horw) 41.55; 2: A Haworth (Kesw) 45.05; 3: D Gowans (Ace) 45.57. Juniors U/20: 1: N Matthews (Horw) 36.22; 2: R Hope (Horw) 39.31; 3: S Boardman (Stret) 40.23.

MEELBEG & MEELMORE RACE
11.5.89
N.I.

In a tremendously close finish, half a second was all that separated the Ballydrain duo of Park and Ervine in the fifth race of the Hill and Dale series.

As the leaders approached the finish, a mighty battle ensued and only a timely dip for the line gave Ian Park his third successive victory and a new course record. It was almost two minutes before Andrew Callan crossed the line for third place.

In the ladies race, Gwenda McNeilly made a welcome return after a short break, taking up where she left off to record a win over Morag McRoberts.

1: I Park (B'drain)	30.03		
2: B Ervine (B'drain)	30.04		
3: A Callan (Drom/Cast)	31.50		
4: J Patterson (N Down)	32.31; 5: D Graham (B'drain)	33.38; 6: E Hawkins (Drom/Cast)	34.26. Veterans: 1: M McNulty (Drom/Cast) 34.57; 2: R Ferry (Maghera) 36.49; 3: B Magee (Larne) 37.15. Ladies: 1: G McNeilly (N'castle) 43.29; 2: M McRoberts (Unatt) 43.54.

SIMONS SEAT FELL RACE
AS/3.5 m/1,300 ft/11.5.89
Yorkshire

This years race attracted a strong contingent of local athletes, a few internationals amongst them as well. The dry conditions allowed fast times and Gary Devine took advantage to break his own record by 21 seconds.

Paul Gaines

1: G Devine (P & B)	23.47							
2: A Peace (Bing)	24.23							
3: G Hull (Leeds)	24.26							
4: S Hawkins (Bing)	24.45; 5: I Ferguson (Bing)	25.20; 6: M Wallis (Clay)	25.28; 7: G Kirkbright (P & B)	25.36; 8: I Holmes (Bing)	25.37; 9: W Gaunt (P & B)	25.50; 10: A Styan (Holm)	26.02. Veterans 0/40: 1: A Styan (Holm) 26.02; 2: K Taylor (Ross) 27.28; 3: P Jebb (Bing) 28.13; 4: A Judd (Leeds)	29.03. Veterans 0/45: 1: D Quinlan (Bing) 29.31; 2: S Toehill (ASVAC) 31.36; 3: W Wade (Holm) 32.05. Veterans 0/50: 1: R Barker (Red Rose) 32.58; 2: P Watson (P & B) 33.54; 3: B Speight (Hors) 35.52. Ladies: 1: C Chidsey (P & B) 34.01; 2: E Thackray (Hors) 34.28. Juniors: 1: R Lawrence (Bing) 26.38; 2: P Daccus (P & B) 26.50; 3: M Gryffin (Keigh) 27.38.

ELLAN VANNIN RACE
AL/20 m/6,000 ft/14.5.89
I.O.M.

This event is run over one of the most enjoyable courses in the Manx Fell League. The 20 mile course covers a circular route from Tholt-E-Will Glen, with a real sting in the tail climbing to the final checkpoint.

With the Manx athletics calendar almost bulging at the seams with events, it seems to be the longer fell races that runners avoid, this being the case for the Elian Vannin with a disappointing field.

However it gave the popular Foxdale athlete Ian Callister a chance to shine, which he did by winning in a good time.

A special mention also for time keeper Walter Kenmough who officiates at every race, in all weathers, for hours. We would have no races if it was'nt for the Walters of this World (here, here!).

Ritchie Stevenson

1: I CaHister (MAC)	3.33.28		
2: R Stevenson (MFR)	3.38.46		
3: G Hull (MFR)	4.15.34		
4: P Corlett (MAC)	4.19.36; 5: J Wright (MFR)	4.38.09; 6: A Kneale (MAC)	4.48.15.

STUC A'CHROIN
N/13 m/5,000 ft/20.5.89
Perthshire

1: M Rigby (W'lands)	2.14.32						
2: P Tuson (Kend)	2.19.02						
3: S Hicks (Unatt)	2.25.50						
4: J Blair-Fish (Carneth)	2.29.37;						
5: I Wallace (Her Wat)	2.34.37; 6: I McIntyre (GBBB)	2.35.19; 7: N McDonald (Edin)	2.36.42; 8: D Milligan (Solway)	2.37.09.			
Veterans: 1: D Milligan (Solway)				2.37.09; 2: T Ross (Fife)	2.44.01; 3: K Burns (Carneth)	2.48.36; 4: W Gauld (Carneth)	2.49.33. Ladies:
1: L Kirkwood (Carneth)				3.31.42; 2: D Batten (Carneth)	3.57.26; 3: I Coombs (W'lands)	4.06.46.	

TREFRIW MILL RACE
BM/13 m/3,250 ft/20.5.89
Gwynedd

This year the race was run in the opposite direction producing a faster course with warm but humid conditions and excellent visibility.

1: H Griffiths (Hebog)	1.51.55							
2: D Hughes (Hebog)	1.52.43							
3: D Davies (Hebog)	1.58.51							
4: H Parry (ERYRI)	1.59.55; 5: D Thomas (Unatt)	2.05.56; 6: M Jones (Hebog)	2.06.01; 7: D Robertson (RAF)	2.09.52; 8: D Thompson (Calder)	2.10.15.			
Veterans: 1: D Davies (Hebog)				1.58.51; 2: H Parry (ERYRI)	1.59.55; 3: D Thomas (Unatt)	2.05.56. Ladies: 1: S Farrar (ERYRI)	2.29.31; 2: F Reid (Unatt)	3.10.09.

BUTTERMERE SAILBECK HORSESHOE
AM/9.4 m/3,700 ft/14.5.89
Cumbria

A cold blustery day resulted in slower times overall, but the weather was at least dry and the cloud level above the tops.

Robin Bergstrand, fulfilling the promise of his increasing international stature, became the new Northern Counties Champion, with a comfortable win over the strong running Jack Maitland.

Danny Hughes

1: R Bergstrand (Mand)	1.26.58																		
2: J Maitland (P & B)	1.28.48																		
3: J Taylor (Holmk)	1.28.59																		
4: C Cartridge (Bolt)	1.29.31; 5: P Skelton (Kesw)	1.29.56; 6: A Smith (CFR)	1.31.13; 7: C Valentine (Kesw)	1.31.24; 8: A Peace (Bing)	1.32.13; 9: G Schofield (Black)	1.33.25; 10: R Jamieson (Amble)	1.33.34. Veterans 0/40: 1: P McWade (Clay)	1.34.45; 2: J Holt (Clay)	1.35.37; 3: T Hulme (PFR)	1.36.31. Veterans 0/50: 1: D Ashton (Black)	1.41.32; 2: N Matthews (Horw)	1.49.36; 3: H Blenkinsop (Kesw)	1.50.17. Ladies: 1: A Carson (Eryri)	1.48.06; 2: R Pickvance (Clay)	1.50.36; 3: N Lowery (Amble)	1.51.16. Intermediates: 1: J Taylor (Holm)	1.28.59; 2: A Peace (Bing)	1.32.13; 3: J Gavin (Ross)	1.40.55. Teams: 1: Kesw 24 pts; 2: Clay 54 pts; 3: Bing 68 pts. County Championship: Southern: D Hall (Kend); Lancashire: D. Cartridge (Bolt); Cumbria: P Skelton (Kesw); Cheshire: A Hulme (PFR). Juniors: 1: G Bland (Kesw) 29.11; 2: S Brophy (Holm) 29.13; 3: W Styran (Holm) 29.30; 4: P Daccus (P & B) 29.35; 5: R Lawrence (Bing) 29.58; 6: J Bland (Kesw) 30.09; 7: M Rice (Tod) 30.26; 8: J Taylor (Clay) 30.33.



1988 Intermediate champion John Taylor and Mark Croasdale on the last climb of the Clougha Pike Fell Race — Photo: Bill Smith.

CLOUGHA PIKE RACE
BS/7 m/1,400 ft/20.5.89
Lancashire

Run under breezy conditions, there were no records broken this year, even though a few classy runners attended.

The race will now be held each year in memory of Darren Jones, the Lancaster and Morecombe athlete who died last year at the age of 22.

Harry and Sue Ball

1: J Hornby (Spen)	52.38															
2: J Taylor (Holm)	52.49															
3: M Croasdale (Roy Mar)	53.04															
4: R Owen (Black)	54.31; 5: C Lyon (Horw)	55.33; 6: S Watson (Lane Uni)	56.18; 7: G Attwood (L & M)	57.59; 8: D Richardson (Kend)	58.24. Veterans 0/40: 1: R Bradley (Holm)	58.44; 2: M Walford (Kend)	59.56; 3: J Slinn (L & M)	63.09. Veterans 0/50: 1: R Barkker (Red Rose)	66.39; 2: G Arnold (Prest)	74.13; 3: W Wilkinson (Clay)	76.17. Ladies: 1: S Scholes (Bambury)	66.36; 2: D Varney (Kend)	74.28; 3: D Gowans (Acc)	76.58. Ladies Veterans: 1: D Priestley (Kend)	78.10. Juniors: 1: R Lawrence (Bing)	61.28.

GOATFELL RACE
AM/8 m/2,866 ft/20.5.89
Arran

With temperatures reaching the eighties on the hottest day of the year so far, the race start was delayed to await the afternoon boat from the mainland which was late due to a marine funeral on the way over. The heat was oppressive in the forest and on the hill with no breeze to help.

Glossopdale dominated the event with Mike Prady and Mike Whyatt first and second, closely followed by Andy Trigg in sixth place, giving them the team prize.

1: M Prady (Gloss)	1.15.06												
2: M Whyatt (Gloss)	1.15.34												
3: I Ferguson (Bing)	1.15.59												
4: A Curtiss (L'stone)	1.17.40; 5: W Nock (Hales)	1.18.45; 6: A Trigg (Gloss)	1.19.20; 7: W Gaunt (P & B)	1.21.16; 8: I Holmes (Bing)	1.22.07; 9: G Moffat	1.22.17; 10: R Rycroft	1.25.16. Veterans: 1: P Bolton (Staffs)	1.28.37; 2: R Poole (Gloss)	1.31.45; 3: P Mackie (Irvine)	1.33.36. Ladies: 1: R Pickvance (Clay)	1.37.06; 2: H Spenceley (Carneth)	1.55.20; 3: P McLaughlin (W'lands)	2.05.02.

SPELGA SKYLINE
AL/12 m/4,500 ft/20.5.89
N.I.

Conditions for this years race were ideal, except for strong winds but underfoot the ground was firm and fast.

An excellent turnout of 24 runners set out to contest the first long race on the Northern Ireland calendar and 1989 N.I.A.A.A. championship.

Brian Ervine and Adrian Philpott set a fast pace and were clear of the field by the first major climb — Meelbeg. After Slieve Muck and three minor tops the field came to the "sting in the tail" and a 1,000 ft climb, it was here that Brian powered his way to victory to take a well deserved championship medal.

Jim Hayes

1: B Ervine (B'drain)	1.58.49								
2: A Philpott (Achill)	2.01.42								
3: J Patterson (N Down)	2.08.26								
4: J Hayes (B'drain)	2.15.43; 5: D Barrett (B'drain)	2.15.43; 6: W McKay (A'ville)	2.19.50. Veterans: 1: J Patterson (N Down)	2.08.26; 2: J Hayes (B'drain)	2.15.43; 3: D Rankin (Unatt)	2.50.10. Veterans 0/50: 1: J Sloan (N Down)	2.41.25; 2: R Ferry (Magher)	2.47.37; 3: I Taylor (Unatt)	2.51.40.



Sail Beck Horseshoe 1989: Robin Bergstrand approaching Whiteless Pike — Photo: Bill Smith.

KAIM HILL RACE
AS/3.5 m/1,250 ft/21.5.89
British Championship Event
Ayrshire

1: G Devine (P & B)	26.52
2: J Wilkinson (Gala)	27.27
3: G Schofield (Black)	27.36
4: M Prady (Gloss)	27.43; 5: A Curtis (L'stone) 27.48; 6: A Styan (Holm) 27.55; 7: M Wallace (Clay) 27.56; 8: A Trigg (Gloss) 28.02; 9: S Brophy (Holm) 28.12; 10: M Whyatt (Gloss) 28.22; 11: G Webb (Calder) 28.23; 12: R Hope (Gala) 28.28; 13: D Bell (Hadd) 28.32; 14: D Spedding (Kesw) 28.46; 15: W Rodgers (Loch) 28.50; 16: M Rigby (W'lands) 28.51; 17: W Gaunt (P & B) 28.57; 18: D Ibbetson (Gloss) 29.06; 19: R Pallister (P & B) 29.26; 20: M Campling (Kend) 29.30; 21: G Bland (Kesw) 29.39; 22: P Harlowe (Kesw) 29.42; 23: A Bennet (W'lands) 29.56; 24: R Longmore (Annan) 30.31; 25: D Rodgers (Loch) 30.37; 26: P Stevenson (P & B) 30.39; 27: I Auchie (Dairy) 30.43; 28: P Hughes (Loch) 30.55; 29: H Lorimer (Ouns) 31.03; 30: T Horsley (Blyth) 31.11. Veterans: 1: A Styan (Holm) 27.55; 2: D Spedding (Kesw) 28.46; 3: D Ashton (Black) 31.23; 4: R Nicholl (Fife) 31.45. Ladies: 1: R Pickvance (Clay) 34.08; 2: A Curtis (L'stone) 34.28; 3: J Harold (Horw) 35.49; 4: H Berry (Holm) 35.57; 5: B Murray (W'lands) 37.26. Juniors: 1: S Brophy (Holm) 28.12; 2: W Rodgers (Loch) 28.50; 3: H Lorimer (Ouns) 31.03; 4: W Styan (Holm) 31.41; 5: S McKendrick (Juventus) 31.56; 6: S Burns (Loch) 32.34.

TWO LADS RACE
BS/4 m/800 ft/23.5.89
Lancashire

Conditions were very hot and humid but bone dry under foot allowing Wilf Brindle a great win in a new record time after taking the lead at the summit.

John Hope

1: W Brindle (Horw)	25.21
2: R Jackson (Horw)	25.33
3: R Owen (Black)	25.40
4: S Sunter (Horw) 26.24; 5: T Hesketh (Horw) 26.28; 6: C Lyon (Horw) 26.35; 7: B Brindle (Horw) 27.12; 8: J Hope (A'Ratti) 27.27; 9: D Thompson (Calder V) 27.27; 10: S Jackson (Horw) 27.31. Veterans 0/40: 1: T Hesketh (Horw) 26.28; 2: J Nixon (A'Ratti) 27.37; 3: S Furness (Black) 28.28. Veterans 0/45: 1: B Jackson (Horw) 28.52; 2: A Wardle (Horw) 29.32; 3: P Kelly (Ross) 31.09. Veterans 0/50: 1: N Matthews (Horw) 29.58; 2: J Whitter (W'Phoen) 30.35; 3: P Duffy (Aber) 31.13. Veterans 0/55: 1: B Rogers (Horw) 33.43; 2: R Francis (Bury) 35.00. Veterans 0/60: 1: M Heslop (GEC) 39.19. Veterans 0/65: 1: J Howard (Burden) 51.37. Ladies: 1: J Harold (Horw) 30.45; 2: J Kenyon (Lost) 31.50; 3: M Hurst (Horw) 36.45. Juniors: 1: N Matthews (Horw) 9.58; 2: M Moorhouse (Saif) 10.29; 3: A Moorhouse (Saif) 10.53.	

LUNE VALLEY CHALLENGE
(Wray Caton Moor, Clougha, Hutton Roof and Bentham)

1: M Croasdale; 2: C Lyon; 3: J Taylor; 4: R Owen; 5: S Cunningham. Veterans 0/40: 1: M Walford; 2: R Bradley; 3: S Kirkbride. Veterans 0/50: 1: R Barker. Ladies: 1: D Varney; 2: D Priestley; 3: K Taylor.
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HUTTON ROOF CRAGS RACE
BM/7 m/1,300 ft/27.5.89
Lancashire

A beautiful, if not too hot, day in Hutton Roof.

Records fell to the winner of the Men's race and the Ladies' race with the appearance of Sean Livesey and Sarah Rowell.

A good field of 180 runners took to the dry paths of Hutton Roof and Farleton Knot. Close bunching by a good Keswick contingent brought them the team prize, and the first Veteran's prize with Dave Spedding.

Teams from all over England were represented and families enjoyed the small country fayre and ice creams on the Village Hall field.

This was one of the counters in the Lune Valley Challenge, which was clearly won by Mark Croasdale, who ran consistently to finish in the first three in all four counters.

C 1 Rooke

1: S Livesey (Ross) 45.30
2: M Croasdale (Royal M) 46.36
3: R Owen (Black) 47.15
4: P Skelton (Kesw) 47.28; 5: R Jamieson (Amble) 48.57; 6: H Jarret (CFR) 49.06; 7: D Spedding (Kesw) 49.13; 8: P Harlowe (Kesw) 49.20; 9: C Lyon (Horw) 49.41; 10: D Jackson (Kend) 49.57. Veterans 0/40: 1: D Spedding (Kesw) 49.13; 2: S Kirkbride (Kend) 50.35; 3: M Walford (Kend) 53.32; 4: K Munton (Calder V) 54.19. Veterans 0/50: 1: S James (S'port) 53.58; 2: R Bunn (H'owen) 56.50; 3: D Hodgson (Fell) 57.57; 4: B Atkinson (Black) 59.24. Ladies: 1: S Rowell (Dart) 52.00; 2: C Cook (Clay) 1.01.03; 3: D Varney (Kend) 1.02.28.

BENS OF JURA FELL RACE
AL/16 m/7,500 ft/27.5.89

A blazing sun in a still, blue sky failed to deter the runners from making a fast start from Craighouse, up through the deer farm onto the energy sapping hill with bog and knee-deep heather, which leads inexorably to Dubh Beinn, the first check-point. Colin Donnelly and nine others kept up a keen pace until the foot of the first Pap. Colin took two minutes out of the others with a direct ascent and increased his lead to six minutes by the third Pap and still further to the finish.

Despite adry course and clear visibility, Colin was some five minutes outside the record, which he set last year.

Bingley were thedeserving winners of the team prize with second, third and fifth positions, this was the only performance to set a new record.

D Booth

1: C Donnelly (ERYRI) 3.11.59
2: I Ferguson (Bing) 3.21.18
3: I Holmes (Bing) 3.22.05
4: A Styan (Holm) 3.23.23; 5: R Whitfield (Bing) 3.24.23; 6: A Curtis (L'stone) 3.26.17; 7: D Rodgers (Loch) 3.29.44; 8: D Nuttall (Clay) 3.35.01; 9: A Ligema (Amble) 3.35.48; 10: A Dytch (Clydes) 3.37.12. Veterans 0/40: 1: A Styan (Holm) 3.23.23; 2: J Holt (Clay) 3.43.15; 3: C Taylor (Clay) 3.55.13. Veterans 0/50: 1: J Naylor (CFR) 4.02.50; 2: W Gauld (Carneth) 4.14.12; 3: R Richardson (Scot Vet) 4.32.53. Ladies: 1: C Menhennet (Bella) 4.16.15; 2: R Pickvance (Clay) 4.28.24; 3: P Gibb (Telf) 4.29.00; 4: A Curtis (L'stone) 4.35.38. Team: 1: Bingley 10.07.46.

GREAT HAMELDON HILL RACE
BS/6 m/1,100 ft/28.5.89
Lancashire

This is the same course as the last four years but after a check the climbing was found to be 1,110 ft!

Under dry, fast conditions, Malcolm Patterson and Sean Livesey were together going onto the second hill of the three but Malcolm reached the summit first and went on to win for the third occasion in a record time. Fellow female club runner Jackie Smith also took her hat trick and coming of age this year also won the veterans category.

Paul Healey

1: M Patterson (Dk Pk) 35.45
2: S Livesey (Ross) 35.55
3: G Wadsworth (Ross) 36.44
4: G Wilkinson (Clay) 36.49; 5: P McWade (Clay) 37.45; 6: R Rawlinson (Ross) 38.06; 7: S Breckell (Black) 38.07; 8: P Irwin (Ross) 38.11; 9: M Targett (Clay) 38.15; 10: K Taylor (Ross) 38.18. Veterans 0/40: 1: P McWade (Clay) 37.45; 2: M Targett (Clay) 38.15; 3: K Taylor (Ross) 38.18; 4: P Hartley (Ross) 39.14; 5: C Beever (Holm) 40.34. Veterans 0/45: 1: K Lodge (Hfx) 41.52; 2: D Scott (Clay) 42.56; 3: F Gorman (Hfx) 44.13. Veterans 0/50: 1: K Dobson (Hynd) 47.51; 2: W Wilkinson (Clay) 48.00; 3: E Blamire (Tod) 49.06. Veterans 0/55: 1: D Clutterbuck (Roch) 48.19; 2: P Dibb (Long) 48.22; 3: T Sykes (Roch) 48.31. Veterans 0/60: 1: F Heaton (Clay) 53.08; 2: J Miles (Tod) 57.09; 3: L Myers (Hfx) 61.21. Ladies: 1: J Smith (Dk Pk) 44.33; 2: J Keys (Ross) 50.32; 3: D Gowans (Acc) 50.51; 4: M Ashton (Clay) 51.53; 5: A Thorpe (Hynd) 52.14. Junior Boys U/16: 1: M Moorhouse (Saif) 22.12; 2: D Mason (Clay) 22.50; 3: M Morris (Cope) 23.32. Junior Girls U/16: 1: S Bibby (Unatt) 25.32; 2: K Pickles (Hynd) 28.07; 3: V Howarth (Unatt) 28.59.

BENTHAM GALA FELL RACE
CM/10 m/800 ft/29.5.89
Lancashire

Mark Croasdale and John Taylor fought a relentless duel across Burn Moor as though intent on finally intent on breaking Jeff Normans nine yearold record of 51 minutes 15 seconds. Somewhere along the returning cross-country route, perhaps realising the record was beyond their reach, they decided to slow down and finish together to save themselves for the World Cup



First three in Hameldon race. Left to right: Gary Wadsworth, Malcolm Patterson and Sean Livesey showing off their Hameldon Mugs — Photo: Dave Woodhead.

selection race at Penyghent a week later. Mark did have the satisfaction of clinching victory in the Lune Valley Challenge, as did Daphne Varney who was the first lady home in this particular race.

1: J Taylor (Holm)	52.50
2: M Croasdale (Roy Mar)	52.20
3: R White (H'owen)	53.55
4: R Cudworth (H'owen)	54.25; 5: A Hauser (Holm) 55.19; 6: T Rutherford (Clay) 55.27; 7: C Lyon (Horw) 55.43; 8: S Cunningham (S'port) 55.47; 9: J Parker (Ilk) 56.25; 10: S Sunter (Horw) 56.45. Veterans 0/40: 1: S Kirkbride (Kend) 56.26; 2: R Bradley (Holm) 57.09; 3: J Baker (Leeds) 59.02; 4: H Barkker (Leeds) 59.04; 5: K Summersgill (N Vets) 59.14. Veterans 0/45: 1: D Ashton (Black) 58.16; 2: P Taylor (Borner) 62.00; 3: R Bunn (H'owen) 64.13. Ladies: 1: D Varney (Kend) 66.40; 2: E Staig (Sett) 69.11; 3: D Priestley (Kend) 50.51; 4: N Preedy (Burn) 78.46.

CASTLEWELLAN LAKE AND MOUNTAIN N/4.5 m/850 ft/1.6.89 N.I.

From a field of 41 runners in the Hill and Dale series, Ian Park yet again emerged as champion. By the summit of Slievenaslate, Ian had already established a commanding lead over the nearest rivals Jim Patterson and Jim Hayes. On the switchback return, Ian increased his lead to finish comfortably ahead of Jim Hayes, making his debut in the series.

Gwenda McNeilly once again claimed the ladies prize and now looks certain to win the overall championship in the ladies category.

1: I Park (B'drain)	26.07
2: J Hayes (B'drain)	27.01
3: J Patterson (N Down)	27.21
4: D Ross (N'castle)	27.37; 5: A Callan (Drom/Cast) 28.01; 6: D Watson (N'castle) 28.12; 7: G Murray (B'drain) 28.28; 8: D Graham (B'drain) 28.31. Veterans: 1: M McNulty (Drom/Cast) 28.33; 2: D Rankin (Unatt) 30.42; 3: B Magee (Larne) 30.50. Ladies: 1: G McNeilly (N'castle) 35.51.

CLITHEROE FELL RACE BM/6 m/1,350 ft/1.6..89 Lancashire

On a good evening for spectators and runners alike, this event seems to be growing in popularity with 180 competitors streaming out of the sports field. Under good running conditions Ray Owen set a fast pace as to b: well ahead of Chris Lyon at the first check with these positions being maintained through check point two. On the descent a better line taken by T Rutherford enabled him to take second position, although Ray established a convincing win by over one and a half minutes to create a new record by two seconds. Judy Makinson had a superb run to lead home the ladies with Elizabeth Staig in second place with newly formed club Settle Harriers.

1: R Owen (Black)	41.04
2: T Rutherford (Clay)	42.37
3: C Lyon (Horw)	43.07
4: P Hartley (Ross)	43.25; 5: T Laney (Clay) 43.27; 6: P Ashworth (Clay) 43.29; 7: S Sunter (Horw) 43.37; 8: B Thompson (Calder) 43.44; 9: S Cunningham (S'port) 43.49; 10: P Jarman (Clay) 43.54. Veterans 0/40: 1: P Hartley (Ross) 43.25; 2: M Targett (Clay) 44.00; 3: B Mitchell (Clay) 44.45. Veterans 0/50: 1: D Ashton (Black) 44.48; 2: R Barker (Red Rose) 54.02; 3: P Wiseman (Garstang) 54.48. Ladies: 1: J Makinson (Clay) 54.28; 2: L Staig (Settle) 56.30; 3: M Hurst (Unatt) 56.59.

SADDLEWORTH FELL RACE AS/3 m/950 ft/28.5.89 English Championship Event Manchester

1: B Hussain (Stock)	19.14
2: G Devine (P & B)	19.22
3: R Bergstrand (Mand)	19.31
4: A Peace (Bing)	19.37; 5: J Hornby (Spenn) 19.41; 6: J Taylor (Holm) 19.52; 7: M Whyatt (Gloss) 20.06; 8: M Prady (Gloss) 20.07; 9: S Hawkins (Bing) 20.08; 10: A Trigg (Gloss) 20.09; 11: D Cartridge (Bolt) 20.10; 12: R Jackson (Horw) 20.21; 13: M Wallis (Clay) 20.22; 14: A Smith (CFR) 20.32; 15: G Schofield (Black) 20.36; 16: T Parr (Notts) 20.36; 17: G Hall (Holm) 20.41; 18: G Webb (Cald V) 20.53; 19: R Cudworth (Hales) 21.04; 20: A Adams (Staffs) 21.06. Veterans 0/40: 1: A Adams (Staffs) 21.06; 2: W Bland (Kesw) 21.13; 3: B Deegan (Roch) 22.00; 4: S Fueness (Black) 22.33. Veterans 0/50: 1: D Ashton (Black) 22.12; 2: R Hird (Macc) 22.47; 3: N Matthews (Horw) 23.36; 4: J Dean (Saif) 24.18; 5: R Bunn (Hales) 24.50. Veterans 0/55: 1: B Thackray (Dk Pk) 25.31; 2: A Southall 26.03. Veterans 0/60: 1: B Fielding (Leeds) 25.07. Ladies: 1: C Crofts (Dk Pk) 23.53; 2: Y McGregor (ASVAC) 24.34; 3: J Johnson (Denby) 25.20; 4: J Harold (Horw) 25.32; 5: S Boler (P'stone) 26.43. Intermediates: 1: A Peace (Bing) 19.37; 2: J Taylor (Holm) 19.52; 3: G Hall (Holm) 20.41; 4: J Gavin (Ross) 22.34; 5: C Beadle (Holm) 24.31. Juniors: 1: G Cudahy (Buxt) 20.36; 2: M Rice (Tod) 20.38; 3: G Bland (Kesw) 20.39; 4: S Brophy (Holm) 21.07; 5: W Styan (Holm) 21.17.

ROSE QUEEN FELL RACE 2 m/500 ft/3.6.89 Cheshire

A short race to the top Reed Hill and back saw a fast start by the 16 runners from the gala field as they made their way down to the stream crossing. The initial early pace was set by J O'Brian and Geoff Wild but on the steep climb after the stream the former began to pull away and Geoff was joined by K Stamp.

After the road onto the last section of climbing, Alan Boocking

moved into second and took the lead on the steep grassy descent to the finish.

A Boocking

1: A Boocking (PFR)	12.46
2: J O'Brian (Unatt)	12.55
3: G Wild (Buxt)	13.00
4: K Stamp (Unatt)	13.25 ; 5: K Mallor (PFR) 13.47; 6: P Wheatcroft (Gloss) 13.54.

PENYGHENT RACE AM/5.5 m/1,500 ft/3.6.89 Yorkshire

A classy field assembled for this World Cup selection race and with good weather conditions and the improved footpath fast times were expected. Indeed, the first nine senior men broke the old record and in the ladies category the first four ladies finished inside the old record.

Malcolm Patterson reached the summit first in 26 minutes 24 seconds with Jeff Hornby close behind, but on the fast descent positions changed.

1: J Hornby (Spenn)	42.39
2: S Livesey (Ross)	42.52
3: M Patterson (Dk Pk)	43.09
4: G Huddleston (Kendal)	43.19; 5: G Devine (P & B) 43.28; 6: A Peace (Bing) 43.39; 7: B Hussain (Stock) 43.55; 8: M Prady (Gloss) 43.59; 9: W Knock (Hale) 44.03; 10: R Jackson (Horw) 44.16. Veterans 0/40: 1: T Hulme (Penn) 49.04; 2: R Bradley (Holm) 49.59; 3: N Clayton (Skyrac) 50.11; 4: A Judd (Leeds) 50.24. Veterans 0/50: 1: D Ashton (Black) 49.51; 2: R Bunn (Hales) 53.24; 3: J Dean (Saif) 54.16. Ladies: 1: S Rowell (Dart) 50.35; 2: J Darby (Tipt) 51.08; 3: V Brindle (Clay) 52.18; 4: C Crofts (Dk Pk) 53.13; 5: Y McGregor (ASVAC) 54.21.

LANGDALE GALA FELL RACE AS/1.25 m/650 ft/3.6.89 Cumbria

1: D Lee (CFR)	10.20
2: G Bland (Kesw)	10.37
3: H Jarrett (CFR)	10.43
4: J Hey 10.45; 5: R Lawrence (Bing) 10.47; 6: J Bland 10.52; 7: E Parker (Amble) 11.25; 8: J Taylor (Clay) 11.27; 9: M Foschi (PFR) 11.30; 10: P Singleton (Amble) 11.36. Veterans 0/40: 1: D Donald (CFR) 12.11; 2: M Wood (CFR) 12.20; 3: T Walker (Amble) 12.31; 4: B Hillon (CFR) 12.35; 5: A Evans (Amble) 12.40. Veterans 0/50: 1: B Hillon (CFR) 12.35; 2: B Wilkinson (Clay) 15.04. Ladies: 1: G Wilkinson (Kend) 14.34; 2: J Graham (Amble) 15.40; 3: L Johnson 16.00; 4: E Unsworth (Kend) 20.16.	

WELSH 1,000 METRE RACE

AL/25 m/600 ft/3.6.89 Gwynedd

A classic day, a classic race! The weather was characteristically hot and sunny with the organisational wheels well oiled and running smoothly — and even competitors only producing minor problems. The new route through the Ogwen valley was well received although experienced runners favoured the old direct route, now frowned on by local farmers and land owners.

Class "A" — FELL RUNNERS:

1: J Darby (Mynydd)	4.25.30
2: I Blakemore (Mercia)	4.30.10
3: R Powell (ERYRI)	4.31.04
4: D Bagnall (Salu)	4.49.27; 5: T Jones (ERYRI) 4.50.53; 6: W Knox (T'dale) 4.54.59. Class "F" — LADY FELL RUNNERS: 1: S Farrar (ERYRI) 5.03.12.

DUDDON VALLEY FELL RACE

AL/20 m/6,000 ft/3.6.89 Cumbria

1: M Rigby (Amble)	2.51.49
2: C Valentine (Kesw)	2.54.49
3: D Nutall (Clay)	3.01.09
4: T Laney (Clay)	3.02.57; 5: N Lanaghan (Kesw) 3.05.39; 6: K Taylor (Ross) 3.06.06; 7: S Hicks 3.07.38; 8: A Ligema (Amble) 3.10.18; 9: D Wilkinson (Kesw) 3.10.43; 10: J Worswick (Horw) 3.13.37. Veterans 0/40: 1: K Taylor (Ross) 3.06.06; 2: C Wilkinson (Bing) 3.10.43; 3: M Targett (Clay) 3.24.59. Veterans 0/50: 1: M Davis (Kesw) 3.32.12; 2: P Kelly (Ross) 3.42.04; 3: G James (B'pool) 3.52.59. Ladies: 1: A Stentiford (Macc) 3.51.59; 2: M Rosen (L & M) 4.50.39.

MALLERSTRANG YOMP N/23 m/9,000 ft/4.6.89 Cumbria

A new record was set at this year's Mallerstrang and Nine Standards Yomp over 23 miles of the highest peaks in the upper Eden Valley.

In excellent conditions and running over a well marked and sign posted course. Paul Tuson ran exactly five minutes faster than the 1987 record held by Tony Richardson.

1: P Tuson	2.51
2: P Clark	2.56
3: B Halliday	3.04
4: M Walford	3.08; 5: G Russell 3.15; 6: A Yates 3.21. Ladies: 1: J Atkins 4.21.

ALWINTON FELL RACE BM/14 m/2,500 ft/3.6.89 Northumberland

Michael Ligema completed a hat trick of North Eastern fell running championships with his victory in the senior race. In fast dry conditions he forced the pace and broke away from the leading group before the open fell, fearing in particular downhill specialist Dave Woodhead.

Morpeth's Barry Mitchell was a convincing winner in the short race breaking the existing record by over three minutes and confirming his potential on the fell.

1: M Ligema (Elsw)	1.32.53
2: S Murdoch (J & H)	1.34.28
3: D Woodhead (Horw)	1.35.20
4: P Hyman (L'stone)	1.35.37; 5: C Wright (Mand) 1.36.20; 6: P Jarman (Clay) 1.36.51; 7: G Dixon (Morp) 1.37.32; 8: B Lowdon (Tynedale) 1.38.52; 9: S Balfour (L'stone) 1.39.36; 10: N Dunn (Unatt). Veterans 0/40: 1: B Lowdon (Tynedale) 1.38.52; 2: S Balfour (L'stone) 1.39.36; 3: G Brosnan (Unatt) 1.43.59. Veterans 0/50: 1: F Dohrry (J & H) 1.42.45; 2: P Carmichael (Morp) 1.50.08; 3: M Hyman (L'stone) 1.57.34. Ladies: 1: V Dempsey (L'stone) 2.05.18; 2: S O'Neil (Morp) 2.12.12; 3: L Gornall (Clare) 2.55.18; 4: M Worth (Clare) 2.55.18. Juniors (One and a quarter miles): 1: T Lowdon (Tynedale) 12.50; 2: P Scott (Morp) 12.53.

EDENFIELD FELL RACE
BS/7.5 m/1,600 ft/4.6.89
Lancashire

Bob Ashworth opened up an early lead on the ascents but was chased hard on the fast downhill sections by Ray Rawlinson.

1: B Ashworth (Ross)	42.45
2: R Rawlinson (Ross)	43.12
3: G Schofield (Black)	43.27
4: P McWade (Clay) 43.38; 5: S Duckworth (R'cliffe) 43.55; 6: E Rodgers (Horw) 44.01; 7: M Rice (Tod) 44.10; 8: M Keys (Ross) 44.41; 9: M Piotrowski (Sand) 45.15; 10: J Hope (Achille) 45.25. Veterans 0/40: 1: P McWade (Clay) 43.28; 2: B Deegan (Roch) 45.42; 3: A Fielding (Bolt) 45.53. Veterans 0/45: 1: D Jones (Penn) 49.41; 2: P Fleming (Horw) 50.49; 3: P Fells (Ross) 51.53. Veterans 0/50: 1: D Ashton (Black) 47.03; 2: R Barker (Red Rose) 52.46; 3: P Duffy (Aber) 54.16. Veterans 0/60: 1: B Crook (Tod) 57.46; 2: J Males (Tod) 66.04; 3: D Mason (Esc) 70.22. Veterans 0/65: 1: N Nibblet (Horw) 71.14. Ladies: 1:0 Cooke (Roch) 55.40; 2: J Needham (Roch) 57.53; 3: J Keys (Ross) 58.35; 4: S Ashton (MDC) 59.23; 5: M Ashton (Clay) 59.39.	

PADDY'S POLE FELL RACE
AS/4.5 m/1,100 ft/6.6.89
Lancashire

Shaun Livesey clipped nearly two minutes off the previous year's record, winning the event comfortably. The number of Clayton runners was exactly the same as last year at 79! It was remarked that many Clayton runners had a good race, which may have been due to the fact that they were treating it like a normal Tuesday night training run.

1: S Livesey (Ross)	29.19
2: G Wilkinson (Clay)	29.43
3: G Huddleston (Kend)	29.47
4: C Lyon (Horw) 30.51; 5: D Nuttall (Clay) 31.04; 6: M Wallis (Clay) 31.15; 7: T Laney (Clay) 31.30; 8: P Ward (Prest) 31.49. Veterans 0/40: 1: J Nuttall (Clay) 32.19; 2: K Taylor (Ross) 33.13; 3: D Kearns (Bolt) 33.14. Veterans 0/50: 1: R Barker (Red Rose) 37.35; 2: P Knott (B'pool) 38.42; 3: D Brown (Clay) 38.42. Ladies: 1: V Brindle (Clay) 36.20; 2: C Cook (Clay) 38.11; 3: J Makinson (Clay) 40.05.	

CARLSBERG CULTER FELL CHALLENGE
AL/12 m/2,000 ft/4.6.89
Scotland

1: C Donnelly (ERYRI)	1.52.14
2: D Weir (Perth)	1.58.52
3: D Davies (Hebog)	1.58.58
4: A Dytch (Clyde) 2.02.02; 5: J Blair-Fish (Carn) 2.05.41; 6: I McIntyre (L'stone) 2.07.25; 7: N MacDonald (ESH) 2.10.16; 8: G Pryde (Lomond) 2.10.27. Veterans 0/40: 1: D Davies (Hebog) 1.58.58; 2: P Peacock (Carn) 2.25.49. Veterans 0/50: 1: R Mitchell (T'dale) 2.27.40; 2: C Chrystal (Loch) 2.28.23. Ladies: 1: P White (Prest) 2.56.55; 2: P Hanniford (Carn) 3.01.20; 3: A West (Carn) 3.01.27.	

SCOLTY HILL RACE
BS/5 m/800 ft/4.6.89
Grampian

This was a day for records with the largest ever field of 114 taking part and Frazer Clyne confirming his ninth victory and records in all categories.

1: F Clyne (Aber)	30.30
2: D McGuinness (Read)	31.48
3: B Moroney (Aber)	31.52
4: D Duguid (Aber) 32.01; 5: E Arrowsmith (Aber) 32.11; 6: C Youngson (Aber) 32.35; 7: M Cumming (Aber) 32.53; 8: E Rennie (Aber) 32.54; 9: J Farquhar (HBT) 32.55; 10: S Brown (F'burgh) 33.02. Veterans 0/40: 1: C Youngson (Aber) 32.25; 2: B Maher (HBT) 34.09; 3: D Grubb (Aber) 34.49; 4: A Fulton (Aber) 36.17; 5: A Birse (Dundee) 37.04. Veterans 0/45: 1: M Edwards (Aber) 35.02; 2: C Love (Dundee) 35.51; 3: R Kerr (Aber) 37.05. Veterans 0/50: 1: N Dickson (Unatt) 35.54; 2: G Cruickshank (Aber) 40.37; 3: I Morrison (Aber) 40.41. Ladies: 1: L Bain (Aber) 34.47; 2: D Porter (Reebook) 40.28; 3: J Nuttall (Shet) 41.35; 4: J White (B Park) 43.06; 5: A Cassells (Aber) 44.31. Ladies 0/50: 1: J Nuttall (Shet) 41.35; 2: C Blyth (Aber) 44.43; 3: M Dickson (Unatt) 44.53.	

BLENCATHRA FELL RACE
AM/8 m/2,700 ft/7.6.89
Cumbria

1: A Bowness (CFR)	59.15
2: P Harlowe (Kesw)	61.59
3: H Jarrett (CFR)	62.32
4: N Lanaghan (Kesw) 62.38; 5: R Jamieson (Amble) 62.50; 6: M Fleming (Amble) 64.09; 7: D Wilkinson (Kesw) 64.24; 8: G Bland (Kesw) 64.54; 9: M Davies (Kesw) 65.13; 10: S Hicks (Amble) 65.23. Veterans 0/40: 1: M Hudson (LOC) 69.31; 2: I Charlton (Kesw) 70.15; 3: P Davis (Kesw) 77.04; 4: G Clayton (Amble) 78.37; 5: P Cottrill (CFR) 81.32. Veterans 0/45: 1: P Dowtier (A'Ratti) 76.04; 2: T Walker (Amble) 76.09; 3: B Johnson (CFR) 85.39. Veterans 0/50: 1: B Hillon (CFR) 71.58; 2: H Blinksop (Kesw) 72.40; 3: R Booth (Kesw) 75.06. Ladies: 1: R Pickvance (Clay) 75.19; 2: G Wilkinson (Kend) 79.43; 3: K Morris (Kesw) 87.07; 4: C Charlton (Kesw) 87.48; 5: M Rosen (L & M) 101.05.	

OTLEY CHEVIN FELL RACE
BS/3 m/1,000 ft/7.6.89
Yorkshire

A warm evening with rain threatening was the setting for the 10th annual Otley Fell Face supporting a field of nearly 180. For safety reasons the course had been amended and is now approximately 200 metres further, and the race, whilst only short is very punishing with the steps leading to the top of the Chevin extracting the athletes energy with every stride.

1: G Devine (P & B)	18.39
2: W Gaunt (P & B)	18.45
3: C Walker (P & B)	18.46
4: M Falgals (P & B) 18.50; 5: M Jackson (Leeds) 19.01; 6: R Pallister (P & B) 19.05; 7: P Stevenson (P & B) 19.13; 8: S Frazer (NA) 19.19; 9: P Daccus (P & B) 19.22; 10: R Mee (Leeds) 19.24. Ladies: 1: G Close (Imp) 23.39; 2: B Carney (Bing) 23.55; 3: S Taylor (Fellndale) 24.06; 4: E Thackray (Fellndale) 24.08; 5: E Austin (Leeds OC) 25.26.	

LOUGHSHANNAGH HORSESHOE
N/4 m/1,700 ft/8.6.89
N.I.

The mountains around Spelga Dam echo to the sound of runners feet as the relatively small field started over Ott Mountain towards Slieve Loughshannagh. Brian Ervine lead from the start over the tough and demanding terrain to win comfortably.

1: B Ervine (B'drain)	40.49
2: A Callan (Drom)	41.34
3: D Ross (N'castle)	43.28
4: D Graham (B'drain) 44.20; 5: K Quinn (N'castle) 45.22; 6: P Mallon (Unatt) 45.31. Veterans: 1: M McNulty (Drom) 46.05; 2: B McCartan (ACKAC) 49.48; 3: B Magee (Larne) 51.16; 4: F Morgan (N'castle) 58.02. Ladies: 1: G McNulty (N'castle) 61.24; 2: M Rea (Unatt) 70.25.	

DOLLAR HILL RACE
AM/5 m/2,000 ft/10.6.89
Scotland

This year's race as a record in several respects.

Colin Donnelly smashed our course record and kindly demoted us to a "short" category race. The first 10 finishers all broke the old course record, and we had a new Ladies' Veterans' and Junior record.

All this, plus a record entry of 142, made this year's race rather special.

Despite the good spell of weather in the weeks before the race, it rained! Visibility at the top was very poor — approximately 30 yards, and there was a strong wind!

A S Blyth

1: C Donnelly (Eryri)	38.50
2: G Devine (P & B)	39.55
3: J Maitland (P & B)	40.10
4: M Prady (Gloss) 40.18; 5: M Whyatt (Gloss) 40.21; 6: J Taylor (Holm) 40.25; 7: G Schofield (Black) 40.52; 8: J Wilkinson (Gala) 41.19; 9: I Davidson (Carn) 41.26; 10: D Rodgers (Loch) 41.27; 11: A Farningham (Gala) 41.29; 12: A Curtiss (Liv) 41.33; 13: D Bell (Hadd) 41.34; 14: R Pilbeam (Kesw) 41.37; 15: P Marshall (Hadd) 41.51; 16: W Gaunt (P & B) 41.55; 17: G Bland (Kesw) 41.58; 18: A Trigg (Gloss) 42.01; 19: D Spedding (Kesw) 42.07; 20: A Bennett (W'land) 42.36; 21: M Wallis (Clay) 42.40; 22: A Styan (Holm) 42.44; 23: D Crowe (Dundee) 43.09; 24: R Hope (Gala) 43.13; 25: B Potts (Clydes) 43.19; 26: W Styan (Holm) 43.26; 27: A Hauser (Holm) 43.33; 28: J Blair-Fish (Carn) 43.38; 29: B Rodgers (Loch) 44.04; 30: M Seddon (Holm) 44.11. Veterans 0/40: 1: P Marshall (Hadd) 41.51; 2: D Spedding (Kesw) 42.07; 3: A Styan (Holm) 42.44; 4: R Nicoll (Fife) 45.05; 5: T Ross (Fife) 45.11; 6: D Ashton (Black) 45.14. Ladies: 1: T Calder (Edin) 46.25; 2: P Hawtin (EAC) 47.59; 3: C Whalley (Liv) 49.30; 4: R Pickvance (Clay) 49.49; 5: J Salvona (Liv) 49.56; 6: J Smith (Dk Pk) 50.34. Juniors: 1: G Bland (Kesw) 41.58; 2: W Styan (Holm) 43.26; 3: B Rodgers (Loch) 44.04.	

ENNERDALE HORSESHOE FELL RACE
AL/23 m/7,500 ft/10.6.89
Cumbria

Only 88 runners started the 22nd Ennerdale Horseshoe, the smallest number since 1982 when fell running experienced a rapid growth in popularity.

After a wet start the weather steadily improved to produce a fine afternoon although it remained very cold on the top for most of the race.

With many familiar names missing, predicting the winner was not easy, Ian Ferguson confirmed his good form this year celebrating his 29th birthday with a fine victory and a creditable time considering the blustery wind conditions. Only one lady entered this year's race and she was timed out.

Danny Hughes

1: I Ferguson (Bing)	3.39.43												
2: D Lee (CFR)	3.44.20												
3: P Tuson (Kend)	3.45.44												
4: P Clark (Kend)	3.46.22; 5: P Skelton (Kesw)	3.48.23; 6: G Clucas (CFR)	3.57.13; 7: I Holmes (Bing)	4.01.09; 8: D Nuttall (Clay)	4.01.16; 9: B Berzins (Dk Pk)	4.02.48; 10: M Hudson (LOC)	4.03.31. Veterans 0/40: 1: M Hudson (LOC)	4.03.31; 2: J Nuttall (Clay)	4.15.01; 3: P Jebb (Bing)	4.37.28. Veterans 0/50: 1: J Naylor (CFR)	4.18.56; 2: J Smith (Bury)	6.06.07; 3: R Todhunter (CFR)	6.06.52.

MAN v HORSE v BIKE MOUNTAIN MARATHON AL/22 m/4,000 ft/10.6.89 Powys

1: T Gould (Peugeot)	1.51.26 (Cyclist); 2: P Jenkins (Doid)	1.54.39 (Horse); 3: K Powell (Nutmeg)	1.59.44 (Horse); 4: J Gilmore (Mitzi)	2.02.39 (Horse); 5: T Davies (Schmoos)	2.03.31 (Cyclist); 6: G Coltman (Caratti)	2.04.32 (Cyclist); 7: H Bubb (Hereford)	2.05.39 (Horse); 8: G Williams (Club 69)	2.07.37 (Runner); 9: M Croasdale (Nordic)	2.08.44 (Runner); 10: B Dyke (Hereford)	2.08.44 (Horse). Other Runners: 12: H Griffiths (Hebog)	2.11.13; 14: P Brownson (PFR)	2.11.45; 19: R Cudworth (Hales)	2.14.00.
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MUNCASTER LUCK FELL RACE BM/10 m/1,800 ft/11.6.89 Cumbria

A small increase in last year's record low entry was encouraging for the organisers. It was yet another superb day with the castle gardens in full bloom. One runner commented afterwards that it was one of the best short events in the calendar with free entry to the grounds for runner and partner and T-shirts for the first 25 it is a good value for money event.

Several Ennerdale runners used the race as a warm down and demonstrated their powers of recovery by finishing well up the field — best of these being Geoff Clucas in 4th position.

A good ladies field were led home by Sue Clark of Kendal, a newcomer to this race who beat British cross-country skier Fiona Russell by about two minutes after she had a fall descending from the "pepper pot".

1: R Jamieson (Amb)	1.16.20															
2: H Jarrett (CFR)	1.17.02															
3: C Valentine (Kesw)	1.17.16															
4: G Clucas (CFR)	1.18.01; 5: I Holmes (Bing)	1.18.28; 6: K Mings (CFR)	1.18.51; 7: C Coote (Kend)	1.19.12; 8: I Ferguson (Bing)	1.19.50; 9: A Rothwell (Kend)	1.22.26; 10: D Nuttall (Clay)	1.23.05. Veterans 0/40: 1: P Hall	1.27.02; 2: T Martin (Kend)	1.36.52; 3: K Lindley (BCR)	1.38.01. Veterans 0/50: 1: H Blenkinsop (Kesw)	1.29.09; 2: D Hughes (CFR)	1.29.56; 3: J Taylor (Kend)	1.41.15. Ladies: 1: S Clark (Kend)	1.42.30; 2: F Russell (Thames)	.32; 3: C Greenwodd (Unatt)	1.45.32.

SKIPTON FELL RACE BS/4 m/1,000 ft/11.6.89 Yorkshire

1: S Winstanley (Bing)	23.48																																														
2: G Kirkbright (P & B)	24.37																																														
3: R Rogers (Horw)	24.44																																														
4: L Warburton (Spen)	24.49; 5: M Rice (Tod)	25.20; 6: T Rutherford (Clay)	25.34; 7: K Taylor (Ross)	25.42; 8: D Quinlan (Bing)	25.49; 9: D Woodhead (Horw)	25.51; 10: M Mummery (Rown)	26.17. Veterans 0/40: 1: K Taylor (Ross)	25.42; 2: A Judd (Leeds)	28.37; 3: B Kilner (Leeds)	28.34. Veterans 0/45: 1: D Quinlan (Bing)	25.49; 2: K Summersgill (Nthn V)	27.29; 3: N Berry (Holm)	28.23. Veterans 0/50: 1: P Watson (P & B)	30.25; 2: M Simpson (Nthn V)	31.04; 3: K Dobson (Hynd)	31.26; 4: B Hill (Clay)	34.21. Ladies: 1: C Cook (Clay)	30.11; 2: G Cook (Roch)	31.29; 3: E Thackray (Fell)	31.37; 4: L Staig (Settle)	32.44; 5: M Siddall (Skyrac)	34.03; 6: R Sharpies (Bing)	34.15. Lady Veterans: 1: P Senior (P'stone)	39.16; 2: C Imeson (K'ly)	40.32. Youths: 1: A Bowden (Calder V)	26.10; 2: S Brophy (Holm)	26.48; 3: J Kershaw (P & B)	27.24. Under 15 Boys: 1: M Moorehouse (Saif)	13.23; 2: E Crowther (Saif)	13.30; 3: I Bowden (P & B)	13.38; 4: C Cariss (Bing)	13.39; 5: A Atkinson (Bing)	14.04. U/17 Inter Ladies: 1: C Chaddsey (P & B)	15.12; 2: H Berry (Holm)	15.19. U/13 Colts: 1: S Brown (Bing)	8.16; 2: C Ibbitson (Bing)	8.25; 3: E Welham (Calder V)	8.30. U/13 Girls: 1: M Russell (Skyrac)	9.10; 2: A Green (Bing)	9.11. Junior Ladies: 1: S Barker (K'ly)	8.34; 2: S Fotherby (K'ly)	9.01. U/II Girls: 1: A Barker (K'ly)	5.51; 2: K Colley (P & B)	6.25. U/II Boys: 1: S Barker (K'ly)	5.30; 2: A Love (Spen)	5.35; 3: D Broadbent (K'ly)	5.40.

FAN FAWR RACE AS/2 m/1,000 ft/11.6.89 Wales

This year, being a Welsh Championship race, the numbers were slightly swollen by a North Wales contingent.

The event was won in a new record time by Duncan Hughes, with Hebog taking the first three places. Lydia Kirk, in her first fell race, demolished the ladies record by one minute forty seconds.

C Ryder

1: D Hughes (Hebog)	16.31													
2: G Griffiths (Hebog)	16.36													
3: H Griffiths (Hebog)	16.40													
4: H Parry (ERYRI)	17.26; 5: G Patten (MDC)	17.35; 6: D Davies (Hebog)	17.38; 7: M Jones (Hebog)	18.01; 8: P Stott (ERYRI)	18.04; 9: E Evans (ERYRI)	18.16; 10: D Thomas (MDC)	18.29. Veterans 0/40: 1: H Parry (ERYRI)	17.26; 2: D Davies (Hebog)	17.38; 3: D Thomas (MDC)	18.27. Veterans 0/50: 1: M Hicks (Brecon)	21.19. Ladies: 1: L Kirk (Wessex)	20.20; 2: K Patten (MDC)	21.54; 3: R Parry (ERYRI)	24.21.

KINDER TROG BL/14 m/3,000 ft/11.6.89 Derbyshire

1: M Prady (Gloss)	1.49.53															
2: M Whyatt (Gloss)	1.49.58															
3: N Stone (Staffs)	1.54.48															
4: A Hulme (PFR)	1.58.05; 5: M Egnee (Denby)	1.59.23; 6: R Day (Mercia)	2.00.24; 7: M Holmes (CVFR)	2.00.59; 8: P Buttery (Denby)	2.01.08; 9: A Kirk (Gloss)	2.01.12; 10: K Burgess (Alt)	2.01.48. Veterans 0/40: 1: A Hulme (PFR)	1.58.05; 2: K Burgess (Alt)	2.01.48; 3: G Berry (Dk Pk)	2.06.54. Veterans 0/50: 1: B Thackery (Dk Pk)	2.07.28; 2: R Hird (Macc)	2.09.49; 3: S Gill (S'worth)	2.23.53. Ladies: 1: D Little (Unatt)	2.22.26; 2: K Martin (Alt)	2.23.43; 3: J Town (Denby)	2.23.58.

GREAT GLENDROYNE GALLOP Scotland

1: C Donnelly (ERYRI)	22.37							
2: J Williamson (Gala)	23.26							
3: D Bell (HELP)	23.33							
4: B Rodgers (Loch)	23.36; 5: S Bennett (W'lands)	23.45; 6: A Farningham (Gala)	23.56; 7: D McGonigle (Dundee)	24.00; 8: P Marshall (HELP)	24.01. Veterans 0/40: 1: P Marshall (HELP)	24.01; 2: D Davies (Hebog)	24.33; 3: R Nicoll (Fife)	25.42.

COLEDALE HORSESHOE FELL RACE AM/8 m/3,000 ft/14.6.89 Cumbria

Brilliant summer weather, dry underfoot but too many midges!

Both mens and ladies records were broken and watch out for the up-and-coming youngsters in the Bland families.

1: G Huddleston (Kend)	1.07.10										
2: A Bowness (CFR)	1.07.32										
3: C Valentine (Kesw)	1.10.45										
4: G Wilkinson (Clay)	1.11.05; 5: S Booth (Kesw)	1.11.51; 6: G Bland (Kesw)	1.14.05. Veterans 0/40: 1: I Charlton (Kesw)	1.20.04; 2: M Breslin	1.25.25. Veterans 0/50: 1: H Blenkinsop (Kesw)	1.23.02; 2: B Hillan	1.25.32. Ladies: 1: R Pickvance (Clay)	1.25.07; 2: H Diamantides	1.29.02. Juniors: 1: G Bland (Kesw)	1.14.05; 2: J Bland (Kesw)	1.16.36.

GRINDLEFORD CARNIVAL FELL RACE CS/4 m/550 ft/15.6.89 Yorkshire

A splendid evening for this scenic course, complete with river crossing to finish. The course was slightly extended this year to ease congestion at the start. The National Trust were most helpful with permission for the access.

Frank Galbraith

1: J Taylor (Holm)	28.42									
2: P Bowler (Staffs)	28.49									
3: T Parr (Gloss)	28.53									
4: M Whyatt (Gloss)	29.20; 5: M Jubb (Sheff U)	29.48; 6: R Rogers (Horw)	29.58; 7: B Horsfall (Holm)	30.17; 8: M Farrell (Sheff)	30.24. Veterans 0/40: 1: A Harmer (Dk Pk)	30.44; 2: G Berry (Dk Pk)	32.18; 3: C Todd (Harr)	32.30. Ladies: 1: S Boler (P'stone)	36.40; 2: S Sahni (Dk Pk)	41.10.

KNOCKREE N/3.25 m/800 ft/15.6.89 N.I.

The Unstoppable Ian Park consolidated his already strong position in the series with a fine win over the scenic three mile forest race through Moure Park, Kilkeel. As last year the gods were kind to the runners as they lined up for the start in glorious sunshine.

Ian established a lead he was never in any danger of relinquishing, despite the Herculean efforts of the youthful Andrew Callan. At the sunkissed summit Ian had an unassailable lead and as the sands of time ran by it was Callan and Ervine next to the top. These positions remained unchanged over the long return, with Ian knocking two minutes off the previous record.

1: I Park (B'drain)	23.09									
2: A Callan (Drom/Cast)	23.54									
3: B Ervine (B'drain)	24.38									
4: D Ross (N'castle)	24.51; 5: G Murray (B'drain)	25.14; 6: D Graham (B'drain)	25.25; 7: J Brown (Unatt)	25.32; 8: D Watson (N'castle)	25.34. Veterans: 1: M McNulty (Drom/Cast)	25.36; 2: B McCartan (ACKCAC)	27.05; 3: B Magee (Larne)	27.36; 4: J McAllister (Larne)	30.31. Ladies: 1: M Rea (Unatt)	39.53.

RAS CARNEDDAU
AM/10 m/3,500 ft/17.6.89
Gwynedd

This year again a new course taking in the summits of Carnedd Dafydd, Yr Glen and Cym Wigau. With temperatures in the mid seventies, no breeze and limited water supply, conditions for the runners were hard.

At the first summit Gwynfor Owen led but Emlyn Roberts pulled back time on the leaders by finding the best contour onto Yr Glen. On the descent the temperature was measured at 105 degrees. The river Caseg therefor came as a relief before tackling the 800 foot climb up the final peak. The final descent was vital with Gwynfor holding his lead until the last half mile of road, where Emlyn pulled clear to win.

C Williams

1: E Roberts (ERYRI)	1.43.08
2: G Owen (ERYRI)	1.43.22
3: H Griffiths (Hebog)	1.46.02
4: D Davies (Hebog)	1.46.07; 5: M Jones (Hebog) 1.49.33; 6: T Jones (ERYRI) 1.52.24. Veterans 0/40: 1: D Davies (Hebog) 1.46.07; 2: D Tomas (Salv Army) 1.56.04; 3: N Fisher (ERYRI) 2.03.08. Veterans 0/50: 1: R Hird (Macc) 1.57.39; 2: L Griffiths (Hebog) 2.24.18; 3: B Evans (Prestatyn) 2.34.48. Ladies: 1: S Farrar (ERYRI) 2.05.47; 2: C Kenny (Ach Ratti) 2.30.54; 3: B Hogge (ERYRI) 2.34.18; 4: A Nixon (CFR) 2.39.52.

BUCKDEN PIKE
FELL RACE
AS/4 m/1,500 ft/17.6.89
Yorkshire

This year's event followed the route used for the last two years, which includes the same steep hillside for the start and for the finish. The field of 174 is just a nice size for the route and for the Gala to accommodate, and plenty of talent turned out to guarantee an interesting race.

Malcolm Patterson was first to the summit of the Pike, closely followed by Andy Peace, Sean Livesey, Steve Hawkins and Gary Devine. It could have been anyone's victory and, on the descent, Sean managed to overhaul Malcolm — that is, until the final steep drop off the fellside to the beck. The spectators on the field were thrilled by the sight of Malcolm catching, and then forcing a passage past Sean to hang on until the finish.

Malcolm's winning time may have been 32 seconds outside the course record, but he clipped 25 seconds off his own PB — a very creditable performance on an extremely hot and uncomfortable afternoon.

Fourteen ladies turned out for their section, which was won by Glynda Cook from Junior Helen Berry.

Prizes were awarded to the first 20 individuals, as well as the usual categories. Next year will be the tenth Buckden Pike race when we hope to mark the occasion in some special way — watch this space!

Pete Jebb

1: M Patterson (Dk Pk)	31.23
2: S Livesey (Ross)	31.25
3: A Peace (Bing)	32.05
4: S Hawkins (Bing)	32.21; 5: G Devine (P & B) 32.51; 6: T Parr (Gloss) 32.52; 7: G Wilkinson (Clay) 33.53; 8: R Rawlinson (Ross) 34.03; 9: I Ferguson (Bing) 34.15; 10: P Harlowe (Kesw) 34.20. Veterans 0/40: 1: S Kirkbride (Kend) 36.35; 2: B Deegan (Roch) 36.37; 3: K Carr (Clay) 38.13; 4: A Judd (Leeds) 38.19; 5: J Hawksley (Kend) 38.30. Veterans 0/45: 1: D Quinlan (Bing) 37.31; 2: N Berry (Holm) 39.41; 3: J Sykes (Fell) 40.36. Veterans 0/50: 1: P Watson (P & B) 43.49; 2: B Speight (Fell) 45.10. Ladies: 1: G Cook (Roch) 43.41; 2: H Berry (Holm) 44.55; 3: S Boler (P'stone) 46.19; 4: J Teague (Bing) 47.09. Juniors: 1: R Lawrence (Bing) 36.01; 2: C Carriss (Bing) 39.42; 3: N Wilkinson (Clay) 42.57.

GREAT HILL RACE
CS/5.5 m/1,200 ft/17.6.89
Lancashire

This route which takes in road, track and footpaths, was very firm underfoot due to the recent good weather.

There was an increase in numbers from previous years and records were broken in both the 0/45 and 0/50 categories.

G Platt

1: M Prady (Gloss)	32.18
2: M Croasdale (Roy Mar)	32.27
3: R Jackson (Horw)	32.52
4: A Selby (Bolt)	33.29; 5: P Turner (Bolt) 33.55; 6: M Farnery (Thames) 34.07; 7: C Nash (Bolt) 34.26; 8: P Standing (Bolt) 34.34; 9: M O'Rourke (Clay) 34.44; 10: B Walton (Bolt) 34.51. Veterans 0/40: 1: K Taylor (Ross) 35.20; 2: D Lee (Chor) 36.39; 3: G Duckworth (Horw) 36.48; 4: M Crook (Horw) 36.49; 5: B Chester (Chor) 37.09. Veterans 0/45: 1: B Jackson (Horw) 37.47; 2: G James (B'pool) 39.57; 3: J Smith (Bolt) 40.03. Veterans 0/50: 1: D Ashton (Black) 36.05; 2: N Matthews (Horw) 36.44; 3: J Dean (Saif) 39.17. Ladies: 1: H Harold (Horw) 40.14; 2: C Cooke (Clay) 42.23; 3: J Gaskell (Horw) 45.27; 4: L March (Horw) 46.01; 5: C Walkington (Horw) 46.42. Juniors U/15: 1: N Matthews (Horw) 13.59; 2: M Moorhouse (Saif) 14.30; 3: P Taylor (Chor) 14.43. Juniors U/13: 1: S Sweatman (Horw) 16.25; 2: I Hesketh (Horw) 16.54; 3: J Sacks (Saif) 16.55. Girls: 1: R Beesley (Horw) 19.06; 2: J Kenny (Tulk) 19.16; 3: B Matthews (Horw) 20.44.

S.H.R.A. BROAD LAW
(UPHILL ONLY RACE)
17.6.89
Tweedsmuir

1: I Matheson (Aber)	26.37
2: I Davidson (Carn)	26.53
3: D Bell (HELP)	27.35
4: D Weir (Perth)	27.39; 5: J Wilkinson (Gala) 27.41; 6: E Rennie (Aber) 28.09; 7: A Farningham (Gala) 28.22; 8: P Marshall (HELP) 28.32; 9: B Rodgers (Loch) 28.43; 10: B Potts (Clydes) 28.47. Veterans: 1: P Marshall (HELP) 28.32; 2: B Maher (HBT) 30.56; 3: J Shields (Clydes) 31.21. Ladies: 1: T Calder (Edin) 31.40; 2: C Menhennett (B'ous) 35.44; 3: H Spenceley (Carn) 37.49. Juniors: 1: B Rodgers (Loch) 28.43; 2: S Burns (Loch) 30.35; 3: H Lorimer (Duns) 31.15.

PATRICK FETE
AM/10 m/2,800 ft/17.6.89
I.O.M.

The race started in sweltering conditions and at the first check-point on Eaing Cushlin a group of three comprising Donald Lee, Tony Varley and Roger Houghtin had broken clear. Over Cronk Ian Callister moved into third place and caught the leading pair on the ascent of South Barrule. These three stayed together until Callister ran out of steam and Varley was outstripped by the fast descending of Lee to the finish, becoming the first English winner of the event.

John Wright



Kev White

1: D Lee (CFR) 1.33.25
 2: T Varley (Manx FR) 1.34.26
 3: I Callister (Manx AC) 1.36.33
 4: R Houghtin (West) 1.45.34; 5: J Wright (Manx AC) 1.58.26; 6: D Davies (Unatt) 2.00.21. **Veterans 0/40:** 1: J Wright (Manx AC) 1.58.26; 2: G Hull (Bound) 2.05.02. **Veterans 0/50:** 1: R Baxter (Manx AC) 2.12.26.

HOLME MOSS FELL RACE
AL/16 m/4,000 ft/18.6.89
(Incorporating Yorkshire Fell Running Championship) Yorkshire

1: M Whyatt (Gloss) 2.13.58
 2: G Devine (P & B) 2.14.36
 3: M Prady (Gloss) 2.22.15
 4: A Styan (Holm) 2.26.17; 5: A Taylor (S'fields) 2.27.40; 6: A Hauser (Holm) 2.28.49; 7: J Hoosan (Unatt) 2.29.20; 8: R Bradley (Holm) 2.29.38; 9: A Trigg (Gloss) 2.31.40; 10: F Loftus (Horw) 2.35.28. **Veterans 0/40:** 1: A Styan (Holm) 2.26.17; 2: R Bradley (Holm) 2.29.38; 3: G Berry (Dk Pk) 2.42.24; 4: R Poole (Gloss) 2.42.33. **Veterans 0/45:** 1: W Buckley (Gloss) 2.42.36; 2: B Sprakes (Roth) 2.59.39; 3: J Toehill (ASVAC) 3.08.57. **Veterans 0/50:** 1: J Hubbard (Long) 2.45.22; 2: B Thackrey (Dk Pk) 2.53.27; 3: D Clutterbuck (Roch) 3.15.50. **Ladies:** 1: J Town (Denby) 3.10.08; 2: E Denby (Denby) 3.27.45; 3: L Staig (Settle) 3.52.22. **Yorkshire Fell Race Championship:** 1: G Devine; 2: A Styan; 3: A Hauser.

WREKIN STREAK FELL RACE
AS/2 m/900 ft/20.6.89
Shropshire

The second year of this event attracted over a hundred runners on a balmy evening. The race, straight up to the summit and down, would be a test in the warm conditions. Vaughn New led from the start and had little trouble in retaining his title, although slower than on his 1988 outing. However, the ladies category was won in a new record time by Polly Gibb after a close race with Anne Capp.

Simon Daws

1: V New (Telf) 17.40
 2: J Fry (Telf) 17.54
 3: D Jackson (Telf) 18.20
 4: D Jarvis (Shrews) 18.22; 5: L Rigby (Telf) 18.24; 6: R Cope (Newp) 18.30. **Ladies:** 1: P Gibb (Telf) 21.46; 2: A Capp (Telf) 21.58; 3: G Harris (Birch) 26.43.

ROSEBERRY TOPPING RACE
AS/1.5 m/715 ft/20.6.89
Cleveland

A fine night for racing with the anticipation of Robin Bergstrand v Marco Cara. At the start, these two

were away and head to head all the way to the top. On the turn, Marco took the more severe and risky descent, somewhat surprising Robin. This proved the essential break, and Cara went on to equal his own course record in another magnificent run. The Veteran's section was won by Jon Williams to retain his title.

In the Ladies' section, Gilly Hale continues to improve with a convincing win and a new record of 14.17.

The Super Vets section was won by P Watson and this starts as a new record being the first year there has been an 0/50 section.

This was the highest entry for the senior race on record with 79 finishers. Many thanks for support from Bingley and from Pudsey and Bramley, in particular.

In the Junior races, Chris Pennington outprinted C Stead to win in 12.39, although the latter closed rapidly in the last 300 metres.

D J Parry

1: M Cara (Mand) 10.39
 2: R Bergstrand (Mand) 11.08
 3: I Ferguson (Bing) 11.23
 4: I Holmes (Bing) 11.58; 5: G Bastow (Rich) 12.05; 6: M Garrett (Mand) 12.08; 7: J Williams (Mand) 12.11; 8: C Wright (Mand) 12.21; 9: C Walker (P & B) 12.23; 10: J Smith (P & B) 12.26. **Veterans 0/40:** 1: J Williams (Mand) 12.11; 2: P Jebb (Bing) 13.08; 3: D Weatherhead (Bing) 13.25; 4: A Philipson (Gosf) 13.27; 5: N Heaton (Mand) 14.08. **Veterans 0/50:** 1: P Watson (P & B) 14.35; 2: A Morgan (Gosf) 15.22; 3: J Moore (Imp) 16.48. **Ladies:** 1: G Hale (Mand) 14.17; 2: C Proctor (Mand) 15.59; 3: G Tweddle (CLOK) 16.48; 4: S Cordin (P & B) 16.55; 5: A Priston (CLOK) 17.10. **Juniors Ladies U/18:** 1: K Woolner (P & B) 17.41; 2: A Hingley (Mand) 20.32; 3: C Kestle (New Ay) 20.58. **Intermediates Ladies U/16:** 1: L Sweeney (Mand) 19.52; 2: K Parry (Mand) 20.20; 3: C Woods (Mand) 20.58. **Juniors Males U/18:** 1: C Pennington (Mand) 12.39; 2: C Stead (Thirsk) 12.44. **Juniors Males U/16:** 1: J Kershaw (P & B) 12.55; 2: L Wren (New Ay) 13.43.

COITY RACE
BS/ 5 m/1,000 ft/21.6.89
Gwent

1: G Patten 38.15
 2: J Darby 38.44
 3: M Walker 38.57
 4: A Woods 39.06; 5: L Williams 39.14; 6: M Saunders 39.19. **Veterans 0/40:** 1: L Williams 39.14; 2: J Scandrett 41.18. **Veterans 0/50:** 1: C Jones 51.03. **Veterans 0/60:** 1: T Wood 54.15. **Ladies:** 1: L Kirk 43.13; 2: K Patten 43.51. **Juniors:** 1: B Jones 46.19.

TEBAY FELL RACE
AM/8 m/3,000 ft/21.6.89
Cumbria

Under good running conditions on a warm evening, local Hugh Symonds won the event for the fourth successive time.

1: H Symonds (Kend) 1.13.30
 2: P Tuson (Kend) 1.13.56
 3: C Hirst (Settle) 1.14.20
 4: G Moffat (Unatt) 1.15.07; 5: M Fleming (Amble) 1.15.38; 6: K Anderson (Amble) 1.15.49. **Veterans 0/40:** 1: M Walsh (Kend) 1.15.51; 2: M Walford (Kend) 1.23.10; 3: J Slinn (Lane) 1.25.00. **Veterans 0/50:** 1: H Blenkinsop (Kesw) 1.24.17; 2: J Taylor (Kend) 1.38.11; 3: F Haygarth (Kend) 1.42.03. **Ladies:** 1: R Pickvance (Clay) 1.24.27; 2: N Lavery (Amble) 1.25.23; 3: H Diamantides (Dk Pk) 1.31.13.

1: A Peace (Bing) 19.30
 2: M Aspinall (Ross) 19.34
 3: T Richardson (Bolt) 19.39
 4: R Jackson (Horw) 19.51; 5: S Duckwoth (Rad) 20.11; 6: R Rodgers (Horw) 20.29; 7: I Holmes (Bing) 20.40; 8: A Selby (Bolt) 20.50; 9: M Rice (Tod) 20.55; 10: A Schofield (Roch) 21.00. **Veterans 0/40:** 1: R Hargreaves (Clay) 21.10; 2: D Kearns (Bolt) 22.01; 3: D Ashton (Black) 22.30; 4: B Jackson (Horw) 22.47; 5: N Praton (Wirral) 24.34. **Veterans 0/45:** 1: M Selby (Bolt) 22.42; 2: T Richardson (Bolt) 27.35. **Veterans 0/50:** 1: B Hulmes (L/pool) 27.37; 2: M Chadwell (Unatt) 27.56. **Veterans 0/55:** 1: R Francis (Bury) 27.42. **Ladies:** 1: C Cook (Clay) 24.53; 2: J Kenyon (B Aero) 24.58; 3: J Keys (Ross) 26.05; 4: M Hurst (Horw) 27.20; 5: K Williams (Horw) 27.32.

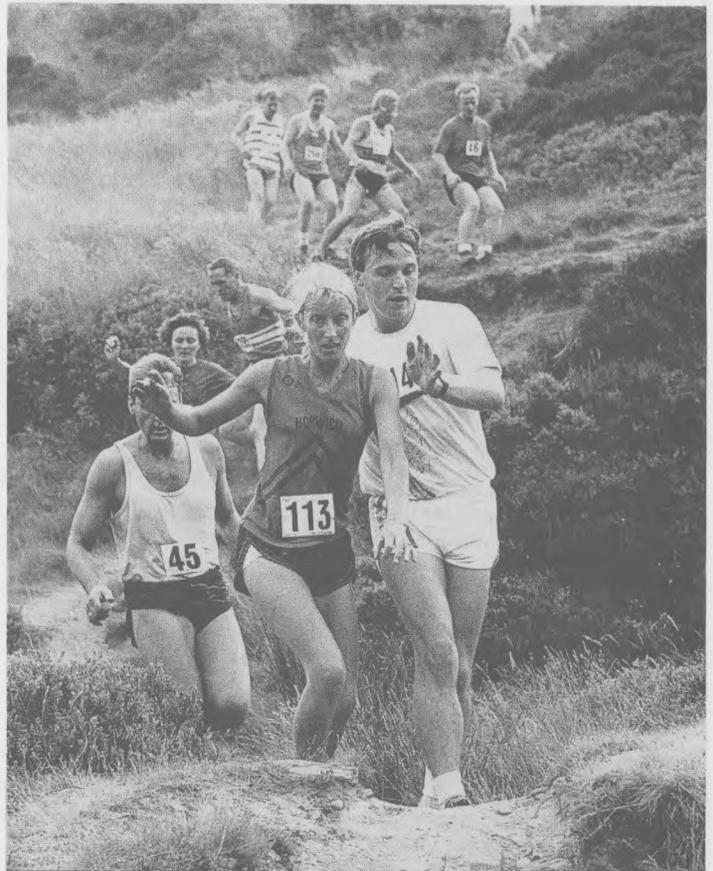
CROSSONE
AS/2.5 m/1,700 ft/22.6.89'
N.I.

This race is one of the toughest in the Hill and Dale series, a large crowd enjoyed a tremendous display of fell running on the slopes of Crossone mountain. Ian Park the current series leader did not have things his own way, indeed it was on the track leading home before the managed to make the decisive break to pull away from Brian Ervine, to win in a new record time.

K Smith

HOLCOMBE TOWER RACE
CS/3.5 m/850 ft/21.6.89
Lancashire

The recent warm spell produced a fast dry course with the record potentially in danger. However, it was not to be in spite of junior international Andrew Peace being pushed by Mark Aspinall. The ladies also saw a close sprint finish with C Cook just having the edge.



Holcombe Tower — descending from the tower — Photo: Peter Hartley

1: I Park (B'drain)	29.59					
2: B Ervine (B'drain)	30.09					
3: A Callan (Drom/Cast)	31.04					
4: D Ross (N'castle)	31.10; 5: K Quinn (N'castle)	32.59; 6: E Hawkins (Drom/Cast)	33.19.			
Veterans: 1: M McNulty (Drom/Cast)	34.03; 2: R Cole (Unatt)	38.41; 3: B McNeilly (N'castle)	39.19; 4: B Bailey (Unatt)	39.58. Ladies: 1: G McNeilly (N'castle)	46.54; 2: M Rea (Unatt)	56.19.

FIVE CLOUGHS FELL RACE AM/8.75 m/2,000 ft/24.6.89 Lancashire

In warm and very dry underfoot conditions Sean Livesey led from the start and broke the record by five minutes. The second and third men home missed a checkpoint and were disqualified allowing Ray Rawlinson into second place. The junior race was particularly good with a close packed finish and the first seven home inside the old record.

T Targett

1: S Livesey (Ross)	64.43																						
2: R Rawlinson (Ross)	70.55																						
3: K Carr (Clay)	76.36																						
4: D Naughton (Accr)	76.44; 5: P Ashworth (Clay)	78.12; 6: S Kirkbride (Kend)	78.28; 7: R Leggett (Horw)	78.51; 8: F Judge (Clay)	78.56; 9: P Kelly (Ross)	79.06; 10: S Johnson (Unatt)	79.26. Veterans 0/40: 1: K Carr (Clay)	76.36; 2: S Kirkbride (Kend)	78.28; 3: G Newsham (Clay)	79.37. Veterans 0/45: 1: P Kelly (Ross)	79.06; 2: K Munton (Cald V)	79.28; 3: M Walker (Horw)	81.57. Veterans 0/50: 1: J Dean (Saif)	82.19; 2: R Barker (Red Rose)	88.31; 3: D Haworth (Prest)	88.45. Ladies: 1: J Makinson (Clay)	98.18; 2: A Lee (Clay)	108.45; 3: K Taylor (Clay)	116.41. Juniors 3 m/950 ft: 1: G Cudahy (Bux)	21.05; 2: M Rice (Tod)	21.12; 3: G Bland (Kesw)	21.37; 4: R Lawrence (Bing)	22.27.

JAMES BLAKELEY FELL RACE CS/3 m/24.6.89 Yorkshire

1: R O'Hara (Long)	15.51												
2: G Hall (Holm)	16.06												
3: M Seddon (Holm)	16.30												
4: D Cartwright (P'stone)	17.15; 5: J Quine (Bolt)	17.16; 6: P Standing (Bolt)	17.19; 7: A Ulrick (Holm)	17.20; 8: M Armitage (Holm)	17.26; 9: R Bangham (Holm)	17.40; 10: F Reddington (Spn)	17.45. Veterans 0/40: 1: D Cartwright (P'stone)	17.15; 2: G Hall (Holm)	18.55. Veterans 0/50: 1: E Muxworthy (Holm)	20.36. Ladies: 1: T Worrell (Melth)	21.39; 2: E Denby (Denby D)	22.04; 3: A Shuker (Uttox)	29.38.

Y GARN GWYNEDD AS/3 m/1,500 ft/24.6.89

1: C Donnelly (ERYRI)	26.05																																													
2: G Devine (P & B)	26.36																																													
3: M Prady (Gloss)	26.44																																													
4: D Hughes (Hebog)	27.01; 5: M Whyatt (Gloss)	27.23; 6: J Taylor (Holm)	27.26; 7: G Schofield (Black)	27.33; 8: D Roberts (Hebog)	27.50; 9: W Gaunt (P & B)	28.10; 10: A Styan (Holm)	28.11; 11: G Roberts (Hebog)	28.16; 12: R Pilbeam (Kesw)	28.17; 13: G Owen (ERYRI)	28.18; 14: D Spedding (Kesw)	28.25; 15: G Webb (Calder V)	28.35; 16: P Skelton (Kesw)	28.44; 17: S Booth (Kesw)	28.47; 18: A Trigg (Gloss)	29.00; 19: P Stevenson (P & B)	29.19; 20: D Davis (Y Blaen)	29.32; 21: W Styan (Holm)	29.32; 22: M Falgate (P & B)	29.34; 23: H Griffiths (Hebog)	29.38; 24: H Parry (ERYRI)	29.47; 25: M Roberts (Unatt)	30.07; 26: M Jones (Hebog)	30.08; 27: D Frampton (Kesw)	30.26; 28: G Kirkbright (P & B)	30.38; 29: T Jones (ERYRI)	30.40; 30: B Deegan (Roch)	30.56. Veterans 0/40: 1: A Styan (Holm)	28.11; 2: D Spedding (Kesw)	28.25; 3: H Parry (ERYRI)	29.47; 4: B Deegan (Roch)	30.56; 5: P Boulton (S Moor)	31.06; 6: D Thomas (Myny Cymru)	31.21. Veterans 0/50: 1: R Hird (Maccles)	31.43; 2: N Matthews (Horw)	32.30; 3: B Thackery (Dk Pk)	35.05; 4: B Evans (Prest)	38.05; 5: L Griffiths (Hebog)	38.15. Ladies: 1: R Pickvance (Clay)	33.53; 2: J Harold (Horw)	34.13; 3: S Farrar (ERYRI)	35.35; 4: F Cole (CFR)	36.04; 5: S Bennell (ERYRI)	39.21. Juniors: 1: W Styan (Holm)	29.32; 2: A Woodall (ERYRI)	33.19; 3: G Hughes (Hebog)	34.03.

ST JOHN'S FAIR FELL N/3 m/900 ft/24.6.89 I.O.M.

Post Phil Cain stormed to victory even though clubmate Steve Hull had led from the start field and up through the plantation before Cain took command on the Klondike Road and then held off all challenges.

In the junior race, a fast descent by David Knowles failed to break the lead gained by Grant Corkill.

John Wright

1: P Cain (Bound)	24.45											
2: S Hull (Bound)	25.05											
3: T Varley (Manx FR)	26.09											
4: R Houghtin (West)	26.45; 5: S Davies (South)	28.18; 6: D Young (North)	28.58; 7: J Wright (Manx AC)	29.19; 8: G Hull (Bound)	29.46. Veterans 0/40: 1: D Young (North)	28.58; 2: J Wright (Manx AC)	29.19; 3: G Hull (Bound)	29.46. Veterans 0/50: 1: E Brew (North)	32.05; 2: R Baxter (Manx AC)	35.48. Juniors: 1: G Corkill (West)	27.43; 2: D Knowles (West)	27.58.

CHEVY CASE AL/17 m/3,000 ft/24.6.89 Northumberland

An entry of 37 were privileged to run on the Cheviot when the summit, normally a squelchy quagmire, was dry and dusty in places.

Only two minutes separated the first 15 at the first checkpoint-then they began to string out-Cheviot to Hedge Lane is only two miles but has a wicked descent to Hanthore Burn and an equally fearful ascent. It is this section that often decides who's heart, lungs and legs will win through, on this occasion it was Brian Davies who went on to win comfortably.

The most exciting finish was in the ladies' section where road runner Lisa Cornwall in her first Chevy Chase narrowly beat clubmate Maggie Worth.

Lawrence Heslop

1: B Davies (Morp)	2.33.29											
2: G Dixon (Morp)	2.37.29											
3: A Phillipson (Gosf)	2.41.33											
4: R Scott (Morp)	2.43.48; 5: I White (Morp)	2.44.40; 6: S Hicks (Blayd)	2.52.10; 7: P Jameson (Clare)	2.52.23; 8: M Channon (Gosf)	2.52.24. Veterans: 1: A Phillipson (Gosf)	2.41.33; 2: R Scott (Morp)	2.43.48; 3: S Hicks (Blay)	2.52.10; 4: I Richardson (N Shield)	3.02.56; 5: B Hull (N Shield)	3.25.48. Ladies: 1: L Cornwall (Clare)	4.33.08; 2: M Worth (Clare)	4.33.09.

ELDWICK AND GILSTEAD GALA FELL RACE CS/3 m/500 ft/24.6.89 Yorkshire

1: T Richardson (Bolt)	16.50															
2: R Rodgers (Horw)	17.10															
3: M Cheseldine (Leeds)	17.41															
4: P Crew (P & B)	17.54; 5: S Wolstenholme (ASVAC)	18.09; 6: P Clarke (Bing)	18.12; 7: D Quinlan (Bing)	18.19; 8: J Feeny (Bing)	18.25; 9: J Verity (St Bedes)	18.34; 10: H Atkinson (Bing)	18.37. Veterans 0/40: 1: A Judd (Leeds)	18.40; 2: B Kilner (Leeds)	18.52; 3: D Rhodes (ASVAC)	19.15. Veterans 0/45: 1: D Quinlan (Bing)	18.19. Veterans 0/50: 1: P Watson (P & B)	20.53. Veterans 0/55: 1: G Spink (Bing)	19.36. Ladies: 1: K Drake (Spn)	20.26; 2: E Thackray (Fell)	21.35; 3: S Taylor (Fell)	22.01.

FALKLANDS FESTIVAL HILL RUN AS/3 m/1,200 ft/25.6.89 Fife

1: S Bennet (W'lands)	19.56		
2: B Potts (Clydebank)	20.00		
3: M Laing (Fife)	21.50		
4: J Shield	21.40; 5: L Fortune	22.04; 6: A Graham	22.08.

BLAKE FELL RACE AM/7 m/2,150 ft/25.6.89 Cumbria

The start and finish are at the Hare and Hounds, Lamplugh, and the course runs anti-clockwise over Knock Marton (446 m), Blake Fell (573 m), Burnbank Fell (470 m), Owsen Fell (409 m) and High Howes (310 m).

After a run out along a track and across fields, the first check at Knock Marton is reached following a steep climb. A steeper descent over heather and through forest leads to the climb onto Blake Fell, with short grass underfoot. Burnbank and Owsen Fells follow and then a run across fields and along tracks over High Howes, and back to the finish.

Entries were disappointing with only 29 starters.

Conditions were not good being cold and windy, particularly between Blake and Burnbank Fells.

First and second placed runners, Alan Bowness and Donald Lee were disputing the lead closely, until Alan made a break off over Owsen Fell and held on over the remainder of the course to win by 27 seconds.

Sue Mackay had an easy run in a good time to take the Ladies' prize.

C Ellen

1: A Bowness (CFR)	56.23																
2: D Lee (CFR)	56.50																
3: S Booth (Kesw)	58.08																
4: A Smith (CFR)	59.24; 5: F Anderson (CFR)	61.48; 6: P Murphy (CFR)	62.18; 7: M Litt (C'land)	62.58; 8: H Blenkinsop (Kesw)	63.19; 9: B Hillon (CFR)	63.26; 10: B Douglas (Kend)	63.28. Veterans 0/40: 1: M Litt (CFR)	62.58; 2: T Baxter (C'land)	67.14; 3: L Stephenson (Kend)	68.03; 4: D Donald (CFR)	68.07; 5: B Johnson (CFR)	68.13. Veterans 0/50: 1: H Blenkinsop (Kesw)	63.19; 2: B Hillon (CFR me V)	63.26; 3: R Booth (Kesw)	66.32. Ladies: 1: S Mackay (CFR)	69.44; 2: K Williams (Horw)	92.38.

KNOCKHILL RACE 3 m/560 ft/26.6.89 Perthshire

Starting at the village square, with the Gleneagles Strathern Pipe and Drum band playing the runners set off to Knockhill summit, via road, track and a stiff climb amongst trees before the Knock of Crieff is reached. British Orienteer Steve Hale, a computer operator, took the honours and in the ladies category Donna Campbell finished first but was given the girls under-16 award.

As a race the ascent is not bad, but the return to Crieff village, consists of a gravel path winding its way down, before road all the way to the finish.

Seymour Hills

1: S Hslc (Perth)	17.29						
2: G Grieve (Falk)	18.02						
3: I Whyte (Falk)	18.19						
4: A Smith (Falk)	18.47; 5: J Ewing (Perth)	18.50; 6: D Woodhead (Horw)	19.05. Veterans 0/40: 1: B Cambell (L'stone)	21.51. Ladies: 1: D Campbell (L'stone)	23.18; 2: C Cadger (Perth)	23.25; 3: H Mauchlen (Crieff)	25.23.

**HOPES WAKE
FELL RACE
BS/4 m/650 ft/27.6.89
Derbyshire**

The threat of a hose-pipe ban a couple of days earlier had the inevitable effect of inducing heavy rain the night and morning previous to this evening venue.

The race was run in cloudy but pleasant conditions.

What has now become a predictable field of just over 200 runners enjoyed the good conditions and Mike Prady, runner up in 1984, clinched first place from Roy Bailey, recent winner of the Sheffield Half Marathon.

As usual, the Veterans' race was a close run thing, with Graham Berry, third last year and second the year before, again just losing out, this time to Arthur Gratton.

Gary England, who won the Junior race last year, was the first Hope Valley local in 25th place, and Roger Butterfield the first Hope Local in 79th place. Syl Boler, a lady veteran, easily won the ladies' first spot.

D Jewell

1: M Prady (Gloss)	24.39						
2: R Bailey (Bing)	24.47						
3: R Rodgers (Horw)	25.21						
4: P Murray (Dk Pk)	25.26; 5: M Chapman (Spook)	25.27; 6: M Jubb (Sheff Un)	25.28; 7: -I Ferguson (Bing)	25.50; 8: A Pickles (PFR)	26.00; 9: G Davis (SUCC)	26.08; 10: M Senior (PFR)	26.09.
Veterans 0/40:	1: A Gratton (Staffs)	27.44; 2: G Berry (Dk Pk)	27.47; 3: P Boulton (Staffs)	29.02; 4: A Lilly (PFR)	29.08; 5: D Cartwright (PFR)	29.48.	
Veterans 0/50:	1: G Jackson (Dk Pk)	30.46; 2: J Harrison (Dk Pk)	31.51; 3: B Cooper (Stocks)	32.52.			
Ladies:	1: S Boler (PFR)	30.47; 2: H Martin (Altr)	31.55; 3: E Wrigley (Unatt)	33.22; 4: P Madine (PFR)	35.43; 5: T Griffin (PFR)	35.50.	
Juniors:	1: A Simm (PFR)	13.04; 2: C Gibbin (PFR)	13.10; 3: A Fish (PFR)	13.28.			

**BOAR'S HEAD
HILL RACE
BM/8 m/1,200 ft/28.6.89
Cheshire**

Despite a day of persistent rain after months of searing sunshine, a field of 144 runners proved dedicated enough to wrinkle out the location of a very soggy Higher Poynton for the evening of the race, and were rewarded by the fact that it didn't actually rain during the race itself, and also that the going underfoot had softened a little from the concrete-like hardness of the preceding weeks.

As a result, the early pace was faster than in previous years with the lead changing several times up to Bowstone, from which point a determined Mike Prady made a bid for the front, where he was to remain to the finish, setting a new record in the process. Behind him, Andy Trigg and Rob Taylor had a battle royal for second place, both taking interesting falls on the way

down, with Andy just winning out on the final sprint to the canal. Not far behind in 5th and 6th places, Tony Hulme and Tony Keller enjoyed a similar contest for the first Veteran's position, and Barbara Murray had a fine run to take the first lady's place, just 53 seconds outside Carol Haigh's record.

The rain closed in again just as the last finisher arrived, but by then the Boar's Head was already being invaded by damp fell runners, and a somewhat raucous and crowded presentation concluded a most pleasant evening.

D Jones

1: M Prady (Gloss)	47.21						
2: A Trigg (Gloss)	47.55						
3: R Taylor (Stock)	48.02						
4: M Fowler (PFR)	49.12; 5: A Hulme (PFR)	10.47; 6: A Keller (PFR)	49.20; 7: H Holden (Stock)	49.23; 8: J Kershaw (Maccles)	49.26; 9: M Sedon (Seloc)	49.57; 10: A Baley (Stock)	50.45.
Veterans 0/40:	1: A Hulme (PFR)	49.14; 2: A Keller (PFR)	49.20; 3: J Kershaw (Maccles)	49.26; 4: J Norman (Altr)	52.08.		
Veterans 0/45:	1: P Axon (Mercia)	54.21.					
Veterans 0/50:	1: R Hird (Maccles)	55.22.					
Ladies:	1: B Murray (Maccles)	55.39; 2: A Linsley (Unatt)	65.14; 3: A Woodrow (Wilms)	65.36.			

**POTTER FELL RACE
11 k/29.6.89**

1: K Anderson (Amble)	45.14			
2: M Fleming (Amble)	46.57			
3: D Spedding (Kesw)	47.58			
4: S Hicks (Amble)	49.20; 5: D Richardson (Kend)	49.59; 6: A Richardson (Kend)	50.48.	
Ladies:	1: M Smith (Hoad)	63.10; 2: S Richardson (Kend)	63.52; 3: P Hall (LOC)	64.34.

**DRINAHILLY
FELL RACE
CS/3 m/700 ft/29.6.89
N.I.**

1: I Park (B'drain)	23.07						
2: A Callan (Drom)	24.03						
3: D Ross (N'castle)	24.50						
4: B Ervine (B'drain)	24.53; 5: J Brown (Unatt)	25.20; 6: E Hawkins (Drom)	25.24; 7: M McNulty (Drom)	25.41; 8: D Graham (B'drain)	26.04; 9: I Gourley (Unatt)	26.14; 10: P Elliott (G'hill)	26.15.
Veterans:	1: M McNulty (Drom)	25.41; 2: B Magee (Larne)	28.11; 3: B Bailey (Unatt)	29.21; 4: B McNeilly (N'castle)	31.21; 5: F Morgan (N'castle)	31.25.	
Ladies:	1: G McNeilly (N'castle)	32.34; 2: S Beattie (Larne)	38.52; 3: P Sloan (ACKC)	38.57; 4: M Rea (Unatt)	39.08.		

**1989 HILL AND DALE
RACE SERIES
Northern Ireland**

1: I Park	6 points						
2: B Ervine	9 points						
3: A Callan	15 points						
4: D Ross	22 points; 5: D Graham	31 points; 6: K Quinn	35 points; 7: D Watson	49 points; 8: M McNulty	50 points; 9: J Brown	51 points; 10: E Hawkins	58 points.
Veterans:	1: M McNulty	50 points; 2: B Magee	111 points; 3: B McNeilly	148 points; 4: F Morgan	176 points; 5: J McAllister	181 points.	
Ladies:	1: G McNeilly	6 points; 2: M Rea	15 points.				

**MAMORE HILL RACE
16 m/1,500 ft/1.7.89
Highland**

The team event turned out to be a real nail-biter, with Aberdeen taking it on a count back, Francis Duguid clinching it, although it must have taken its toll, with him looking white at the end.

Scottish International David Rodgers made all the running on the West Highland Way, with sassenach David Woodhead giving chase, but to no avail.

Not the best of courses with six miles of road back along the shore of Kinlochleven, but different.

1: D Rodgers (Loch)	1.40.03	
2: D Woodhead (Horw)	1.42.20	
3: E Rennie (Aber)	1.47.45	
4: R Bulter (Aber)	1.49.14.	
Veterans 0/40:	1: F Duguid (Aber)	1.50.43.
Veterans 0/50:	1: W Ryder (Morp)	1.50.52.
Ladies:	1: M Byers (Loch)	3.07.03.

**CAIRNGORM HILL RACE
AM/10 m/3,000 ft/2.7.89
Highland**

Once again a small field turned out for this race to the summit of Cairngorm. Top Scottish road runner David Beattie took the pace out with David Rodgers, while Alan Farningham and three times winner Dermott McGonigle played a wait and see game. In the end Beattie's speed paid dividends even after taking a tumble on the descent.

1: D Beattie (Dund)	1.15.10	
2: A Farningham (Gala)	1.15.29	
3: D Woodhead (Horw)	1.17.00	
4: D Rodgers (Loch)	1.20.03.	
Veterans 0/40:	1: R Wilby (Black Isle)	1.22.52.
Veterans 0/50:	1: J Black (L'stone)	1.39.17.
Ladies:	1: E Woodhead (Clay)	1.53.08

**SKIDDAW FELL RACE
AM/9 m/2,700 ft/2.7.89
Cumbria**

Once again good running conditions saw records broken or equalled from a field of 214. Robin

Bergstrand became the second person to win three consecutive individual titles, the other being Dave Cannon although Jeff Norman holds the most individual wins. A new face on the fell scene — Bashir Hussain finishing second. Two juniors in the first 10 was another "record", Andrew Peace improving the junior time by more than one-and-a-half minutes. Sarah Rowell shattered the ladies time by nearly two-and-a-half minutes and was easily the highest placed lady ever. Ken West was only the third veteran to dip under 70 minutes.

This event was the second (of two) World Cup selection races, which helped towards a quality field.

1: R Bergstrand (Mand)	62.59											
2: B Hussain (Stockp)	63.31											
3: M Patterson (Dk Pk)	64.19											
4: M Prady (Gloss)	64.26; 5: A Peace (Bing)	64.48; 6: J Taylor (Holm)	65.04; 7: J Hornby (Spen)	65.16; 8: G Huddleston (Kend)	65.30; 9: M Whyatt (Gloss)	65.52; 10: M Croasdale (R Mar)	66.54; 11: A Smith (CFR)	67.29; 12: W Nock (Hales)	67.38; 13: R Jackson (Horw)	68.08; 14: T Parr (Gloss)	68.21; 15: S Booth (Kesw)	69.00.
Veterans 0/40:	1: K West (Border)	69.19; 2: S Kirkbride (Kend)	73.15; 3: A Lamb (N Shield)	74.28; 4: B Jackson (Horw)	76.31; 5: A Judd (Leeds)	76.59.						
Veterans 0/45:	1: B Jackson (Horw)	76.31; 2: W Baxter (CFR)	80.23; 3: P Kelly (Ross)	80.24.								
Veterans 0/50:	1: D Hughes (CFR)	82.09; 2: R Bunn (Hales)	83.03; 3: B Hillen (CFR)	83.07.								
Ladies:	1: S Rowell (Dart)	73.29; 2: J Darby (Tipt)	75.36; 3: Y McGregor (ASVAC)	79.17; 4: C Crofts (Dk Pk)	79.24; 5: C Hughes (Read)	81.46.						
Intermediates:	1: A Peace (Bing)	64.48; 2: J Taylor (Holm)	65.04; 3: P Lowe (Mand)	72.50; 4: S Brophy (Holm)	77.14.							
Juniors (Latrigg):	1: G Bland (Kesw)	18.19; 2: J Bland (Kesw)	18.39; 3: J Taylor (Clay)	19.33.								
Team:	1: Glossopdale	27pts.										

**BRADDA FELL RACE
AL/15 m/5,000 ft/2.7.89
IOM**

Run in very warm conditions it was unlikely that records would be broken.

Tony Varley took the lead from the start with Ian Callister and Stephen Hull in close company. At the halfway stage, Stephen, who had not been able to train of late, began to fall back, eventually to retire.

Arthur C Jones

1: T Varley (Manx FR)	2.21.03		
2: I Callister (Manx AC)	2.28.56		
3: N Hindle (Altrinch)	2.32.52		
4: D Corrin (Manx AC)	2.35.29; 5: R Moughtin (West)	2.35.35; 6: R Stevenson (Manx FR)	2.36.48.
Veterans 0/40:	1: D Corrin (Manx AC)	2.35.29; 2: M Joughin (Bound)	2.48.09.
Veterans 0/50:	R Baxter (Manx AC)	3.03.33.	

BLACK HILL RACE
4 m/600 ft/2.7.89
Berwickshire

1: W Anderson (Gala)	27.19
2: D Woodhead (Horw)	27.47
3: S Mathieson (HELP)	28.47.
Ladies: 1: S King (Clydes) 39	.28; 2:
E Woodhead (Clay) 42.08;	3: L
Knox (Teviot) 42.08.	

THE BLACK HILL RACE
BS/4 m/600 ft/2.7.89
Scotland

1: B Anderson (Gala)	27.19
2: D Woodhead (Horw)	27.47
3: S Mathieson (Hadd)	28.47.
Ladies: 1: S King (Clydes) 39.28;	2:
E Woodhead (Clay) 42.08.	
Youths: 1: K Graham (B'hill)	
35.28. Local: 1: G Cannon (B'hill)	
33.22. Junior: 1: H Lorimer	
(Duns) 29.43.	

HATHERSAGE GALA
FELL RACE
BS/3 m/380 ft/3.7.89
Yorkshire

1: R Bailey (Bing)	17.03
2: J Heap (Hallam)	18.31
3: P Murray (Dk Pk)	18.32
4: B Horsfall (Holm) 18.42;	5: S
Hird (Hallam) 18.43;	6: J Holden
(Stock) 18.43;	7: S Charles worth
(Bux) 18.44;	8: G Davis (Sheff Un)
18.44;	9: M Farrell (Sheff) 18.47;
10: C Stanley (GPT) 18.55.	
Veterans: 1: G Berry (Dk Pk)	20.05;
2: G Band (DkPk) 20.06;	3:
P Booth (PFR) 20.48;	4: J Carrier
(GPT) 21.26;	5: P Gorvett (Dk Pk)
21.34. Ladies: 1: K Martin (Altr)	23.34;
2: S Sahni (Dk Pk) 24.00;	3:
E Wrigley (Unatt) 25.01.	

STOODLEY PIKE
FELL RACE
BS/3.5 m/700 ft/5.7.89
Yorkshire

It was so clear you could see the graffiti on the Pike Monument from where the race starts at the Top Brink Inn, just above Todmorden.

A lovely race up cobbles and fell to the skyline — five minutes rock-hopping along the top to the Pike, and a winding stuttering descent back to the pub.

Sean Livesey went chugging off up the hill, followed by Pinky O'Devine. Rob Jackson had earlier figured that the more hair gel you use, the faster your descent, a theory which paid dividends. He finished a strong third. Ian Holmes, ever the gentleman, was kind enough to let half the field through in the final run-in to the finish, whilst Livesey ran out an easy winner, a slender few (well, 15) minutes in front of Jack Riley, the Clayton evergreen, winner in the over 65 category. As half the spectators probably muttered that day "If I'm still running up and down Stoodley Pike when I'm 65, I'll be a happy man!"

D T Menace

1: S Livesey (Ross)	17.07
2: G Devine (P & B)	17.34
3: R Jackson (Horw)	17.39
4: M Rice (Tod) 17.53;	5: I Fergu-
son (Bing) 18.10;	6: G Wilkinson
(Clay) 18.12;	7: R Rawlinson
(Ross) 18.16;	8: G Webb (Calder
V) 18.18;	9: T Ashworth (Clay)
18.25;	10: H Waterhouse (Saddle)
18.33. Veterans 0/40:	1: P
McWade (Clay) 18.47;	2: J Holt
(Clay) 19.30;	3: V Miles (Tod)
20.11;	4: I Clarkson (Roch) 20.14;
5: G Brooks (Bing) 20.25. Veterans	
0/45: 1: D Quinlane (Bing) 19.35;	
2: B Jackson (Horw) 20.16;	3: C
Geldhill (Holm) 21.18. Veterans	
0/50: 1: J Dean (Saif) 20.54;	2: K
Dobson (Hynd) 24.17;	3: H
Manning (Clay) 25.30. Veterans	
0/60: 1: B Crook (Tod) 25.50.	
Veterans 0/65: 1: J Riley (Clay)	
32.03. Ladies: 1: K Drake (Spn)	
21.50;	2: C Cook (Clay) 22.53;
3: G Cook (Roch) 23.16;	4: J Keys
(Ross) 24.11;	5: J Needham (Roch)
24.43. Intermediates: 1: M Rice	
(Tod) 17.53;	2: A Lee (Roch)
20.50;	3: C Caldwell (Bolt) 21.18.
Juniors: 1: B Taylor (Ross) 20.32;	
2: R Skelton (Calder V) 21.34;	3: D
Lucas (Roch) 22.07. Intermediates	
— Ladies: 1: P Taylor (Hfx) 29.04.	
Juniors — Ladies: 1: K Pratten	
(Wirr) 22.07.	

THURLSTONE CHASE
CS/4/25 m/400 ft/8.7.89
Yorkshire

In this glorious summer of fine weather, the runners were thankful for all day rain, and 50 metre visibility due to mist.

Still, a cracking senior race with the Pearson brothers coming between Barnsley's Mark Lavender. Andrew won the under 17 race last year, when Michael won the senior race. Andrew got the top prize this year.

Kath Drake won a competitive Ladies' race, beating last year's winner, Syl Boles.

All the Junior races were good to watch, with Holmfirth producing another crop of good young 'uns!

Sponsor Bill Davies provided a really useful team prize — umbrellas! The Longwood team used them straight away!

J Wright



Stoodley Pike — descent from the tower — Photo: Peter Harley.

1: A Pearson (Long)	21.14
2: M Lavender (Barns)	21.26
3: M Pearson (Long)	21.39
4: S Timmins (Barns) 21.47;	5: P
Bowler (Staffs M) 21.57;	6: W
Brindle (Horw) 22.15;	7: T Wright
(Long) 22.33;	8: P McBain (Mans)
22.36;	9: P Yorke (Bux) 22.57;
10: A Pickles (P'stone) 23.04.	
Veterans 0/40: 1: M Greaves	
(Hallam) 23.07;	2: B Hilton
(Leeds) 23.42;	3: R Bradley (Holm)
23.49;	4: B Kilner (Leeds) 24.08;
5: R Hardcastle (Long) 24.47.	
Veterans 0/45: 1: N Berry (Holm)	
25.20;	2: P King (Denby D) 25.49;
3: M Rawson (Hallam) 26.25.	
Veterans 0/50: 1: D Bamforth	
(Holme V) 24.07;	2: K Bamforth
(Holme V) 25.11;	3: D Holden
(W'field) 26.07. Ladies: 1: K	
Drake (Spn) 25.39;	2: S Boler
(P'stone) 26.30;	3: T Griffin
(P'stone) 30.10. Juniors U/11s: 1:	
N Croft (P'stone) 6.03;	2: A
Norman (Totley) 6.08;	3: I Davies
(Holm) 6.18;	4: P Sullivan (Holm)
6.29;	5: R Asquith (Holm) 6.36.
Juniors U/13s: 1: M Moorhouse	
(Saif) 10.56;	2: A Beel (P'stone)
11.20;	3: M Hilton (Leeds) 11.32;
4: A Bowman (S'coates) 11.51;	5:
G Webb (Saif) 11.54.	

TRANSFAN RACE
AL/21 m/8,100 ft/9.7.89
Dyfed

The dry hot weather came as a surprise to those runners who had fought the raging torrents of Transfan '88. The ideal conditions attracted a record 25 entries — no complaining of overcrowding in South Wales! — and an exciting race ensued.

Eventually, John Nixon and Adrian Belton separated to take different routes up the last climb, Penyfan (2907'), the Nixon alternative proving much quicker than the traditional route via Y Gryn. After 21 miles, it took a sprint finish to separate "Puffing Billy" Darby, Les Williams, (MDCs promising youngster), Simon "Wheeze" Blease and Simon's dog, Jen.

Gallons of tea and a good feast rounded off a super day in the hills. Perhaps, one day, more runners will take the challenge of this classic route which, if it was 200 miles further north, would be over-subscribed well in advance.

"Now, that's what I call a proper Fell Race!"

Martin Lucas

1: J Nixon (A'Ratti)	3.50.24
2: A Belton (MDC)	4.00.11
3: D Thomas (MDC)	4.00.42
4: J Darby (MDC) 4.10.00;	5: L
Williams (MDC) 4.33.01;	6: S
Blease (MDC) 4.33.04;	7: K
Harding (Unatt) 4.33.09;	8: J
Jameson (Ciren) 4.39.14;	9: R
Robson (Telf) 4.39.33;	10 M
Saunders(MDC)4.51.18. Veterans	
0/40: 1: J Nixon (A'Ratti)	
3.50.24;	2: D Thomas (MDC)
4.00.42;	3: L Williams (MDC)
4.33.01. Veterans 0/50: 1: A	
Breakwell (Kesw) 5.40.38.	

RAS MOEL Y PARC
10 m/2,750 ft/8.7.89
Wales

This is a new race in the Clywdian Hills, held in conjunction with the Caerwys Agricultural Show (although a race had been held at the show until a few years ago). The course is unusual in that it starts with a descent of 300 feet into the Wheeler Valley. It then visits Moel Y Parc, Penycloddian and Moel Y Parc again, taking a different route on the return.

Alwyn Nixon stormed off into the lead for the initial descent on a beautiful, but narrow, path through the woods. The lead changed hands a few times before developing into a race between Tony Kay and Del Davies who arrived at Moel Y Parc for the second time close together. From here, all but Alwyn of the leading runners took the wrong line into the Wheeler Valley, and gained four places without passing anyone.

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|--------------------------------------|------------------------------|--------------------------------|----------|
| 1: D Davies (Hebog) | 1.20.55 | | |
| 2: A Kay (Thames) | 1.21.45 | | |
| 3: A Nixon (Clwyd) | 1.22.19 | | |
| 4: E Evans (Eryri) | 1.25.55; 5: R Seager (Cham) | 1.32.46; 6: M Boardman (Stock) | 1.33.06. |
| Veterans: 1: D Davies (Hebog) | 1.20.55; 2: P Taylor (Clwyd) | 1.34.31; 3: I Jones (Clwyd) | 1.51.16. |
| Ladies: 1: A Nixon (Clwyd) | 1.58.10. | | |

MYTHOLMROYD FELL RACE
BM/7 m/1,350 ft/8.7.89
Yorkshire

- | | | | | | | | |
|--|----------------------------|------------------------------------|------------------------------------|----------------------------------|----------------------------|------------------------------|--------|
| 1: P McWade (Clay) | 49.41 | | | | | | |
| 2: G Cudahy (Bux) | 49.49 | | | | | | |
| 3: C Lyon (Horw) | 49.56 | | | | | | |
| 4: M Fallgate (P & B) | 49.58; 5: G Bland (Kesw) | 50.08; 6: A Green (Unatt) | 50.13; 7: S Brophy (Holm) | 50.30; 8: M Bell (Horw) | 50.54; 9: P Daccus (P & B) | 51.10; 10: R Lawrence (Bing) | 51.47. |
| Veterans 0/40: 1: f McWade (Clay) | 49.41; 2: C Todd (Hgte) | 53.28; 3: A Judd (Leeds) | 53.50; 4: K Carr (Clay) | 54.23; 5: V Miles (Tod) | 54.24. | | |
| Veterans 0/45: 1: K Munton (Calder V) | 54.50; 2: R Mannings (Hfx) | 57.37; 3: J Cramp (Rown) | 60.38. | | | | |
| Veterans 0/50: 1: J Dean (Saif) | 56.31; 2: G Spink (Bing) | 60.53; 3: G Brass (Clay) | 61.03. | | | | |
| Ladies: 1: Y McGregor (ASVAC) | 58.46; 2: G Cook (Roch) | 63.58; 3: J Thisthwaite (Calder V) | 68.04; 4: C Walkington (Clay) | 72.13; 5: P Dore (Roch) | 73.14. | | |
| Intermediates: 1: M Bell (Horw) | 50.54; 2: J Gavin (Ross) | 54.30; 3: A Lee (Roch) | 56.01; 4: C Peart-Binns (Calder V) | 57.25; 5: J Wilkinson (Calder V) | 57.31. | | |
| Juniors: 1: G Cudahy (Bux) | 49.49; 2: G Bland (Kesw) | 50.08; 3: S Brophy (Holm) | 50.30; 4: P Daccus (P & B) | 51.10; 5: R Lawrence (Bing) | 51.47; 6: J Bland (Kesw) | 52.32. | |

WASDALE FELL RACE
AL/21 m/9,000 ft/8.7.89
Cumbria

The weather was fine for this year's race and with a good breeze, it was thought conditions would be good. However, it was very humid in the early part of the race and this resulted in a high retirement rate (34 out of 162 starters), and slow times.

Colin Donnelly was first home, well clear of Ian Ferguson (winner of the Ennerdale), and there were clear winners in all classes with Dave Spedding putting in a good run to win the 0/40 veteran prize and finish 7th overall.

As with all the CFRA races this year, T-shirts with the race name and year on the back were presented to the first 25 finishers, the winner getting a yellow one — look out for them!

Our thanks to one runner who had entered and phoned to say he was injured — could he help? Needless to say, we found him a job — we are always grateful for offers of help.

C Ford

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|--|--------------------------------|------------------------------|-------------------------------|-------------------------------------|-----------------------------|-------------------------------|----------|
| 1: C Donnelly (Eryri) | 3.41.33 | | | | | | |
| 2: I Ferguson (Bing) | 3.49.13 | | | | | | |
| 3: A Ligema (Amble) | 3.51.55 | | | | | | |
| 4: G Devin (P & B) | 3.53.01; 5: C Valentine (Kesw) | 3.54.30; 6: P Clark (Kend) | 3.56.22; 7: D Spedding (Kesw) | 3.58.34; 8: D Lee (CFR) | 3.58.45; 9: A Trigg (Gloss) | 3.58.56; 10: D Barnes (Amble) | 3.59.25. |
| Veterans 0/40: 1: D Spedding (Kesw) | 3.58.34; 2: A Styan (Holm) | 4.16.28; 3: M Walford (Kend) | 4.22.10; 4: B Deegan (Roch) | 4.31.17; 5: G Poole (Roch) | 4.40.02. | | |
| Veterans 0/45: 1: J Nuttall (Clay) | 4.23.50; 2: D Gibson (Saddle) | 4.48.35; 3: T Allwood (Clay) | 5.05.18. | | | | |
| Veterans 0/50: 1: N Matthews (Horw) | 4.33.04; 2: T Shaw (Roch) | 4.40.01; 3: P Brooks (Loch) | 4.53.26. | | | | |
| Ladies: 1: R Pickvance (Clay) | 4.42.57; 2: J Harold (Horw) | 5.01.24; 3: S Farrar (Eryri) | 5.02.22; 4: J Smith (Dk Pk) | 5.11.01; 5: A. Stentiford (Maccles) | 5.20.27. | | |

SNOWDON RACE
AM/10 m/3,300 ft/15.7.89
Gwynedd

More than 4,000 supporters turned out for the 13th International Snowdon Race, started by John Disley, former Olympic bronze medallist, from the village of Llanberis.

As the leaders climbed up towards the halfway stage, the front pack of Lenihan, Patterson, May, Bryson and Donnelly kept exchanging the lead. However, once they encountered the steep climb of Allt Moses, Lenihan changed gear and opened a slight advantage to gain the summit first and rapidly descend to win comfortably, considering the quality field.

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|--|--------------------------------|-------------------------------|-------------------------------|---------------------------------|------------------------------------|------------------------------------|----------------------------------|--------------------------------|----------------------------------|-----------------------------|---------------------------------|--------------------------------|-------------------------------------|-------------------------------------|--------------------------------------|---------------------------------|----------|
| 1: J Lenihan (Ireland) | 1.04.12 | | | | | | | | | | | | | | | | |
| 2: M Patterson (England) | 1.04.50 | | | | | | | | | | | | | | | | |
| 3: M May (Switzerland) | 1.05.00 | | | | | | | | | | | | | | | | |
| 4: C Donnelly (Scotland) | 1.05.35; 5: R Bryson (Ireland) | 1.06.33; 6: M Prady (England) | 1.06.40; 7: A Peace (England) | 1.07.12; 8: H Griffiths (Wales) | 1.08.13; 9: W Schoch (Switzerland) | 1.08.46; 10: J O'Connell (Ireland) | 1.09.04; 11: B Hussain (England) | 1.09.39; 12: B Lizzoli (Italy) | 1.09.43; 13: G Griffiths (Wales) | 1.09.55; 14: G Owen (Wales) | 1.10.12; 15: I Urh (Yugoslavia) | 1.10.24; 16: E Roberts (Eryri) | 1.10.41; 17: A Philpott (N Ireland) | 1.11.02; 18: J Wilkinson (Scotland) | 1.11.04; 19: D Saligari (Valtellian) | 1.11.15; 20: M Whyatt (Glossop) | 1.11.38. |
| Teams: 1: England; 2: Ireland; 3: Wales. Veterans 0/40: 1: H Parry (Eryri) | 1.14.33; 2: A Hulme (PFR) | 1.14.55; 3: P Jones (Hebog) | 1.21.21. | | | | | | | | | | | | | | |
| Ladies: 1: A Carson (Eryri) | 1.22.38; 2: J Smith (DkPk) | 1.26.18; 3: S Farrar (Eryri) | 1.27.03. | | | | | | | | | | | | | | |

MOEL SIABOD RACE
AM/6 m/2,100 ft/22.7.89
Gwynedd

Another hot day for the Moel Siabod Race but, at least, the wind had turned westerly, reducing the stifling humidity of the previous few days.

Colin Donnelly went off at the start with the speed one expects from road runners at the start of the Snowdon Race! Unlike road runners, however, Colin kept the pace all the way up and down the mountain!

Dafydd Roberts had a more

leisurely start but stormed through the field on the forest track, eventually passing Hefin Griffiths to move into second place. A little later, Hefin decided he didn't like the heat and changed down a couple of gears allowing various people who are more used to seeing him as a distant figure on the horizon, to overtake him.

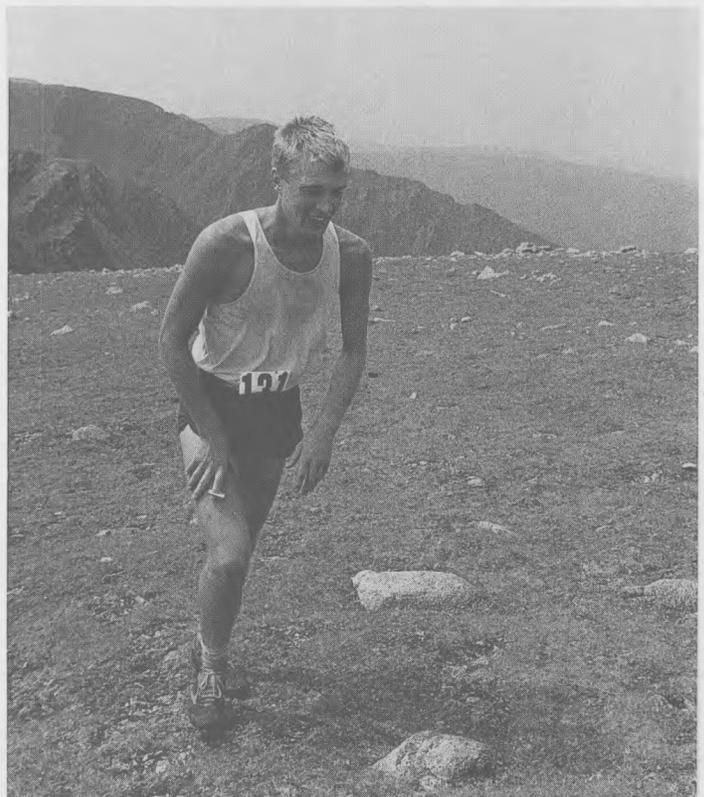
Del Davies was first veteran in sixth place. He was also sixth in the wheelbarrow race at the carnival, but there were only six teams competing in that!

Stel Farrar was first lady once again — she must be getting bored with winning just about every fell race she runs this year!

Many runners ended up in the river after the race — what's more, most of them went in voluntarily. Maybe the organisers should change the course and take the runners through the river instead of over the bridge!

Anthony Kay

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|--|-------------------------------|-------------------------------|-----------------------------|---------------------------|-------------------------------|-------------------------------|--------|
| 1: C Donnelly (Eryri) | 47.11 | | | | | | |
| 2: D Roberts (Hebog) | 48.24 | | | | | | |
| 3: E Roberts (Eryri) | 49.00 | | | | | | |
| 4: G Owen (Eryri) | 50.05; 5: A Kay (Thames) | 50.58; 6: D Davies (Hebog) | 51.26; 7: M Roberts (Hebog) | 51.32; 8: D Davis (Blaen) | 52.13; 9: H Griffiths (Hebog) | 53.08; 10: D Williams (Eryri) | 53.17. |
| Veterans 0/40: 1: D Davies (Hebog) | 51.26; 2: D Williams (Eryri) | 53.17; 3: R Collister (Eryri) | 55.47; 4: P Jones (Hebog) | 56.37. | | | |
| Veterans 0/50: 1: E Knight (Mercia) | 62.52; 2: L Griffiths (Hebog) | 67.04; 3: B Evans (Prest) | 69.23. | | | | |
| Ladies: 1: S Farrar (Eryri) | 60.19; 2: S Bennell (Eryri) | 71.40; 3: A Nixon (Clwyd) | 71.47. | | | | |



Wasdale Fell Race: Derek Ratcliffe climbs Pillar on his return from his world tour — Photo: W S Bateson.

SLIEVE DONARD FELL RACE

AM/7 m/2,900 ft/22.7.89
Downpatrick

1: A Philpott (Achill) 1.08.56
2: J Patterson (N Down) 1.10.18
3: D McGuinness (Read) 1.12.15
4: B Ervine (B'drain) 1.13.18; 5: D Barrett (B'drain) 1.13.24; 6: A Callan (Drom/Cast) 1.16.37.
Veterans: 1: J Patterson (Achill) 1.10.18; 2: D Connolly (Lough) 1.23.51; 3: M McNulty (Drom/Cast) 1.24.29. **Ladies:** 1: P Hawtin (N Down) 1.22.03.

Harold. Local club, Hebog, took the team event.

M R Jones

1: C Donnelly (Eryri) 43.58
2: G Devine (P & B) 44.32
3: H Griffiths (Hebog) 44.50
4: M Prady (Gloss) 46.01; 5: G Griffiths (Hebog) 46.34; 6: D M Roberts (Hebog) 47.08; 7: S Booth (Kesw) 47.22; 8: E Roberts (Eryri) 47.33; 9: G Schofield (Black) 47.55; 10: M Whyatt (Gloss) 48.01; 11: D Spedding (Kesw) 48.06; 12: W Gaunt (Unatt) 48.20; 13: D Davies (Hebog) 48.37; 14: G Webb (Calder V) 48.46; 15: G Owen (Eryri) 48.57; 16: R Rawlinson (Ross) 49.58; 17: W Styan (Holm) 50.03; 18: D Davies (Bleanwyr) 50.04; 19: M Jones (Hebog) 50.10; 20: R Pallister (P&B) 50.17; 21: D Hughes (Hebog) 50.23; 22: M Seddon (Holm) 50.27; 23: G Highes (Hebog) 50.30; 24: P Stevenson (P & B) 50.49; 25: J Hope (A'Ratti) 51.11; 26: C Urmston (Roch) 51.24; 27: T Jones (Eryri) 51.58; 28: E Evans (Eryri) 52.04; 29: D Ashton (Black) 52.18; 30: B Stevenson (P & B) 52.44. **Veterans 0/40:** 1: D Spedding (Kesw) 48.06; 2: D Davies (Hebog) 48.37; 3: J Hope (A'Ratti) 51.11; 4: D Thomas (MDC) 53.30; 5: B Deegan (Roch) 54.33. **Veterans 0/50:** 1: D Ashton (Black) 52.18; 2: R Herd (Maccles) 54.37; 3: N Matthews (Horw) 57.10; 4: R Evans (Prest) 64.09; 5: L Griffiths (Hebog) 64.17. **Ladies:** 1: S Farrar (Eryri) 59.48; 2: J Harold (Horw) 60.15; 3: R Parry (Eryri) 65.50; 4: A Nixon (Clwyd) 68.27; 5: C Osborne (TAC) 73.18. **Juniors:** 1: W Styan (Holm) 50.03.

RAS MOEL HEBOG

AM/5.5 m/2,560 ft/29.7.89
Wales

Condition of the course was slightly slippery in places due to heavy rain during the morning. A good turn out of 106 for a late in the year championship race, surprised the organisers.

Three runners made the pace from the start — Colin Donnelly, Hefin Griffiths and Gary Devine. Colin was first to the summit having taken a less obvious route on the scree, followed 15 seconds behind by Hefin and Gary. Gary latched on to Hefin on the descent and, through Hefin's local knowledge, had caught Colin by the mountain stile.

Some effort was put in by Colin who won in a new record time of 43.58, 15 seconds down on his old record. Gary followed by 34 seconds, having taken advantage of Hefin's tumble, who finished 52 seconds down.

Stella Farrar won the Ladies' event, closely followed by Julie

REETH HILLS RACE

AM/12 m/3,300 ft/6.8.89

Yorkshire

Rob Seagar made the winning break over Calver Hill, Reeth Low Moor, after following Gary Bastow, the early pace setter. Andy Hauser stormed alone on the last hill, High Harker Top, to sweep to runner-up spot, pushing vet Ben Grant, to third, the same position he finished last year.

In the Ladies' section, Jill Libby was never headed, even with four Clayton ladies making up the rest of the field.

A great course in the heart of North Yorkshire but a few more runners would be welcome on this 12 mile circuit of the picturesque Reeth village.

G Baston

1: R Seagar (Cham) 1.35.24
2: A Hauser (Holm) 1.36.23
3: B Grant (Hgte) 1.37.03
4: G Bastow (Rich) 1.38.02; 5: A Kay (Thames) 1.38.18; 6: D Woodhead (Horw) 1.38.57; 7: M Vickers (Mand) 1.42.02; 8: M Burn (Thirsk) 1.42.05; 9: S Murdoch (Jarr) 1.42.13; 10: R Burn (Rich) 1.42.18. **Veterans 0/40:** 1: B Grant (Hgte) 1.37.03; 2: J Baker (E Hull) 1.42.02; 3: J Hoffman (ASVAC) 1.52.30. **Ladies:** 1: J Libby (Mand) 2.03.42; 2: W Dodds (Clay) 2.09.09; 3: K Taylor (Clay) 2.35.07; 4: E Woodhead (Clay) 2.41.00.

Mountain Marathon Results and News



Rock and Run Mountain Marathon: Left to right — Martin Bagness, David Rosen, John Gibbison and Andy Hyslop — Photo: Bob Howard.

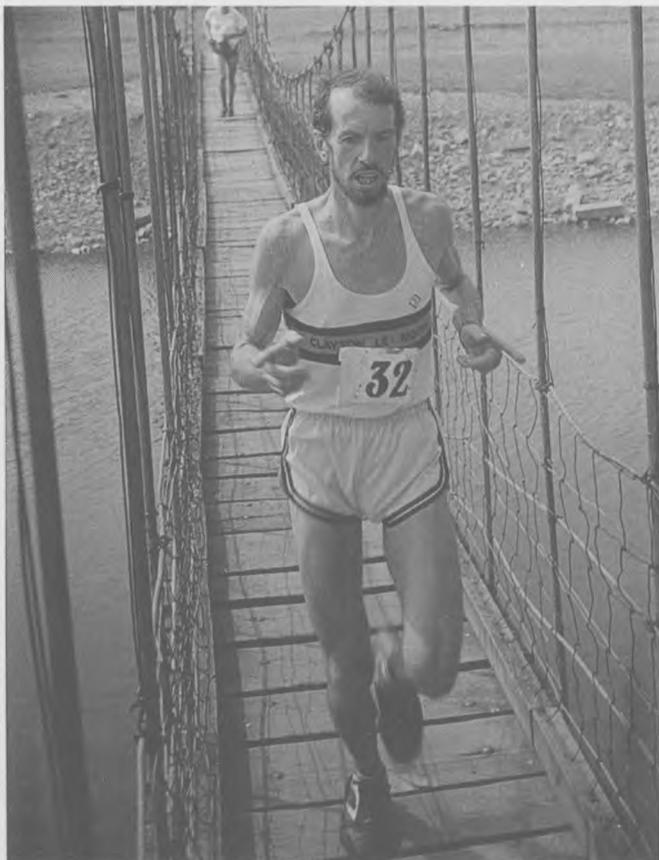
ROCK AND RUN MOUNTAIN MARATHON, GALLOWAY, SCOTLAND — 20th/21st May 89

The second "Rock and Run Mountain Marathon" could not have been a greater contrast to the first. Last year's inaugural race took place in March, and on the familiar ground of Langdale, runners had to fight through blizzard conditions to get round. This year the race was moved back to May, and after failing to get permission to stage it in Argyll, the chosen venue was Galloway, where the rugged terrain provided a challenging weekend. However, the weather was the main talking point. Clear blue skies and temperatures well up into the 70's is hardly what's expected of Galloway, especially after the fearsome weather the area has conjured up for two previous "karrimors".

The chance to really enjoy the Galloway scenery in such perfect weather and the relaxed organisation of the event, which is in sharp contrast to both the "KIMM" and the SLMM, made this one of the best mountain marathons of recent years. The other big plus was the quality of the courses, which are set by Martin Bagness, with help from Andy Hyslop.

These covered an area around Loch Trool, taking in "The Range of the Awful Hand", the Dungeon hills, and the Minnigaff hills, with an overnight camp just south of Loch Dee by White Laggan Bothy. One of the problems of a spring date for the race is the need to take account of rare birds nesting and protected wild flowers, and as a result the summit area of Merrick and the whole area to the East of the Dungeon hill, including the Rhinns of Kells, was out of bounds.

Despite the clear conditions, the terrain and the technical difficulty of the controls ensured this was no sunny stroll, although a few of the competitors



Reeth Hills: Eddie Hoare (Clayton) crossing the suspension bridge — Photo: Dave Woodhead.

turned it into one and took time out to bathe in the lochs and sit on their sandy beaches. They got round in the end though and there were very few retirements.

At the front end of the race David Rosen and John Gibbison managed to fight off a determined challenge from Peter Haines and Bob Mitchell, gaining a lot of time towards the end of both days. The two best performances were probably that of Philip Lumley and Tony Coyne, who were 3rd overnight and 22 minutes down, but came through to win the "C" class, and Kenny Leitch and Keith Masson winning the "A" class by 42 minutes.

In the future Andy Hyslop and Martin Bagness are keen to keep the race in Scotland and they are looking for the very toughest terrain. Andy would like to see the race on Skye, and both Torridon and the Cairngorms are areas they would ideally like to use. There is bound to be opposition to such plans and negotiating permissions will be difficult, but even if it takes some time the plan is to stage a mountain marathon in the highlands for the first time.

RESULTS

ELITE	David Rosen and John Gibbison	11.28.00
"A"	Kenny Leitch and Keith Masson	9.32.38
"B"	Chris and Julian Rhodes	9.05.24
"C"	Philip Lumley and Tony Coyne	7.33.10
"D"	Nicholas Evans and Phil Pittson	6.13.21
SHORT	Andrew and Mark Philipson	5.20.18

ELITE	1: D Rosen/J Gibbison	11.28.12
	2: P Haines/B Mitchell	12.00.48
	3: S Bradshaw/J Nuttall	13.39.12
	4: J Winder/S Skelton	13.55.23
	5: J Fuller/R Parkinson	14.00.41
	6: T Kelly/J Worswick	14.15.41
ELITE VETERANS	1: S Bradshaw/J Nuttall	13.39.12
ELITE LADIES	1: S Walsh/W Dodds	15.47.09
ELITE MIXED	1; J Hall/B Hall	17.01.19
"A" CLASS	1: K Leitch/K Masson	9.32.38
	2: R Spiers/S Thompson	10.14.37
	3; J Yarnell/D Drew	10.18.52
"B" CLASS	1: C Rhodes/J Rhodes	9.05.24
	2: A Matthewson/W Ramsbotham	9.14.10
	3: H Waterhouse/B Clayton	9.49.43
"C" CLASS	1: J Kewley/M Cuddy	7.40.36
	2: R Marsden/W Burge	7.48.35
	3; T Dibben/J Atkins	8.11.45
"D" CLASS	1: N Evans/P Pittson	6.13.21
	2; A Baker/C Hesketh	6.45.21
	3; M Jones/C Plumpton	7.03.48
SHORT CLASS	1: A Philipson/M Philipson	5.20.18
	2: C Simpson/M Forrest	5.49.56
	3: B O'Neill/S Boyce	5.52.02

PROLIFIC WEST HIGHLAND WAY RACE (95 m/8,000 ft) 24th June 1989

The first male and female runners to reach Fort William in this year's West Highland Way race were Dave Wallace in 15 hrs 26 mins (setting a course record by over two hours) and Kay Dodson in 21 hrs 24 mins. There were 28 finishers out of the 44 starters who confronted those 95 arduous cross-country miles, 24 in under 24 hours.

These bare facts do not adequately describe the trials and tribulations of what was billed by the *Observer* newspaper as the "world's toughest race", through the hills and glens into the heart of the Scottish Highlands. Rapidly becoming an established event for the longest Saturday of the year, this was the second "official" race over the designated long distance footpath starting at Milngavie, although the sixth involving the tireless organiser Duncan Watson.

The 1989 event was the most competitive yet with a lead bunch of about a dozen runners setting a cracking pace over the first 20 miles to Balmaha. Here many paused for breakfast while Mike Hartley and Sandy Jack pushed on together over the rocks and roots of the "bonny" bank of Loch Lomondside. At Glen Falloch where the proper race usually takes shape with a gruelling 1,000' climb to above Crianlarich, the lead was still being shared although Sandy was weakening, eventually finishing seventh in just under 20 hours.

On through Argyll, Mike kept up a steady unrelenting pace, annihilating times previously recorded at checkpoints along the Way but unaware that his lead was under attack from another determined challenger moving through the field. Last years winner Dave Wallace had set off at a sensible speed but was shocked to hear that Mike intended to repeat the winning pace of the Fellsman 60 and go under 16 hours; this significant improvement on last years WHW race winning time of 18 hrs 18 mins had inspired a change in tactics and Dave was now fighting to retain his title.

Weather and underfoot conditions were initially ideal as overcast skies had marked the end of a heatwave. However rain was threatening when Mike was eventually caught on the tortuous Mamore track, a head-to-head race after 85 miles! An impressive turn of speed saw Dave take the lead at Lairigmor

and build a finishing margin of 6 mins on the switchback road into Fort Bill. Third and fourth finishers Mick Francis and Ian Campbell were 90 mins behind but still within the former course record of 17 hrs 48 mins.

By pairing her 1988 sub-24 hour schedule, the leading lady, Scots veteran Harrier Kay Dodson ran a carefully planned pb by over two hours and looked fresh at the end, resolving to go even faster next year. Not far behind, the only other female finisher Hiliary Spenceley was justifiably well satisfied to complete her debut run in 22 hrs 12 mins.

For the also rans, deteriorating weather added to their problems with cold, wet and windy conditions through Saturday night. The leading finishers were downing their pints in the Nevis Bank Hotel as the situation became serious for the exhausted competitors facing the black pall of a storm over Glencoe. The wise and lucky ones had company by this stage and the excellent checkpoint marshals, the Territorial Army, were operating patrols over the Devil's Staircase. There was only one hospital case with exposure, although it is believed he continued the next day to complete the course!

Which brings us to yours truly, old glass-knees. After using a dead tree as a crutch for the descent into Kinlochleven I decided that I had done enough damage to myself at 80 miles and retired, much disheartened, the only runner with more blisters on his hands than feet. Still an injured runner weeks later (diagnosed as patella hubris), I look forward to my one mile/week training run and hope that other aspirants will regard this as adequate warning.

It was, as promised by the starter, a day very few would forget. The organisation was superb — from the selection of runners to the prize presentation — and the scenery magnificent. A strong field and perfect conditions (early on) made for a very competitive race run in record time. If the race is not to become a victim of its own success numbers will unfortunately have to be limited next year also and hundreds will again be turned away; that is providing the organisation and sponsors can hopefully be found to support another event.

Finally, I was surprised that more women did not enter, especially as the talent exists to reduce the current record for a distance over which they compete sometimes on equal terms with the best men.

JIM HALL

THE 12th SAUNDERS LAKELAND MOUNTAIN MARATHON

After an exceptionally hard race at last year's SLMM, runners at this year's event just had a very hard time. Race organiser and course planner Keith Fazy clearly favours races with the emphasis on endurance and courses with plenty of ascent. Who would have guessed that regular competitors are now looking back to the easy days of Ken Ledward's benign courses!

This year's venue was changed from Wasdale at a late date, so the alternative at Buttermere was rather cramped. From there the courses covered much of the West Lakeland fells and lead to an overnight stop at Stonethwaite, just off Borrowdale.

A comfortable, level field here provided plenty of space for the 1,100 competitors and with a lorry full of beer cans parked in the corner everyone had the chance to relax after a hard day. Fortunately, the weather had been perfect, dry but not too hot, and the camp was now catching the evening sunshine.

It was no surprise that Jos Naylor and Colin Dulson built up a good day one lead in the "Scafell" class, but the other classes were much closer. In the "Wansfell" section three teams tied for the lead and another three were within five minutes of them.

In the solo "Klets" class many of the runners stopped at the overnight camp, although they had the option of stopping at any checkpoint. This



SLMM: Descending past Honister Crag from Date Head — Photo: Bob Howard.

meant covering two-thirds of their course on the first day so the beer wagon must have drawn them on towards the end of the day.

Day two threatened to be very hot but high cloud cover quickly improved running conditions. Considering the second days courses this was a relief and many competitors soon realised they didn't have the strength to get round, or to reach the final checkpoints before they closed at 1.00 pm.

Many retired, only to find the later checkpoints stayed open an extra hour, and in the case of the "kirkfell" class that the course had been shortened. This caused some bad feeling as many felt they could have continued had they shown about these changes before making the decision to retire.

Such things didn't concern the winners however. Jos Naylor and Colin Dulson extended their lead to win by nearly two hours. Last year Colin won with Andy Ligema, and the year before that it was Jos's turn to win with Andy so these three seem to have something of a stranglehold on the "Scaffell" class.

Colin said: "We really didn't use the map at all until the last three checkpoints on the Grasmoor fells and we took good lines throughout, I don't think we wasted a foot all weekend. I enjoy pacing myself over these long events but they really take it out of you in the middle of the racing season so I might give it a miss next year."

Tim Laney was also an easy winner in the "Klets" class, finishing nearly an hour up on former winner Mark McDermott. This was Tim's first try at the Saunders and apparently the first race he had ever won, so it wasn't surprising he was delighted with the event, although he did compare it in difficulty to the Swiss KIMM.

In the keenly contested "Wansfell" class David Sleath and David Flintstone came from 4th to win while Mark Dalman and Gordon Oliver gained over an hour to win the novice "Bedafell" class from 2nd overnight. The "Bowfell" class had the toughest time, with the eventual winners Simon Thompson and Ian McIntyre taking 11.37. A lot of good runners were timed out in this class.

After last year nobody should have been surprised at the courses, but those who were complaining got little support from Jos Naylor. "They were good hard courses and it's unjustified to complain. If I can come to a race like this at short notice and still win at the age of 53 then there is something wrong."

Jos describing "good hard courses" and Tim Laney comparing the race to the Swiss KIMM probably sum things up. It was a weekend for wishing you had entered an easier class or done a bit more training.

(The closing date for entries next year has been brought forward to 1st March and application forms must be requested before 31st December.)

BOB HOWARD

A MOUNTAIN TRIAL THAT LIVES UP TO ITS NAME!

There were mountains (five Munros in the area) and there were trials (Bobby Shields and Andy Curtis can be mean.) We arranged for the mist to drift down to 2,000', although considerably left the real rain until evening. Perhaps the greatest trial of all, however, was the battle against the midges.

The plan was to again offer two courses, of similar difficulty but different lengths, with a diverting time on the third checkpoint so that slower competitors could switch to the shorter loop and still accomplish something. This year, however, we gave an optional second day which could be run individually — a compromise on a two-day event. This proved a popular idea, enabling partners with other commitments, or who were too knackered after day one, to disappear without letting down their other halves.

Our base for the event was the Ochils Mountaineering Club Cottage at Inverardran. This proved ideal, enabling folk to stay in the cottage, or to camp in the grounds, at very reasonable costs. The location was perfect too, directly opposite the access point to the forest, thus letting us avoid any road section and get competitors up, away and out of sight quickly.

Saturday morning saw 16 pairs on the line-up, nine aiming to complete the long course and seven modestly settling for the short. The long, I should at this point explain, was a straight 21 1/2 miles, reduced from 25 as the climb was increased to 11,500 feet. The short was a piffling 16 1/2 miles and 8,000 feet, though of course, actual distance covered were greater — in some cases considerably!

The first control was on the forest edge. Bobby's estimated leaders' time of 20 minutes was spot on, though the + 50 per cent for the slowest proved ungenerous as the slowest took 44 minutes. The second control was a stream junction and didn't provide any problems.

The third control involved a lot of everything, climb, contouring, descent and more ascent to the summit of Sron Garbh at 708 m. One long pair ran into navigational difficulties here and dropped out. Others just found it hard going. Again the estimated leading time was uncannily accurate, with Andy Dytech and Alasdair MacKenzie clocking in at 2.20. Peters Mackie and Wilson were only five minutes behind and another five minutes later came John Murphy and Brian Maher, with Ian McIntyre and Simon Thompson at 2.49. The others all arrived after the three hour cut-off and were diverted to the short course. Leading the original short course runners at this stage were Roger Boswell and Graham Brooks in 2.41, followed by Rob Cranston and Peter Smith in 2.58 and Jack Ewing and Mike Thewlis in three hours. One short pair retired.

From here on it was a long slog on either course, with the mist making careful navigation essential. Boswell and Brooks began to slow down and Lesley Hope and Ian Hay began to enter the reckoning on the short course, which went straight from control three to control six. Meanwhile, the long course competitors had an even worse leg to control four — it was easy to lose too much height and then there was the Bealach to find. Something went awry here, as not one of the four pairs could find the marshall. A quick down

and up to five followed by a ridge run to control six saw the courses reunited. By this time, only two pairs were continuing on the long course, Dytech and Mackenzie with a 28 minute lead. Simon Thompson injured his knee — needless to say at the farthest out point — and did well to hobble to a courageous finish — though I'm told the mist was tinged blue in their vicinity as Ian "encouraged" him round.

The seventh control was a cute little lochan which gave everyone trouble and the last long leg, back to the forest edge, demanded great stamina at this stage. Dytech and Mackenzie's winning time of 8.07.55 earned them a slap-up meal in the Ben More Restaurant. McIntyre and Thompson jogged in, managing to sing inappropriately (as threatened) "The Sun Has Got His Hat On," in 9.25.35.

Short course winners in the end were the mixed pair, Hope and Hay (not Hay and Hope as I had it at the prizegiving) in 7.49.43, and they joined Andy and Alasdair for dinner. Second were Cranston and Smith in 8.01.04 and third Boswell and Brooks in 8.10.44.

We have since been accused of making the courses too hard. Judging by the high number of DNF's by experienced pairs, there would seem to be something in this. But I'm sure in years to come, folk will look back on SMT '89 as a cracker. Several people have bought extra maps to have another go at their leisure, so to speak, which is surely a compliment.

Sixteen brave souls actually came back for more on the Sunday. They were set off on a mass start of the Cruach Ardrain Horsehose, six miles and 3,000' and would you believe it Dytech won again in 1.43.13, seven seconds ahead of Jim Shields of Clydesdale, who'd come in fresh. The mist was even further down but at least the midges were in hiding.

May I take this opportunity to thank all those who came and all those who have taken the trouble to write or phone with their impressions and suggestions. As the number of entrants was down by half, I did ask what people wanted to see happening next year. Unexceptionally, the response has been "more of the same"! This must remain a small scale event. But there are possibilities, such as reverting to our 1988 early June date, offering a solo class and being less secretive about the venue. So we'll let you know!

SUSE COON

Experiences of the Run

PENDLE DOWNHILL CHALLENGE

29th June 1989

British fell running is made up of many unusual races of different degrees of severity and length, but a peculiar and out of the ordinary event took place on Pendle Hill at the end of June this year.

The race was from the summit of Pendle Hill to the Wellsprings Inn (the finish was almost outside the front door). The route was mostly downhill and after a few days of torrential rain the runners were blessed with a glorious sunny evening with clear views over the Ribbles Valley and out to the Three Peaks in one direction and out over the Pennine Moors beyond Colne, Nelson and Burnley in the other.

On entry each competitor was asked to predict his/her time and the winners were those closest to this prediction. Watches were not worn and runners were set off at 30-second intervals. Amazingly two competitors got within two seconds of their predictions and the fastest time overall was recorded by Peter Ashworth of Clayton Harriers.

The event was organised by Martin Clark of Clayton Harriers with most of the field consisting of runners from the host club plus a number of well-known local "odd-balls".

It was a resounding success and for runners who prefer the slog down to the slog up, an encouraging new departure from the norm.

PETER HARLEY



Pendle Downhill Challenge

Leaving the summit of Pendle Hill at 30 second intervals at the start of the downhill run to the Wellsprings Inn

RUN!! STRAW!! ALE!!

Combine the above, and it becomes the Oxenhope Straw Race, near Haworth, West Yorkshire which is an Annual Event run in early July, normally the day after the arduous Wasdale.

Teams of two have in theory to run three miles, carry or drag a 45 lb bale of straw and drink five pints of beer for the men and mixed team; ladies use half-a-bale, and half-pints.

The top teams have it down to an art will fell runners, Brent Brindle, brothers Albert, Sean Sunter and "Scoffer" Scofield now the finest exponents with one doing all the drinking (guess who?). While the other carries. But don't get the wrong idea some 300 teams participate mostly "fancy dress", others just enjoy the day out, ale etc, using the straw bale as a seat outside each hostelry.

Superstars are Brindle and Sean Sunter who are the champions, but many Horwich lads took part this year, with other athletes in other categories.

The course record is around 15 mins 30 secs.

DAVE WOODHEAD

HALLS FELL RIDGE

A bony spine of the sleeping mountain,
serrated ridge that leads to indefinite summit.

I remember times of fast descent;
from northern flank, coarse grassed,
the sweep to lengthened top,
a view that burst upon the eye,
the far Scaffells, the Gavel Peak,
the magic of Borrowdale.

All were there to greet
a tired body, but a mind alert
to incomparable beauty.

Then it was down the jagged ridge,
jumping, skipping, turning — holding
with the land for one fleeting moment,
then steering the tortuous course
until the path became more gentle,
more tolerant of human endeavour.

I remember such days with happiness;
and still today I run the ridge,
but with step more cautious,
and I am reminded of those former days,
yet the joy is still the same;
the spirit does not degenerate.

PETER TRAVIS

FELL RUNNING FATIGUE:

(A close scrutiny of the British and English Championship programmes)

INTRODUCTION

Chronic fatigue is a state experienced by the majority of fell runners at some time. However, its recognition through the symptoms which accompany this condition, is not always easy. In addition, because human nature tends to be perverse, the state of chronic fatigue is often not accepted even when it is recognised. Most runners are familiar with the response of the body to heavy exercise (fell running falls into this category no matter how slowly you go). Under these conditions heart rate and breathing frequency increase. Various muscles, especially in the calves and back when ascending and the thighs when descending, ache. These acute changes occur during conditioning and racing, and our ability to handle them improves if they are repeated continuously, from day to day, week to week and so on. However, if they are repeated too often or at too great an intensity chronic fatigue will be just around the corner. Once this state has arrived it may take many weeks or months to recover and run at a level which reflects one true potential (this statement applies to the entire spectrum of running abilities, from elite to fun runners). This article presents evidence that the Championship Programmes proposed by the FRA can lead to chronic fatigue and may need to be revised in the future.

CHRONIC FATIGUE AND ITS SYMPTOMS

Chronic fatigue is caused by either over-training or over-racing or by a combination of both excesses. In addition, normal everyday stresses experienced at work, home, during travelling or moving house can add to the problems. In this condition runners cannot perform up to their true

potential. In a book called the "Lore of Running" which has been published recently, this state is referred to as the "Plods" or at its worst "Super Plods". Long fell races, such as the Wasdale or Ennerdale, generate this condition automatically for a few days, because the carbohydrate stores in the body are completely depleted during this competition and there will be varying degrees of muscle damage. If sufficient time is allowed for recovery all will be well. The short and medium races individually do not produce the "Plods" but they do produce cellular damage, especially in the thigh muscles during descending. Again adequate time for recovery is required if cumulative chronic fatigue is to be kept at bay.

A table of symptoms associated with chronic fatigue has been compiled by Tim Noakes in the "Lore of Running" based on evidence drawn from the scientific literature. For reference it is given below (some of you may recognise many, or all of these symptoms).

EMOTIONAL AND BEHAVIOURAL CHANGES

1. Loss of enthusiasm and drive, especially for running.
2. Loss of the desire to compete.
3. Tiredness and lethargy.
4. Irritability, depression, ill-humoured.
5. Inability to concentrate on academic work.
6. Excessive sleep, but not awaking refreshed.
7. Increased fluid intake at night with an unquenchable thirst.

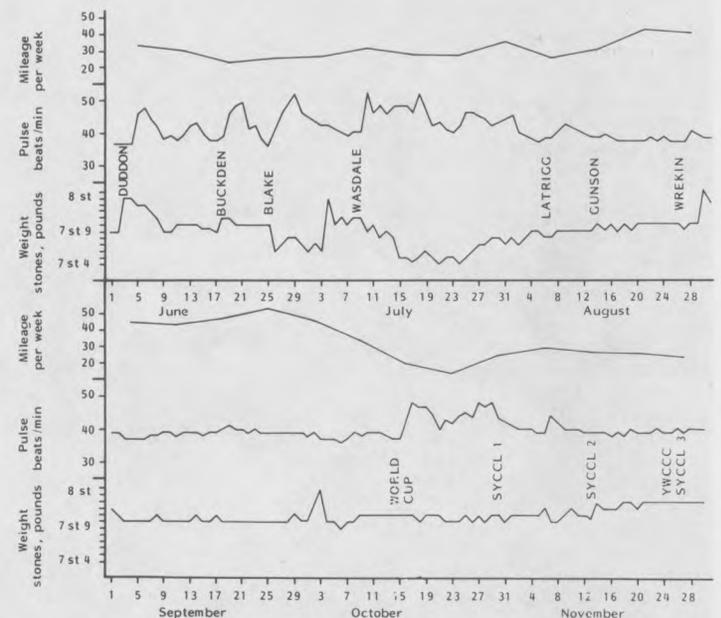
PHYSICAL CHANGES

1. Impaired physical performance, difficulty in completing routine training sessions.
2. Gradual weight loss.
3. Drawn expression.
4. An increase in early morning heart rate of more than five beats/minute.
5. Heavy leggedness. Running sluggish with no spring.
6. Muscle and joint pains with persistent soreness.
7. Increased susceptibility to facial spots and sores.
8. Minor scratches healed slowly.
9. Loss of menstruation (amenorrhoea).

A SIMPLE MONITORING PROCEDURE TO DETECT THE ONSET OF CHRONIC FATIGUE

Aware of the problems associated with over-racing, Clare Crofts and I decided to use two of the indicators given in the table by Noakes to monitor her progress as she tried to win both the English and British Fell Running Championships in 1988. The races which decide these championships consist of long, medium and short races, but little thought seems to be given to the time needed for recovery when they are chosen. In addition, for those athletes with international aspirations, selection races provide another problem.

Resting heart rate, taken immediately on waking, and early morning weight, after bowel and bladder evacuation, were used as the indicators. The figure below gives the weekly mileage, daily heart rate and weight from the end of May over a six-month period. Calorific intake was kept constant at about 2,000 calories per day, except when carbohydrate loading for the long races. At the start of the monitoring period, Clare had run three races, Chapelgill, Rivington Pike and Pendle, breaking the ladies' record in two of them.



The first race shown is the Duddon. Weight increased before the race due to carbohydrate loading and the concomitant intake of water. The resting heart rate was 37 beats/minute. The Duddon was won in a record time of 3 hours 24 minutes. Resting heart rate increased dramatically the day after the race and took some days to recover. However, before complete recovery she was forced to run the Buckden Pike. This was won in a record time, but again there was an increase in resting heart rate after the race. Before recovery was complete again she had to race in the Blake. By now performance was

beginning to suffer. Nevertheless, she managed 2nd behind Carol Haigh. Again the characteristic leap in resting heart rate was observed, but the demands of the British championship required participation in the Wasdale, the toughest race in the calendar. Clare won this race in a very respectable time of 4 hours 45 minutes. She was thoroughly exhausted. Resting heart rate was now well over 50, an increase of about 15 beats/minute compared with her early season level. Nearly all the symptoms recorded in Noakes' table were present. By following the demanding racing schedule enforced by the Championships she was chronically fatigued. The "Super Plods" had arrived. The easiest runs were too hard. During this period her weight dropped from 7 st 10 lbs to 7 st 4 lbs. All training was reduced dramatically to one easy run a day of about four miles and gradually recovery occurred, but then she needed to run the selection races, as well as finish the British and English Programme at Gunson Knott (the Ben Nevis had been planned but was removed from the schedule). Training without racing brought heart rate and weight, as well as performance, back to satisfactory levels. Just before the World Cup symptoms of chronic fatigue occurred including sore muscles and aching limbs as well as an overall lethargy. A long taper of 10 days before the World Cup was introduced. The World Cup race was a disappointment. Within two days of this race a viral infection struck, accompanied by an increase in resting heart rate. After three days bed rest, light training was resumed, no more than 20 miles per week. It is of interest that the subsequent cross-country races, 6,000 metres in length, did not produce the wild fluctuations in heart rate and weight that accompanied the fell races.

CONCLUSIONS AND SUGGESTIONS

1. Those elite athletes who aspire to running well in the World Cup should not follow the British and English Fell Running Championship Programme.
2. More thought should be given to the frequency of racing demanded when choosing the Championship Programme, especially the time allowed for recovery between races.
3. Runners with less ambitious aspirations, but wishing to realise their full potential, should monitor their training and racing carefully if they wish to keep chronic fatigue at bay. Races like the Wasdale and Ennerdale require a recovery period of at least one month. No races, even low key, should be attempted during this period. Training should be relatively easy, no more than 80 per cent maximum effort, and long runs should be kept to a minimum.
4. If the FRA are serious about their championships, and wish them to be supported, yet desire to be competitive internationally, more integration of selection and championship races are required. Those athletes who win the championships will not have sufficient energy left to do themselves justice in other competitions. It is not a coincidence that Carol Haigh (World Champion in 1986) has never completed an "A" category long fell race, apart from the Edale Skyline, (once) and Rod Pilbeam deliberately missed all the long races last year when he obtained his bronze medal.

5. The British and English Championships should be radically revised. One race at each distance, short, medium and long should be used to give a champion at each distance. An overall champion can then be identified if required. In this way the stress of travelling will be reduced and racing/training programmes can be designed for improved athletic efficiency, whatever the level of the competitor's performance.

E A TROWBRIDGE

FELL RACING IN THE PEAK DISTRICT: 1863-1988

by Bill Smith

Although the Lake District and Yorkshire Dales are the areas immediately thought of in connection with fell racing, the sport's oldest amateur event is actually located much farther south: on the edge of the Peak District near Sheffield. The Hallam Chase (three miles: 1,000 feet), which crosses and recrosses the Rivelin Valley from Hallam cricket ground to Stannington church and back, was first run in 1863, five years before the first-known Grasmere Guides Race. The previous year had witnessed there what is claimed to have been the first cross-country race of all, over a ten-mile course.

The Chase itself is a "cross-country-type fell race" and has always been run as a handicap event, right up to the present day. During the early days, there was considerable betting on the race, and in common with the Rivington Pike event, shady tactics were often employed out on the course in an attempt to ensure that the favoured athlete did indeed win. The Chase has always been strictly a local affair, mainly attracting cross-country runners from the Sheffield area, and the record of 19.42 was set back in 1968 by Hallamshire's Trevor Wright.

The Eccles Pike Fell Race, over on the western side of the Peak District, is another hoary event, having been run intermittently since 1910 and perhaps earlier, with both Chinley and Buxworth having served as the race venue. Pat Campbell (Salford Harriers), of Rivington Pike and Burnsall fame, who lives at nearby Chapel-en-le-Frith, won Eccles Pike three years in succession: 1928/29/30. The 1980 race saw John Wild (RAF Cosford) setting the present record of 18.14.



Harden Moss, 1979. Geoff Gough (Blackburn) leads Nigel Weaver on the cliff back to the trials field — Photo: Bill Smith.

Pat Campbell's first-ever fell race was run from the nearby village of Combs, while other events of the period between the two World Wars included Eyam, Marsden Gala and Outlane Carnival, the latter two, near Huddersfield, being one-off events. This area also spawned the James Blakeley Fell Race at Harden Moss Sheepdog Trials in 1937, won by Campbell's clubmate, George Bailey, a quarry worker from Buxton who had been banned for three months in 1929 for having competed at a local unregistered meeting four years earlier.

Blakeley, a member of Leeds City AC and the Holme Valley Beagles, was the man who had inaugurated the event and the race has been run without a break ever since. Pete Watson (Pudsey and Bramley) holds the record number of eight wins, achieved between 1958 and 1968.

The Peak District now has numerous short fell races, run mainly in conjunction with local galas, carnivals and country shows, and space does not permit discussion of them all here, but among them are Bamford (1949), Bradwell (1946), Hope (1946), Saddleworth (1973) and Lantern Pike (1977). The inaugural Hope and Bradwell races were both won by Bateman Eyre of the latter village, while local man Sid "Tich" Wilson won the first Bamford race. The Saddleworth event from Greenfield climbs to Alderman summit and descends from the "Pots and Pans" obelisk and has always attracted leading fell runners like Harry Walker and Jeff Norman. Ricky Wilde has been victorious on three occasions, setting a record of 18.50 in 1978 which still stands.

The area also has two relay races which include both fell and road laps, the latter also being of a hilly nature. The Ian Roberts Memorial Relay was inaugurated in 1980 by Holmfirth Harriers in tribute to one of their members who had been killed by lightning while climbing in the Dolomites the previous summer. The fell section of the course from Marsden cricket club crosses the top of Pule Hill. Saddleworth Runners promote the Cross Keys Inn Relay at Uppermill.

The Marsden-Edale route over Black Hill, Bleaklow and Kinder Scout is perhaps the longest-established walk in the Peak District (1906/7), and during the '30s it became the vehicle for a race which was abandoned after a competitor, Phil Altman of Hallamshire Harriers, died from exposure on Bleaklow. The record-holder of that event was Vin Skelton of Sheffield Harriers with 3 hours 47 minutes. The race was revived in 1973 by the Sheffield mountaineering equipment retailer, Bryan "Tanky" Stokes, and has been run annually since in early December. Bob Pearson (Dark Peak) achieved three consecutive victories during the years 1980/81/82, while the late Ian Roberts and Malcolm Patterson (Dark Peak) have gained two each. All three have been record-holders, though the present record of 2.38.01 was set by Andy Trigg (Glossopdale) in the 1987 race.

1974 saw the inauguration of the Edale Skyline Fell Race (A: 21 miles: 4,500 feet) over Grindslow Knoll, Win Hill, Lose Hill, Mam Tor, Brown Knoll and back over Grindslow. Harry Walker (Blackburn) dominated the first five events and gained his sixth victory in 1980 after winning the Pendle Fell Race the previous day. His 1975 record of 2.36.03 stood till 1982 when John Wild set the present record of 2.35.16. A ladies' race was introduced in 1978, following the men's course to Mam Tor, then descending to the finish at Edale. Sue Parkin triumphed on three occasions, setting the fastest time of all for this course, 2.07.36, in 1982. Since 1985, ladies have been allowed to run the full Skyline route and Carol Haigh set the record of 3.12.56 in 1986.

The Chew Valley Skyline Fell Race (A: 13 miles: 2,000 feet), another Saddleworth Runners' promotion, was first run over the Saddleworth moors from Dovestones Reservoir in 1980, visiting Alderman summit, Broadstone, Ashway Stone, Featherbed Moss and Alphin: "a real bogtrotters" course, as the organisers describe it. Bob Ashworth (Rossendale) has had three wins in a row, 1981/82/83, the other victors having been three Horwich men, Mike Short, Brent Brindle (twice) and record-holder Ray Owen (1.45.12: 1985), also Malcolm Patterson and Billy Bland. Sue Parkin won the first four ladies' races over the full course and triumphed again last year, her fastest time of 2.06.47 in 1982 remaining unbeaten.

Members of the Dark Peak Fell Runners, who organise both the Edale Skyline and the Marsden-Edale, also promote two other long races, in addition to shorter events. The Glossop Fell Race (A: 22 miles: 4,200 feet) is run in conjunction with the local festival and the course involves 11 checkpoints over the moors to the northeast, including Higher Shelf Stones, Crowden Little Brook shooting cabin, Laddow Rocks and Glossop Low. Rob Pearson won the first two events, 1981/82, while Hugh Symonds (Kendal) set the existing record of 2.43.33 in 1984, the ladies' mark of 3.41.33 being established in last year's race by the Saddleworth runner, Sue Ratcliffe.

The Kinder Trog (B: 14 miles: 3,000 feet) circles the hills around Hayfield, via Lantern Pike, Mill Hill, Kinder Downfall, Brown Knoll, South Head and Chinley Churn, and forms part of the annual Hayfield Fell Race Championship, which also includes the Kinder Downfall, Mount Famine and Lantern Pike races. The 1988 Trog saw both previous records being demolished, the new holders being Bob Ashworth (1.46.07) and Karen Parker (2.14.22).

One female runner who has so far not been mentioned but certainly deserves to be is Holmfirth's Jean Lochhead, an outstanding all-round athlete who was particularly prominent on the fells from 1978 to 1980. Her clubmate Carol Haigh, another highly successful all-rounder, won both the English ladies' championship and the World Cup title in 1986, while the aforementioned Jackie Smith was the 1987 British ladies' champion and another Dark Peak runner, Clare Crofts, winner of both the English and British titles in 1988. Holmfirth's Andy Styan was the 1979 "Fell Runner of the Year", while Ray Aucott (Dark Peak) won the veterans' championship in both 1980 and 1982. Geoff Hall (Holmfirth) was the FRA Junior champion of both 1987 and 1988, while his clubmate John Taylor triumphed in last year's intermediate championship. Fell racing in the Peak District certainly seems to be in a very healthy state.

BOOK REVIEW

Safety on Mountains

An Approach to Mountain Adventure for Beginners

British Mountaineering Council

This is another excellent book on safety in the hills. What a splendid potential contradiction we have between safety and what we're all motivated to do in the hills. Let's be honest with ourselves. We don't just go to the hills because they're beautiful and peaceful. We go to get the adrenalin moving. Choose your poison; gripped in the Crypt with your fingers frozen, wondering whether you'll get out before nightfall, or bonked in the Borrowdale and a long way from home. The hills aren't safe. If they were they would be boring.

Read this excellent booklet and it will give you a great deal of useful advice every fell runner should be aware of, particularly the convert from the road who has not served his mountaineering apprenticeship. This booklet should be essential reading for you. But once you have read it and understood why it gives the advice it does, as a fell runner you then have to learn how and when it is acceptable to break the rules, whilst protecting yourself with an understanding of why they were formulated. On this matter, books of instruction are not easy to come by. I am not aware of any available publication on mountain safety for the fell runner. There is an opportunity here for someone. It is all about trading weight of clothing and equipment for speed and wisdom. Your metabolic rate keeps you warm without lots of clothing but you go lame, exhausted or hypothermic at your peril.

However, there isn't a spot in the British Mountains from where a fell runner is likely to need more than two hours to reach a road (one hour outside Scotland) provided that he can still run. If you run alone, as we all do frequently, then you should consider what your strategy is for a broken ankle with half-an-hour of winter daylight left on Black Hill, say. This booklet will not solve this problem for you. It makes it clear that you should never be in this predicament. If you don't know what you would do then you haven't served your apprenticeship.

In the meantime you should be aware of the advice in this booklet. Contravene it only when you have an alternative defence. This will be selected from fitness, experience and particularly an awareness that in some conditions you must move back towards the mountaineer's approach.

Rules were made for the obedience of fools and the guidance of wise men. If you believe that then you're a fool; or a fell runner?

KEITH BURNS

RUMOUR HAS IT

Rumour has it that the Three Peaks will be asphalted all the way round by 1992.

Rumour has it that with only a dearth of runners in some new Scottish races, clubs are kidnapping unattached runners to get team prizes.

Rumour has it that the Cullin ridge record will have to be reset to include the inaccessible skyscraper.

Rumour has it that the Green Bogie has finally silenced JABF's public pronouncement in Scotland.

Rumour has it that Martin Stone enjoys rare good British summers so much that he stays cool and sunbathes in long fell races.

Rumour has it that printers of the last magazine may have thought the enclosed FRA membership card could be used as a magnifying glass to read the editorial.

Rumour has it that most of the runners at the Wasdale race should have been disqualified for folding or defacing their numbers to obscure the sponsors name.

Rumour has it that some long fell races in the Lakes are discriminating against women by providing no prizes at all.

Rumour has it that the SHRA committee would like the Scottish Mountain Trial to be run over a marked course with a bad weather alternative.

DICTIONARY OF CLICHÉS FOR FELL RUNNERS

by Angus Pentland

Float the idea — Consider going for a boggy run in the rain.

Test the water — Slip while crossing a stream.

Take it on board — Stop for a drink from a stream.

Play it by ear — Wait till you can hear a fellow competitor's breath before changing pace.

Put it on the line — Make the ultimate excuse.

If you get my meaning — This race is definitely A category.

At this point in time — The critical moment changing broken shoe laces two minutes before the start.

Hit the nail on the head — Turn a somersault of melantee suicide.

Just let me say this — This race is too hard for me.

At the end of the day — When we reached the midway camp site.

The Bottom Line — Below the lower back bag.

How shall we progress this? — Who do we follow to the next checkpoint?

Just let me come in here — You dont mind me following, I'm lost?

Long Distance News Summary

Dales Way

Over the past few years, Dennis Beresford has made it quite clear that the Dales Way record is his territory. He allowed Mike Hartley to hold it for just two months before carving a further 50 minutes off in May.

Pennine Way

In the meantime, Mike Hartley's attempt on the Pennine Way record was drawing closer. After two years of planning and preparation, he was knocking out training runs of 90+ miles in the weekends preceding the attempt. On one of the hottest weekends for years, he set off from Kirk Yetholm. Two days later, I crossed Kinder on a beautiful Sunday evening to meet Mike who was now within two hours of success. A sunburnt figure wearing a Lawrence of Arabia style sunhat, a shirt with tails flowing over his shorts in the refreshing breeze on Kinder Edge, jogged steadily towards me accompanied by a small entourage of dedicated supporters. It was difficult to imagine that he had been running without any sleep for over two-and-a-half days. His feet, now clad in odd shoes, were obviously in a bad way and the rocks at the head of Grindsbrook caused a few tears as he lowered himself down each big step. I hadn't expected to meet someone who could stand unaided, let alone carry on a normal conversation but Mike was still amazingly alert and chirpy. Although the dry and dusty conditions underfoot were ideal (but at times painful), he coped with very debilitating heat each day and to take four-and-a-half hours off Mike Cudahy's record was one of the year's great long-distance achievements.

Robin Prince is definitely a hard man. On 15th June he set off from Edale with a 17-pound rucksack on his back. He was attempting to jog and walk the Pennine Way solo-unsupported in less than four days. He grabbed about three hours sleep each night in his bivi-bag and in disgustingly hot weather, arrived at Kirk Yetholm four days eight hours later, having eaten almost half the contents of his rucksack. His strict regime of 4 ozs complan with 2 ozs glucose alternated every four hours with 4 ozs muesli would turn the stomach of the toughest runner. In a disciplined way, he divided his ration into 12-hour packs which also contained bars of chocolate and vitamin supplements. He bought nothing *en route* and experienced great difficulty in finding enough safe water. Robin lowered Geoff Bell's 1981 record by 12 hours and "enjoyed" himself so much that he intends to go for sub-four days next year.

Munro Bagging

Rumour has it that Mike Cudahy has undertaken a multi-day running and mountain biking excursion in Scotland which included the most northerly, easterly, southerly and westerly Munros but at present I have no more details. A few days ago while browsing in a bookshop I noticed that Mike has written a book describing his ultra-distance exploits throughout the last few years. Could make a really good Christmas present for some of our Pudsey and Bramley readers!

Hugh Symonds has launched his plan to attempt a mega charity run in spring 1990. He hopes to complete all the Munros (3,000 feet peaks) in Scotland, England and Wales as a continuous run, beginning in the north of Scotland and finishing on the summit of Snowdon. In all he will climb about 300 peaks and his target is 100 days. He will be raising money for the Third World Charity, Intermediate Technology.

The Three 24-Hour Rounds — England, Wales and Scotland

In addition to the Bob Graham Round, Ramsay's Round in Scotland and the Welsh Classical Round complete a trio of similar "national" 24-hour rounds. It is commonly accepted that the Welsh and Scottish rounds are about an hour harder than the BG. Until this year, only one person had completed all three in under 24 hours — no prize for guessing who. As the Bob Graham appears to have become overused, it is good to see attention turning to these rarely tried challenges. Last year, one Rex Stickland proposed that his "friends" might consider tackling all three in a year but for a multitude of reasons, the plan faltered.

You will notice in the 1989 records below that two names receive five entries. Now examine the entries, dates and times in more detail and you are quite likely to be totally gobsmacked by the sheer magnitude of these achievements. Last year I remember Helene Diamantides mentioning that it would be "nice" to complete all three rounds within a year. It has taken her a mere 71 days to achieve this and each of the three runs took her less than 20½ hours. On 3rd June she carved two hours off Adrian Belton's record for the Welsh Round and on 15th July, accompanied all the way by Mark Rigby, they reduced Jon Broxap's 1987 record by over an hour. Her final run round the BG took over an hour off her existing record and the total time for the three rounds was less than 60 hours. What makes this even more remarkable is that Helene has only been running on the fells for three years

and completed her first long run, the BG just two years ago. All this begs the question, what is the motivating force (insanity?) that drives a person firstly to attempt three long runs in consecutive months and makes it possible to treat each as though it were their last?

Another glance at the record list below may reveal (some of) the answers. Adrian Belton receives two mentions but this hardly begins to make clear the scale of his achievement. While Helene was tackling Ramsay's Round, Adrian was busy extending the Welsh Round. Two weeks later, Adrian scorched Round Ramsay's taking a further two hours off Helene's time. Just 10 days later they both teamed up for a fast trip round the BG — three fast rounds accomplished by Adrian in a mere 29 days! One feels exhausted just documenting this and certainly, on the face of it, these achievements do seem difficult to believe. But, as Mark McDermott proved last year on his 76 Lakeland Peaks run, no record stands for ever and no one should ever have pre-conceived ideas about what is and is not possible. However, one certainty is that to achieve these sort of results, you really do need a small but pretty skilled and dedicated group of friends to help you.

The LONG DISTANCE AWARD is the FRA's annual presentation for the year's most outstanding ultra-distance fell achievements. It will be presented at the Annual Dinner on Saturday, 11th November. Worthy performances will be considered by the committee in early October and so to make sure you're not forgotten please send details of record-breaking runs to:

Martin Stone, 12 Moorlands, 103 Garstang Road, Preston PR1 1NN.

RECORDS MAY-AUGUST 1989

England

Dales Way: 81 miles	12 hrs 44	Denis Beresford	14/5/89
Pennine Ways: 270 miles	2 dys 17 hrs 20 mins	Mike Hartley	21-23/7/89
Solo-unsupported	4 dys 8 hrs 39 mins	Robin Price	15-19/6/89
Bob Graham 42 Peaks			
Women's Record: 60 miles and 2,700 ft	19 hrs 11	Helene Diamantides	12/8/89

Wales

Welsh Classical Round: 47 peaks of Snowdonia, 61 miles and 27,700 ft	20 hrs 08	Helene Diamantides	3/6/89
Extended Welsh Classical Round including the five extra 3,000 ft peaks: 69 miles and 29,200 ft	22 hrs 00	Adrian Belton	15/7/89

Scotland

Ramsay's Round: 24 Munros from Glen Nevis, 60 miles and 27,000 ft: Women's Record	20 hrs 24	Helene Diamantides	15/7/89
Men's Record	18 hrs 23	Adrian Belton	2/8/89

PENNINE WAY IN IVi DAYS

No, it hasn't been done just yet, but this must now be the target for ultra distance runners. 21st July, 3 am, saw Mike Hartley, wife Gill, Clive Russell and Frank Yates set off from Kirk Yetholm, to arrive at the Nag's Head, Edale the mere matter of two days, 17 hours, 20 minutes, 15 seconds later. Only Mike can claim the record, the others took the easy (?) way out and completed the journey by car. Mike Cudahy's four-year-old record was blown away by Mike H, at his first attempt. (Mike C had six tries before becoming the only other man to break the three-day barrier.)

12 months training

It might have been a first attempt on the PW but 12 months training and route checking had been put into the attempt. A training schedule of up to 170 miles per week was seen through the winter and Mike's performances on long runs would have satisfied many. The Southern Upland Way record (212 miles in 55 hours 55 minutes), Dales Way record (81 miles in 13 hours 34 minutes), Staffordshire Way record (92 miles in 16 hours 10 minutes), Fellsman 1st in 10¼ hours, LDWA "100" 1st by over one hour and West Highland Way over two and-a-half hours inside the previous record were all part of normal training.

North-South route choice

That's a fair background that didn't prevent him (and us) feeling s.t. scared in the early hours of Friday morning. A North-South crossing was chosen for two good reasons (1) the 29-mile section over Cheviot could be

covered when fresh and not needing much support and (2) the psychological boost of "running home". The weather had been good for weeks before, although showers were forecast but in the event none materialised. The Way was dry, very dry. A fine balance exists between good and bad conditions. Much of the route was stoney and hard, leading to sore feet; but to counter-balance this was the dried out bogs, with beaten paths appearing. Not having to waste energy pulling tired legs out of a glutinous mire was probably a major reason for success. To combat dehydration every one of the 20 pacers who turned out were given substantial water rations and orders to make sure Mike drank hard and often.

Four mph average

Mike had worked out a schedule starting out at five and-a-half miles per hour, reducing by a ¼ mph after every 27 miles (one-tenth distance). This was remarkably accurate and apart from one and-a-half hours lost on Cross Fell and High Cup Nick on Friday night Mike ran almost exactly to his estimates per leg. In fact with no time allowance built in for food/rest halts, which swallowed up over three hours at the forty plus support points, his actual running pace averaged over the four mph originally planned. No sleep was included in the estimated time and none was taken. There was one

food. Rice pudding, of course, with a plethora of fruit/cake additions during the day, and his night food was usually pasta and cuppa soup constantly stewing in a food flask. Milk of Magnesia tablets helped digestion and kept up Mike's appetite. NO electrolytic drink was taken and he didn't seem to suffer from its absence.

Relief at Snake Summit

The final check at Snake Summit was passed with an atmosphere of relief. Nothing could stop him now — the cars had gone, so he had to make Edale. We noticed the lump in his throat (and tears in his eyes?), perhaps the enormity of his efforts were coming home to him. This may have helped him to run up Mill Hill and across Kinder, but the descent of Grindsbrook was purgatory.

"Gathering of the Clans"

The weekend had been an excuse for a "gathering of the clans", with many long-distance specialists turning out to check on progress, offer help, or just gossip. We all enjoyed ourselves and now that the soreness has eased so did Mike. The only question remaining — is it possible to go faster over this



Mike Hartley crossing Kinder Plateau to Grindsbrook — Photo: Martin Stone.

drowsy patch south of Skipton but Tom Robertshaw and Peter Geldard upheld the reputation of Clayton's hard men and pulled Mike through. Roadside stops were also kept to a minimum, two of 18 minutes were the longest "allowed". These were at Alston (fish and chips and feet) and Horton (feet again). Clive had become something of an expert at patching up Mike's feet. There were few blisters, just a general soreness which could only really be alleviated by extra padding. Coming off Stoodley it was apparent that some more drastic action was needed, and cutting holes in shoes was advocated. The only time he (temporarily) forgot the pain was when Anne Standiford's ponytail was seen in the distance. For five minutes all the problems were forgotten. Is this the way to record a fast time — or does it count as outside assistance? A spot of lateral thinking came into play here and after a bit of experimentation Mike finished up with one of Pete Simpson's size 10's on his right foot, and a size eight on his left. This is all that could now be done with his feet and Mike just had to grin and bear it over the last 40 miles.

Regular supplies of pacers and food

The atmosphere outside the Border Hotel had almost been one of fear, and virtually every part of his body ached. Gradually as the miles passed his body became accustomed to the incessant pounding, and running became easier. We were told that Saturday had been the hottest day for 19 years, and certainly the heat reflected from the newly graded path up Pen y Gnent was intense. By this time Mike, and his supports, were forming the opinion that he would finish the run. The only doubt was by how much the record would be broken. A regular supply of fresh pacers helped, as did a wide variety of

distance/terrain? Conditions were just about ideal, and the months of preparation were well rewarded. It is a daunting task, but the challenge is down — who can do two and-a-half days?

FRANK YATES

PENNINE WAY RECORDS

Following publication of the above-titled article in *The Fell Runner*, June, 1989, Martin Stone suggested that I might have included Geoff Bell's solo, unsupported traverse in four days 20 hours 49 minutes during July, 1981. While I believe that the article lived up to its title (in that it recorded the fastest time over the route), on due reflection, I agree with Martin that Geoff's splendid effort should have been mentioned. It did, in fact, win for him the first "Achievement of the Year" trophy awarded by the Bob Graham Club for the most outstanding endurance event, which must be at least equal to the Bob Graham Round, in the UK. My apologies to Geoff for this omission. Incidentally, his own brief account of this epic is included in the excellent *Ten Years Of Dark Peak Fell Runners* book, reviewed in the last issue.

Robin Price of Clayton-le-Moors Harriers completed a solo, unsupported Pennine Way traverse in four and-a-half days earlier this summer. His original schedule was for three and-a-half days, but he was slowed down by the hot weather. Well done, Robin.

Finally, details of Mike Hartley's new Pennine Way record appear elsewhere in this issue.

BILL SMITH

LONG-DISTANCE TRIPTYCH

An emerging goal of long-distance challengers has been to complete the three British rounds in one season. Far from this idea being "dreamt up during a wild night on the beer" as many might believe, business rather comes before pleasure and doing the triple has as one natural consequence the opportunity and excuse for three such nights as reward if all goes well, not to mention three memorable days in the wilder parts of Britain.

One Woman's women's records

Helène Diamantides got her attempt off to a fine start with a sparkling 20 hrs 8 mins Welsh round by the classic Paddy Buckley route. By July she was ready for the Scottish example from the trio, Ramsay's round of Lochaber. This was set up by Charlie Ramsay in 1978; 24 Munros in 23 hrs 58 mins — a very coolly calculated schedule! Prior to 1987, only Eddie Campbell and Pete Simpson had repeated it, though both in excess of 24 hours. Then Martin Stone extended it to an as yet unrepeated 26 Munros with a fine solo effort soon after which Jon Broxap established a 21 hrs 34 mins mark for the unconventional clockwise circuit.

Helène was to go clockwise also, in a low-key attempt involving just three supporters. The one-man one-job ethic of the newly formed pacers' union, Solid'Arrty, will doubtless soon outlaw the doubling up of duties that led to Mark Rigby acting as sherpa, navigator, victualler, secretary, photographer and companion throughout, a single shift outside the limits even of flexible rostering. After a blistering start up Ben Nevis in 1 hr 30 mins, her commitment was never in doubt as the fast pace was maintained along the Grey Corries and the hills west of Loch Trieg. While she descended these, a golf GTi was seen to scorch up to the dam support point; clearly the speed of the runners is no longer necessarily the rate-limiting "step" — ironically, this very point had been proved just a few moments before in Wales as Adrian Belton, ahead of schedule on the first leg of his Welsh round that same day, arrived at Aberglaswin 30 minutes ahead of his support.

Over Ben na Lap in scorching heat, Helène was half-an-hour up on Jon's schedule, with the union rep a few seconds adrift.

And so to the second support point at Loch Eilde Mor, where Martin Stone and Rob Brown were ready with the cold buffet. Despite tiredness on the Mamores, with Martin's expert pacing and Rob's exquisite summit tea near the end the margin in fact increased to over an hour by the finish and Helène as fresh as if she'd just been to the hairdresser's. Her and Mark's time was 20 hrs 24 mins; Jon's long rests had surely been detrimental. So back at Glen Nevis before closing time, and a bar conveniently to hand for the celebrations. A large space was made to magically appear for the party to collapse in by the simple expedient of not bothering to change first.

One Man's men's record

So, for Helen, two down — with records to boot — and one to go. But what of Adrian, last mentioned enjoying his enforced time-out in a Aberglaswin lay by? At least he was taking the precaution of adding extra hills (the more sporting 3,000ers) so as to claim a new round if things got tight *vis-a-vis* lowering the women's record. He duly went on to get round in a very fast time of 22 hours for an extended route, despite the temporary absence of a tin-opener, or maybe because of: supporters are shrewder than exasperated runners might imagine and there's nothing like being separated from Ambrosia, with or without a capital A, by a thin layer of tin to get the adrenalin going.

Trouble with the Union

Scotland was next on Adrian's list with an opportunity given by the Scottish six-day orienteering event, its inappropriately named rest-day being the focus, and hopefully an ample supply of willing pacers. It says much for Helène's deserved reputation that he again chickened out of a direct attempt on the new women's record and opted to try reducing Charlie's "softer" anticlockwise mark. Besides, her record was but two weeks old and there's such a thing as chivalry.

Alas, he hadn't bargained for a run-to-rule by Solid'Arrty. The crew assembled for the job included railwaymen (sticklers for working to schedules), dockers (unloading and loading at each port of call according to strict rules), and renegades from NALGO (time wasting with many official forms, especially at summit meetings) and the BBC (always demanding better conditions). Much free collective bargaining on the Tuesday eventually allowed terms to be agreed upon, and he set off along the Mamores with top-steward Addis at 2 am in unpromising mist that accompanied them virtually the whole day. The pace was fast in spite of this, doubtless to ensure reduced overtime payments.

Union disinformation about a split time beyond Loch Trieg merely spurred him and Kevin Harding to greater heights (namely Ben na Lap 50 minutes early) but only to find no support down at the dam (this union chapel didn't have a GTi). They arrived, with tin-opener, moments later and to their credit leapt to action stations without the threat of redundancy being necessary. Mark Elsegood and Mike Greenwood pushed it along the remainder of the route so that extra drinking time could be gained for the blue-belly workers at the finish. Gaffer Belton meanwhile could claim an incredible new record of 18 hrs 23 mins for Ramsay's round, and that in mist. Poor Lady Helene Grey-Corrie, 18-day Queen of Lochaber; at least she didn't get her head



Helene and Mark descending Binnen Beag on the Mamores — Photo: Mark Stone.

chopped off unlike Jane Grey whose own brief reign was also in mid-July (1553; who said long-distance accounts lacked historical content?).

Individual honour a Moot point

So all square at two each. All that remained was that trot round the lakes of which its originator had said "anybody should be able to do it — provided they're fit enough". Needless to say, our two heroes were still above-

averagely fit despite the recent punishment they had subjected themselves to, and they finished together at the Moot Hall in a steady 19 hrs 11 mins. Altogether a phenomenal performance, all within 28 days in Adrian's case and not much more for Hélène. With so many individual records set at the same time it isn't clear how the whole could be improved upon. So what *is* next on the long-distance agenda? Maybe it's time for another wild night on the beer for ideas after all!

MARK RIGBY

FIVE MINUTES ON EVEN THE NICEST MOUNTAIN

(is an awfully long time)

RAY C SHRED

The choice — the Ss

As we stumbled down Golden Clough towards Edale, at the end of a South-North attempt on the Pennine Way, Dick (one of the other pacers) asked what challenge we were planning for next year. Whilst restraining our South-North contender amongst the rugged rocks, I was able to reflect. What was there left for the long-distance man? I had done the Bob Graham in all three directions, I had done the Paddy Buckley (in Welsh and in English), the Pennine Way, the Dales Way, the Family Way, the Coast to Coast, the 3,000 foot Munros, the 2,000 foot Marylins, the Fourteen Peaks, the Thirteen Peaks, the Half-Dozen Peaks and many, many more. What stood out as the completely ultimate challenge? I laughed as the ambulance pulled out of the car park, the contenders face contorted against the window; turning, I said to Dick the Pace "Don't worry, I'll think of something."

Between Wansfell and the Greenmantle Dash I studied "The Readers Digest Guide to Gradely Walks". Between Benson Knott and Carnethy I studied "Classic Walks". Between Titterstone Clee and Long Mynd, "Big Walks", "Even Bigger Walks" and "Walks That No one In Their Right Mind Would Even Attempt". Yet nothing save my knee joint clicked. It was the day after the day after Chew Valley, whilst lying in the Phlegm-A-Go-Go health club, solarium and massage emporium in Todmorden that it struck me. What about an attempt on the summits over 2,400 feet beginning with the letter S!

During the long winter night that followed, I paced the floor with my calculator, its ghostly green figures lighting my path in the dark. By dawn I was able to change to a light-weight abacus and sped on my way. As I wearied at the end of that short winter's day, I was down to using my fingers, yet somehow, superhumanly, I made it. Twenty three hours 59 minutes later, I had written the first sub-24 hour schedule. The attempt was on!

Preparation and gunshot wounds

A number of niggling injuries over the spring hampered my training. Shin splints in late March reduced my mileage to less than 100 mpw: A sprained ankle and greenstick fracture of the fetlock put the schedule back a couple of weeks. By mid-April I had incurred three gunshot wounds and missed two long Sunday runs. A heart by-pass operation in May again reduced training, but by June I was feeling as good as I ever had.

A series of messages and phone calls were needed to arrange the pacers. Dick the Pace was signalled by Addis lamp from the foreshore of the Capodi-Monti to recall him from the Round The Horn One Peak Yacht Race. Dirk was faxed in his office in Croydon but still managed to pull himself together. Diana responded to a beam from a searchlight, shone in the shape of a cricket box over Botham City. And finally, that old stager Disraeli gave up his job as Prime-Minister from 1874 to 1880 just to accompany me over the tougher sections.

Delayed start: Dick locks himself in the car

Due to nerves and Dirk's tummy trouble (Gastritis Krakatoa) we slept very little the night before the big day. Nevertheless, at 3.18 am precisely we were up and ready. To achieve success, we acknowledged that it had to be run like a military campaign. "Just like Gallipoli?" suggested Dick. We all agreed. At 03.30 on the dot, we set off. Disraeli's rucksack strap broke at the roadside, so we regrouped, 03.31. As we climbed the stile, Diana's bra strap broke, so we all stopped to watch, 03.35. This time we were away. Well nearly. Dick had forgotten the map, so we waited while he fetched it, 03.40. At 03.53, a banging from across the road signalled that Dick had locked himself in the car. 04.15 he was free. 04.16 was our first scheduled food stop, so we changed socks and Y-fronts whilst eating rice pudding, date pudding, figgy pudding and steak and kidney pudding. A chilled bottle of the 1984 Cote de Tunisie and a box of those mint chocolaty things in individual envelopes finished off our meal. Six am precisely, and we climbed the stile onto the hill side.

Chateau Parc'all on Sergeant Man

The long haul upwards through thigh-deep heather was quickly rewarded with an exhilarating run along the ridge to the East, followed by a run along the same ridge to the West, and a pause to refer to the compass, the schedule, and Dirk's A-Z. By now the sun was up, up in the strato-cumulus, a sure sign that we would have some weather. With whoops of joy we came across our first summit, Sergeant Man. Disraeli opened a bottle of Chateau Parc'all to celebrate, and as we sipped its pungent Ragworth flavour (Asda £1.99) we studied the schedule. Surprisingly, Dick then remembered that he had to

return an overdue library book and disappeared off downwards at an astonishing rate.

Cags, mufflers and cloth caps

For the next section we donned cags, as there was a hint of damp in the air. Barely losing three hours off the schedule, Dirk paced us on to Shelter Crags, and we smiled approvingly at each other. Diana opened a bottle of Glen Miller 12-year-old malt whisky as we studied the way ahead. Surprisingly, Disraeli then remembered that he had to make a speech on the annexation of the Transvaal, and he descended at a steady pace towards the valley.

For the next section, we donned mufflers and cloth caps as there was a hint of smog in the air. By dint of Dirk's extent we circumnavigated Bassenthwaite, Seathwaite and Thwaiteonsea to reach our first valley crossing. There was no vehicle, just a message waiting for us that that our support car had been wheel clamped in Ashton-in-Makerfield so would most likely be a little late.

Dick-the-Pace re-met then lost

We quickly changed socks and lacey French knickerettes, and ate as we ran. The rice pudding went down well and came up better. Great dollops of Royal Jelly were consumed and washed down by sparkling beck water (laced with heaps of Intra-Steroids). Over the rocks and on to Skiddaw, down, round and up and under to Scafell; we were moving fluently. Going over Steeple, we re-met with Dick-the-Pace, who was discussing oblique ironic assertions of validity in poetry with Stephen Spender. Without a word he grasped his compass and led us unerringly down to Wasdale. Whatever happened to Dick, we will never know, but Spender led us on to Seat Sandal whilst reciting occasional lines from Audens "Ascent of F6". From here, Louis McNiece took over as pacer, and took us up the screes to Slight Side, from where C Day-Lewis, despite early Marxist expectations, forced the pace to put us back on schedule. However, by the time the Kirkstone Pass was reached, I was feeling pretty debilitated. Diana, a brick as ever, fed me with a dozen Oldham oysters and gave me her renowned version of the "Naylor Shake".

Clichés obscured in the velvet curtain of night

Feeling a little better, though emotionally traumatised, Disraeli, back from his epic speech, took over and led me into the night section. Here we donned sou'westers and waders as there was a hint of tempest in the air. As the velvet curtain of night drew across the scene I found it hard to see the clichés I was writing as I ran. All became an imprecise blur. Fleeting memories of clambering over unseen boulders, rain flecking head torches, trig points by braille, stuffed trout in whortlberry sauce by candlelight, until at last the first pink flow of dawn suffused the Eastern skyline as we descended into Stevenage town centre. Dirk mumbled his apologies, and Dick blamed a faulty compass. Tired and wet, I barely had the energy to curse them both, we were now 16 hours behind schedule. Undaunted, Diana took the lead and led us to the summit of the Co-op Insurance building, where we opened a bottle of Old Nkrumahs Winter Warmer Ale. The undulating ridge, with its sheep cropped grass, took us to Staines and the top of the Charles De Gaulle Memorial swimming baths, with its fine neo-classic façade. Then, instead of following the ridge, we descended through Ullswater to South Shields (Les Merdes Casino for the incurably optimistic) and up to our highest point the Non-Ferrous Metals Design Centre, Stroud (missing out Stara Zagora, central Bulgaria due to an error by the Ordnance Survey).

High Tea on the move assures Sub-24 schedule

Now all that was left was to retrace our steps back from whence we came. Suddenly, Disraeli realised that it was time for high tea, but that by eating on the move we could still get a sub-24 schedule. So as we ran we tucked into crusty bread, fresh lettuce, crisp tomatoes, hard-boiled eggs, home-cured ham, lashings of auntie's scrumptious home-made apple pie, and Timmy the dog. We continued alternately walking, running and taking Beechams liver salts, stopping only briefly to change our socks and skimpy amateur status. We were almost there. With a mile to go we passed the support car surrounded by grim-face members of the SPG; with half-a-mile to go we passed W H Auden himself in determined conversation with a time-share salesman; with 100 yards to go, Dick the Pace said he couldn't go on, and didn't. Around the corner, and there it was, the finish, the Penrith branch of Tesco's. A quick sprint and it was done. A great day out in different company.

TOP TO BOTTOM, SIDE TO SIDE

by Chas Ryder

The Plan — An Extended Cambrian Way Relay

Whether it was the selectiveness of human memory in expurgating pain or that the club had radically changed its membership since 1984 is not certain, but when it was suggested in the Christmas newsletter that Mynyddwyr De Cymru attempt another challenge relay, the response was overwhelming.

In 1984 MDC had set the record for Offa's Dyke and this time something more ambitious was sought. As it turned out, what was chosen does not even exist. The Cambrian Way, though long talked and written about never finally became a designated long-distance footpath. Undaunted, indeed encouraged by such bureaucratic trivialities we set about tailoring the acknowledged Cambrian Way to put own needs. We eliminated some of its more Silvan ways and added a number of tops in keeping with a real fell running challenge and our own criteria for a good weekend. So instead of covering just some of the summits over 2,000 ft in South Wales we included all the South Wales' Traverse, and by logical extension all the tops over 3,000 ft in the North (as well as the Way's original summits, the Moelwyns, the Rhinogs, Cader Idris, Waen Oer, Plynlimon, Mynydd Cemaes, Sugar Loaf and Blorenge). From the top of Wales at Conwy to the bottom at Cardiff, touching the West coast at Barmouth and the Eastern border on Offa's Dyke — top to bottom, side to side. At 300 miles and nearly 64,000 ft of descent it appeared to be one of the toughest relay challenges in Britain to date.

The attempt starts

Despite the week prior to the start being like a re-run of the 60's (people kept dropping out) at 3.30 am on Saturday, 17th June. Kay Lucas and Tim Wood left Conwy Castle clutching a piece of the castle wall-pegble not boulder size. This symbol of running, friendship and cultural unity was intended to be carried all the way to Cardiff but finally disappeared somewhere near Ogwen into the depths of a sweaty bum-bag amongst the bits of glucose tablets never to be seen again. Although sustaining a heavy fall in the half-light of Conwy Mountain Kay, along with Tim set Adrian Belton (globe trotting nautical fell runner) and Alison Wright (only days after the second fastest Paddy Buckley Round) off over the Carneddau. By the time Martin Lucas and I were running over the Glyders the temperature had already risen into the 70's where it remained for the rest of the weekend. The Snowdon section at 11 o'clock in the morning was like the M25 and the summit trig point was never even seen for the mass of humanity clinging to it. Fred Parry's appearance in Bryn Gwynant was quite startling as he was giving a very fair impression of Dorando Pietri in the 1908 Olympics. It was already afternoon closing time when Chris Gildersleve and Simon Bleas arrived at the Oakley Arms, Maentwrog and despite it being like a hot day in the Gobi Desert, Wheeze with all the skill of a blind water diviner had managed to throw himself into the only remaining bog on the Moelwyns. Tim set off up his second "tarmac Everest" of the day and Bob Marshall and Derek Thornley ran the stage over the inhospitable preamble to the Rhinogs, puncturing a basking Adder full of stud marks *en route*.

Bus 2 takes over

At the idyllic Cwn Bychan Bus 2 took over from Bus 1 (the relay attempt being organised using 31 runners, 6ne dog, three mini-buses, nine cars, one camper van and almost no yachts at all) a logistical nightmare at times. Pontypridd's oldest teenager, Byron Thomas literally sprinted up the Roman Steps to pass over the task to Les Williams and Norman Jones who had the unenviable chore of the "rough Rhingos". The ridge was a battle for footing and time but beyond Y Llethr the pace speeded considerably. They came down from the hill as the last of the holiday-makers strolled off Barmouth beach, and Gareth Buffet and Jonathon Gibbon took the relay back up into the hills and the dark. Another pub closing time passed by as Mark Saunders and Alice Bedwell ran the ridge of Waen Oer five yards to the side of the path so as not to make it too easy. Into yet another valley and back up again. The

initial climb of Esgair Ddu was done by Les and Byron at stupendous speed despite the blackness. Only minimally slower was the farmer running behind them who had mistaken their nocturnal ramblings for those of sheep rustlers (faster than the speed of a shot-gun pellet?). The moon though up and full, was hazy and unhelpful, and quite what went on amongst the elephant grass and bogs of Mynydd Cemaes may never be told but the two runners finally emerged nearly three hours later, 10 years older and unspeaking. At last Bus 2 was seeing daylight, a great relief as according to the original schedule much of their running should have been done in sunshine. Hours of careful prior route checking paid off as Dick Crawford took a fine line over Plynlimon and after a night of solitary effort Bus 2 found Bus 3 waiting like a blind date under the clock at Waterloo. Everything was slotting into place.

Bus 3; first section starts

John Darby steamed down the road from a lay-by on the A44 to start Bus 3's first section of running. Despite not taking his eyes off his watch for the whole of eight miles of steep climbs and switchback moorland, he puffed into Cwmystwyth in just over an hour. The next leg was a boggy and complicated one over Domen Milwyn and around the Teifi lakes into Strata Florida but once more John Wilson and Peter Evans' thorough recceing held them in good stead and they completed their effort well within their expected time. So on into the heat of Sunday morning, John Gilliard with son Matt typifying the club's resolution in running undeterred by a broken bone in his foot. Stuart Rochford and Ray Eagle were well pleased with having been chosen to run the picturesque Doethie valley and pushed hard over their 10 miles to meet up with the waiting Bus 1. Their first day's effort over, Bus 3 went off to relax but having coped with all the exigencies of mountain, moor and heat, being the only all-male bus they had greater difficulty in coping with the Nabokovian delights of the Elan valley reservoirs (in between legs?).

The road section through Llandovery to the start of the Brecon Beacons was dispatched by leap-frogging runners in short stages to reach Adrian Belton and Paul "Kipper" Hampson. Their speed over Bannau Brycheiniog was phenomenal and one hour and 38 minutes later they ran into the Towy valley with its crowds of Sunday trippers. Inspired by their run the club now got the communal bit between its teeth and though with still 117 miles to go we felt we were heading for home. Summit after summit of this green desert was passed in the blistering heat, each stage turning from a long sweaty torture into a brief but cherished memory for every runner. Our original schedule, which considering the length and difficulty of the route was at its best knowledgeable speculation now looked like a piece of failed clairvoyance. Consequently we were losing runners to the Monday morning call of Mammon. Enthusiasm and determination fluctuated wildly and late on Sunday evening when it looked like it could all come to a grinding halt, MDC's whole junior section, Keith Jones turned up from nowhere to plug the missing gap and onwards into the second night we went.

The Black Mountains passed in the black

Bus 2 now was running on a combination of batteries, stamina and paranoia as once again their daylight legs were all in the dark. The short straws were getting shorter. They were night blind and almost too tired to think what the 7%*S they were doing. But they did it. The whole of the Black mountains were passed in black and only on the Sugarloaf did things appear sweet again in the light of dawn. Thus by breakfast time on Monday the high hills were behind us and we were crossing familiar valleys via esoteric change-over points such as the Chinese Take-away, Machen. As legs got tired smiles got broader, what had once appeared as a chimeric idea on paper was now almost a reality. The final trig point was passed at 9.05 and as Martin and Stuart ran along the river Taff as many of the survivors gathered in the parkland outside Cardiff Castle. The last change and together we all ran the one and-a-half miles into Cardiff's main street and up the drawbridge to the castle. It was 10 past 10 on Monday morning, 54 hours 44 minutes and 47 seconds after leaving Conwy Castle. Champagne corks popped. Three hundred miles of non-stop running. Tourists looked bemused. Statistics flowed, an average of 11 minutes miling, 215 ft of ascent per mile, day temperatures averaging 77 degrees. God knows how many summits. Days and nights of everything focused on the one achievement, the one end, then suddenly it was over and done, and there was nothing left but to go home.

Nearly a Success But Not Quite — THE BRECON BEACONS TRAVERSE on 29/7/89

Withdrawal symptoms and choosing a round

With so many great feats of endurance on the fells recently, I suppose it was inevitable that I should be suffering withdrawal symptoms after two years without a good long challenge. Fitness had returned suddenly and rather unexpectedly but the great plans for Summer races abroad had by then been shelved. Faced with this vacuum, I felt the need to go out and prove myself again.

There were few suitable routes to choose from at short notice and the Brecon Beacons Traverse, a crossing of the 31 summits over 2,000 feet in South Wales, was the obvious choice. I had reced the first 30 miles three years ago with Frank Thomas. Much of the rest I paced on Adrian Belton, Mark McDermott and Andrew Addis' record-breaking attempt in April 1988, which left only a few miles of unknown "joins". The traverse isn't too long a route and "the wheel on the map" confirmed my suspicion that the 88 miles regularly quoted was a gross exaggeration — 72 miles and 17,000 feet of climbing shouldn't ruin the rest of the season for me.

I was conscious of the fact that most of the potential pacers were completely "paced out" by now and besides, it was unfair to expect four days notice to yield much useful support. A half-hearted suggestion to my brother that he might enjoy a weekend driving round South Wales didn't meet with his approval!

The epic stone approach

So surprise, surprise — it has to be the solo-unsupported approach (in the best of epic stone traditions). It is more than 40 miles as the crow flies from the start to the finish, so novel tactics are adopted for this adventure — more about that later. My aim is to break the trios' record of 17 hours 15 minutes and their schedule will provide the driving force for my attempt. Having witnessed their run the previous year, I firmly believe that the slower start necessitated by the weight on my back and extra duties will be balanced by a stronger finish across the Black Mountains. Maybe I can just break 17 hours?

My preparation for the challenge is not ideal with a seven mile fell race on the Wednesday evening. Thursday is a shall I or shan't I day leaving only Friday to plan the run, prepare maps and gear and travel to South Wales. Arriving at Llanthony Priory about tea-time I book myself in at the local, the Half Moon for B. & B. the following night. Over a pint, I explain my plan to the lady innkeeper who (being a little sceptical) suggests that I leave a sizeable deposit! She promises to take good care of my push-bike, panniers and spare clothing and I bid her farewell.

A 65-mile drive westwards, interrupted by a further stop for beer and pasta brings me to Pen Rhiw-wen, a windswept 1,600 feet col on the A4069, the start of the traverse. Low cloud enshrouds the col and in the gathering gloom of night I'm a very lonely person as I erect my tent close to the car. I feel a heavy burden of responsibility resting on my shoulders to make this a creditable performance. Getting into my pit, safe from the elements with a brew, works wonders for morale and I doze fitfully until 3 am, drinking copious amounts of water to hydrate adequately after two days heavy stacking. I'm woken occasionally by late-night revellers from The Valleys who pull onto the parking spot but thankfully drive off without causing more aggravation than hooting their horns and shouting abuse at me. This nocturnal activity only goes to confirm my worries about leaving the car unattended at this wild spot for two days.

Day 1 - Saturday, 29th July

Up at 3 am, a light breakfast and drop the tent. I sit quietly in the car listening to some Elgar, awaiting the appointed hour and musing on why I need to make life so hard for myself instead of being a more sociable person and bringing some friends along to share the "experience". It's still too dark and misty at 4 am, so I postpone the start for 30 minutes.

The start

Take a deep breath and go — bearing 123 into the gloom and clag of a damp and miserable morning. Aggravation after 400 yards as my torch fails and a few minutes are lost to the first summit, Garreg-lwyd, as I try unsuccessfully to bash it into life while slipping on wet, barely visible rocks, unable to read the map or compass. The problem is compounded as I then try to counter Foel Fraith and become hopelessly mislaid in the mist, without being able to see my navigation aids clearly. Eventually I recognise the ridge running north to Gareg Las, so more by luck than judgment I'm back on course and its now light. Not a good start and so annoying to lose 14 minutes early on for reasons other than fitness. Mist, drizzle and a fresh breeze are the pattern for the first seven hours but conditions underfoot are wonderfully dry, so much so that pools of fresh rain water sit on the impervious surface of the hard peat. It is very good eating weather and I earn a diploma from the McDermott School of Combine-Harvesting; quiche, apple pies, chocolate, sandwiches and eccles cakes consumed in any order — most enjoyable.

The biggest navigational cock-up of my life

Early errors should concentrate the mind, they always have done in the past. This doesn't however prevent me now making the biggest navigation cock-up of my life. After making good time across bleak moorland from summits 2 to 5 I err about 200 yards to the south while dropping off Fan Hir to cross my first minor road after 2 hrs 25 mins. That in itself is no problem and I then climb 500 feet to cross a flat-topped spur before descending the other side towards the A4067, trending slightly north to compensate for earlier error. Emerging from the mist, I see houses below me where there should be none and the valley appears to slope the wrong way. My suspicion of impending disaster grows as I cross enclosed land and drop onto the road, not a wide A road but to my astonishment, a country lane. A few yards along, a farm sign for Llwynrhyn and total nightmare follows as the dreadful truth dawns on me. I've climbed the spur, turned 180 degrees while crossing it in mist and not only descended to the road I crossed some 20 minutes earlier but I'm now 3/4 mile further away from the A road. Initial reaction is go back to Preston *immediately* but its only 7 am and as car and bike are in different parts of South Wales, this is not such an easy option. I'm resolved to continue and channel all my aggression into a second attempt to cross the spur followed by six minute mileing up the A road to the foot of the next summit, Fan Gihirych. I am now 35 minutes down after three hours' running but sense that when I'm not busy getting lost, I run at close to schedule speed! The next four hours are remarkable in that I don't get lost and actually recover by 10 minutes while running across the Brecon Beacons, hills I haven't been on for 12 years.

On Fan Fawr, the summit before Storey Arms, I pass a soldier sweating his way to the top carrying a colossal rucksack not dissimilar in shape to a sack of coal. Maybe it is a sack of coal? He's dressed in full combats. I'm in tee shirt and shorts and its pissing down. At the summit, two army officers lying in bivouacs subject me to a brief interrogation. "Are you safe dressed like that up here in this weather?", one asks. "Yes, I'll be off here in a minute," I answer. "Er, you do realise that you're moving towards an extremely dangerous and sheer cliff face don't you" says the other. "Look mate, I'm all right, you take care of your soldiers, I'll look after myself", and feeling somewhat aggrieved at their arrogance I descend to the Storey Arms, 1,000 feet below.

The sun burns away my remaining mist by midday and views open out of the final mountain sections across the Black Mountains, some 10 miles distant. While descending from Allt-lwyd, the final summit in the Beacons, to the dwellings at Abercynafon, I glance across to the river bed in the main valley and it does look very dry. Minutes are lost bashing down through a 300 foot band of six feet tall bracken. This is an unexpected problem which hampers progress on all the major climbs and descents from now on. I must pick up enough water in this valley to last me three hours, until I've completed the long road section which I'm not relishing. To be on the safe

side I call at one of the houses where I learn that the entire water supply for the valley has dried. The lady very kindly fills my container with bottled water and as I ford the bone-dry river bed a few hundred yards later, I realise that luck is with me.

Time gained

Time is gained on the long climb to Cefn Yr Strad but a machete would be worth another five minutes. Near the summit I meet three small groups of runners who seem to have become separated. There's a great deal of shouting and gesticulating in Welsh so I don't get involved. Running nine miles on the road wearing Walsh Raids and carrying a rucksack in the heat of the day is not my idea of fun, especially if you've been bashing away for as many hours already. The undulating lane leading eventually to the attractive bridge over the Usk near Llangynidr is pleasant enough but even the slightest hump provides the excuse which allows me to walk. The two miles along the A40(T) are a grind and with morale taking a knock it must be time to break out the first luxury item I've ever carried on a solo run — a tupperware container of rice and fruit. It really is the business, absolutely gorgeous stuff. A litre more water picked up from a house in Tretower is consumed within a mile and at Cwm-gu, the end of the road section, I find to my dismay that the next stream lies over a wall, out of reach in a ravine. On the long trudge up a track leading to the foot of Cerrig-calch, the first summit on the Black Mountains, I am both amazed and relieved to see two full 10 gallon barrels containing a clear liquid, standing by the track. It tastes like water and I furtively fill my bottle, hoping that the owner won't notice the small loss.

Bloody bracken, it is so exhausting trying to fight your way uphill through this jungle. The cool breeze on the tops in late afternoon gives pleasant relief after the heat of the past two hours and but for minor energy crises I'm consistently grinding down the time deficit. Throughout the day it has been necessary to push really hard for the final few hundred yards to each summit to meet the scheduled time and I'm trying just as hard now to gain minutes at each peak. The record is well within my grasp.

Further problems descending through the forest

Pen-twyn-mawr, number 25, is followed by an intricate descent through a dense forest to a minor road. At the summit, my deficit is a mere 18 minutes. The first problem is my inability to find a small cairn erected by Rex Stickland 18 months ago, marking the point of entry to the forest. Long grass now almost certainly covers his little pile and many of the trees at the edge have collapsed against each other making entry difficult. After a few minutes of dithering, running back and forth along the forest edge, I force my way in and to my delight find a ride descending steeply in about the right direction. Although I don't recognise any part of the descent, it's only when I force my way down a stream-bed and through some fierce undergrowth into a forester's back garden I become aware that something is wrong. The occupant gives me some stick but he can't be half as annoyed as me when I discover that I've hit the road at Nant-bedd, some 1/2 mile south of the correct spot. As I jog along the road to begin the climb out of the valley, the deficit is back to 35 minutes.

The attempt abandoned

Rain is now dropping like stair-rods. A half-hearted attempt to fight my way out of the car park through dense bracken, by a route I know was clear 15 months earlier and progress slows to a halt. Sitting under the canopy of trees which protect me from the downpour, I briefly consider my position and am convinced in my own mind that I cannot gain 35 minutes in the 3.5 hours and 14 miles which remain. This is the final setback and I can't face the thought of fighting the schedule any longer at a pace which will probably destroy me. Shivering with cold, I have only a spare lifa with me, no torch if I get benighted. It is now 6.30 pm and definitely time to stop.

A leisurely walk and jog by a direct three mile route takes me to the Half Moon at Llanthony. Beaten but unbowed, I check in and collect my pannier of spare clothes deposited the previous evening. Remarkably, I'm neither stiff nor tired and a very pleasant evening is enjoyed in the bar eating sausage n' chips and consuming much ale.

Nearly a success, but not quite!

Notes

I learned a few lessons which I hope will serve me well in future:

If you're on a tight schedule and there is likely to be ANY darkness, carry a spare torch.

A few hundred yards of reccyng at key points can make the difference between success and failure.

Bracken can be a bugger in July and August, forests change a lot in a year!

I attribute strength during the run and good recovery after to the amount and type of food consumed during the event. On a long event, the more you eat, the better you run and its worth taking time to pick up enough fluid to make eating both pleasant and possible.

I carried less gear than ever before — about 2.5 Kg without water:

Spare lifa bottoms and rainsuit, minimal first aid kit and anti-inflammatories, water bottle, exposure bag and torch.

Strip maps with schedule attached, coins for phone and Access card, sketch map of major road system in case I needed to hitch from a drop out point.

The rest was food — the usual chocolate and fruit pastills, quiche, sandwiches, apple tarts, eccles cakes, a peeled orange, staminade, vit c tablets and the container of delicious rice and fruit.

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