

The Fellrunner

June 1998



Main picture - Ian Holloway, Rochdale, descending at Conistone - (photo Steve Bateson)

Different terrain - a rocky road for Kate Beate & Sam Clarke at Conistone - (photo Steve Bateson)

Carol Greenwood - winning races outright! - (photo Peter Hartley)

What it's all about - Mark Rigby and Rob Jebb admire the Buttermere scenery from their vantage point on Whiteless Pike - (photo Peter Hartley)



The classic lines of the Ribbleshead viaduct frame Steve Boulby (Denby Dale) and Nicholas Pearce (Ilkley)

Classic Win for Champion

**'Pace' Three Peaks Race
Horton in Ribblesdale**

April 26th

Despite having missed a weeks training due to a heavy cold, Mark Roberts achieved one of his main ambitions by winning one of the classic races of the fell calendar.

Roberts, who last year notched up a domestic clean sweep of English (shared), British and Inter Counties titles, has long since had a burning ambition to win this event: having placed twice in recent years was more keen than ever this time to go one better.

"I'm chuffed to bits as this is a race I've always wanted to win" said Roberts. "It's not easy in a race like this when everyone makes you out to be the favourite. What do you do, do you go out hard and risk blowing up or do you hang back and see what happens? To be honest I found it

really hard today. The conditions were really bad and I've felt better than that when I've finished second. I know Mark Horrocks felt it too and I only got away near the end because I was perhaps a bit stronger than him."

"Scoffer (Andy Schofield) had a brilliant run as well to finish third - his best run ever in this race which helped Borrowdale finish second".

Although not wishing to make excuses Roberts' heavy cold - which restricted him to just one run all week 'on Saturday and I felt crap' - could hardly have helped him on a day which saw all four seasons hit North Yorkshire - snow, hail, driving rain and sunshine.

With conditions underfoot being described as 'a mudbath', Schofield and Horrocks pushed the pace up Whernside with Roberts in tow before the Borrowdale man managed to shake off Horrocks in the closing stages and win by just eleven seconds.

Mike Wallis finished first veteran in seventh place as Clayton took the team prize. They also won the veterans team award, a stipulation being that the team should comprise at least one

M50 runner - Pete McWade in 25th proving the key counter.

Roberts will now be tailoring his training to meet his next major challenge - the high altitude Skyrunning Championships at Cervina, Italy on July 12th. Roberts will be competing alongside fellow Brits Mark Rigby and Ian Holmes who received invites as a result of their win in last years Mount Kinabulu Race in Malaysia.

The 36 year old electrical fitter added "Although the race is over 42km, it should suit many British runners".

Carol Greenwood was equally as delighted to win the women's race as she claimed her third win in five years.

The 32 year old Bingley Harrier, who declined selection for Knockdhu the day before, placed 41st overall in conditions she said were the worst she'd ever faced in the event. Even so, such is her form of late, she still ran her fastest time ever, beating her last year's mark by 23 seconds.



Mark Roberts, Mark Horrocks and Andy Schofield take the first three places.

"I'm happy with my run, especially considering the conditions," she said, "I just ran my own race, picking off men on the climbs. My plans from now on will be just to enjoy my racing with probably Snowdon and the European's the main targets." Second placed Vanessa Peacock ensured Clayton claimed a clean sweep of team titles with Jean Shotter, in third, showing fine form after a good cross country season.

- Gareth Webb.

Results and further report in Results section.



Contouring round Sell Gill. J McGill (St Bedes) and S.Simpson (Kimberworth)

(All photos, Peter Hartley.)



Richard Kellert (Calder Valley), pleased to finish!



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THE ANNUAL GENERAL MEETING
OF THE
FELL RUNNERS ASSOCIATION

NEW DATE AND VENUE

21st NOVEMBER 1998
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2.30pm

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PUT UP OR SHUT UP!

NOTICE OF ANNUAL
GENERAL MEETING

The Annual General Meeting of **The Fell Runners Association** will take place on Saturday, 21st November 1998 at 2.30pm at the **Hanover International Hotel, Skipton.**

1. **Motions for the Agenda** should be notified to the Secretary by Friday, 11 September 1998.
2. **Election of Executive Committee**
 - a) Nominations for Officers should be notified to the Secretary by Friday, 11 September 1998.
 - b) Nominations for Club Representatives (four seats) should be notified to the Secretary by Saturday, 31 October 1998.
 - c) Nominations for Membership Representatives (four seats) can be made at the meeting.

All members of the Executive Committee must be members of English Clubs affiliated for Fell Running to one of the BAF Regions.

3. **Voting**
 - a) Individual members of the Association who are present at the meeting have one vote each.
 - b) Affiliated clubs, FRA and BAF Regions, which are represented at the meeting are entitled to two votes each. Club appointees for this purpose must be notified in writing to the Secretary by Saturday, 31 October 1998.
4. An **Open Discussion** follows the formal business and is an opportunity to express views on any aspect of our sport.

Mike Rose, General Secretary



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1st week in June, October and February.
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September 4th

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CALENDAR UPDATE

Quite a few to add to your list this time, once again in the order in which they will now be held.

TUE. MAY 26. CONISTON WATER FESTIVAL-BRIM FELL. AM. 7.00 p.m. 6.75m/2500' from the Sun Hotel, Coniston. £3 on day only. Teams free. Over 18. ER/LK/NS. New course for 1998, hence no course records. Details: Dick Palmer, 7 Lake View, Coniston, LA21 8HB. Tel: 015394 41655.

SAT. JUNE 6. KELBROOK FELL RACE. BS. 2.00 p.m. 3m/700' from Kelbrook Parish Church (GR SD903447). £2 on day only. Teams free. PM. Over 16. Also junior race; 2m., 1.30 p.m., 8-16 years. Records: 17.14 M.Aspinall 1986; f. 21.21 K.Drake 1991. Qualifying race for Burnley and Pendle Grand Prix Series. Details: I.Ramsay, 21 Quernmore Drive, Kelbrook, Colne, Lancashire. BB8 6TX.

SAT. JUNE 13. CHELMORTON CHASE. Please note that the Organiser's phone number should read 01298 85670.

SAT. JUNE 20. ALFRED HULME GREAT HILL RACE. BS. 3.00 p.m. 5.75m/1300' from Brinscall Fete Field, School Lane, Brinscall. £2.50 on day only. Teams free. Over 16. Also junior races; U13, 2m; U16, 3m. Records: 34.35 L.Warburton 1997. Village Gala, etc. Details: Terry Dickenson, BWARA, School Lane, Brinscall, near Chorley, Lancashire. Tel: 01254 830096.

WED. JUNE 24. TIDESWELL FELL RACE. BS. 7.45 p.m. 4.43m/850' from Tideswell Village carpark (GR SK153742). £2.50 on night only. PM. Also junior race, £2. Details: Bill & Sandra Howard, November Cottage, Bank Square, Tideswell, Derbyshire. Tel: 01298 872167.

SAT. JUNE 27. ELDWICK GALA FELL RACE. AS. 3.00 p.m. 3m/800' from Eldwick Memorial Hall (GR 123404). £2.50 on day only. Teams free. PM. Over 14. Also junior race; U14, 1.5m, 3.00 p.m. Records: 16.01 D. Slater 1981; f. 17.48 C.Greenwood 1985.

Bit at the Front — Neil Denby

I've been accused of many things in my time (not all of them indictable or even repeatable) but I don't think I've ever been accused of being 'po faced' before (News and Views, page 8). However, it does make me think that the editorial team may have got just a little complacent over the years - it happens. We have a few regular and major contributors who put a great deal of work into the publication - without their efforts there would be no *Fellrunner* and the Association should be duly grateful to them. Then there is a second string of occasional contributors (of which the letter-

writer is one, to his credit). Finally, there is a vast pool of untapped talent - writers, photographers, cartoonists, caricaturists, comedians, ruffians and the like who never think to put pen to paper. The magazine is the sum of the membership's contributions - if you think it doesn't accurately reflect the boisterous and fun loving nature of the average fell runner then you need to do something about it. I would like to think that the next editor will inherit a vibrant magazine and committed team, not a po faced publication produced by (and for) a middle aged organisation.

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- 10. Outright win for Greenwood - Bradley Wood
- 14. Take to the. Walsh Sports Shoes - Ray Swatcher
- 32. A History of Clayton le Moors Harriers (Part 2)

Village Gala, etc. Details: Sue Cariss, 37 Birchdale, Oakwood Park, Bingley, BD14 4SE. Tel: 01274 566941.

SUN. JUNE 28. PATTERDALE OLD GUIDES RACE. AS. 2.30 p.m. 2m/1000' from the King George Playing Field, Patterdale (GR 160392 on O.S.Landranger 90). Pay entry to Country Fair - race free. Teams free. PM. Over 16. Also junior races; U12/U14/U16, start after Senior race. Records: 14.14 L.Gibson; f. 18.17 L.Osborne. Details: Andrew Laverick, "Catstycam Outdoor Shop", Glenridding, Penrith, Cumbria, CA11 0PA. Tel: 017684 82351.

SAT. JULY 4. BROWN CLEE TWIN PEAKS RACE. Confirmed that this race WILL DEFINITELY be held on this date.

SALTWELL HARRIERS FELL RACE 6th July 1998. This race will now be held on this date and not as stated in the Calendar. Contact Keith Wood, 24 Long Bank, Wrekenton, Gateshead, NE9 7HH Tel 0191 4875867.

SAT. JULY 18. STICKLEPATH-CAWSAND RACE. This race will now be held on this date and not on July 11.

SUN. JULY 19. BELSTONE-CAWSAND RACE. This race will now be held on this date and not on July 12.

TUE. AUG 11. LORDS SEAT RACE. AS. 7.00 p.m. 5m/1400' from Whinlatter Visitor Centre (GR 208245). £1 on night only. Over 16. Also junior races; 10-16 years, 6.00 p.m., 50p. First race in the "King of the Forest Series" - prizes for Series winners. Details: Brand-Barkers, 8 Caldecote Avenue, Cocker-mouth, CA13 9EQ. Tel: 01900 828637.

Race Reviews

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THU. AUG 13. GRISEDALE GRIND. AS. 7.00 p.m. 3m/1600' from Whinlatter Visitor Centre (GR 208245). £1 on night only. Over 16. Also junior races; 10-16 years, 6.00 p.m., 50p. Records: 27.58 A.Bowness 1992; f. 33.31 A.Carson 1988. Second and final race in the "King of the Forest Series" - prizes for Series winners awarded on this night. Details: Brand- Barkers, 8 Caldecote Avenue, Cocker-mouth, CA13 9EQ. Tel: 01900 828637.

SAT. SEP 12. PEN Y GWELY. Yet another reminder/apology from me, as promised to Doug, that this race will be held on this date and most definitely, certainly, incontrovertibly NOT on the 12th December. I hope you've got that quite clear.

SUN. SEP. 13th LAKE DISTRICT MOUNTAIN TRIAL. In addition to the Mens' and Womens' Elite Trials an Open Trial is to be held. 10m/3,500ft, to encourage participation by younger runners and by those who would prefer less demanding courses than the main events. Details otherwise as published in the Calendar.

SUN. OCT 4. BUTSER RUN. This race will now be held on this date and not on September 13.

SAT. NOV 21. GIGGLESWICK SCAR. BM. 11.00 a.m. 6m/800' from Settle Middle School, Settle, North Yorkshire. £3.50 on day only. Teams free. PM. Over 16. Please note that this race is totally separate from the Settle Scramble Race. Details: Andy Hassell, Far Rome, Giggleswick, Settle, North Yorkshire, BD24 0JP. Tel: 01729 822351.

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The Bloreng

A poem by Melfyn Woods

Feel the mountain embrace you in her
arms for she is vibrant.
Holding those in a mystic charm
I feel a heart beating, hear her breathing,
let me run lightly, take my weight,
for I will enjoy and appreciate.
The mountain means so much,
my running shoes pound her so
over the years
I foresee the future when I no longer run
brings me one of my worse fears.
Rain, snow, set my heart aglow!
Let the Bloreng seduce me with warm
breezes on a sunny day.
Darken my body in the month of May.
Oh! Beloved mountain take good care of
me when I grace your presence.
I shall run over your beauty in the
hereafter.
When no longer mortal and in spirit.
It is I who will try to keep my soul
within it.
Let me smell your essence,
your perfumed heather
for I will run you forever

ANOTHER HARD
TRAINING SESSION



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LOVELY.

OW
MOTCH!



LATER....

STAR
HEH HEH!



WHA?



OH
BOGGER!

SECRETARY'S CORNER

Two committee meetings have been held since the last magazine.

Sheffield, 6 February 1998

1. Following many discussions, it is now confirmed that Event Insurance is in place, financed jointly by English, Welsh, Scottish and Northern Ireland Athletic Associations.
2. Following last year's successful do, agreed 1998 Dinner be again held at the Hanover International Hotel, Skipton on Saturday, 21 November. We anticipate a different venue in 1999.
3. Noted that 1999 Junior Home International will be hosted by Northern Ireland.
4. Our Chairman reported on a meeting with David Moorcroft and Norman Brooks to discuss issues of concern following the demise of the British Athletic Federation (BAF). Our representatives were Richard Day, Selwyn Wright and Dennis Quinlan. Martin Hyman represented Scotland.
 - i) BAF is insolvent and in Administration. A firm of management consultants is looking at the causes of BAF's failure and formulating a structure for a new organisation. The Sports Council is allocating lottery funding for elite athletes, which is administered by the newly created Performance Athlete Services LTD. (PAS).
 - ii) It is not possible to report fully in these notes but topics discussed included criteria for lottery awards, UK teams for Internationals, and coaching. Further information can be obtained from Dennis Quinlan.
5. Officially the Fell and Hill Running Commission (FHRC) expired with BAF, and it is not known whether current ideas for a new UK athletics organisation envisage similar Commissions. Whatever is decided, we support the need for a forum of some kind to provide liaison between the home countries on fell/hill running matters. For the time being, the FHRC continues to carry out this role without any backing from UK Athletics.

Kendal, 19 April 1998

1. Cumberland FR presented outline proposals for the British/Hill Relay Championships to be staged at Braithwaite, Cumbria. Details and Entry Form elsewhere in this magazine.
2. Dave Richardson reported on a successful training weekend for juniors

held recently at Coniston. A formula for deciding junior team championships was agreed, details elsewhere in this magazine.

3. Agreed to hold current subscription rates for 1999, but to increase race registration fees from £5 to £10. The £5 fee has been maintained for over 15 years and the costs of producing the Handbook and Calendar have been steadily increasing over this period.
4. PAS has appointed Dennis Quinlan 'UK Performance Manager for Fell and Hill Running'. This appointment has been made without any consultation with the FHRC or the FRA and we await a sight of his Job Description with interest. A foretaste of things to come? Generally speaking, the FRA Officers take a dim view of the manner in which proposals 'A Way Forward for Athletics in the UK' (successor to BAF) are emerging. We are seeking to ensure the outcome does not undermine the FRA role as governing body of fell running in England and it is in the long term interests of our members. Members will be kept informed but it is too early to report in detail at the moment.
5. Malcolm Patterson has resigned as Assistant England Team Manager and we are pleased that Robin Bergstrand has accepted our invitation to fill this post.
6. The FHRC have advised us that it is the policy of the International Commission for Mountain Running to seek the European Athletic Association agreement to championship status for the European Trophy competition. A condition of obtaining this status will be that the UK is represented by combined teams. If championship status is granted, we have little choice but to support the entry of teams representing the whole UK.
7. Jon Broxap will be monitoring entries in this year's English championships races to assess whether the introduction of a Vet Ladies Team and a Vet O/50 Mens Team can be justified.
8. We have decided to link our Annual General Meeting to the Annual Dinner and hope these new arrangements will encourage more members to attend, details elsewhere in this magazine. After the formal business there is an open discussion. This is your opportunity to raise all those matters usually aired in the pub when the committees aren't listening.

Mike Rose - General Secretary

THE JACK BLOOR RACES AND FUND

The JACK BLOOR RACES are held each year on a Tuesday night in May, over a 5.2 miles course on Ilkley Moor, starting at 7.15pm. There is also a very popular junior race for 11 years old and over, starting at 7.20pm. This year's races were held on 12 May.

Details of the Jack Bloor Races from: Ros Blackburn. Phone 01943 600 955. email: Ros@Blackbn.demon.co.uk.

The JACK BLOOR FUND was set up to commemorate the late Jack Bloor, a skilled fell runner, orienteer and mountaineer who spent much of his life helping young men and women to enjoy the challenge of the great outdoors. The purpose of the fund is to provide financial assistance to help young people to undertake adventurous activities, attend courses, or compete in events which improve their athletic skills. During the last fourteen years £4200 has been awarded in grants to 72 applicants.

The purpose of these grants has varied from assisting with the costs of participating in group expeditions to Peru or China, to helping with the finance of a climbing trip to the Alps and improving orienteering skills by competing in Scandinavia. The trustees are particularly keen to support small expeditions by young people (say up to mid-twenties) where applicants display personal initiative.

A card received from one of last year's applicants says:

I'm having an absolutely fantastic time here in Kenya. It is very hard work and hot, but a brilliant experience. The Guides and Brownies here are very eager to learn from us and we are treated very well by them all. Thank you for your help.

Most of the fund's income comes from the annual Jack Bloor Races. The trustees are able to consider grant applications from members of clubs in Yorkshire which are affiliated for fell running to the North of England Athletic Association, and from members of Yorkshire clubs affiliated to the British Orienteering Federation and the British Mountaineering Council.

Grant application forms are available from: Hilary Bloor, Glenthorne, Castleton Road, Hathersage, Hope Valley S32 1EH. Phone/Fax 01433 650 790.

Obituary

Peter Brooks, born January 13, 1938, died January 27, 1998.

'In the mountains he was happy, with a silent infectious happiness, like a light which was switched on'. So wrote Primo Levi of his great friend Sandro Delmastro and the same could be written about Peter, not just in the hills but at the helm of a boat or on the saddle of a bike or swimming in some freezing loch. A man of quiet passions, he engendered a warmth of feeling and an unspoken respect through his enthusiasm for the moment and what lay just beyond. I can picture Peter, running the 'Two Breweries Relay Race' not a few years ago. Eyes bright, 'switched on', his head clad in that soft, white cap - which he always claimed belonged to some famous Italian cyclist - his brightly coloured 'Argyle's' pulled up to the knee and a gold rimmed monocle tucked in his breast pocket in readiness for the odd spot of map reading if the mist swirling round us forced the issue. Not that Peter was always dressed so in the hills but when he felt the occasion warranted he would rise to it with relish.

A 'gentleman' among hill runners, Peter fell to his death in Five, Finger Gully on Ben Nevis, ending several encounters he'd had with 'The Ben' but after completing successfully his long-held ambition to run all of Scotland's 4000 feet tops in a single outing.

A Lancashire lad, Peter grew up in Bury where he met Mirium, his wife before becoming a chartered engineer and eventually moving to Scotland where after trying his hand at a range of things he went on to run his own public relations company. Formerly a swimmer, cyclist, rock climber and hillwalker, he took up the gentle sport of hill running one dark winter's night in 1974 when, sadly, he collapsed after one and a half miles! 'It took a lot of restraint not to ask a worried old lady who came across me to send for a priest', he said later. Unabashed, Peter ran his first hill race, the 'Lomonds of Fife', in 1976, where he was impressed by the informal atmosphere which we now all take for granted: 'I just turned up and entered on the day, changed in a field behind a wall, then the organiser asked if everyone was there and said, "off you go then, lads!" According to Mirium, he gorged himself beforehand with fruit cake 'for energy' and ran like lead. For Peter it was another lesson learned and something else to organise and prepare for before a run.

Peter ran for Lochaber AC for most of his running 'career' but joined Carnethy ten years ago and over the last twenty-two years his contribution to hill running has been quiet and formidable, reflecting his view that fell races should be regarded 'in terms of the challenge they present

and the unique experiences they offer'. This view underlay his approach to the sport which he quickly embraced with his natural passion, becoming an office bearer of the Fell Running Association in 1978, only two years after he took up hill running. Peter's enthusiasm brought change. He was instrumental in setting up the first women's championship series and - always keen to achieve - it was he who proposed a championship scheme for veterans just as he himself became a vet! The scheme - as you know - took off and so did Peter as he finished in the top five in the first four years of the championship.

Yet to list Peter's competitive achievements would be to distort his priorities as one of his main passions and priorities has always been the long, frequently lone, adventure in the hills. Recognised as a stalwart of many of the regular club events, including the lady's night runs which he particularly enjoyed, Peter's need for challenge meant he was not always one for running with the crowd and as far back as 1984, he is quoted as saying that one of his plans for the future was to do a few lone runs on some of the 'Big Through Routes'. Thus for the last three years, at least, he talked, planned and reconnoitered what was to be his final run, the 'Scottish Four Thousanders'. In his last fax home Peter described with some excitement the route he was to follow, noting he would finish 'with the 'Ben' where 'every rock and boulder is a friend'. Knowing Peter, that final irony would have made him smile as would the memory of an earlier tussle with 'the Ben', in 1980, when on one of its bad days he and, then fellow Lochaber veteran, Eddie Campbell, led a defiant band of hill runners on a 'training run' up to the summit and back when the organiser of the 'Ben Race' called it off because of bad weather. If these 'encounters' were dangerous, then to Peter they held an acceptable risk and his memory will not be diminished by superficial observations about the dangers of the mountains. If to some it would be 'just too dangerous' to run so far, alone, in winter, they should recognise that one person's danger is another's joy and no-one else's concern, because they put no-one else at risk. Peter's 60th birthday project was a bold yet feasible objective in which - as he told the people he met on route - he secured immense satisfaction and one which, technically, he had completed. No-one was more acutely aware of the need for a safe approach to the mountains than Peter. He made a great contribution, over the years, to the promotion of safety for hill runners and his memory will outlast the critics. The freedom to enjoy the adventure's reward and the risk is important, precious and must be guarded carefully. Peter understood that and pursued that freedom to the end.

When three climbers fell to their deaths on the first ascent of the Matterhorn, the 'Times' ran a leader criticising such reckless practices. Queen Victoria asked Disraeli what could be done about it. Wisely he told her he could not interfere. In the 'Undiscovered Country', Phil Bartlett argues that mountaineers put a premium on quality of life and that they undercut many conventional beliefs about quality of life and risk. He argues that the public have one view of risk and mountaineers another and that the two are virtually irreconcilable. Peter understood these things and ran the balance, off-setting some of the risk with his prodigious preparation and planning. Not much has changed between the layman and the mountaineer over the years and some press reaction to Peter's death shows the continual lack of understanding. Peter achieved a lot during his romance with the hills. A mountaineer in the true sense, he had a passion for extracting inner peace and satisfaction from the mountains. He knew all too well that you can never reduce the risk completely. But nor can you in any other sphere of life. Peter knew about the rewards to be gained when you explore the margins where skill and wisdom dance with the hazards of the great outdoors. He devised his own challenges and never risked running out of ideas. That is why he will be missed so much.

Peter's death, in the mountains he loved and on a hill he regarded as an old friend, was untimely and tragic because of that but is there a mountaineer among us who did not think... 'Aye, when it is my time, let it be so...' and Peter, perhaps more than most, would understand all the reasons why. Younger than his sixty years should have allowed, Peter would not have cared to grow old. Nor would he have cared to risk losing the mountains and that quality of life he cherished, sought and lived to the full. His mentality, his deed, held his youth and so it will now remain.

The words of Hugh Barrie, written shortly before his own untimely death in the Cairngorms, have an appropriateness to the life and death of a fellow mountaineer and friend:

*'Out of the hum and turmoil of the town,
Find me a windswept boulder for a bier,
And on it lay me down,
Where far beneath drops sheer the
rocky ridge
Down to the gloomy valley, and
the streams,
Fall foaming white against black
beetling rocks
Where the sun's kindly radiance
seldom gleams'...*

It is where Peter would have chosen and where we will remember the man and our loss.

Nick Macdonald



Chris Knox, featured in 'One armed fellrunners' at the end of the Borrowdale Race Photo: Bill Smith

££££ TO RUN????

Dear Sir

I recently read an article in a running magazine which raised the issue of ordinary runners being charged a registration fee by Athletics 98, the phoenix that has arisen from the ruins of BAF.

In simple terms the BAF was paid millions of pounds from TV companies and sponsorship and they went on to give that money to elite athletes competing at the top level. These athletes therefore became professional sportsmen and women earning a living from competition. Clearly the BAF were paying these athletes too much and subsequently the money ran out, bankrupting BAF.

One of the proposed solutions to the cash crisis is to charge you and me a registration fee for the privilege of running. I already pay a fee to my club and I also pay a fee to the FRA and can see positive benefits from doing so (this excellent magazine for example). I cannot for the life of me see how Athletics 98 paying some elite athletes £60 - £70k to do the hop, skip and jump is going to benefit me. BAF, it appears, couldn't organise a piss up in a brewery and I would be surprised if Athletics 98 could either. If Athletics 98 and its band of elite athletes want to perform on a money merry-go-round it is surely up to them to generate the resources necessary to do so without asking you and me to pay for it. If Sky TV pulled the plug on financing the football Premiership I can't imagine the FA asking the amateur players who play on Sunday mornings in the local park to bail them out, can you?

Yours faithfully,
Brian Carey, Rochdale Harriers

LYME DISEASE (AVOIDER)

Dear Sir,

In reply to the letter from Les Ridings in the February edition of *The Fellrunner* I think my experiences last summer might shed some light on the subject of Lyme Disease.

I live and train in the Winster Valley, which, apparently, is a hotbed of sheep ticks. On returning from a run last year I was disturbed to find a tick buried in a very delicate part of my anatomy, the location of which made the usual methods of removal rather frightening. I did my best but decided to check it out with my GP - just to make sure there was no infection. He gave me the 'all clear' and exclaimed 'At least you haven't got Lyme Disease!'. I'd never heard of this before but was assured that it wasn't uncommon amongst local farmers.

And here is the useful bit: if, after the removal of the tick a neat red circle appears around the wound (I think it was within 48 hours) then Lyme Disease is developing and a doctor should be consulted.

As luck would have it, this happened to me a few weeks later when I found a tick on my leg. I was given a course of antibiotics and the inflammation cleared up. And if, like me, you should run through the long Winster grass in short shorts and find the need to visit your GP afterwards don't expect him or her to believe you!

Yours faithfully
Bob Moore, Keswick AC

LYME DISEASE (SUFFERER)

Dear Sir,

I read with interest your request for information regarding running through bracken and sheep ticks! After running orienteers check themselves for ticks as they are often bashing through bracken taking routes

which no-one else does, and ticks are often found on the surface of the skin beginning to burrow in.

After orienteering in the Forest of Dean in 1986 I overlooked a tick which burrowed into the skin and could not be dug out. I subsequently contracted a very nasty 'meningitis' - type virus, which the doctor did not specifically name but stated that he believed it had been contracted from the tick. This involved several weeks in bed with blinding headaches, fever, aching limbs etc. during which time I was visited by a specialist from York hospital to check my reflexes and reactions.

It was certainly a serious illness and may have been Lyme's Disease which I had not heard of at the time.

Yours faithfully,
Andrea Meanwell, Warrior Orienteering Club

More information regarding this condition can be found on page 26.

OUR DANGEROUS SPORT!!!

Fell running is an extremely hazardous activity according to a group of professional insurance brokers and BIIBA



FRA secretary Mike Rose not troubling the insurers
Photo: Peter Hartley

(whatever that is). A member has recently shown me the prospectus for "PROTECT" travel insurance. Provision is made for optional extra cover for 'Sports and Additional Activities'. The additional premiums required are as follows:

A. Baseball, Cricket, Fencing, Hockey, Marathon Running, Parasailing, Parascending, War Games + 25%

B. All under A plus - Abseiling, Aerial Safaris, American Football, Deep Sea Fishing, Gliding, Hot Air Ballooning, Ice Hockey (indoor), Parachuting, Rock Climbing, Rugby, Sailing/Yachting (offshore) +50%

C. All under A and B plus FELL RUNNING, Hang Gliding, Paragliding, Polo, Potholing and Caving, Scuba Diving. + 100%

It is said that their Annual Travel Policy won three "May 1997 Best Buy Awards" from a leading consumer magazine. I'll bet they didn't ask any Fell Runners!

Mike Rose.

RUNNERS AND RACES?

Dear Sir,

In reply to the letter by Mr. Brian Dearnaley in last February's issue of 'The Fellrunner', as the one who devised the route of the Bowland and Bleasdale Watershed Traverse, I would like to comment on some of the points he raised. Issues, I might add, which I myself expressed concerns about when reporting my original traverse of the route to Martin Stone.

By way of background information; having grown up around Quermore, home of the Clougha Pike fell race, I first climbed Clougha as an eight year old member of a local Wolf-Cub pack, using what was then the only public access for miles around, the path through Rowten Brook Farm. Later, in the early sixties, as a teenager who could not afford to journey to the Dales or the Lakes, I extended my explorations (on suitably murky days) to Grifell and Wardstone; long before the idea of access areas was ever mooted. Over the last 35 years, barring Burn Moor to the south of Bentham, I have visited every trig point (whatever the altitude) and all tops over 1500 feet in Bowland and Bleasdale, without ever suffering reproach. The point I am seeking to make is that my trespassing on my beloved "home" fells has been evolutionary rather than revolutionary.

I hold a view, granted it might not be held in esteem by all, that trespass into wild country (not cultivated land or domestic property) can be conducted by an individual or two at the most, without causing undue offence. The salient point, as I see it, is the manner of approach to and departure from the land in question. By way of example:-

To leave one's vehicle parked unattended, for a couple of hours, at the top of Cam Brow in Wyresdale, whilst making a midday assault on the heathery northern flank of Hawthornthwaite Fell, with its profusion of 'Private' signs and in full view of Abbeystead House and the Grosvenor Estate offices, is such a blatant disregard of other people's rights and interests that one would deserve all the wrath and venom that might be levelled in one's direction.

On the other hand, to be 'dropped off' at the summit of 'the Trough', from a vehicle which then departs elsewhere; in order to proceed westward along the fence-line/ridge to Hawthornthwaite Fell Top carries a 99% guarantee of going undetected. The same could be said of an eastward approach from Fiendsdale Head stile in the west.

With regard to the Watershed Traverse, I am aware that all sections of the route had previously been travelled at differing times by various persons known to myself. I happened to be the first to string all the sections together on one day. The route on the fells follows a boundary wall/fence along the high ridge of the watershed, which in itself represents a not inconsiderable intrusion onto the wilderness by the landowners. During many years of exploring in Bowland I have observed that very few grouse, birds of prey, sheep and certainly no shooting butts are encountered along the high ridges, they are to be found in the cloughs and along the flanks of the fells where food, cover and shelter and more plentiful. Another observation that I would make at this point, is that when running along my regular training routes in the well used Clougha Pike access area, I always 'put to flight' several grouse; which would suggest that these birds are not discouraged that easily from their home territory by the passage of intruders.

As for birds of prey, their most vigorous persecutors are gamekeepers seeking to protect the interests of the landowners and the game-shooting lobby. On a recent recce in central Bowland, Andy Walmsley and I came across three partly



James Perrles, junior (u14) winner, Wrekin
Photo: Steve Bateson

putrified carcasses with long slender legs and talloned feet. I was able to give accurate positions of these to my contact at the North West Raptor Protection Group. They were subsequently identified as hen-harriers; the keeper on that beat is notorious as a persecutor of raptors, with a M.O. for using poisoned bait.

One reason that I have attempted to maintain a low profile with my past exploration activities in Bowland and Bleasdale, is that of deference to the work of race organisers, whose efforts I have thoroughly appreciated over the years, and to whom I have occasionally rendered assistance - marshalling and route marker collecting - when not competing. However, this issues unearths the old chestnut once touched upon by the prolific racer John Reade, during his term as editor of this magazine in the mid-eighties; we are members of the Fell Runners Association; not merely the 'fell racers association'. Fell running seeks to unite the world of the competitive, maybe even elitist, athlete, with the world of the mountain-man and explorer/adventurer. It is on such issues as this that the different philosophies of those two worlds are highlighted. As I have mentioned above, I have the utmost respect for race organisers and the effort and commitment which they bestow upon the competitive aspect of our sport. The point I am about to make is not intended to be in any way malicious, disparaging or discouraging, it is an honest question which is the ultimate 'bottom line', if Brian's final point is openly and fully discussed.

It is right, in what is becoming a smaller world with diminishing opportunities, that an individual's in-born yearning to "see what is on the other side of the hill", one's sense of fulfilment in completing an arduous upland journey in demanding conditions; should be repressed, in order that an increasingly elitist group of athletes be allowed further scope for organised competition, in what appears, generally, to be acknowledged as an already overcrowded calendar?

Yours in sport and a deep-seated love of the wild uplands,

Ian Roberts

RUNNERS OR RACERS

Dear Sir

I have to say I was very disappointed with the February issue of The Fellrunner. Apart from an increasing, lamentable, trend towards the athletic side of the sport (a tendency to become "The Fell Racer's Association", as John Reade once said) the magazine was full of examples of a narrow-minded, mealy-mouthed and unimaginative attitude which seems to be taking over the sport.

I apologise in advance if what I am about to say upsets anyone (I realise that people of the above disposition are easily upset) but I believe in speaking freely. I hope The Fellrunner and the F.R.A. are not so far gone that they cannot stand a bit of opinionated vitriol now and then.

Brian Dearnaley's letter about the Bowland Traverse was especially sad. I don't intend to reply to it at length as I believe Ian Roberts has already done so elsewhere, but to Brian, and anyone else with the same attitude to access to (or trespass on open country, I say this: I believe that an individual's right to wander *on open moor and mountain* should be sacrosanct, and should take precedence over any organised event, or commercial consideration. Radical? Maybe, but I believe this is a fundamental premise.

To the environment and ecological question I say that we humans are a naturally occurring species on this planet, and as such have the same rights to perambulate upon it *as individuals* as does any other species. The passage of a single runner/walker or a group of two or three has virtually zero impact on any piece of land or its wildlife, and I find the hypocrisy of people who would seek to curtail the freedom of the individual on ecological grounds, while driving quad-bikes or Land Rovers over it/building shooting cabins on it or indeed organising a pack of 200 runners to charge across it, really quite amazing.

Although the opening paragraph of Derek Hurton's article "Top Gear Takes To The Fells etc..." contained gratifying comments about my Bowland article, I'm afraid he thereafter falls into the all too common trap of making the motor car the scapegoat for all the environmental ills of the late 20th century. Of course cars are a damaging influence, but then so are power stations, factories, - our whole industrialised consumer society. Must we be riddled with guilt every time we drive our cars? Of course not, no more than we should be whenever we turn on an electric light, or put the central heating on.

I agree with Derek that the concept of "against the clock" driving on public roads is questionable, but he goes too far beyond that. I don't think that the general idea of cars being used in fellrunning events is to be brought into question. Consider the multitude of supported Bob Graham Rounds or many other ultra distance challenges; should the support crew carry the gear/food from point to point in a wheelbarrow?

In 1993, Tim Kelly and I (along with VW Audi Car magazine, B.P. and Action Research) did a Three Peaks of Great Britain. The object (apart from simply indulging in a challenge, which is surely the ethos of any of these trips) was to see if a fully laden Audi 100 TDI (supplied by Audi) could cover the round trip from Manchester to Manchester - 900 miles - on one tank of diesel. Which it did. In the process we raised money for research into childhood diseases, and highlighted the potential fuel efficiency of diesel cars. Surely that was no bad thing?

In disparaging Richard Coe's challenge, Derek asks the question, "Does Richard intend to raise money to repair the **environmental damage** caused by his challenge?" (my emphasis) and says "The hills deserve our respect, not abuse."

Well, of course the hills deserve our respect, and I'm sure they get it from most fellrunners, but how come it is more abusive to the hills to run over them as part of a challenge than it is to run over them on a training run? And how does a car used in a challenge do more environmental damage than one which is simply driven to the hill as a means of transport (and there are many more factors here than simply the style of driving)?

Interestingly, Derek - like Brian Dearnaley - voices his fear of the beloved **fell races** being interfered with. Now I enjoy races as much as anybody, but restrict the freedom of the individual fellrunner to protect the future or organised events? Never! That, methinks, is the wrong way around.

I think certain people need to remove blinkers and think more deeply (maybe more *laterally*) about these issues before coming up with ill-considered knee-jerk reactions.

I've ranted on too long now, but before I finish there's one thing more for me to vent my spleen on and that's the F.R.A. 'Do'. Reading Ian Warhurst's account, I wondered if I'd been to the same event. Now don't get me wrong, I have the utmost admiration for the Woodheads and the effort they put into the 'do' each year, but the venues chosen are a disaster. I know there must be massive headaches involved in choosing a venue, but surely there is better than what we have had for the past few years. I thought the Carlton club was pretty uninspiring, but the bloody Hanover is just *dire!* Talk about no atmosphere! Even the band were only semi-conscious! Don't bother saving me a ticket for 1998, Dave.

Perhaps this tirade shows how out of step I am with other members of the Association, but if so, it merely illustrates that the F.R.A.'s slide into middle age over the past 13 years has been even faster than mine. With all due respect, things were a lot less po-faced in the past.

Yours, on the hill,
Andy Walmsley

RUNNER AND RACER

Dear Sir,

"You're Mad!" That's what they say on a Monday morning when I walk into work with legs stiff as planks and limping from the blisters. "Why do you do it?"

I could tell them.

I could tell them about the views of mountain, moorland, valleys and lakes. Ever changing with the seasons and weather conditions but always beautiful in their own way.

I could tell them about the wildlife. About the glimpse of a White Hare in the Peak, the Buzzard in the Lakes or the bubbling call of the Curlew in the Dales.

I could tell them about the sense of achievement. How, when fatigue sets in, you are dehydrated and in pain, you feel like stopping. But you don't stop. You keep on to the next checkpoint, to the next summit, to the Col after and on to the finish, and when you get to the finish, you think "I enjoyed that."

I could tell them about the comradeship. About the faces you see race-in-race out, year-in-year-out, either just in front or just behind but always there. You never speak much. "Dig in" as you go past or they, in turn, offer you water, or jelly babies, or encouragement. Friends with no names.

I could tell them - But I don't because they wouldn't understand. But you understand, don't you! Because you're a Fell Runner.

Yours
Kevin Walker



The sort of scenery that it's all about (2) - Ronnie Gallagher and Adrian Davies climbing Scald Law, Pentland Skylene Photo: Ken Daly

COPY OF LETTER TO SAUNDERS

Dear Sir,

Ever since I have been running the SLMM (since 1986) entries have simply remained open until they were full. This year, however, the entry form explicitly states that the Scafell and Klets classes would remain open until May 1st, regardless of the number received.

Without the need to enter early I held off until I knew whether or not my partner would be running so that we/I could enter the Scafell/Klets as appropriate (rather than cause some hassle with a change in class later). As it happens his wife is expecting the birth of their second child at the end of May and has grounded him for a couple of months thereafter. I therefore entered the Klets a few weeks ago, only to have my entry rejected due to the event being full.

I really appreciate the service Saunders does in enabling the SLMM to go ahead each year (it's so much more civilised than the KIMM and doesn't require half a week's vacation to get to like the LAMM) and I realise that numbers have to be limited for the sake of the countryside. However, to advertise entries as being open until a particular date then refusing to accept one submitted well before that date is very disappointing.

Yours faithfully,
Garry Perratt

Dear Sir,

In the first part of my Clayton-le-Moors Harriers history in the February issue of *The Fellrunner*, all of the four photographs used were wrongly credited to me. The Pendle Fell Race start on p.28 was loaned to me by Richard Lawson; the picture of Stan Bradshaw and Alf Case on p.29 and the Three Peaks Race start on p.30 were both loaned by Stan Bradshaw; while the one of the late George Brass was loaned to me by George about twenty years ago in order for me to have a copy made.

I would also like to point out that a misprint reading "scene-layers" in the second full paragraph on p.29 should have read "scent-layers".

Thank you.

Yours in Sport,
Bill Smith

THE JOSS NAYLOR LAKELAND CHALLENGE

The 3rd Presentation Dinner was held on March 21st at The Wasdale Head Inn. In the presence of Joss and Mary Naylor and Ken Ledward, 12 challengers and their guests were treated to an unusual and splendid dinner. The enjoyment of the evening was enhanced by the dinner being held in the original oak panelled dining room of the Inn, a historic setting which was not lost on fell runners largely from a mountaineering background and who are familiar with the Inn's links with the early days of climbing in Britain.

We were entertained by eloquent, well chosen words from Joss, followed by Ken Ledward, who presented the only two tankards to have been won in the past year. Many enquiries come in for details of the Challenge, but few appear to succeed. So come on, it's not that difficult! Sponsorship flows quite easily too, especially from non-runners who reckon even youngsters in the 0/50 group a little unreal and as for 0/65 - well - we're nuts! 21 tankards await homes.

After dinner, following Joss's exhortation for more and especially younger entrants in the Mountain Trial, John Lagoie outlined a new format for the Trial this year. An 'Open' class will be added, over a shorter course, with age group prizes from 18 to over 70.

TANKARDS AWARDED IN MARCH 1998.

- 18. Paul Murray v50 June 7.
- 19. John Payn v60 June 14

For Information.

S.A.E. please, to:

Monica Shone, 21 Woburn Drive,
Hale, Altrincham, Cheshire. WA15
8LZ Anonymous schedules for all age groups are available. Please state which group is required.

Carol wins her first fell race - outright!! by Bradley Wood



Carol pictured at Wadsworth Trog Photo: Peter Hartley

Winning races and breaking records comes as nothing new to Carol Greenwood, as most fell runners know.

As a teenager, and under her maiden name Haigh, Carol set dozens of benchmark times that have stood the test of time, despite top class performers racing the same courses in good dry conditions in recent years. In 1986 she set a record at Snowdon in Wales (which remained untouched until she herself returned to Llanberis in 1995) before tripping off to Morbegno in Italy where she won the World Mountain Running Championship, lifting the first ever Gold medal by a Briton in the sport.

During the 1997 season, Carol won at least 40 fell or multi-terrain events, many in record time and on more than one occasion, finished well inside the top dozen positions overall. In February of last year, she lowered her own 1992

record time at the 20 mile Wadsworth Trog near Hebden Bridge by around half a minute to 3 hours 23 minutes and 29 seconds, though the time in the fell runners calendar was never amended. On that occasion she placed 14th overall out of 124 finishers. This result was followed up with a magnificent third place overall, among the men at the 'Cloggers Eleven' race, from Mytholmroyd. On that occasion Carol knocked 16 minutes from the previous women's best time.

Her superb form won her an England vest for the European and World Championship competitions where she took a Silver medal and a fifth place respectively. These were remarkable achievements, when one considers that Carol had bridged an eleven year gap at World level, and was competing against - and joining an International team of runners who - were possibly up to ten years her junior.

Carol's 1998 campaign got off to a splendid start as she stormed round a New Year's Day road race, notching up her second win in 24 hours - and in separate years - after triumphing at The Auld Lang Syne race near Haworth.

The 1998 Wadsworth Trog saw Carol in fine form once again, as she actually led the men at checkpoint one, on High Brown Knoll, though she lost out on the steep descents and rough ground dropping back to around sixth position by the half way mark. However smiles of admiration soon turned to gasps of amazement as news filtered through of Carol's time checks over the latter part of the course. From Cock Hill radio station, the Bingley Harriers International began to gather momentum, pulling back to third place overall by the finish, smashing her own twelve month old mark into oblivion by a staggering 25 minutes !!

On April 18th this year however, Carol managed the almost unthinkable. While contesting the Erringden Moor fell race, again in Calderdale, She won outright over a demanding nine mile course with almost 2000 feet of climb. Carol had held onto second place until the second major climb, at around half way, from Withens Clough reservoir to The Pennine Way, near Stoodley Pike, when the leading man missed some flags and ran around two miles off course.

Carol met the hapless would-be winner going the wrong way down a bridleway after she had completed a large loop of moorland, and began to apply the pressure on the final climb from London Road to Stoodley Pike and over Erringden Moor to the Mytholmroyd finish where she set the inaugural record time of 1 hour and 12 minutes. Mike Wardle of Calder Valley runners finished two and a half minutes adrift.

This achievement is widely thought to be a first in fell running, and possibly second only in athletics history in a mixed race after former British Marathon record holder, and International fell runner, Sarah Rowell's celebrated victory, ahead of all the men at the Seven Sister's Marathon a few years ago.

Always modest about her achievements, Carol recognised that the Erringden race was a charity fund raiser and offered to go without a prize in order to save money for the worthy cause. On top of this, it is understood that she will assist the organiser, Tony Bradley of Halifax, along with her husband, Allan, to re run the Erringden Moor race again on July 4th, this year, to raise money for a local hospice.

Bradley Wood.

SPRING 1998 NAVIGATION COURSE

Margaret Batley - The Organizer

We've all heard it said - 'Don't teach your wife to drive', the same can be said about navigation. Both Steve and I were making all the old excuses why I never learned to navigate on our many fell races and two day events so I thought 'Time to do something about this!'

Steve has assisted at the Elterwater Navigation Course held in September each year and, at Christmas last year, Mike Rose, the Secretary of the F.R.A. asked him if our club, Skyrac, would conduct a similar course in Spring at Kettlewell Youth Hostel.

At that point I hadn't really felt the need to be proficient at navigating as Steve takes over whenever we do any serious events, so I ploughed myself wholeheartedly into the organizing of the course which was to be held in April. This would enable people to attend in either Spring or Autumn but it didn't give us enough time for advertizing. We pulled out all the stops, I booked the hostel and sent letters everywhere and Steve drew up a four foot compass complete with Roamer!

As the applications began to roll in, I sent off programmes and information and was thrilled at the response. It's a good job we didn't have time to worry about anything - I had never organized anything as big as this before and we were both anxious for everything to go well.

After cycling around the north coast of Scotland over Easter in snow blizzards, the navigation course became less daunting, so Friday evening we rolled up at Kettlewell Youth Hostel prepared for anything.

Steve had not spoken publicly before and was very nervous but when it comes to map reading there isn't much he doesn't know. Once in full flight it rolled off the tongue and I was very proud of him. Friday evening's talk was about how to use a compass and follow bearings when you can't see the lie of the land, either in fog or at night.

On Saturday we broke up into five groups of five people and set off across the fells. For me, this was light relief, being out on Great Whernside, learning from someone other than my spouse. We all took turns to lead the group to features on the map, using the skills introduced by Steve and explained in greater detail by Dave Hill, our instructor. I must give all credit to Dave for his endless patience and good nature and I'm sure the rest of my group



Participants

would agree with me in expressing what an enjoyable and informative day it was. We all feel it necessary to actually do the job when learning something, to really absorb it and Dave proved a worthy instructor.

It was shortly after four o'clock when we all fell in the hostel after a beautiful day on the fells and it was now time for a talk on training given by Brian Hilton. He gave us the benefit of his vast experience, on how to get the best from ourselves by consistent training, with emphasis on different aspects, such as speed work, and stamina training, whilst also guarding against over-training which leads to exhaustion.

Mike Rose called in next to give his usual talk regarding the role of the F.R.A. and also safety on the fells. His role is time consuming and we wish to express our thanks for him finding the time to come and introduce himself to the uninitiated, who may find themselves fell runners yet.

After dinner the group went out on night navigation and Sue and I recorded the time-keeping. This event is designed to indicate how much of Friday night's exercise on compass bearing had been absorbed. Needless to say, everyone found all the check-points and eventually we all fell into the pub. For me, mixing with and getting to know like-minded people is a revelation because my work colleagues at British Telecom think I must have a screw loose to run up and down mountains and plough through bogs, all in the name of pleasure. It gave me a real buzz and I thoroughly enjoyed getting inebriated and then laying in our bunks talking into the early hours.

On Sunday morning after breakfast, we had a talk from our two most experienced fell runners and navigators, Howard and Andy, who described the two-day events, such as the Karrimor, Saunders and Capricorn mountain marathons and what

sort of equipment is required. Andy and Howard, who have partnered each other on many such events, both emptied their Kimm sacks of what would be their own share of the overnight camp. Each sack weighed roughly eight pounds, so remember girls - no mascara or lipstick. Personally my overpowering thoughts during the Karrimor don't stretch beyond survival! It must be mentioned here that Howard and Andy have won the 'B' category in the Karrimor - no mean feat! Howard has also partnered Neil, our other instructor, in the Karrimor but Neil has now moved into real masochism and now competes in the Elite category.

The last Monday in April, Steve and I had all our organizers and navigators to dinner at our house to discuss how each felt on how the course went in comparison to Elterwater. We all had ideas and opinions on how to improve our plans and if the F.R.A. ask our club again, we will be honoured to give it our best shot in Spring 1999.

I would just like to thank all the Skyrac team who gave up their time to help with the organizing and the navigation and also to the patient and trusting participants whom I hope had as good time as Steve and myself.

To sum up, I would like to thank the star of my life, Steve. We have been married for almost thirty-two years and, without him, I would never have imagined doing the Karrimor, Saunders and Capricorn events. He navigates us safely, speedily and accurately through these gruelling events and has enriched my life immensely. If some of his knowledge and our team of volunteers from Skyrac has added something to the navigational and map reading abilities of the course participants, then all the hard work and anxiety will have been a pleasure.

Margaret Batley.



Lee Siemaszko, u/16 winner at The Wrekin
Photo: Steve Bateson

JUNIOR UPDATE

Another season is well underway now, and by the time this magazine is out the championship season will be at the halfway mark.

The first championship race at the Wrekin went down very well, and there were excellent turn outs in all the categories and it was pleasing to see that so many runners had made the journey down to Shropshire. The only disappointment was that there were very few under 12 boys, maybe they are saving themselves for the next five races. Even so, there were some familiar faces running in new categories, and doing extremely well, as well as some new runners coming through. Let's hope this keeps up for the rest of the season.

This year we had the FRA junior training weekend in mid March, and despite the possibilities of extremely bad weather, we were once again blessed with amazingly good weather, with a fine dry and warm day on Saturday when we were doing hill reps, orienteering and compass work, and on Sunday with beautifully sunny warm weather for the longer run and in the afternoon were able to have all our activities based outside in the sunshine.

Thanks to all those who came along and made it a good weekend, despite the fact that we were still chasing some people off to bed at 3am on Sunday morning, it was a great weekend, although I do not know if we can tolerate some of the culprits again!! Also thanks to Norman Matthews, John Kidger, my wife Sue, Ian Smith and all the other helpers who were there over the weekend.

More recently juniors have had some success on the international scene at the Knockdhu race in Ireland where England

swept the board, particular mention must go to Kate Bailey who gained her senior England vest and finished a brilliant 4th in her race.

Continuing on the international theme, dates for the diary include 14th June which is the trial at Sedbergh for the Black Forest Junior International races in Germany in early July. The trial for the World Trophy will be at Skiddaw on 8th August with the World Trophy being held on Reunion Island in the Indian Ocean on 19/20th September. The British Junior Home International Trials will be held in conjunction with the Thieveley Pike race on 26th September and the Home International will be on 11th October at Edinburgh.

It was agreed at the last FRA committee meeting that we should go for equality in International Fell races, so hopefully in the future there will be the same age categories for girls as there is for boys so there should be something more for the girls to go at and to gain more international experience.

Anyone wanting further details or advice on any of the international aspects should contact the English Junior Coach, Norman Matthews. Tel. 01204 468390.

For those who do not already know, the format for the team award in the championship is:-

For boys the cumulative positions of the best 6 runners from the under 12, 14, 16 with a minimum of 2 from the under 12's, 2 from the under 14's and 1 from the under 16's.

For the girls the cumulative positions of the best 5 runners with a minimum of 1 runner from the under 12's, 1 from the under 14's and 1 from the under 16's.

In each case the lowest total scores will be the winners etc. and at the end of the season the club which has the best overall positions will be the winners.

At the last FRA committee meeting the possibility of subsidising Junior membership was also discussed to try and encourage more youngsters to join the FRA. At present very few juniors are actually members (about 35 in 1997) and so do not get the benefit of this magazine 3 times a year and the calendar of events. So if you are a coach and have fell running youngsters please let us know your opinion on this aspect and then hopefully at the AGM we can go to the membership with some positive opinions and facts on the matter. We are looking to possibly offer Junior Membership at £3, but this still has to be further discussed and decided on, so anyone out there let us know. Would you be prepared to join at that rate?

As I usually finish off, if you have any further opinions or ideas then please let me know.

Dave Richardson
(FRA Junior Co-ordinator)



First u/14 girl at Hebden Moor is Jade Astin
Photo: Dave Woodhead

ENGLISH JUNIOR CHAMPIONSHIP POSITIONS AFTER 2 RACES

U12 BOYS

1. Matthew Smith	Horwich	20
2. Robert Burns	Horwich	15
3. Mark Bridge	Hyndburn	12

U12 GIRLS

1. Karrie Anne Hawitt	Oswestry	20
2. Gemm Evans	Wirral	16
3. Katherine Cole	Horwich	11

U14 BOYS

1. James Peerless	Wirral	20
2. Chris Jones	Wirral	16
3. Mark Hudson	Buxton	11

U14 GIRLS

1. Polly Veasey French	Matlock	18
2. Laura Hughes	Horwich	14
3. Jade Astin	Rochdale	13

U16 BOYS

1. Lee Seimaszko	Kendal	20
2. James Mason	Keig&Craven	13
3= Joe Symonds	Kendal	8
3= Lee Broadley	Bingley	8
3= Chris Miller	Harrogate	8

U16 GIRLS

1. Sarah Gatford	Telford	20
2. Natalie White	Holmfirth	16
3. Lindsay Doyle	Wirral	13

U18 BOYS

1. Mike Cayton	Horwich	20
2. Daniel Yates	Matlock	14
3. Courtney Heyes	u/a	12

U18 GIRLS

1. Kate Bailey	Staff. Moor	20
2. Sarah Dugdale	Skipton	13
3= Rhiannon Matthews	Shrewsbury	8
3= Amy Green	Spenbro	8

JUNIOR TRAINING

In the last *Fellrunner* I indicated how difficult it was to write down specifically what training times the various Junior groups should be doing because of the difference in age and abilities. After talking to many juniors at the Coniston week-end, who had little idea of just what time value would constitute a typical training week for someone of their age. I thought it would be helpful if I indicated in **general terms** a guide line on training time per week for various age groups, with some general rules.

Age.	Days	Total Time
10-13	2	1hr 30.
13-15	2-3	2hr 15
15-17	3-4	3hrs
17-19	3-5	6hr 15
19+	5+	7hr 30 +

The above chart is a 'Guide' only, and for some juniors who have a heavy sports schedule at school, the time value may be too much. For the junior who has been developing under coaching guidance for some years, it may not be enough. The time factor is obviously split up into sessions where the work is graded into levels of intensity, the extent of which has to be decided by a coach or other qualified person. Don't forget that warming up and down, is inside the time value and that the younger age groups need shorter sessions.

RUNNING THE HILLS

Many runners from disciplines other than fell running will at some time or other introduce a hill rep session into their training. The value of such training - if done right - is not in doubt. In fell running - for obvious reasons - it is considered a necessity, so the following guidelines will give you some idea on how you should tackle this important aspect of your training.

The first thing to remember is that the old adage 'you can't get too much of a good thing' does not apply here. For junior runners, running too many hills can create problems. For every foot you climb you have to descend - unless you are lucky enough to have an alternative transport arrangement. Running hills is much more tiring than flat training, even up pace running. So introducing hills into your training has to be gradual, and balanced with the rest of your training. Running hills also constitutes a shortened stride and too many hills can reduce overall stride length. There are also many areas that come under additional stress when working hard on the hills, your breathing can become much more difficult, your legs can become very heavy with lactate, and stresses to the Achilles, Hamstrings and Gluts are much more pronounced. Heart rates and temperatures can also rise more quickly, especially in the younger athletes.

So after all that, you are probably asking is it worth the trouble? The answer is 'yes'. Although there are many permutations of hill sessions, they are founded basically on three types.

- Short fast runs of no more than 30 seconds.
- Extended climb of 3-5 min.
- Long climbs over 5 min Plus.

There are also endurance runs where you encounter hills without a repetition base.

Short fast runs: of **no longer** than 30 seconds, where high lactate levels (heavy leg feeling) are induced with a quick rise in heart rate. Full running action is employed with vigorous action from arms, shoulders and trunk muscles with a good strong leg lift. The value being that your body adapts to the high lactate levels and its removal, and with all major muscle groups involved for strengthening, plus an elevated rate of breathing and heart rate, excellent conditioning takes place. The number of reps and actual time values need careful consideration for the various junior age groups - as they do on all hill reps sessions. So again advice is required. The gradient should allow for a good running action and should not be too steep. These efforts can easily be done on a section of road. A slow jog back to the start for recovery is sufficient. Effort level 90% +. Much faster than race pace. This session is very demanding and consideration of what sessions go before and after it require careful planning.. Allow at least three days before racing.

3-5 Min runs

This session requires the ability to judge the pace correctly, starting too fast can soon lead to walking, and the idea of this session is for continuous running. The hill on this session requires to be steep enough to encourage a knee lift and a good arm action, but without the problems of lactate or gasping for breath. In terms of pace 80-85% of max effort would probably give a pace slightly faster than race pace for a climb of double the distance. The real test is whether or not you can complete the full session with near enough equal times. Too fast a descent and the short recovery will ruin the sessions intentions. Heart rates rise very quickly on this session but should settle around the point at which the rate of lactate is just held at bay. Which means that the burning sensation in your legs does not interfere with your running action.

5 mins Plus

Long sustained runs for strength endurance are an enjoyable way of both running on the hills and achieving a training effect. An economical style of running is required with little arm action, and

minimal leg lift. Keep the body relaxed and your breathing under control. Run tall on the hill with little leaning.

Although this session is easier in intensity the total time of the session can make it demanding for a junior. Again its a matter of grading and commonness in relation to the total time of the session.

GENERAL HILL RULES

Consciously try hard to shorten your stride as you engage the hill, the length of stride being in keeping with the gradient. Many juniors run with too long a stride when climbing and put undue strain on their legs. Try to run on top of the hill ! by being light on your feet, predominantly on your toes. Keep your body at right angles to the hill. Breathing should be rhythmically linked with running action, and the arms should play a major role in helping the leg rhythm. Look for good foot holes as you climb so that good traction is obtained. Shoes must be tightly laced - shoes that wobble about especially on the descent can allow the ankle to go over. Check your fell shoes at home by placing them on a flat surface and check from the back to see how far they lean over. If they already lean inwards then imagine how far they would lean when wet and in a contouring situation. Your shoes must have good studs with plenty of grip and not too much pronation - *Lean*.

Hill training can be very demanding and the intensity of a session has to be carefully aligned with the ability of the junior. However, you are in a running discipline that requires you to race hard on the fells. So your training has to reflect that. Training on the hills should be done constructively, not destructively - enjoy your running.

If you are in any doubt about training times or intensities then please give me a ring **Norman Matthews 01204 468390**



Michael Winnick and Anthony Gotts at The Wrekin
Photo: Steve Bateson

Take to the.. Walsh Sports Shoes expand under new ownership



Robert Ford handcrafting shoes

Two years ago ripples passed through the fellrunning world when word spread that Norman Walsh, in semi retirement for several years, had passed on the ownership of the famous firm. Worries were expressed that this could be the end of the Raid and the PB and that the begetter of the Descender, the Whernside Flyer and the Penine Adder, amongst others, would influence fell shoe technology no more.

At worst there could have been a mechanisation and commercialisation that would have destroyed the company.

Since Walsh began in 1961, established by Norman Walsh, the company has boasted a labour intensive, skilful practice. The quality of both the shoes and the workforce is hardly surprising when you realise that Norman had been making sports shoes for over 50 years when Jonathan and Dennis Crompton took over the business in 1996.

Norman took up shoe making in the home of good shoes, Bolton in Lancashire, just after the second world war as a 14 year old at the firm of J W Foster and Sons.

'Old Joe' Foster, the doyen of the firm, had two grandsons, Jeff and Joe, who formed Reebok (even before Horst and Adi Dasler had their fall out), which later took over Fosters. Reebok is still a competitor of Walshes in the fell shoe market - a market which is not large enough to sustain any but the best - Fjellrunners had only limited success and ETAs - good as they were - were not good enough to gain a foothold in the market. Other shoes have surfaced and sunk - Bill Smith's 'Studmarks on the Summit' mentions just a few of them, - the Reebok 'Wild Country', Run-Inn Sports' 'The Pendle', Reebok 'Colts', 'Fab-X's and 'Gazelles' plus various versions of the Reebok 'Contour'; Adidas' 'Cross' and the 'Klets' shoe marketed by Karrimor under the name 'KSB's' - many using the V ripple technology (ripples running in counter directions) which Walsh first started using in the early 60s. The main competitor currently is probably Felldancer - also based in Lancashire.

Since that September of 1996 there has never been any question of the company becoming more mainstream and impersonal. The friendly, flexible and highly professional service will continue with an important part of the business being the custom manufacture of shoes for individual needs. The service is so flexible that Walsh can supply customers with anything from a one-off special requirement to a large supply of 300 to 400 pairs of shoes.

Walsh has always supplied more than just fell shoes and currently supplies the boots and footwear of the Salford Reds Rugby League Club - they have also supplied football and boxing boots, walking shoes and boots, track and road shoes and specialist footwear for sports as diverse as wrestling and cricket. Former mile world record holder Derek Ibbotson wore Walshies



A finished rack of Taigas - the new design in cross country shoes



Traditional skills demonstrated on the last

as did Aussie cricket captain Allan Border, amongst others.

Walsh Sports Ltd. is without doubt the number 1 manufacturer of fell-running shoes in the UK having seen off several attempts by competitors to gain part of their niche market. Their footwear is available in around ninety specialist outlets throughout the length and breadth of the UK and expansion beyond these shores is firmly under way. Their stated aim is to continue to keep the Number 1 slot through design, development and wherever new materials or innovative methods prove advantageous.

This is in the established tradition of Walsh Shoes, who have always led through innovation - Norman's apprenticeship was as a maker of track spikes which were also used by hill runners but he recognised that they needed something more versatile. The first ripple soled running shoe was made in 1956 followed by other innovations including the famous Descenders and the current brand leader - PB trainers and racers.

Sales of both of these continue to grow but Walsh have plans to open up an export market. They are now firmly established in Australia and also, nearer to home, in France, but have plans to retail the shoes in Germany, Italy and, the big prize if they can break in, the USA.

Expansion plans in the UK are centred, however, not on the firmly established range of fell shoes (and boots) but on their other footwear - rugby boots, trail shoes and the latest cross country shoe, the Taiga - no, not a misspelling of Tiger, (chasing the swift African gazelle of Reebok) but a reference to the rough terrain that these shoes were designed for - as birders will know it is a habitat that lies somewhere between tundra and steppe - rugged, indeed!

The Taiga has a revolutionary design incorporating a spiked forefront for superior grip and a studded heel and mid foot - the deep

pyramidal studs that are a feature of Walshies.

The shoe has machine stitched uppers (Norman introduced machinery to the firm in the 1970's) but, in the tradition of Walsh shoes, the Taiga is hand finished.

The shoe was introduced in 1997 and soon outstripped all of its sales forecasts, doubling what had been expected.

The firm will continue to dominate the fell shoe market in the foreseeable future, but aims to maintain the personal service, attention to detail and quality established by Norman Walsh some fifty years ago. Walsh was described in an article by Neil Shuttleworth in 'Up and Down' magazine (to which this writer notes his indebtedness) as 'The Man who knows Quality'. This is just as true of the new ownership as it was then.

Ray Swatcher.



Soft shoe shuffle - PB Trainers await their studs

COMPETITION

Where are the Walshes???



- Win a pair of Walshies.
- Win an exclusive Walsh kit bag.

Prizes for the first and second male winner and for the first and second female.

Pictured below are details of three photographs published in this magazine. All you have to do is identify who is wearing the Walshes and which event they are at. Name the three individuals, name the three events, put your answer on a postcard and send it to 'Walsh Competition, 13 Greenside, Denby Dale, West Yorkshire, HD8 8QY. Correct entries will be shook up in the editorial bumbag and a winner plucked therefrom!

①



②



③



Last issues competition: - the bum wasn't identified so Pete Bland keeps his shoes and the owner of the bum his anonymity!

The caption contest was won by Tim Kelly - if you identify yourself to Pete Bland or Tony Hulme (driving licence, for example) and show them this then they will furnish you with a brand new pair of PBs and invoice me!

SHOCK, HORROR, DISASTER - BUNNY SERIES IN JEOPARDY

Enjoy that chocolate Easter egg while you can, it could well be your last!

Cocoa growers are facing a worldwide crisis that could lead to dwindling supplies and higher prices. Growers on the Ivory Coast, source of most of the cocoa that goes into British chocolate, face crop devastation from black pod disease. At the same time Brazil, another major supplier, is being hit by fungus which attacks the trees. These combined diseases could wipe out the industry.

However never fear the Woodentops are already monitoring the chocolate situation closely, and are confident that Easter eggs will be the major prizes at the 1999 Bunny run series, the word is: "Chocolate lovers should not despair."

The British are the world's biggest chocoholics, munching their way through an extra 850,000 tonnes a year - 16% up on 10 years ago, have the Bunny runs which were conceived 6 years ago helped this mammoth increase of consumption?

BUNNY RUN SERIES REPORTS - THE FOUR SEASONS

Dry Bunny One

Despite admitting to making "a massive mistake" in choice of footwear, course record holder Ian Holmes had no difficulty in holding off a 189 strong field. This despite opting for road shoe flats instead of the more traditional studded fell shoe, he realised this after skirting round a deep puddle within the first 200 yards, and found things more difficult than anticipated.

17 year old Alan Baker of Rochdale Harriers caused the upset of the evening, he decided to run for the 'Egg Stage' prize that is incorporated within each race, his 50 yard lead was dramatically reduced approaching the rocky outcrop marker, as he paid for his exertions. He did hang on to clock 3.30, with Holmes a mere second behind, Alan's lactic acid legs then only allowed him to jog down the field before getting his second wind to finish 40th overall in 21.40.

Holmes went on to win by almost half a minute from Bingley team mate Robert Jebb who was celebrating his England call - up for the Knockdhu International at Co. Antrim, Northern Ireland. A regular bunny runner Holmes achieved his 11th victory since the races conception in 1992.

Spenboro's housewife Kath Drake, who set the W35 record of 21.27 last year, won the women's race in 53rd position half a minute ahead of Bradford's Andrea Dennison.

Drake wasn't the only female to steal the show however. Traditionally - attired 'Eccleshill Bunny Girl' Shelagh Hopkinson toed the line to raise money for the Scope Charity Appeal. Thankfully she was persuaded not to run in her black stilettos or her finishing time might well have been lower than her 33.55 for 167th position - a time that includes her 3-minute handicap to enable all the other

competitors to witness her charity effort. It was a busy evening's work for Shelagh, because afterwards she raised £90 with a raffle, and then sank a half-yard of ale in 2 minutes 10 seconds to rapturous applause all this still clad in her bunny outfit!

A new innovation this year was the introduction of the free yard and half yard of ale drinking contests, tonight's half yard was won by Ian Hill in 10.05 seconds, with over 60 Bernard Crowther second in 11.40 seconds.

Snowy Bunny Two

Road closures and white-out conditions couldn't deter an impressive turn out of 164 runners, just 25 down on the previous Tuesday.

Although snow started falling at mid-day with about 2 inch falling during the race itself - many braved the long journey across the Pennines and from all points in Yorkshire to compete in arguably the most popular race series on the fell calendar. Joint British champion Ian Holmes and Kath Drake both made it two wins out of two with Holmes taking the 'Egg Stage' prize en-route in 3.47, two seconds clear of Gary Devine.

Despite the heavy snow and almost zero visibility, Holmes still clocked a respectable 18.05 - just six seconds down on the previous week, Drake faired almost as well running just nine seconds slower.

One evident feature was the amount of ladies having the energy to sprint finish, Ruth Dorrington beat Ruth Whitehead by one second for second, Helen Johnson defied Ann Lloyd by the same margin and Sharon Taylor beat Julie Holdsworth by the thickness of a vest. The list goes on.

Race organiser Dave Woodhead admitted to being "amazed" by the large turnout, adding "to be honest, when you think of how difficult it was

to just get here - people from places like Rochdale had to make a detour via Queensbury - I was expecting about forty to fifty. In the end we got 164 turning out to run 3 miles in a blizzard just for a Cadbury's Crème Egg! Can you believe it? It's not just the hardened fell runners either. We had 37 women finishers this time compared to 45 last Tuesday - an excellent turnout given the conditions."

The yard of ale contest attracted 3 competitors with Bernard Crowther ahead with 43.36 seconds, second Mark Bellas 48.56 seconds and Baildon's Quentin Lewis 122.25 seconds savouring the flavour.

Wet Bunny Three

Former English junior champion Sean Willis notched up his second win in 3 days with a convincing late dash race surge. Willis, who won the English junior title 13 years ago, moved clear of Clayton's Mark Horrocks approaching the en-route 'Egg Stage' marker (which he won in 3.38) before allowing Dale Wilkinson of Rochdale back on level terms in the woods.

The Todmorden runner remained composed, however, and made his decisive burst in the final mile to come home half a minute clear of Wilkinson with Horrocks taking third a further 6 seconds back.

It was touch and go, though, whether Willis was going to make it to the start line. Although unsure of whether he would have recovered from his efforts in winning the Wardle Skyline over the weekend, Willis had been driving a van for the engineering company he works for and only arrived at the start minutes before the off.

"Joanne (his fiancé) had been able to get a lift to the race before me as I wasn't sure



Steve Bottomley and Mick Addison find bunny girl Shelagh Hopkinson (Eccleshill) at the start of the race.
Photo: Hazel Maddocks - Eccleshill's club supporter



*Kath Drake, 1st lady at BR1
Photo: Peter Hartley*

I'd get there in time after driving all day," said Willis. "I had my gear with me, anyway, and once I'd decided to run and got going I felt fine."

Willis, who marries Joanne Dowling (18th in the women's race) this September, wasn't the only groom-to-be to place highly. Third placed Mark Horrocks tied the knot on 2nd May to another fell runner Juliet Whalley.

Kath Drake claimed her third win in a row to seal the best three - from - four series, the 36-year-old Spenboro' runner held off Ilkley's Helen Johnson by almost a minute as Ruth Whitehead of Bingley took third.

Despite torrential downpours, which tested the 216 runners including 51 ladies out on the course, one record was broken during the post-race festivities. Ian Hill of Bingley - 35th in the race and clearly saving himself - set a new record of 10.50 seconds for the now - traditional half yard of ale drinking contest.

Windy Bunny Four

Although Ian Holmes and Kath Drake secured series wins with maximum points, headline-maker for the evening, and perhaps the series, was 22-year-old Dark Peak fell runner, Jo Smith.

Smith, a highly competent orienteer, who is keen to turn her hand to more fell races in the future, clocked the second fastest time ever on this course, behind course record holder Lucy Wright's 19.16 with an excellent 20.01. Indeed, so good is Smith's time that it pushes European silver medallist Carol Greenwood's best of 20.06 back into third fastest overall. Smith went on to place an impressive 25th overall from a 216 strong field on her first ever visit to the race. Impressed by an armful of chocolate eggs, carrot cake and her bugs bunny baseball cap she could become a regular hopper. Just seconds ahead of Smith finished under 16 series winner Lee Broadley who won in all

his three outings of the series. Living near the race route, he often uses the route for training purposes, and hence if you ever need someone to follow, and pace it right Lee's your man!

Holmes notched up his 12th 'Egg Stage' win with 3.29, yet another record to this formidable runner.

The team awards was the closest ever with one point separating Rochdale from Bingley from P&B, Rochdale can thank a late surge by Alan Baker who edged out Martin Peace in the dash for the line.

The prize giving is a chocoholics dream with over 140 Easter eggs disappearing to the Bunny four race and then the overall series prize winners, party poppers, balloons etc. add to the occasion before the annual buffet is consumed.

The Relay

This popular event is run round the long lap only of the Bunny run course and is tried to be kept low key, so the organisers can unwind from the heavy demanding April schedule.

Twenty-nine teams turned up on a wet windy night, no wonder April was the wettest month on record for a century! Obviously no records was set, so Gary Devine's 13.07 and Anne Buckley's 14.43 remain in the record books.

A feature of the event is made up, mixed, family and friends teams are encouraged, along with the normal running clubs and prizes being available to these categories. Rochdale were victorious thanks to Andy Maloney recording the fastest time that night 13.44, but P&B were beaten into second by Quentin Lewis, Jason Hemsley and Steve Bottomley who made up the Half Yarders. In 15th were the Halifax Triers family mixed, Linda Crabtree who after helping record numbers in all previous four Bunny runs, helped her brother Michael and nephew Nick Fryer to victory in the family, mixed category.

Todmorden Harriers used the event as their club handicap, with a brilliant innovation of how to pick a team. With 3 boxes they put their slower runners in one, then their mediocre in another and their elite in the third, draw out one name from each box, then you have a team! The winners of their handicap were the Hot Toddies comprising of Matthew Edwards, Barry Chapman and Keith Parkinson.

NOT A LOT OF PEOPLE KNOW THIS.....

Chocolate is regarded as an aphrodisiac by 31% of all women ... is this why so many take part in the Bunny Runs?

Three quarters of Northerners, the highest proportion in the country, said they ate chocolate to cheer themselves up.

One hours world-wide production of KitKat would make a pile 14 times higher than the Eiffel Tower how high would six years worth of the Bunny Run Crème eggs and Easter eggs equate to, if anyone comes up with this total we'd be interested to know.

Typically now, a packet of chocolate or Easter egg contains two bars. Of course, you have every intention of saving one bar until later, perhaps if you're feeling particularly saintly, even the next day. But in reality you might last five minutes, you might even stretch it to ten, but finally, inevitably, the resolve will weaken and you will polish off the rest in ten seconds flat.

The Bunny Runs have gone Global; this year has seen runners from the Netherlands, South Africa and Australia, the organiser's stress they did not pay their expenses!

Runny and Pickled Egg



Ann Watling pictured at BR4 Photo: Steve Bateson

Surf Mountain MOURNE Mountain Marathon

Surf Mountain Elite Class For further information
approx 55km in total and
entry forms:

'B' Class:
approx 50km in total

'C' Class:
approx 40 km in total

Write to
Robin Bryson,
12 Edenderry Village,
Belfast BT8 8LG

Participants must
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*Mervyn Keys and Andy Preedy cross Turnhole Clough - Bouldsworth.
(photo - Peter Hartley)*

INSET

*Geoff Gough, Clayton, 1st Vet at Noonstone (photo Peter Hartley)
Mark Horrocks, winner at Noonstone - (photo Steve Bateson)*



Steve Bottomley, 7th at Guisborough, pictured at Buttermere Sailbeck Photo: Steve Bateson

ROWBOTHAMS ROUND ROTHERHAM South Yorkshire CL/50m/500ft 13.12.97

One hundred and thirty participants started on the day. Conditions were excellent from the ankles up. The previous weeks' weather being very wet made it very muddy underfoot so no records were broken this year. This year's winner was Tony O'Kell of Stockport making his debut in a time of six hours and fifty eight minutes. Sharon Gayter of New Maske was never challenged in the ladies event and won by one hour and thirty minutes in a time of seven hours and fifty seven minutes.

This year also saw our inaugural fifty miles relay up to eight legs per team. Rotherham Veterans ran well to finish in first place with a time of five hours and twenty six minutes followed by another RHAC team - Howarth Hobblers. Third place went to a team of four Rotherham Harriers Ladies (Foxy Ladies). Due to clashes with other races on the day, entries were a little low for the relay (six teams). It is hoped that next year will attract more entries.

Sharon Burton

1. T. O'Kell	Stock	6.58
2. P. Gwilliam		7.06
3. S. Boulby	Denby	7.08
4. M. Gynor	Roth	7.18
5. B. Berzins	DkPk	7.38
6. C. Davies	Sadd	7.52
7. K. Booth	Roth	7.53
8. P. Haigh	Roth	7.53
9. S. Gayter	NewMske	7.57
10. A. Turner	Clay	8.00

LADIES

1. S. Gayter	NewMske	7.57
2. J. Bushell	York	9.29
3. R. Utley	Unatt	11.20

DEVILS CHAIR DASH Shropshire AS/3.5m/850ft 26.12.97

1. A. Davies	Merc	22.08
2. T. Werrett	Merc	22.35
3. T. Davies	Merc	23.12

FIRST VETERAN O/40

1. G. Jones	Shrews	25.24
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FIRST VETERAN O/50

1. J. Clemens	Merc	26.4
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LADIES

1. H. Purdy	P&B	25.43
2. J. Clark		28.29
3. C. James	1-Vision	29.13

FIRST LADY VETERAN O/35

1. C. Lorimer	Cosmic	30.31
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FIRST LADY VETERAN O/40

1. P. Matthews	Shrews	37.20
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GUISBOROUGH WOODS HILL RACES Cleveland BS/5.75m/1000ft 28.12.97

It was a day of mud, muck and overflowing water courses. Necessary skills involved bog hopping, wading and skidding at speed. One or two introduced the skill learned in early years of crawling having fallen up hill as well as down. The race was a relatively slow one with the very muddy conditions affecting performance. On the first lap Wesley Tarn let by twenty metres; on the second lap Charles Stead led by a similar distance only for Merv Burn to take the lead in the latter stages and win by a similar margin.

In the female race Karen Slater had established a modest lead at check one. This was extended on every lap so that eventually the winning margin was two and a half minutes

In the Junior Race Michael Reid won the boys race from John Franklin. In the Girls event Nicole Slater finished first ahead of her sister Sheryl, this meant that the Slater family had won both female races - a good day out!

Note, the ruling on marshals. Because of the shortage of marshalls the race committee has decided that anyone who wants to volunteer to marshal a check point, will be awarded half the maximum points gained in their category, or the average whichever is the higher. This will count as one score towards the cumulative, ie, you are welcome to marshal at more than one event but only one score will be allowed. Whereas the committee have some reservations about athletes scoring points in the series without running, they are effectively participating in the one event. This situation has arisen simply because one or two marshalls have had to sacrifice any chance they have had of doing well in the series, as it is often the case that 'the few' shoulder the burden. I hope therefore that you will support this decision. This is particularly important as at the end of the day we wish to produce the races that you want, with an atmosphere that is both competitive, enjoyable and acceptable to all.

David Parry

1. M. Burn	T&S	38.30
2. C. Stead	T&S	38.40
3. W. Tarn	Shield	39.01
4. A. Normandale O/40	Nestle	39.25
5. R. Burn O/40	T&S	39.31
6. F. Smith O/40	Salt	40.46
7. S. Bottomley	Eccles	40.54
8. J. Coulson O/50	CalderV	40.55
9. S. Mechie	T&S	40.56
10. I. Mulvey	N'land	40.57

FIRST VETERAN O/60

1. B. Hood	Mand	51.46
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LADIES

1. K. Slater O/35	KlyHR	45.36
2. A. Raw	Darl	48.07
3. M. Curran O/35	Nestle	48.30
4. C. Garland	Mand	48.34
5. S. Webb O/35	Mand	49.11
6. J. Young O/40	Elvet	51.48
7. S. Gayter	NMH	52.26
8. N. Goundry	Elvet	53.18

ST JOHNS FELL RACE Isle of Man AS/3m/900ft 1.1.98

The opening round of the 1998 Manx Fell League took place on New Years Day in appalling conditions. Heavy rain and gale force winds pounded the three mile course turning the plantation tracks into rivers of mud.

Amazingly despite the atrocious weather a record entry set off from the St. Johns Football Club start.

Local farmer Keith Callister scored a good victory after catching early leader Chris Cain who also came out on top in the veterans class.

The race proved to be a great success and the post race refreshments at the Farmers Arms an even bigger success.

1. K. Callister	Manx	26.23
2. C. Quine	Manx	26.51
3. P. Cain O/40	NAC	27.39
4. T. Rowley	Manx	28.19
5. P. Kaneen	Manx	28.46
6. I. Ronan	Manx	29.00
7. D. Young O/40	Manx	29.11
8. P. Crowe	NAC	29.31
9. R. Stevenson	Manx	29.41
10. J. Crellin	Manx	29.47

VETERANS O/50

1. D. Corrin	Manx	31.14
2. A. Postlethwaite	NAC	31.36
3. R. Callister	Manx	32.09

LADIES

1. B. Walker	Manx	31.30
2. R. Hooton	Manx	32.58
3. C. Kelly	Manx	47.46

CAPTAIN COOKS NEW YEARS RACE North Yorkshire BS/5.5m/750ft 1.1.98

1. P. Lowe	Mand	32.17
2. S. Gregory	HolmeP	32.24
3. M. Burn	T&S	32.26
4. A. Normandale V	Nestle	32.52
5. P. Wragg	T&S	33.02
6. R. Cole	Mand	33.09
7. M. Brunskill	NewAyc	33.45
8. J. Coulson V	CalderV	33.49
9. D. Collett	W&E	34.02
10. M. Saunders	MDC	34.21

VETERANS O/40

1. A. Normandale	Nestle	32.52
2. P. Buckby	NewMske	34.24
3. B. Firth	Mand	34.32
4. F. Smith	Salt	34.37
5. C. Pattison	Unatt	34.38

VETERANS O/50

1. J. Coulson	CalderV	33.49
2. M. Hetherton	Nestle	38.39
3. D. Bell	Redcar	38.59
4. M. Lister	Harr	40.21
5. D. Middleton	N/Ay	40.44

VETERANS O/60

1. S. Edwards	NMH	43.39
2. R. Bainbridge	Mand	43.53
3. B. Hood	Mand	45.56

LADIES

1. C. Garland	Mand	39.23
2. A. Bedwell	MDC	40.24
3. B. Blakeman	S'land	41.05
4. K. White	Morp	41.38
5. S. Jackson	M&C	42.35
6. L. Brough O/35	HBR	43.29
7. S. Gayter	NMH	43.31
8. J. Young O/40	Elvet	43.36

14TH CHASE TRIG POINT RACE RESULTS Staffordshire CL/15m/1500ft 10.1.98

Congratulations to Tim Werrett on a fine win. At the first road crossing he was ahead of schedule and also on the return but in the end was five minutes adrift of the record. Tony Milovsorov, who has been threatening to run this race for the last ten years, pushed Tim hard all the way but just did not have the legs, on this occasion, to win. Christine Kilkenny, for the seventh year, took the ladies first place. Once again thankyou to all those who helped make it yet again a successful event.

Richard Day

1. T. Werrett	Merc	1.31.53
2. T. Milovsorov	Tipton	1.34.26
3. B. Peacock	C&S	1.38.14
4. S. Gregory	HolmeP	1.38.15
5. P. Cadman	Merc	1.38.39
6. M. Wynne O/40	DkPk	1.38.56
7. T. Jones	Eryri	1.41.33
8. B. Gregory O/40	Stock	1.41.43
9. G. Farmer O/40	Chase	1.41.50
10. J. Hurley O/40	Derwent	1.42.09

VETERANS O/50

1. R. Hyman	Merc	1.48.48
2. E. Cockayne	Birch	1.48.58
3. R. Panter	Nun	1.51.30

LADIES

1. C. Kilkenny O/35	C&S	1.54.52
2. V. Musgrove O/35	Wrex	1.57.42
3. L. Delrio	Trenth	2.05.00
4. J. Heming	Eryri	2.05.24
5. G. Harris O/35	Merc	2.05.41
6. L. Lee O/35	Staff	2.05.54
7. J. Taylor	L&M	2.22.29
8. K. Jackson	Derwent	2.25.50

DOCTOR'S GATE HILL RACE
County Durham
BS/5.5m/1102ft 11.1.98

This was the first running of the Doctor's Gate Hill Race and an interesting little course it proved to be. An out and back course of five and a half miles with five climbs, giving a total ascent of 1102 feet. The first climb took nearly everybody by surprise, although only a short climb of 250 feet, at one point, it becomes nearly vertical. This resulted in more than one competitor having to stop for a rest at the top.

Joe Blackett, who led from start to finish, had opened up a good gap between himself and Ian Mulvey by the turnaround point. Joe went on to win with a lead of almost a minute from Ian. Third overall and first Veteran Over 40 was Chris Pattison who, at the halfway point, was lying in eighth position. A storming downhill run saw him pip Ray Maynard of the host club, Quakers, by eight seconds, to take third.

First lady was Beverley Blakeman who, again, led all the way to finish three minutes clear of Ruth Fletcher who was second lady and first lady Veteran.

Apologies to all who thought the entry fee of £4 was a bit on the high side. However, this did include all access and parking fees normally charged by Forest Enterprise. Unfortunately, it's a sad fact of life but sometimes you have to pay to use someone else's land!

For all those who enjoyed the run, it will be held again next year. Hopefully, I'll even manage to get everything sorted out in time to get it into the calendar!

1. J. Blackett	Man	40.50
2. I. Mulvey	NFR	41.48
3. C. Pattison		42.51
4. R. Maynard	Quak	42.59
5. K. Maynard	Quak	43.14
6. S. Lumb	Quak	43.28
7. C. Gibson	Aycliffe	43.28
8. S. Watson	Quak	44.40
9. R. Read	Darl	44.56
10. P. Nicholson	Heaton	45.02

VETERANS O/40

1. C. Pattison		42.51
2. R. Maynard	Quak	42.59
3. S. Lumb	Quak	43.28
4. C. Gibson	Aycliffe	43.56
5. J. Dallinson	NFR	46.20

VETERANS O/50

1. N. Dyson	Man	55.37
2. D. Gordon	Swale	56.01
3. R. Wall	Quak	56.07

LADIES

1. B. Blakeman	Sund	50.19
2. R. Fletcher O/40	Tyne	53.06
3. S. Marshall	B'hill	54.43
4. J. Steel	Bill	61.35



Kieran Carr, Boulsworth Hill
Photo: Peter Hartley

THE LAMBS LEG
Derbyshire
AS/2.75m/900ft 11.1.98

1. A. Jones O/40	Gloss	29.36
2. M. Brown O/40	Bux	29.45
3. A. Carruthers	Crawl	30.08
4. A. Ward	N.Derby	30.27
5. M. Flinders	DkPk	30.42
6. J. Chambers	N.Derby	30.48
7. N. Bowler O/45	DkPk	30.52
8. B. Robinson O/40	Gloss	30.56
9. C. Kerr	Unatt	31.04
10. I. Ward	Bux	31.05

FIRST VETERAN O/50

1. G. Revell	Unatt	32.
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FIRST VETERAN O/55

1. P. Jepson	Ross	32.52
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FIRST VETERAN O/60

1. P. Grundy	Bux	39.26
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LADIES

1. T. Sloan	Salf	34.05
2. K. O'Brien O/35	Bux	34.46
3. M. Jagan O/45	EPOC	35.32
4. J. Phizackley	Bux	37.36
5. L. Hawthorn	Gloss	38.40
6. L. Hudson O/35	Bux	38.50
7. E. Hudson	Bux	39.21
8. J. Morson O/40	Bux	39.59

BOULSWORTH HILL RACE
Lancashire
BM/6.5m/1200ft 17.1.98

A reduced field of one hundred and seventy three due to cross country meetings at Keighley & Lancaster enabled the field to spread out fairly quickly over the first few hundred yards. Neil Wilkinson was never going to be beaten once he had broken away, just losing time making sure he picked out the flags on a course he's not familiar with. A fine solo run seeing him home with a one and a half minute advantage over second placed Merv Keys.

With only eight women in the race it was not a question of would Carol Greenwood win, but how many men would beat her!!!! A typically strong run meant that only sixteen men could claim that distinction.

1. N. Wilkinson	Salf	19.18
2. M. Keys	Ross	50.47
3. A. Preedy	Ross	51.01
4. S. Willis	Tod	51.45
5. D. Gartley	Gloss	51.49
6. G. Webb	CalderV	52.06
7. T. Hobbs	Clay	52.29
8. J. Wright	Tod	52.32
9. D. Woodhead V	Horw	52.53
10. P. Taylor	Ross	53.04

VETERANS O/40

1. D. Woodhead	Horw	52.53
2. P. Harlowe	Kesw	53.11
3. S. McKenna	Amble	55.21
4. K. David	P'tone	56.19
5. J. Winder	CalderV	56.24

VETERANS O/50

1. K. Carr	Clay	55.33
2. D. Tait	DkPk	58.32
3. R. Baker	Cumb	61.02
4. T. Peacock	Clay	62.47
5. G. Howard	Ilk	62.50

VETERANS O/60

1. B. Thackery	DkPk	71.31
2. B. Smith	Clay	37.03
3. J. Newby	Tod	75.2

LADIES

1. C. Greenwood	Bing	54.54
2. K. Mather O/35	Sadd	63.54
3. K. Wallis O/35	Clay	66.32
4. J. Rawlinson O/45	Ross	67.32
5. J. Smith O/35	Bing	68.37
6. K. Thompson O/35	Clay	70.35
7. J. Sullivan O/45	Clay	71.36
8. H. Taylor	CalderV	73.55

CHARNWOOD HILLS RACE
Leicestershire
CL/12.5m/1200ft 18.1.98

This years race was run in the most testing conditions ever. An already heavy wet route and it poured down with rain for the entire duration of the race. My unreserved thanks go out to the many marshals who stood it out in the rain for two hours or more. Special thanks to the frozen fingered finish funnel team.

The runners all seemed happy enough though, many positively revelling in the conditions. Thanks to all those runners who travelled from far and wide to sample Leicestershires hilliest race. Every year a few more true fell runners travel south to discover the Charnwood Hills just a few minutes from junction 22 of the M1. Two hundred and forty two finishers on such a miserable day must give you an idea of the quality of this race!

Gareth Deacon retained his title, winning in a time a full eight minutes slower than in the previous year which gives you some idea of the underfoot conditions. Six veterans in the first ten show it was a day for the hard men. John Heywood first over fifty in fifth overall - particularly impressive. More lady runners this year. First, Tricia Sloan, in thirtieth position and second Helen Cawthorn in thirty ninth position overall, both strong performances.

Many thanks to sub zero (for the thermal tops) and Adidas (shoe vouchers) for their support and providing prizes. See you all next year, on Sunday 17th January.

Craig Harwood

1. G. Deacon	CovGod	1.28.03
2. P. Mann	Ivan	1.29.21
3. T. Haywood O/40	Merc	1.31.10
4. M. Strange O/40	Tipton	1.31.28
5. J. Heywood O/50	Hunc	1.31.43
6. M. Hagger		1.32.05
7. M. Wynne O/40	DkPk	1.32.20
8. T. Longman O/45	Hunc	1.32.57
9. P. Whitehead O/40	Shep	1.33.23
10. C. Ramsell	Ivan	1.33.28

FIRST VETERAN O/55

1. J. Milner	GEC Har	1.59.41
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VETERANS O/60

1. J. Fordham	ElyRun	1.57.28
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LADIES

1. T. Sloan	Salf	1.38.02
2. H. Cawthorn	Redhill	1.39.41
3. S. Newman	Wreake	1.44.23



Carol Greenwood, on her way to finishing 17th overall
- Boulsworth Hill Photo: Hartley

**THE 15TH SOREEN STANBURY
SPLASH
West Yorkshire
BM/7m/1200ft 25.1.98**

The malt loaf that had graced many a Northern tea-table over the years has now become a trendy energy food with sports people from every discipline. But, of course, fell runners competing in the Yorkshire Soreen Stanbury fell race have known this for fifteen years now!

This year, over 350 made the pilgrimage to Penistone Hill Country Park, on the fringes of Haworth, with Ian Holmes becoming only the second man to notch up a hat-trick of wins, emulating former World Silver Medalist, Colin Donnelly's feat.

Had Ian gone for the record rather than "just" the win, he could certainly have threatened his own course record of 44.22. Instead, he played cat and mouse with Gavin Bland in the second half of the race from Stanbury trig point to finish 6 seconds adrift.

It was Ian who, in typical fashion, shot off into an early lead clearly intent on shaking up the quality field. By the trig point, after two serious undulations, however, Lakelander, Gavin Bland, had been able to reel into the Bingley International before they began the fast homeward journey into a strong headwind. Ian then began surging to try and unsettle Gavin who later stated "it's the first time I've ever run in a race where someone has used Kenyan-style tactics!". The pace dropped out of record reach because Ian, unable to shake Gavin, decided he'd better share the workload, "let Gavin have his turn into the wind". However, Ian, the dictator and master of this moorland area triumphed once again to leave Gavin trailing by six seconds.

Another athlete who thrives in this area, is Carol Greenwood who secured her seventh victory in this event, three times as Carol Haigh, her maiden name. She finished an outstanding 19th overall, in the process of hacking almost two minutes off Sarah Rowell's 1996 record of 51.53. This course is well suited to Carol since descents are relatively easy on good grass, with the steep undulations being mostly runnable.

The two quarry races attracted records fields, with nine under 16s and thirty eight under 14s, this latter race includes under 92, under 12s and under 14s, who compete in the safety of the nearby moor. Once gain, all juniors along with the seniors received Barberton Soreen maltoaves for sustenance after their excursions. In their goody bags, the juniors also received pop and crisps, sometimes it is fair to be a kid!

Hope all you Stanbury Fell Runners, both old and new, have realised the quality that Soreen gives you. According to a recent survey, the fruit snack beats the banana and Mars Bar when it comes to providing a sustained energy source. Race winner, British and English Champion, Ian Holmes regularly feasts on maltoaves - is this the secret of his success? What used to be granny's favourite is now a winner with sports enthusiasts, but then the organisers of Stanbury have known this for some years and with Soreen's generosity, have let you in on the best foodstuff since sliced bread!

Darby and Joan

1. I. Holmes	Bing	44.38
2. G. Bland	Borr	44.44
3. Paul Sheard	P&B	45.59
4. S. Winstanley	Bing	46.05
5. R. Jebb	Bing	46.13
6. Phil Sheard	P&B	46.27
7. A. Schofield	Borr	47.36
8. S. Oldfield	BfdA	47.43
9. G. Devine	P&B	48.39
10. G. Schofield	Horw	48.45
11. J. Logue	Horw	48.56
12. T. Hesketh	Horw	49.13
13. S. Frazer	Unatt	49.26
14. C. Bottomley	Kghly	49.32
15. J. Wright	Tod	49.54

VETERANS O/40

1. S. Oldfield	BfdA	47.43
2. G. Schofield	Horw	48.45
3. T. Hesketh	Horw	49.13
4. P. Harlowe	Kesw	49.59
5. G. Gough	Clay	50.07

VETERANS O/50

1. K. Carr	Clay	51.52
2. K. Taylor	Ross	52.05
3. D. Scott	Clay	55.48
4. R. Bailer	CFR	55.51
5. D. Ashton	NthnV	58.33

VETERANS O/60

1. D. Rosser	AmmanV	64.44
2. W. Fielding O/70	FellD	65.28
3. G. Arnold	Prest	69.16
4. J. Escritt	FellD	71.31
5. G. Garnett	Bing	73.48
6. J. Newby	Tod	88.24

LADIES

1. C. Greenwood	Bing	50.11
2. E. Batt	Bux	58.27
3. L. Quigley	Wigan	58.48
4. A. Dennison	BfdA	59.23
5. L. Lacon	Holm	59.36

LADIES VETERANS

1. J. Rawlinson O/40	Ross	64.00
2. J. Smith O/40	Bing	65.43
3. S. Watson O/50	VStr	66.13
4. K. Thompson O/40	Clay	67.02
5. L. Crabtree O/35	Hfx	68.46
6. M. Dunn O/50	Bing	69.28
7. J. Goldthorpe O/40	RedR	69.34
8. C. Roberts O/40	CaldV	69.48

JUNIORS U/18

1. A. Baker	Roch	52.57
2. G. Pierce	Ilk	57.55

QUARRY RUN

JUNIOR BOYS U/16

1. C. Miller	Hgte	9.47
2. N. Fryer	Hfx	11.08
3. I. Harvey	Tod	11.16

JUNIORS GIRLS U/16

1. K. Rogan	Kghly	12.53
2. V. Rogan	Kghly	13.43
3. N. Booth	Unatt	14.47

JUNIOR BOYS

1. M. Fox U/12	Ross	5.59
2. R. Yates U/12	Sale	6.01
3. A. Whitehead U/14	Burnley	6.04
4. R. Cooper U/14	Ross	6.05
18. P. Haworth U/9	Bury	7.16
20. A. Fletcher U/9P	Kghly	7.29

JUNIOR GIRLS

10. J. Aston U/14	Roch	6.26
11. N. Biddle U/14	Hynd	6.32
13. S. Coates U/12	Settle	6.48
16. C. Booth U/12	Unatt	7.03
25. H. Goodwin U/9	Ross	7.51
26. J. Waide U/9	Darwen	8.27

LACKENBY LIMP HILL RACE

**Cleveland
BM/7m/1200ft 25.1.98**

1. M. Cara	Mand	32.39
2. M. Burn	T&S	32.51
3. I. Cook	H'pool	32.58
4. R. Burn V	T&S	33.03
5. M. Brown	Mand	33.45
6. R. Firth V	Mand	33.59
7. D. Collett	W&E	34.17
8. P. Buckby V	NewMske	34.26
9. J. Blackett	Mand	34.41
10. S. O'Grady	NMH	34.52

LADIES

1. S. Webb O/35	Mand	40.13
2. A. Raw	Darl	41.05
3. K. White	Morp	41.55
4. J. Elwell O/35	HBR	42.16
5. S. Gayter	NMH	43.25
6. C. Mears O/35	Darl	46.14
7. J. Saul	NFR	46.31
8. S. Jemson O/40	NMH	46.38

ASHURST BEACON RACE

**Lancashire
BS/5-9/950ft 1.2.98**

A record field of one hundred and ninety three overwhelmed our organisation, which was planned for one hundred and fifty. Everything was in short supply; car park space (extra field planned for next year), numbers, pins and even boards to present the results (we'll go computerised next year, which should also speed up the prize giving, but will mean a more costly entry). My apologies too if I missed anyone out during the prize giving; everything was a little rushed because we were so late.

At least the race seemed to go well, no-one got lost this year, and the majority expressed their enjoyment. My apologies if you came expecting a PB for six miles - this is not that sort of race. I'm told there are only four races

in the Fell Running calendar with an uphill finish, and this uphill goes on for one and a half miles. It was apparently no problem to Sean Willis though, finishing only seven seconds outside Mark Croasdale's record and pushing Paul Cadwallader, last year's winner, down to third. Janet Rashleigh broke the ladies record by over a minute.

My thanks to all those who helped on the day, even in the smallest way. Without you there wouldn't be a race at all. Thanks also to Alan Williams, landlord of the Prince William - sorry about blocking the car park up completely Alan. Thanks also to Burtonwood Brewery for their donated prizes which were much appreciated, even the footballs and ties! Finally a big thanks to all you runners - I hope you enjoyed it!

Andy Quickfall

1. S. Willis	Tod	35.16
2. D. Flatley	Horw	35.37
3. P. Cadwallader	Mersey	36.02
4. P. Muller V	B&F	36.52
5. C. Seddon	Unatt	38.17
6. A. Treweeke	Mersey	38.22
7. R. Haworth	Mid'ton	38.25
8. S. Bolland	L&M	38.29
9. T. Davies	Merc	38.58
10. D. Cole	Bury	39.01

VETERANS O/40

1. P. Muller	B&F	36.52
2. C. Pedder	Newb	39.06
3. J. Houghton	B&F	39.24
4. A. Curlett	LivRC	41.11
5. A. Partridge	Newb	42.16

VETERANS O/45

1. A. Duncan	Mersey	39.32
2. D. Fairclough	P&S	41.05
3. R. Paul	Salf	42.32
4. A. Sweatman	Horw	44.55
5. P. Jackson	L&M	45.01

VETERANS O/50

1. P. Lyons	Ross	40.20
2. P. Gillham	Chor	42.03
3. P. Jepson	Ross	43.25
4. M. Potter	Mersey	43.24
5. P. Simpson	L'pool	45.43

VETERANS O/60

1. J. Barker	Clay	45.34
2. B. Smith	Clay	49.48

INTERMEDIATE

1. I. Roberts	SKEM	45.49
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LADIES

1. J. Rashleigh	Horw	42.48
2. R. Matthews U/18	Shrews	48.06
3. M. Huyton O/45	Macc	48.25
4. K. Thompson O/40	Clay	49.43
5. J. Haworth	Mid'ton	50.01
6. R. Matthews	Shrews	52.09
7. L. Unsworth U/21	Chor	52.16
8. C. Cutner O/40	S'port	52.34



*Kate Rogan winning the u/16 girls' race at Hebden
Photo: Dave Woodhead*

BOX HILL FELL RACE

Surrey

BM/7.5m/1800ft 7.2.98

Chris Beecham has now won this race so many times that the finish team can spot his running style at quite a distance. The run-in from the top of the final climb must be at least six hundred metres and the runners are in view for all of it. As the leader started the descent it waws a matter of seconds before the finish officials made a positive ID and knew that Chris was on his way in for his eighth (yes, that's eighth) victory. Dave Rollins and Ray Foley admitted they had to let him go earley on and so the first three positions were established quickly and did not change. Dave was doing the race for the first time and let the Army orienteers to a fine team victory ousting regular winners Worthing who had had a few drop-outs in the week before. Ray was second last year and had hopes of one better but knew that his training wasn't quite so good this year. Fourth was another new face Simon Fairmaner of Trafford.

The veteran prize looked sown up once Bob Treadwell's entry was received. Although he had not run the race before Bob has been a big name in Surrey cross-country for years and excels on tough courses. So it proved. Not only did last year's one - two, John Lowden and Mike Farmery have to move down one place each, but Bob also held off four youngsters in an exciting finish for fifth place. Roger Bell did manage to move up to a place though as last year's second super veteran took top place this time.

Among the ladies Jackie Wastell was looking to make it three in a row, but once Yvette Hague turned up to enter on the day, she became race favourite immediately and race winner shortly afterwards. Yvette won in 1992 and is third on the all tiems ladies list. She was not quite up to those times, finishing like Chris 2-04 outside of the course record. That sound like a fair measure of the speed of the course this year as although conditions weren't slow there wasn't the super fast surface of record years. With Jackie having to settle for second, third place also went to a previous winner, Sue Carnell, the 1993 champion. Sue Ashley was fourth lady and first veteran which meant that all three veterans' prizes were won by a runner at least five years over the age limit. You're only as old as you feel.

As to the younger end, FRA rules say that under 18's can't run this race as they are limited to six miles, two eighteen year olds were in the field with Graeme Knott in twenty sixth place, finishing well clear of Richard Milton. The oldest runner was Lou Myers O/70. Just before the start Lou gave me atrophy which he said I should give to someone who never wins anything. I'm sorry, Lou, I didn't have a full set of results at the prize giving and therefore didn't see where you came. So I missed the chance of presenting it straight back to you. Come again next year and we'll try again.

Finally the credits. A big thank you on your behalf, to Chris (running registration and keeping me organised), Madeleine (doing the entries again), Mike, Sue, Heather, Liz, Dick, Diane, Ann-Marie and Peter. Thank you also to Sandra and Friends Provident and to Peter and the National Trust.

Andy Robinson

1. C. Beecham	Lond	49.21
2. D. Rollins	BAOC	50.07
3. R. Foley	Sutton	50.49
4. S. Fairmaner	Traff	51.34
5. R. Treadwell V	Redhill	51.58
6. K. Leitch	Worthing	52.03
7. B. Willis	Royston	52.08
8. M. Potter	Lond	52.10
9. K. Duncan	B.Stort	52.16
10. J. Lowden V	Worth	53.01

VETERANS O/40

1. J. Lowden	Worth	53.01
2. C. Fanning	B'water	59.069
3. S. Low	B'water	60.05
4. M. Donovan	St.Alb	60.48
5. M. Banfi	Upanova	61.17

VETERANS O/45

1. B. Treadwell	Redhill	51.58
2. M. Farmery	Thames	55.54
3. M. Elliot	MoleV	60.25
4. A. Grange	Watf	63.08
5. M. Lundford	SheenShuff	63.32

VETERANS O/50

1. B. Martin	MDC	60.53
2. G. Burrow	Worth	63.05
3. D. Tull	Camb	66.07
4. I. Marshall	Camb	66.10
5. P. Deadman	Orlon	66.34



Washing facilities at Pendle Photo: Steve Bateson

VETERANS O/55

1. R. Bell	Amble	58.49
2. R. Caunt	Woodf	70.20
3. T. Pame-Davis	St.Alb	74.26

VETERANS O/60

1. P. Duffy	Aber	70.32
2. D. Barnard	BA	74.57
3. C. Prew		85.09

LADIES

1. Y. Hague	P&B	57.15
2. Y. Wastell	Lond	64.18
3. S. Carnell	ReigP	66.03
4. S. Ashley O/45	E&E	66.38
5. S. Guyver	B.A.O.C	69.05
6. M. Watson	S.L.O.W	72.47
7. F. Suter O/45	St.Alb	74.15
8. E. Hecker O/40	Trent P	74.18

OGDEN MOORS FELL RACE

7.2.98

Tim Werrett of Staffordshire - based Mercia Fellrunners made the long trip North after the Reebok International Cross Country event at Birmingham had been cancelled.

Tim surprised everyone (including himself!) as he beat off a strong challenge from local star Steve Oldfield of Bradford Airdale, to seal victory at Ogden Moors, in only his second fell event.

Steve had 'phoned' me on Thursday night, offering to flag the course. He was out on the moors till almost dark on Friday after work, ran the race on Saturday, then gathered them all back in on Saturday evening. - What a Star!.

The local man took the lead on the initial fast section above Great Scar, but by the climb out of Ogden Clough, was well aware that he was going to have a race on his hands.

The leading pair began to pull away from the chasing pack, headed by Bradford based Steve Bottomley of Eccleshill - Tim, leading across the bridge at Skirden Clough and climbing the gate before Cold Edge road just ahead of the Airedale man.

However, Steve dug in on the long track past Haigh Cote, drawing level past the old dams, then swapping the lead along the Calderdale Way a couple of times. It became apparent from the beginning of the climb over Hunter Hill, that it was going to be a close run thing.

Over the golf course from Stod Fold, and the race was decided - as in so many past events here - on the final energy sapping climb up Black Hill and on to the reservoir side finish - as Tim found that he had that vital ounce of extra energy and opened up the winning three second gap, crossing the line in thirty four minutes and thirty two seconds.

Consistent Bottomley took a well deserved third place, stopping the clock on one second under thirty six minutes.

Oldfield took consolation in the fact that he had brought his club home to a clear victory in the team race, supported by Nick Preston in eighth place and Simon Shoesmith (thirteenth).

In the Women's race, Carol took her ninth victory of the year (and it was only the first weekend in February!) clocking thirty seven minutes and twenty eight seconds which was good enough for eleventh place out of one hundred and forty finishers.

Yvonne Hill (excellent name for a fellrunner!) of the Midlands based Birchfield Harriers finished in runner up spot, forty two seconds ahead of 1993 Ogden winner Kath Drake of Spenborough who took the lady veterans award (over 35's in my book - and I'm sticking to it..).

Carol led Bingley Harriers to a comfortable team win over Liverpool University, with support from Ruth Whitehead and Jane Smith.

Thanks as ever to Yorkshire Water who allow us to race over their land and Calderdale Leisure Services who maintain the footpaths.

Special thanks to my small army of helpers who braved a bitterly cold day to stand around at their marshalling points or at the finish and, of course, to all the runners for turning up.

Allen Greenwood

1. T. Werrett	Merc	34.32
2. S. Oldfield V	BfdAire	34.35
3. S. Bottomley	Eccles	35.59
4. R. Haworth	Mid'ton	36.06
5. C. Speight	Kend	36.21
6. C.Seddon	Unatt	36.28
7. A. Griffiths	Bow	36.53
8. N. Preston	Bfd/Aire	37.03
9. L. Aspine	Unatt	37.19
10. J. Hemsley	Ilk	37.19

VETERANS O/40

1. S. Oldfield	Bfd/Aire	34.35
2. J. Winder	CalderV	37.40
3. T. Hargreaves	Stock	38.37
4. J. Butler	Kly/Crav	39.30
5. D. Rhodes	Bfd/Aire	39.31

VETERANS O/50

1. R. Baker	CFR	40.08
2. G. Breeze	Skyrac	41.44
3. R. Hall	Baildon	44.06
4. M. Coles	Skyrac	44.30
5. P. Yates	Fellan	44.48

VETERANS O/60

1. J. Barker	Clay	44.15
2. D. Brown	Clay	46.54
3. B. Pierce	Clay	49.24
4. W. Smith	Clay	49.37
5. T. Madden	PennyL	65.15

LADIES

1. C. Greenwood	Bing	37.28
2. Y. Hill	Birch	41.33
3. K. Drake O/35	Spn	42.15
4. L. Lacon	Holm	42.59
5. R. Whitehead	Bing	43.21
6. E. Tomes O/40	Kly/Crav	44.16
7. A. Lloyd	St.Bed	45.39
8. J. Smith	Bing	46.42

JUNIORS

1. G. Pearce	Ilk	38.49
2. J. Coey	RR	54.45

CREG-NY-BAA
Isle of Man
AM/10m/2700ft 7.2.98

Thirty year old school teacher Andy Fox made a remarkable debut on the fells, leading the tough ten miles race from start to finish. The newly crowned Manx Cross Country Champion just missed the outright course record, no doubt assisted by the perfect weather conditions that the record entry enjoyed.

Leading veteran David Young from nearby Laxey also had an impressive race knocking a couple of minutes off the over forties record as he finished a superb third overall.

1. A. Fox	MH	1.14.32
2. T. Rowley	MFR	1.18.59
3. P. Kaneen	MH	1.19.29
4. K. Callister	MH	1.21.50
5. N. Jewell	MFR	1.25.52
6. J. Quine	Kend	1.29.06
7. P. Crowe	NAC	1.29.06
8. M. Buttery	Unatt	1.32.07
9. B. Cannon	NAC	1.32.47
10. A. Corrin	WAC	1.49.39

VETERANS O/50

1. D. Corrin	MH	1.27.08
2. R. Callister	MH	1.38.46
3. S. Moynihah	MFR	1.42.01

LADIES

1. B. Walker	MH	1.25.10
2. R. Hooton	MH	1.34.31
3. B. Cole	MDC	1.51.30

ROSSENDALE WAY RELAY
Lancashire
2 x 6 x 45 m 8.2.98

Fifty eight teams competed in this years relay, including eleven vets, nine mixed and seven ladies teams.

Horwich established a commanding early lead, building a three minute lead over eventual winners Bingley by the end of leg four. Ian Holmes and Mark Kinch turned the race around on leg five running a two and a half minute which was maintained no leg six to give them a comfortable win.

Clayton Vets won with a solid team performance by Cuncliffe and Brewsters third fastest leg on leg one, and though Rosendale closed to one and a half minutes on leg two, Clayton gradually pulled away to a six minute victory margin.

Clayton Ladies had a six and a half minute lead at the end of leg four, but it was not enough to hold off Pudsey's big guns on legs five and six. Sarah Rowell and Helen Purdy had the fifteenth fastest leg overall, their margin over the Clayton pair accounting for virtually all of the twelve minute winning margin.

Runners training over the route with unleashed dogs caused problems for the organisers and has put the future of the race in jeopardy. Problems of short cutting continue to beset the race, particularly disappointing since each team is issued with a set of official route leaflets with map and description.

Adrian Watts, Keith Masser and Graham Wright

1. Bingley	4.51.41
2. Pudsey	4.53.40
3. Horwich	4.57.58
4. Clay 'A'	5.09.06
5. Clay Vets	5.16.56
6. Tod	5.18.08
7. Ross	5.20.48
8. Bolton	5.21.29
9. Ross Vets	5.22.48
10. Bow FR	5.24.59

MIXED TEAMS

1. Acc RR	6.02.04
2. Tod	6.24.50
3. H'fax	6.32.00

VETERANS

1. Clay 'A'	5.16.56
2. Ross Vets	5.22.48
3. Clay Vets	5.42.04
4. Bolton	5.48.06
5. Horw Vets	5.57.49

FASTEST LEGS

1. Flatley/Selby	Horw	55.53
2. Jebb/Hawkins	Bing	47.36
3. Hauser/Green	Pud	40.10
4. Holmes/Kinch	Bing	49.03
5. Hill/Maitland	Pud	46.36



Rosendale Way Relay Bof Whalley and partner N Armitage, Pudsey & Bramley Photo: Steve Bateson

LADIES

1. Pudsey	6.25.21
2. Clay	6.38.12
3. Horw	6.52.40
5. Ross	7.02.58
6. Roch	7.04.33
7. Mid'ton	7.21.51

TIGGER TOR 1998
Derbyshire
BM/9.5m/1700ft 8/02/98

I knew it was going to be a busy day, pre entries were up on previous years, the weather forecast was good and runners were arriving before 9am. Sure enough there were three hundred and twelve entries in total. One hundred and twenty entered for the Race Series, all keen to receive their special edition mug with all race dates printed on.

Last years series winner, Steve Bell, now running with Dark Peak, led the race at Stannage Edge turn round but dropped to sixth position by the finish. Dale Gartley of Glossopdale won the race in seventy three minutes and fourteen seconds. Most times were a minute slower than last years, probably due to a very strong head wind on the way out. Karl Webster of Matlock was a close second with Dave Woodhead, now a young vet! Winning the first veterans prize at fifth position overall. Dave Tait of Dark Peak in 18th position won the over fifty prize with club colleague Barry Thackery holding Matlock AC Brian Hewitt at bay, took the over 60 prize.

In the Ladies Race, Karen Slater of Keighley & Craven, a new runner in Tigger Tor, was well ahead to win in one hour, twenty two minutes and forty two seconds. Her nearest rival was Ann Kierney of Altrincham, who finished in second place in one hour, twenty seven minutes and fourteen seconds.

Dark Peak won first team prize. Penistone and Glossopdale were equal second with fifty eight points each. But, my apologies go to Penistone, if I had then taken a total of finishing times rather than race positions, it would have shown Penistone second and Glossopdale third.

Dark Peak Ladies took the first ladies team prize. Jacky Smith won the first lady veteran prize.

Next year minimum kit requirements will be full windproof body cover, regardless of the weather. Kit will be fully inspected and you will be expected to open bum bags to show you are carrying it. Anyone without it will not be allowed to run. This is for your safety, so don't try to evade the rule!

A big thank you goes to all Totley AC who helped with the race and to all who entered and made it so worthwhile.

Next year the rugby club pitches will be well established so I hope to start and finish using the cross country route to the Fell Gate. Bigger baths and more changing area should also be available by next year so we will have to wait and see.

1. D. Gartley	Gloss	1.13.11
2. K. Webster	Matl	1.13.19
3. A. Wright	P'stone	1.13.30
4. A. Dickinson	DkPk	1.13.31
5. D. Woodhead O/40	Horw	1.13.58
6. S. Bell	DkPk	1.14.27
7. K. Davis O/40	P'stone	1.14.51
8. M. Wynne O/40	DkPk	1.15.37
9. M. Williams	Penn	1.15.51
10. A. Carruthers	Crawl	1.16.03

VETERANS O/45

1. J. Kershaw	Macc	1.17.07
2. R. Britton	Staff	1.17.45
3. D. Tait	DkPk	1.18.13

VETERANS O/50

1. D. Tait	DkPk	1.18.13
2. N. Sercombe	WhtPk	1.19.13
3. A. Harman	DkPK	1.21.51

VETERANS O/60

1. B. Thackery	DkPk	1.37.47
2. B. Howitt	Matl	1.39.19
3. G. Richardson	Clowne	1.57.25

LADIES

1. K. Slater O/40	Kly / Crav	1.22.42
2. A. Okearny	Alt	1.27.52
3. W. Barnes	Barns	1.29.09
4. P. Leach	DkPk	1.30.26
5. R. Clayton	Ford H	1.31.12
6. J. Smith O/35	DkPk	1.32.15
7. S. Woor O/35	Unatt	1.33.21
8. D. Lenders O/35	Penn	1.33.48



Keith Davies, Tigger Tor Photo: Dave Woodhead

THE BLAKE FELL ROUND Cumbria AM/7m/2150ft 14.2.98

Whilst the rest of the country was basking in sunshine, seventy fell runners with full body cover encountered gale force winds, driving rain and thick mist. The conditions went so poor for this popular race that there were ten retirements. Lee Gibson - English U/20 Champion had no problem and cruised round to finish over five minutes in front of second man, Brian Taylor.

Many thanks to the marshalls, Ray, Peter, Irving, Ken, Gilbert and Dave for braving the conditions.

Michael Litt

1. L. Gibson	CFR	61.50
2. B. Taylor	CFR	66.00
3. R. Suddaby	Unatt	66.39
4. J. Archbold	CFR	67.18
5. G. Byers	Unatt	69.38
6. C. Valentine	Kesw	70.30
7. P. Stones V	CFR	70.40
8. J. Hope V	AchRat	71.03
9. J. Nixon	AchRat	71.11
10. I. Cousins	CFR	71.13

VETERANS O/40

1. P. Stones	CFR	70.40
2. G. Owens	Unatt	71.17
3. T. Hargreaves	Stock	71.41

VETERANS O/45

1. J. Hope	AchRat	71.03
2. M. Litt	CFR	71.41
3. R. James	CFR	73.29

VETERANS O/50

1. J. Nixon	AchRat	71.11
2. S. Sharp	CFR	72.33
3. T. Baxter	CFR	72.47

LADIES

1. A. Morris	CFR	95.56
2. S. King	CFR	99.34
3. F. Findley	CFR	113.23

LONG MYND VALLEYS RACE Shropshire AM/10.5m/4500ft 15.2.98

A total of three hundred and seventy three runners lined up at the start line in the Carding Mill Valley on the Long Mynd for the first race of the English Championship, including most of the leading protagonists. In near perfect conditions with clear skies, a gentle warm breeze and dry under foot, the likes of which have never been seen before at this race, nine runners were inside the impressive course record set by Mark Kinch in 1995.

Right from the start, Bingley team mates Ian Holmes and Mark Kinch were storming ahead and by checkpoint two had built up a sizeable lead. At the summit of Yearlet, the last checkpoint, there was still little to separate them. But on the long downhill descent back to the Carding Mill Valley Holmes made his bid for glory as he powered home half a minute clear. Simon Booth saved his strength to the closing tough part of the course to deny Bingley a clean sweep overpowering Rob Jebb in the final descent.

With five runners in the top twenty three places Borrowdale were easy winners of the men's team event.

Mercia's Davie Neill showed a promising start to the 1998 season with a fine victory in the M40 class in seventh place overall followed by Pudsey's Andy Hauser a regular visitor to Shropshire.

Carol Greenwood made it two wins for Bingley Harriers but was a minute outside her 1993 record, the last time the race counted for the English Championship. Her win was still very decisive being over six minutes clear of Yvette Hague. Yvette along with fellow team members Polly Gibb and Jean Shotter easily won the Ladies team event for Pudsey and Bramley. Keighley and Craven's Karen Slater finished third to win the O/40 prize.

A novel feature of this years race was an earlier start for those who wanted to get round the course but felt the cut off times (necessary for a race at this time of the year) might be difficult to achieve. Glossopdale's Lou Myers took advantage of this and was able to complete the course being first home in the M70 class.

Mike Day

1. I. Holmes	Bing	1.29.58
2. M. Kinch	Bing	1.30.28
3. S. Booth	Borr	1.33.19

4. R. Jebb	Bing	1.33.34
5. G. Bland	Borr	1.33.37
6. J. Davies	Borr	1.33.40
7. D. Neill O/40	Merc	1.33.43
8. M. Rigby	Amble	1.35.22
9. S. Hawkins	Bing	1.35.27
10. M. Roberts	Borr	1.35.53
11. N. Fish	Amble	1.36.45
12. G. Devine	P&B	1.37.05
13. M. Horrocks	Clay	1.37.18
14. A. Hauser O/40	P&B	1.37.33
15. J. McQueen	Eryri	1.37.37
16. M. Palmer	F of D	1.37.47
17. J. Bland	Borr	1.37.48
18. B. Thompson	Cumb	1.37.59
19. J. Atkinson	Amble	1.38.16
20. J. Hunt	Mersey	1.39.23
21. N. Spence	Kend	1.39.56
22. M. Amor	Cumb	1.40.11
23. A. Schofield	Borr	1.40.34
24. A. Jones O/40	Gloss	1.40.46
25. T. Werrett	Merc	1.41.37
26. M. Keys	Ross	1.41.40
27. M. Aspinall	Clay	1.41.49
28. M. Fleming	Amble	1.41.52
29. W. Bell O/40	Cumb	1.42.00
30. W. Proctor O/40	Kend	1.42.17

VETERANS O/50

1. K. Carr	Clay	1.49.37
2. K. Taylor	Ross	1.52.13
3. D. Tait	DkPk	1.52.23
4. M. Walford	Kend	1.56.33
5. T. Hulme	Penn	1.58.02

VETERANS O/60

1. P. Norman	Wrex	2.15.08
2. J. Dearden	Hels	2.20.03
3. B. Thackray	DkPk	2.21.34
4. C. Henson	DkPk	2.23.12
5. B. Leathley	Clay	2.34.02

LADIES

1. C. Greenwood	Bing	1.47.37
2. Y. Hague	P&B	1.53.42
3. K. Slater O/40	Kly/Crav	2.01.22
4. P. Gibb	P&B	2.01.55
5. J. Shotter	P&B	2.03.31
6. J. Roe	W'lands	2.04.00
7. V. Musgrove O/40	Eryri	2.05.19
8. L. Oshorre	Kesw	2.06.05

WOUND WITHER WOOD WELAY WACE West Yorkshire CL/4x3m/300ft 21.2.98

Spring comes early in this part of the world and already the crocuses and daffies are nodding their little heads whilst the spring lambs gambol in the fields. We have run this race in all four seasons of the year in the five years that it has been going despite never moving the date - Wintry snow, Autumn showers, summer sunshine and bright spring days. After a miserable start (the course was flagged in a grey drizzle), this year saw us find one of the latter for this popular event.

We make no bones about it, the aim of this race is to make money for the management and upkeep of the woodland around which it is run and my thanks must go to our perennial supporters in this, Tony Hulme at Running Bear, Dennis Crompton at Walsh, Pete Bland at Pete Bland Sports, Patrick Green of Green's Chocolates, Bob Johnson - who manages to donate a gallon from Venezuela and Kevin & Maggie, who manage to donate a gallon from behind the bar of the Travellers. Individuals must also be thanked for their efforts and donations. Prizes still range from the practical to the unusual and this year included, as usual, chocolate trees, real trees (for planting) and nesting boxes. This year's contribution will mean that the race has raised over £1000 towards the continued upkeep of this piece of community woodland. A wood has existed here certainly for hundreds, probably for thousands of years (Wither is the Old Norse name for Woodland) and many of the wild flowers are indicators of ancient woodland - bluebell, celandine, dog's mercury, wood anemone, wood sorrel, yellow archangel and greater stichwort can all be found flowering in the spring and a variety of birds and mammals inhabit the greenery.

The people who support this event always seem to enjoy themselves and come back for more and seem to have become used to me, in the rush following the finish, inevitably making some mistakes with the prizes. These will be put right before anyone takes out a contract on me!

Pudsey and Bramley again stole the show, racing between their A and B team to finally finish in first and second place, pushing locals WWWW (Wound the Wood the Wagged Wascals Wan - these team names get better!) into third. Even with several internationals in their ranks, they failed to snatch the fastest leg spot from Irish International Paul Nolan who managed twenty minutes and three seconds for the three and a half mile undulating and twisting course. Only Denby Dale's Derek Hurton came close to this time, just eleven seconds adrift. England international John Taylor's 1995 standard of nineteen minutes and forty seven seconds is going to take some beating!

Hallamshire hit the first veterans spot with a sixth place overall while local ladies Denby Dale Travellers won the Ladies race with Lesley Robertson clocking the fastest lady veterans time. The fastest ladies time of the day belonged to Jane Clark who was less than a minute outside England International Sarah Rowell's four year old mark. Nice to see a number of juniors at this year's event, Rossendale winning the team prize and being rewarded with the special edition Walsh shoe bags. Chris White is obviously an up and coming runner, his twenty two minutes and fifty seven seconds putting him well in the top third of the men's times while Amy Green, who, along with her family, has supported this event since its inception, was the fastest junior girl.

Same weekend next year, we'll just have to wait and see what season it is!

Neil Denby

1. P. Nolan	20.03
2. D. Hurton	20.14
3. C. Earl	20.38
4. P. Stevenson	20.47
5. A. Illingworth	21.01
6. S. Jakeman	21.09
7. D. Hoolahan	21.28
8. P. Bristoe	21.32
9. D. Cole	21.36
10. S. Tibbs	21.40

VETERANS O/40

1. A. Hauser	21.54
2. B. Toogood	21.54
3. M. Holroyd	22.31
4. B. Waterhouse	22.33
5. A. Green	23.22

LADIES

1. J. Clark	23.27
2. J. Shotter	24.58
3. B. Coomber	25.17
4. L. Kent	25.33
5. L. Whittaker	25.35

LADY VETERANS

1. L. Robertson	25.57
2. J. Johnson	27.52
3. E. Denby	28.46
4. S. Kay	28.59
5. C. Hobson	29.21



Jean Shotter, 5th at Long Mynd
Photo: Steve Bateson

**'TISO' CARNETHY FIVE HILL
RACE
Mid Lothian
AM/6m/2500ft 21.2.98**

This year the start was delayed for a minute's silence in memory of Carnethy's Peter Brooks who had died on Ben Nevis while finishing a winter run over the Scottish 4000ers, three weeks before.

As the 400 runners set off, the sun was shining - a rare event for this race! Yet another rare event for any race and in particular a large, competitive race like the Carnethy 5, the first two home and the first woman were the same for the third year running! This year was billed as the year that the record holder John Brooks would have his work cut out to beat Gavin Bland, who had beaten him in the Ben Nevis race, but Gavin was never in the hunt. John took a grip of the race from the start with only Jon Duncan attempting to hang on to him going up the first climb, Scald Law. John Brooks pulled away for a hat trick of wins (a feat only matched by Kenny Stuart and Malcolm Patterson) and became the first person to win the race four times in total. But spare a thought for Jon Duncan, second three years in a row! Swedish orienteer, Tobias Andersson running for Livingston, pulled away from Gavin Bland at the top of the last climb - some achievement in his first fell race!

It would have been a major upset if the British Champion, Angela Mudge, had been beaten and she predictably won for the third year by over six minutes, breaking her own course record by seven seconds. She also led the current British Ladies Team Champions, Carnethy Hill Running Club, to an impressive team win. In the men's team competition the famous claymore trophy headed south as Borrowdale packed well, with four in the first nine, to easily beat the holders, Shettleston. Two new veterans, Malcolm Patterson and Dave Woodhead fought out the over 40's category with Malcolm having the edge.

Once again the day finished with the famous Carnethy Ceilidh. If you haven't run hard enough then the dancing finished you off. Once again it was sold out, so get your ceilidh tickets early next year.

Andy Spenceley

1. J. Brooks	Loch	48.21
2. J. Duncan	EdinUni	49.39
3. T. Anderson	L'ston	50.33
4. G. Bland	Borr	50.52
5. D. McGonigle	Shett	51.01
6. M. Rigby	W'lands	51.18
7. S. Booth	Borr	51.20
8. J. Davies	Borr	51.39
9. A. Schofield	Borr	51.47
10. J. McQueen	Eryri	52.35

VETERANS O/40

1. M. Patterson	Shett	53.34
2. D. Woodhead	Horw	54.14
3. M. Flynn	Carn	54.50

VETERANS O/50

1. J. Knox	Teviot	59.52
2. B. Waldie	Carn	60.11
3. T. Ross	Fife	62.51

VETERANS O/60

1. J. Buchanan	A&D	73.10
2. P. Duffy	Aber	74.52
3. B. Gauld	Carn	75.04

LADIES

1. A. Mudge	Carn	57.36
2. J. Salvona	L'ston	63.57
3. M. Brebber	Carn	64.46
4. K. Jenkins	Carn	67.35
5. C. Manghan	Cosmic	69.38
6. T. Dewsnap	Eryri	69.52
7. P. Affleck O/40	Gala	70.13
8. W. Scott	Unatt	70.33

VETERAN LADIES O/40

1. P. Affleck	Gala	70.13
2. S. Hay	Carn	71.22
3. M. Stewart	Carn	74.11

VETERAN LADIES O/50

1. M. Small	Clydes	82.13
2. E. Corbett	Unatt	91.24
3. A. Duckworth	Cosmic	95.16

JUNIOR MEN

1. S. Fishwick	Unatt	57.56
2. J. Sealey	Fife	58.10

JUNIOR LADIES

1. I. Knox	Edin	71.56
2. A. Laws	Dundee	77.59



Angela Mudge, winner at Carnethy Photo: Ken Daly

**NOON STONE FELL RACE
Lancashire
AM/9m/2300ft 21.2.98**

1. M. Keys	Ross	67.51
2. S. Willis	Tod	68.07
3. M. Horrocks	Clay	68.51
4. A. Preedy	Ross	71.15
5. A. Maloney	Roch	71.59
6. D. Gartley	Gloss	72.05
7. G. Read	Roch	76.50
8. G. Gough O/40	Clay	76.56
9. D. Beels O/40	Roch	77.26
10. N. Pearce O/40	Ilk	79.00

VETERANS O/50

1. K. Taylor	Ross	80.05
2. C. Taylor	FRA	89.28
3. R. Marlow	DkPk	89.41

VETERANS O/60

1. J. Barker	Clay	90.16
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LADIES

1. J. Rawlinson	Clay	92.28
2. G. Cook	Roch	93.32
3. L. Lacon	Holm	93.35
4. C. Lorimer	Cosmic	93.51
5. K. Taylor	Ross	95.21

**WEST RIDING CAMPING
WADSWORTH TROG
Yorkshire
BL/20m/4000ft 21.2.98**

After some of the mildest February weather on record we actually managed to catch twenty four hours of wind and rain for this race. The worst had passed by the start time however, and one hundred and seven runners set off undeterred with just the low mist on Cock Hill causing a few problems on the return leg. There were only four retirements, a remarkably low figure for this event, and some excellent performances all round.

Lee Thompson went three places better than last year to win in an excellent time (a new record due to the route change at Cock Hill). David Tait had a great run to take first veteran, the fact that he is a veteran over fifty made no difference as he led all the over forties home.

Performances of the day of course was Carols. The route change probably made three to five minutes difference so an improvement on her own record of three hours, twenty three minutes and twenty nine seconds - a massive twenty five minutes was nothing short of superb. The fact that Carol finished third overall and only three minutes seventeen seconds behind Lee puts the quality of this run in perspective. Well Done one and all.

Jess Palmer

1. L. Thompson	Clay	2.54.52
2. A. Griffiths	Bow	2.56.38
3. C. Greenwood	Bing	2.58.09

4. I. Hill	Bing	3.06.50
5. B. Horrocks	Clay	3.14.06
6. D. Tait O/50	Clay	3.15.09
7. S. Bottomley	Eccles	3.15.51
7. R. Glover	Unatt	3.15.51
9. A. Shaw	Holm	3.16.48
10. P. Booth O/40	Clay	3.18.38

VETERANS O/40

1. P. Booth	Clay	3.18.38
2. L. Warburton	Bow	3.22.12
3. M. Egner	Denby	3.22.23
4. P. Hodgson	Tod	3.27.09
5. A. Spicer	Ross	3.29.27

VETERANS O/50

1. D. Tait	Clay	3.15.09
2. J. Marsh	TarHen	3.23.08
3. R. Jacques	Clay	3.26.35
4. A. Knowles	Kly/Crav	3.37.09
5. J. McGill	St.Bedes	3.41.52

VETERANS O/60

1. B. Thackery	DkPk	4.06.18
2. B. Leathley	Clay	4.14.09

LADIES

1. C. Greenwood	Bing	2.58.09
2. C. Roberts O/40	CalderV	4.01.54
3. W. Dodds O/40	Clay	4.09.54
4. J. Sullivan O/40	Clay	4.31.04



Ray Fell, Noonstone Photo: Steve Bateson

ILKLEY MOOR FELL RACE
West Yorkshire
AS/4.5m/1150ft 22.2.98

The 1998 Ilkley Moor Fell Race was a thrilling event, with winner Greg Hull and runner up Gary Devine battling it out all the way to the finish. The two runners were rarely more than a yard or two apart over the whole race, and both finished well inside Gary's 1995 course record.

Veteran Jo Prowse took the ladies title over the testing hilly course, which takes in local landmarks such as the Cow and Calf rocks, the Panclake Stone and the Badger Stone.

Seventeen year old Graham Pearce had an excellent race. Probably the youngest competitor and running as a senior man as there were no Junior or Intermediate categories, he finished in a high 26th place and was awarded the William Head Memorial Trophy for the first local runner.

In glorious sunshine and dry underfoot, this was an occasion when Ilkley Moor could safely be ventured on without a hat!

1. G. Hull	LdsCty	36.22
2. G. Devine	P&B	36.26
3. M. Whitfield	Bing	37.40
4. P. Nolan	P&B	38.06
5. A. Preedy	Ross	40.00
6. I. Greenwood	Clay	40.03
7. S. Green	P&B	40.14
8. A. Life	Clay	40.27
9. P. Mitchell	Bing	40.33
10. B. Davidfield	Unatt	40.34

VETERANS O/40

1. P. Harlow	Kesw	40.51
2. J. Winder	CalderV	41.00
3. T. Taylor	Ross	41.03
4. K. Dobson	Bing	42.00

VETERANS O/50

1. K. Taylor	Ross	43.00
2. R. Baker	Cumb	43.50
3. F. Gibbs	Bing	45.36
4. G. Breeze	Skyrac	46.01

VETERANS O/60

1. R. Bray	B&F	50.49
2. B. Field	Fellan	53.57

LADIES

1. J. Prowse O/40	Kly & Crav	47.20
2. E. Hodgeson	Ilk	49.07
3. J. Tompkins	Lds	50.04
4. H. Johnson	Unatt	50.26
5. L. Pyne	CalderV	50.54
6. J. Rawlinson O/40	Ross	51.40
7. J. Harvey	Ilk	53.23
8. J. Smith O/40	Bing	53.39

SCOUT SCAR
Cumbria
CM/7m/700ft 22.2.98

Athletes did one lap of the laid, one mile circuit of the racecourse, before heading off. For the Fell Wall and a SSI area and the first running of this event, the conditions were good, but with a cold north east wind.

Dave Niell was an easy double winner, with a forty seven second margin over 18 year old Harry Mathews.

Pauline Warburton of BFR, fourteenth overall, ran a good race to be the first lady.

The Mathews family of Shrewsbury figured prominently in all categories, and had a most successful day out at Kendal.

J Morgan

1. D. Neill V	Merc	40.48
2. H. Mathews	Shrews	41.35
3. S. Bolland	L&M	43.56
4. M. Addison	Kend	44.04
5. E. Gamble	Stock	44.19
6. P. Hargreaves	DarwDash	44.39
7. B. Muylle	Leeds	44.47
8. A. Leck	L&M	44.53
9. S. Daws V	Shrews	45.08
10. B. Bolland	Newb	45.22

VETERANS O/40

1. D. Neill	Merc	40.48
2. S. Daws	Shrews	45.08
3. J. Raisor	Kend	48.29
4. D. Holmes	Prest	48.32
5. P. Corris	Bow	48.41

VETERANS O/45

1. K. Dacre	Kend	47.07
2. M. Leck	L&M	489.30
3. B. Jones	Unatt	54.18
4. D. Shorrocks	Darwin	55.27
5. J. King	Unatt	59.08

VETERANS O/50

1. I. Rooke	Kend	51.
2. D. Taylor	Unatt	52.02
3. R. Cranshaw	Unatt	53.53
4. T. Tagget	Clay	57.37
5. J. Asmona	Kend	62.53

VETERAN O/55

1. K. Mathews	Shrews	62.56
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LADIES

1. J. Staplehurst	Unatt	52.53
2. R. Mathews	Shrews	54.14
3. J. Mellor	Winston	56.04

FIRST LADY VETERAN O/40

1. J. Sayer	Telf	62.26
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FIRST LADY VETERAN O/45

1. M. Rosen	L&M	63.33
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FIRST LADY VETERAN O/50

1. P. Mathews	Shrews	65.37
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ALAN LAMB MEMORIAL FELL RACE
County Durham
BM/9m/1529ft 1.3.98

This was the first running of the Alan Lamb without Chris White at the helm. For those who don't know him, Chris has organised the Alan Lamb, and many other races in South Durham for a number of years. In fact, it would be fair to say that without Chris, running in the area would be a lot poorer.

With a new organiser, came a new course. The route was shortened to nine miles and 1529 feet of ascent. Hopefully, it proved to be an interesting route as it twisted and turned through the forest in a rough "figure-of-eight" course. One competitor congratulated me on how skillfully I'd managed to move the marshals from checkpoint to checkpoint, always just in time as the runners came through. I don't think he had grasped the concept that the marshals were staying still and it was him that was moving around!!

On the day, weather conditions were not that good, with freezing temperatures and snow flurries. However, thirty brave souls turned up and seemed to enjoy it. First home was Ian Mulvey, who led across the first ford and stayed in the lead all the way round, apart from when he slowed to consult on the route, with second placed Ken Maynard. At the finish, he was 19 seconds clear of Ken, although Ken had slowly started to pull him back over the last mile.

First Veteran was Rob Hall, who finished fourth overall. It was a good day out for the three Blyth runners, who had made the long trip down despite the weather forecast. Not only was Rob first Veteran but, with his two teammates, took third, fourth and fifth places to make them first team. First over 50 Veteran was Richard Wall. In his customary way, Richard just put his head down and worked his way around the course beating a number of younger rivals.

First lady was Kendra White, although her face changed colour slightly when she found out about the stream crossings. She managed to stay relatively dry to finish 11/2 minutes in front of second placed lady, Denise Tunstall.

1. I. Mulvey	NFR	55.36
2. K. Maynard	Quak	55.55
3. A. Brown	Blyth	57.23
4. R. Hall	Blyth	57.28
5. N. Hedley	Bblyth	57.34
6. P. Milburn	Aycliffe	61.04
7. M. Mallen	Crook	62.38
8. G. Bradshaw	Crook	62.45
9. L. Coles	Quak	63.00
10. M. Wray	Quak	63.18

VETERANS O/40

1. R. Hall	Blyth	57.28
2. M. Mallen	Crook	62.38
3. K. Wilson	Man	63.26
4. T. Hindmarch	Even	65.39
5. A. Laybourn	Even	66.17

VETERANS O/50

1. R. Wall	Quak	78.15
2. A. Marshall	Tees	86.21
3. C. Chadwick	Tees	87.05

LADIES

1. K. White	Morpeth	2.17
2. D. Tunstall	Tees	73.30
3. J. Thompson	Crook	86.45

DANBY BEACON HILL RACE
Cleveland
22.2.98

1. M. Brown	Mand	61.53
2. M. Burn	T&S	62.08
3. B. Firth O/40	Mand	62.41
4. P. Buckby O/40	NewMarske	62.51
5. R. Burn O/40	T&S	62.53
6. S. O'Grady	NewMarske	63.27
7. J. Coulson O/50	CalderV	63.37
8. I. Ellmore	TeamPlax	65.43
9. D. Rose	Quak	66.25
10. A. Scaife	Elvet	67.10

VETERANS O/50

1. J. Coulson	CalderV	63.37
2. M. Lister	Harr	68.00
3. C. Todd	Harr	73.39

LADIES

1. J. Smith	DkPk	69.00
2. K. Slater O/40	Kly & Crav	70.40
3. A. Raw	Darl	74.55



Ray Maynard pictured at Cronkley Fell, 2nd at Alan Lamb Photo: Dave Woodhead

LLANTYSILIO MOUNTAIN RACE

Clwyd
AM/7.5m/2600ft 7.3.98

James McQueen was never headed as he led the 86 strong field up the first steep climb, but he was chased hard up a climb that brought most to a walk. A strong wind with hail and sleet greeted the competitors at the highest points of the race but it was at their backs, and McQueen stormed away.

Two veterans ran a close competition with Tim Haywood getting the better of Mario Fochi on the final run in. In a ladies' field of eleven (well done ladies!!), Victoria Musgrove had it all her own way and battled with the male contestants around her. Sarah Hammond was a couple of minutes adrift, with a battle for third between Carol Lorimer and Judith Witterick, Carol taking it by ten seconds.

More senior men turned up this time but the veterans still outnumbered them 44 to 41; the ladies were 8 to 3 in favour of the veterans.

Next in the area is the Rhewl Rough Run on 1 August in aid of the local charity fete - a good family day. See you there!!

Geoff Gartrell

1. J. McQueen	Etyri	48.35
2. T. Haywood	Mercia	51.18
3. M. Fochi	Penn	51.36
4. C. Lancaster	Telf	53.35
5. J. Bennett	Eryri	53.40
6. T. Jones	Eryri	53.44
7. G. Read	Roch	54.26
8. M. Salkild	Holme	54.31
9. I. Ward	Mercia	55.33
10. M. Pomfret	Spectrum	56.28

VETERANS O/40

1. T. Haywood	Mercia	51.18
2. S. Hammond	Tatt	57.20
3. P. Handes	Leic	57.52
4. M. Ligema	CroftA	59.12
5. B. Wells	NWRCC	60.13

VETERANS O/45

1. M. Fochi	Penn	51.36
2. R. Edwards	Leic	57.31
3. I. Lundrigan	Kippax	59.52
4. M. Blake	Eryri	60.38

VETERANS O/50

1. J. Morris	Penn	61.26
2. M. Williams	NWRCC	62.05
3. D. Hill	NWRCC	63.24
4. M. Potter	Unatt	64.18
5. D. Sinclair	NWRCC	64.47

VETERANS O/55

1. B. Evans	Eryri	68.04
2. G. Lloyd	Wrex	76.22

VETERANS O/60

1. P. Norman	Wrex	63.54
2. J. Dearden	Helsby	67.20
3. J. Carson	Eryri	72.53

LADIES

1. V. Musgrove O/40	Eryri	61.25
2. S. Hammond	Unatt	64.29
3. C. Lorimer O/40	Cosmic	66.48
4. J. Witterick O/50	ShropSh	66.58
5. S. Ellis O/35	Tatt	68.07
6. G. Darby O/35	LivP	71.23

WHITE HOLME CIRCULAR

FELL RACE
Lancashire

CL/13.5m/1000ft 7.3.98

Sean Willis and Carol Greenwood battled through gale force winds to record inaugural victories in the longest race I have ever organised. If the race had been run 24 hours earlier with deep snow and freezing wind driving the hailstones and sleet, we could have had problems. I made the decision on Friday night to shorten the route, erring on the side of caution, and thought the weather on race day was much better. I reckon the runners found it a challenging enough event.

Many, many thanks to all my helpers at registration, on checkpoints and at the finish. I received a letter of thanks from one competitor who said that he noticed all the officials on the course were cheerful and encouraging, and he asked me to say thanks on behalf of the runners.

Just one gripe (I'm afraid), I put up notices at registration stating that all runners must carry full wind and waterproof whole body cover. This instruction was repeated on a red printed leaflet handed out to all entrants, together with their race numbers and tags. A big thank you to those runners who complied with this request, but a big NO THANKS to those who chose to ignore it.

To those runners I say this - You may not need the kit but if a rival suffered, for instance, a severe fall rendering him immobile, the extra layers you carry could save his life in inclement weather. Also, in the event of such a serious incident, the race organiser might be found to be negligent for not checking that each individual competitor was carrying full kit requirement and I, as a race organiser, have quite enough to worry about as it is, without the hassle! Thank you.

Alan Greenwood

1. S. Willis	Tod	1.37.37
2. A. Preedy	Ross	1.39.04
3. D. Gregory	Clay	1.40.06
4. R. Haworth	Middle	1.41.09
5. T. Taylor	Ross	1.41.13
6. S. Bottomley	Eccles	1.42.22
7. P. Taylor	Ross	1.42.29
8. A. Griffiths	Bowland	1.43.08
9. J. Hemsley	Ilk	1.43.46
10. S. Gregory	HolmeP	1.44.09

VETERANS O/40

1. T. Taylor	Ross	1.41.13
2. C. Davies	Sadd	1.45.04
3. S. Brandwood	Tod	1.50.26
4. D. Collins	Tod	1.50.53
5. K. Parkinson	Tod	1.51.45

VETERANS O/50

1. D. Tait	DkPk	1.49.07
2. G. Breeze	Skyrac	1.58.13
3. A. Mellor	Tod	1.59.36
4. P. Mason	Tod	2.03.33
5. G. Royle	Sadd	2.08.04

VETERANS O/60

1. W. Smith	Clay	2.19.17
2. B. Hargreaves	Tod	2.38.58

LADIES

1. C. Greenwood	Bing	1.53.58
2. G. Cook O/35	Roch	2.00.54
3. L. Lacon	Holm	2.02.05
4. R. Dorrington	Abbey	2.03.00
5. W. Barnes	Barns	2.04.08
6. S. Becconsall O/35	Tod	2.06.20

BODMIN MOOR FIVE TORS

MOORLAND RUN
Cornwall

CM/11m/1170ft 8.3.98

The Five Tors took place in dry and calm weather in spite of the gales and rain of the previous day. In was good to see the return of Hugh Marsden who was the winner of the first Five Tors Run eleven years ago.

A partially sighted runner, R. Rogers, successfully completed the course in 2.18.37 in spite of the fact that his guide retired within 15 minutes of the start.

C. Weston

1. T. Wright	Newquay	1.08.17
2. A. Gartside	EastCorn	1.09.03
3. M. Northey	Plymouth	1.10.19
4. T. Hunn	Woodstock	1.11.01
5. H. Marsden	Exmouth	1.11.48
6. J. Rickeard	TVH3	1.12.08
7. F. Taylour	Taunt	1.12.15
8. N. Doyle	Newquay	1.12.45
9. R. Hore	SWRR	1.12.54
10. R. Waterhouse	TamarT	1.12.59

VETERANS O/40

1. A. Lynch	Exeter	1.16.08
2. S. Edmonds	PH3	1.19.46
3. J. Gallagher	PH3	1.19.48
4. P. Nash	ECH	1.20.35
5. R. Kohler	Dartmoor	1.22.41

VETERANS O/45

1. F. Taylour	Taunt	1.12.15
2. L. Clarke	TamarT	1.17.16
3. L. Carr	ECH	1.18.31
4. B. Bradbeer	ECH	1.22.09
5. M. Salter	SWRR	1.23.48

VETERANS O/50

1. P. Lockett	Newquay	1.14.30
2. I. Leslie	TVH3	1.22.17
3. J. Horton	Newquay	1.23.22
4. D. Alsop	Falmouth	1.27.25
5. A. Littlejohns	SWRR	1.30.20

VETERANS O/55

1. C. Barretto	DrakeH	1.17.41
2. A. Smith	ECH	1.32.01
3. L. Macfarlane	TCH3	1.59.52

LADIES

1. A. Sykes	Unatt	1.21.08
2. J. Hoskin	Unatt	1.24.56
3. J. Nash O/35	ECH	1.27.04
4. L. Thompson	Dartmoor	1.33.41
5. L. Lusty-Hoye	Truro	1.35.09
6. S. Silcock O/35	Dartmoor	1.38.10
7. J. Tyler O/35	ech	1.41.14
8. M. Attwell	Unatt	1.41.21

OSSY OIKS RACE

Cleveland
BM/10m/1800ft 8.3.98

1. M. Brown	Mand	53.02
2. M. Burn	ThirskS	53.11
3. R. Burn	T&S	54.04
4. A. Normandale	Nestle	54.43
5. P. Buckley	NMarske	54.51
6. G. Owens	N'landFR	57.01
7. D. Knee	Hartle	57.08
8. C. Wright	Mand	58.22
9. B. Miller	H'gate	58.31
10. S. Kelly	Mand	58.39

VETERANS O/40

1. R. Burn	T&S	54.04
2. A. Normandale	Nestle	54.43
3. P. Buckley	NMarske	54.51
4. G. Owens	N'landFR	57.01
5. B. Miller	H'gate	58.31

VETERANS O/50

1. M. Hetherton	Nestle	63.08
2. A. Wikeley	T&S	64.44
3. E. Huck	T&S	66.06

VETERANS O/60

1. P. Duffy	Aberd	71.50
2. S. Edwards	NMH	73.43

LADIES

1. S. Webb O/35	Mand	66.53
2. K. White	Morpeth	68.45
3. J. Butterworth O/35	HBR	70.56
4. K. Ruffell	Ind	75.02



Pete Duffy, 1st o/60, Ossy Oiks, taking a similar position at WardlePhoto: Bill Smith



Half Tour of Pendle -start Photo: Peter Hartley

HALF TOUR OF PENDLE AM/9m/2250ft 14.3.98

The early morning mist which greeted the organisers at 8.00 a.m. had cleared by race time and the race was run in the warmest weather for years. An in-form Mervyn Keys just edged Matt Whitfield and, in the process, prevented Shaun Livesey from winning the race in three consecutive years.

In the ladies' race, Vanessa Peacock beat Debbie Cowens by around a minute, with Chris Miller winning the junior race for the second time. Try the senior race next year, Chris!

The organiser's thanks go, as ever, to the helpers both on the hill and at Barley, and to the farmers around Pendle for their support.

K. Thompson

1. M. Keys	Ross	64.06
2. M. Whitfield	Bing	64.13
3. S. Livesey	Clay	64.30
4. M. Horrocks	Clay	65.51
5. A. Wrench	Tod	66.15
6. D. Flatley	Horw	67.09
7. G. Wilkinson	Clay	68.18
8. G. Schofield	Horw	68.48
9. D. Bell	Hadd	68.54
10. A. Maloney	Roch	68.59

VETERANS O/40

1. G. Schofield	Horw	68.48
2. D. Woodhead	Horw	69.55
3. G. Gough	Clay	70.11
4. T. Hesketh	Horw	70.26
5. J. Winder	CaldV	72.46

VETERANS O/45

1. T. Hesketh	Horw	70.26
2. J. Winder	CaldV	72.46
3. P. McWade	Clay	73.46
4. R. Hargreaves	Clay	74.12
5. D. Beels	Roch	75.26

VETERANS O/50

1. P. McWade	Clay	73.40
2. R. Hargreaves	Clay	74.12
3. B. Mitchell	Clay	76.03
4. J. Nuttall	Clay	79.21
5. G. Breeze	Skyrac	81.38

VETERANS O/60

1. R. Jaques	Clay	84.46
2. J. Barker	Clay	89.54
3. R. Dearden	Clay	93.15

LADIES

1. V. Peacock O/40	Clay	81.56
2. D. Cowans	Acc	83.01
3. K. Wallis O/40	Clay	85.09
4. E. Hodgson	Ilkley	85.58
5. J. Rawlinson O/40	Ross	89.19
6. B. McWade	Clay	89.26
7. H. Johnson	Ilkley	90.25
8. A. Martin	Clay	92.53

BARLEY HILL JUNIORS

1. C. Miller Boy 15	H'gate	20.35
2. L. Broadley Boy 15	Bing	21.43
3. S. Durden Boy 15	Roch	22.05
4. N. Lawton Boy 13	Chorley	24.09
5. A. Godwin Boy 14	Ross	24.19
6. M. Emmett Boy 16	B'burn	24.21

MOEL Y CI

Gwynedd

AS/2.3m/775ft 14.3.98

54 runners competed in the senior race on a calm, mild, dry and overcast day.

Steve Oldfield led at the summit but lost out to James McQueen and Emlyn Roberts on the slippery descent. James McQueen went on to win in a new record time which was ten seconds inside the old record. Good runs by 18-year old Alun Vaughan who was fourth, and also by 15-year old Cai Pierce who was fifth. Steve Oldfield led the Over 40 category and, as usual, Don Williams won the Over 50 category. The ladies' race was won convincingly by Jenny Heming.

Thanks to the marshals and the people of Rhinlas for all their help on the day.

R. Powell

1. J. McQueen	Eryri	18.11
2. E. Roberts	Eryri	18.26
3. S. Oldfield	BfdA	18.37
4. A. Vaughan	Eryri	19.01
5. C. Pierce	Eryri	19.01
6. G. Williams	Eryri	20.01
7. T. Jones	Eryri	20.05
8. P. Targett	Clay	20.22
9. D. Williams	Eryri	20.38
10. J. Bennett	Eryri	20.39

VETERANS O/40

1. S. Oldfield	BfdA	18.37
2. D. Williams	Eryri	22.09
3. S. Jones	Eryri	22.26
4. M. Blake	Eryri	22.53
5. J. Bennell	Eryri	22.56

VETERANS O/50

1. D. Williams	Eryri	20.30
2. D. Whiteside-Thomas	Eryri	21.56
3. M. Williams	Eryri	22.36
4. E. Davies	Eryri	23.31
5. N. Pratten	Wirral	25.12

LADIES

1. J. Heming	Eryri	24.40
2. C. Cardon-Gilbert	Eryri	28.50
3. S. Bennell O/40	Eryri	29.48
4. L. Hughes O/40	Eryri	30.52
5. N. Yoxall	Southport	43.48

JUNIORS U/16

1. C. Pierce	Eryri	19.32
2. G. Edwards	Eryri	27.50
3. O. Arman	Eryri	28.30

SLIEVE GULLION

Armagh

AS/3.5m/1000ft 15.3.98

There were two record breaking winning runs at the annual Slieve Gullion Mountain Race with both the men's and ladies' records decisively broken. Although the mountain was very wet from all the rain, the runners had the advantage for the first time in years of unusually good visibility throughout and this may have been a factor in the good results all round.

Brian Ervine notched up yet another record breaking win when he led home a top class field in a truly superb

time which represented an improvement on his 1997 record which stood at 29.07. The measure of Brian's performance can be judged by the gap of over second placed Neil McCarty, with a personal best for him.

Both athletes were highly pleased with their performances but Brian, self-critical as always, reckons he lost several tenths of a second somewhere during the descent!! However, the performance of the day had to be that of Jim Paterson, now 50+, in third place with a time of 32.07. While Jim is no respecter of age conventions, he did admit afterwards that he takes it a bit easier on the downhill nowadays, and we have to believe him!!

Whilst these three athletes dominated the race from start to finish, there were a number of changes at the various checkpoints but none of the spectacular reverses in fortune of previous years when the race was run in dense mist with nil visibility.

As often happens in mountain running, the descent is critical and this was very apparent in this year's race. Jenny Walker led the race at the first checkpoint in thirteenth place overall with Anne Sandford sixteenth and Stephanie Pruzina in twenty-third Jenny led through the next two checkpoints in fourteenth overall while Anne stayed in sixteenth. The final descent from the North Cairn completely changed the ladies' race with Anne storming through to win in a new record time, improving Mary Havern's 1996 time of 41.5. Anne lost two places overall on the downhill but Jenny went back seven places to finish second lady, twenty-first overall.

B. Vallely

1. B. Ervine	Ballyd	28.54
2. N. Carty	Nbelf	30.34
3. J. Patterson	Albert	32.07
4. S. Linton	NWOC	32.52
5. D. Brannigan	N'castle	34.31
6. B. McKay	Albert	34.51
7. D. Murray	Larne	35.29
8. R. Rogers	N'castle	35.51
9. B. Magee	Larne	36.02
10. M. Barton	ACKC	37.02

VETERANS O/40

1. E. Hollywood	Armagh	39.03
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VETERANS O/45

1. B. McKay	Albert	34.51
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VETERANS O/50

1. B. Magee	Larne	36.02
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JUNIORS

1. S. Taylor	Albert	41.16
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CLOUD NINE HILL RACE

Cheshire

CM/8.75m/950ft 15.3.98

Perfect weather on the day but with muddy conditions underfoot saw a field of approximately 230 start the race.

Dave Neill dominated the race from the start being first to the summit and finishing almost three minutes clear in a new record time of 51.20.

M. Lawrence

1. D. Neill	Mercia	51.20
2. B. Charlton	Stoke	54.01
3. D. Gartley	Gloss	54.45
4. S. Fairmaner	Traff	54.57
5. M. Foschi	Pennine	55.15
6. A. Thiemicke	Stoke	55.20
7. N. Ashcroft	Spectrum	55.49
8. A. Griffiths	Bowland	56.28
9. I. Walker	Stock	56.38
10. P. Deaville	Unatt	57.46

VETERANS O/40

1. D. Neill	Mercia	51.20
2. I. Walker	Stock	56.38
3. T. McGaff	Pennine	58.31
4. N. Stone	Stoke	58.54
5. S. Entwisle	Gloss	59.18

VETERANS O/45

1. M. Foschi	Pennine	55.15
2. G. Farmer	Mercia	58.14
3. S. Littlewood	HerefordC	60.42

VETERANS O/50

1. B. Blyth	Macc	59.04
2. P. Nolan	Macc	59.36
3. P. Bratby	Congle	61.25
4. T. Hulme	Pennine	61.57

LADIES

1. C. Greenwood	Bing	62.32
2. K. Cassidy O/35	Unatt	64.31
3. R. Pleeth	Macc	65.15
4. R. Nolan	Macc	68.50
5. J. Phizacklea	Buxton	70.18

**IAN ROBERTS MEMORIAL
FELL AND ROAD RELAY
West Yorkshire
2 x Fell/2 x Road 21.3.98**

Mild weather and good conditions made a pleasant change and produced some good times. Horwich led for three legs, closely pursued by Pudsey & Bramley and this produced an exciting last leg, on which Gary Devine just got the better of Paul Dugdale. Despite their "eyeballs out" battle, their times were comfortably bettered by Mark Hutchinson making a guest appearance on the fells.

Running as a guest, Steve Oldfield just got the better of a string of others to record the fastest time on the other fell leg. Tony Hesketh was once again fastest veteran on the fell, although Dave Woodhead pushed him hard.

Hallamshire Ladies were the comfortable winners, Jessica Turnbull turning in one of the best ladies' times yet on the fell leg.

Rod Futrell

1. Pudsey & Bramley	94.38
2. Horwich 'A'	94.51
3. Horwich 'B'	98.05
4. Trafford	98.34
5. Hallamshire	99.21
6. Todmorden	99.27
7. N. Derbyshire	99.37
8. Horwich Veterans	100.51
9. Pudsey Composite	101.40
10. Trafford 'B'	102.59
VETERANS	
1. Horwich	100.51
2. Rochdale	103.45
3. Holmfirth	105.26
4. Blackburn	107.40
5. Bingley	120.54
LADIES	
1. Hallamshire	110.06
2. Saddleworth	127.24

**FIENSDALE FELL RACE
Lancashire
AM/9m/2600ft 21.3.98**

An alternative course for Fiensdale this year with an additional bit of climbing over the top of Fairsnape Fell.

Mark Kinch was a decisive winner opening the gap on Mark Horrocks and Mervyn Keys over Fairsnape. Vanessa Peacock was equally decisive as first home in the ladies' race. The host club, Bowland, took equal honours with Clayton for the team prize.

Fine weather meant there were no problems with navigation apart from the two late starters who were sighted several miles off route on Totridge. Everyone else seemed positive about the changes and delighted with the spot prizes of local cheese. Thanks to everyone who helped, especially the Bowland and Pennine Mountain Rescue.

S. Sarginson

1. M. Kinch	Bing	1.15.32
2. M. Horrocks	Clay	1.16.14
3. M. Keys	Ross	1.17.26
4. G. Webb	CaldV	1.17.50
5. S. Sweeney	Bowland	1.20.03
6. G. Schofield	Horw	1.20.04
7. D. Nuttall	Clay	1.20.13
8. A. Griffiths	Bowland	1.20.46
9. M. Proctor	Clay	1.21.10
10. S. Bottomley	Eccles	1.22.08
VETERANS O/40		
1. G. Schofield	Horw	1.20.04
2. R. Clucas	CFR	1.25.32
3. L. Warburton	Bowland	1.26.15
VETERANS O/50		
1. K. Carr	Clay	1.27.32
2. J. Nuttall	Clay	1.30.23
3. G. Breeze	Skyrace	1.36.18
VETERANS O/60		
1. R. Jaques	Clay	1.39.08
2. L. Sullivan	Clay	1.45.04
3. H. Catlow	Dallam	1.52.12
LADIES		
1. V. Peacock O/40	Clay	1.36.59
2. C. Lorimer O/40	Cosmic	1.47.48
3. S. Watson O/50	VStrid	1.49.21
4. D. Thompson O/40	Kesw	1.50.18
5. K. Taylor O/40	Ross	1.51.52



Stuart Sumner at Fiensdale Photo: Steve Bateson

**SUTTON BANK SLITHER
Cleveland
BM/8m/1000ft 22.3.98**

1. C. Stead	ThirskS	36.36
2. R. Firth	Mand	38.15
3. M. Burn	ThirskS	38.22
4. M. Brown	Mand	38.32
5. D. Woodhead	Horw	38.43
6. S. O'Grady	NMArske	39.01
7. R. Burn	ThirskS	39.07
8. A. Normandale	Nestle	39.19
9. S. Bottomley	Eccles	39.24
10. B. Roberts	Mand	39.43
VETERANS O/40		
1. R. Firth	Mand	38.15
2. D. Woodhead	Horw	38.43
3. S. O'Grady	NMArske	39.01
4. A. Normandale	Nestle	39.19
5. B. Roberts	Mand	39.43
VETERANS O/50		
1. J. Coulson	CaldV	41.07
2. M. Hetherton	Nestle	45.41
3. C. Todd	Hgte	45.53
4. E. Huck	Thirsk	46.06
VETERANS O/60		
1. P. Duffy	Aberd	50.33
2. S. Edwards	NMArske	54.31
LADIES		
1. Y. Hague	P&B	42.01
2. A. Raw	Darl	44.57
3. S. Webb O/35	Mand	46.31
4. K. White	Morp	50.46
5. J. Butterworth O/35	HBR	50.53
6. C. Mears O/35	Darl	51.42
7. A. Hayward O/35	ThirskS	51.46
8. R. Lendrum O/35	ThirskS	52.46

**LLANBEDR-BLAENAVON
Gwent
AL/14m/4500ft 28.3.98**

Running conditions for the race were quite good though the headwind for most of the race was thought to add a few minutes onto everybody's times.

Mark Palmer, second last year, wasn't taking any chances this year and led from start to finish increasing his lead on every section to win by a staggering eleven minutes from clubmate, Martin Green. Just to confuse the organiser, the next three decided to run in together for a triple third place.

The veteran's prize went to newly turned veteran, Martin Green, depriving John Darby of the trophy yet again.

New to the race, the diminutive Jessica Hoskin, justified the journey from Cornwall with a 24 minute win to the next challenger, Jane Waite, who is now a veteran.

The Locals' trophy returned to Lyndon Gwilym in twelfth place.

One of the most improved performances was by Ieuan Jones, who improved from twentieth last year to sixth this year and one of the few to improve his time. MDC, yet again, took the team prize but only by weight of results with only Roy Ruddle in the first ten. Had Forest of Dean, East Cornwall or Brycheiniog, or even Cardiff had the full three runners, surely they would have topped the locals.

Gareth Buffett

1. M. Palmer	ForestD	2.09.25
2. M. Green	ForestD	2.20.20
3. T. Werrett	Mercia	2.26.48
4. A. Gartside	Ecorn	2.26.48
5. P. Gardener	Hereford	2.26.48
6. I. Jones	Cardiff	2.27.32
7. P. Cleary	CaldV	2.27.59
8. S. Blease	Brycheiniog	2.29.23
9. M. Hartell	Macc	2.30.00
10. R. Ruddle	MDC	2.31.14

VETERANS O/40

1. M. Green	ForestD	2.20.20
2. J. Darby	MDC	2.34.21
3. C. Pritchard	Unatt	2.39.55
4. A. Nixon	MDC	2.42.31
5. M. Hand	Unatt	2.44.14

VETERANS O/50

1. D. Finch	MDC	2.50.10
2. G. Evans	Blaenavon	2.59.10
3. E. Meredith	MDC/Blaen	3.00.20
4. G. Cheshire	MDC	3.11.50
5. L. Pugh	MDC	3.12.10

VETERANS O/60

1. C. Jones	MDC	3.09.10
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LADIES

1. J. Hoskin	ECorn	2.45.00
2. J. Waite O/35	BlaenJ	3.09.13
3. J. Huybs O/35	Blaen	3.17.24

LATTERBARROW LOOP**Cumbria****AS/3m/1200ft 28.3.98**

The previous week's heavy rain took a bit of the spring out of these lovely rolling hills on Cumbria's western outpost. Hence, times were down in general on last year's inaugural race. Gavin Bland, third last year, was out to carry on his good work in the Black Combe and Silver How races, and achieve a quick Lake District treble.

Gavin led the 82 runners into the River Calder just after the off, followed by a strong looking local challenge from Brian Thompson, Martin Amor and Lee Gibson. Course record holder, Alan Bowness, was not to be in the first dozen at this early stage and naturally gave himself a stiff task to feature in this, his first fell race of the year. Typically, Gavin benefited greatly from his previous year's look round and was always in control, winning in a fine time. Alan climbed strongly up Lattersbarrow and was through to second on the runnable section over to Swarth Fell.

Brian Thompson was caught by Martin Amor and then the strong finishing Scoffa, who can draw great credit from his fourth placing in such good company.

The ladies' record, however, fell to Yorkshire raider, Jo Prowse, whose great charge off Swarth Fell to the finish clipped six seconds off Lyn Thompson's old course best of 28.56.

15-year old John Hartley, who lives at nearby Egremont, went into one or two notebooks with his gutsy thirty-first position, and 28.09 timing.

Thirty minutes prior to the senior race, 29 CFR juniors ranging from 8 to 14 years of age, put on a marvellous show for the spectators in their one and a half mile event which is the second counter of nine in the CFR junior club championship. Race winner was the impressive David Hodgson. First girl was Hannah Winn who was third overall.

I. Block

1. G. Bland	Borr	21.42
2. A. Bowness	CFR	22.27
3. M. Amor	CFR	22.49
4. A. Schofield	Borr	23.20
5. B. Thompson	CFR	23.29
6. L. Gibson	CFR	23.39
7. C. Valentine	Kesw	24.34
8. P. Skelton	CFR	24.40
9. J. Blackett	Mand	24.48
10. H. Jarrett	CFR	25.00

VETERANS O/40

1. A. Beaty	CFR	25.09
2. P. Stones	CFR	26.53
3. S. Holliday	CFR	26.56
4. P. Normington	CFR	28.01
5. P. Murphy	CFR	28.29

VETERANS O/45

1. H. Jarrett	CFR	25.00
2. R. James	CFR	26.50
3. C. Webb	CFR	28.39
4. N. Walker	Amble	29.02
5. T. Lowdon	CFR	29.12

VETERANS O/50

1. D. Findley	CFR	26.05
2. R. Baker	CFR	27.26
3. M. Pitcaiford	CFR	29.30
4. R. Davis	CFR	30.43
5. R. Jackson	CFR	32.56

VETERANS O/55

1. D. Patey	Unatt	32.09
2. B. Johnson	CFR	33.06

VETERANS O/60

1. H. Catlow	Dallam	32.12
2. V. Smith	CFR	37.23
3. H. Blenkinsop	Kesw	44.10

LADIES

1. J. Prowse	Kghly	28.50
2. K. Beaty	CFR	30.12
3. L. Buck	CFR	35.37
4. E. Unsworth O/45	Kend	40.34
5. S. Findley O/45	CFR	41.10
6. C. Woowat	CFR	47.31

JUNIORS U/16

1. J. Hartley	CFR	28.09
2. M. Kidger	Kend	29.43
3. N. Thompson	CFR	31.28
4. R. Elliot	CFR	34.27

JUNIORS U/14 & U/11

1. D. Hodgson	CFR	
2. D. Hawley	CFR	
3. H. Winn Girl	CFR	

MOEL WNION RACE**Gwynedd****AS/4m/1600ft 28.3.98**

The second running of the Moel Wnion race saw a 50% increase in competitors, with visitors from Rochdale, Helsby and a few others "east of the border" giving the local Eryri Harriers a run for their money.

Again, the weather was perfect - clear but cool - the only complaint being the head wind on the return journey. The race begins on the edge of Llanllechid, with only 50 yards of tarmac before the studs hit the grass for a short climb before a steady, if sometimes boggy, run to the foot of Moel Wnion and a steady pull up through grass and heather to the rounded summit. From here, a good descent builds the momentum for Gyrn, where time can be made negotiating the best path through the summit rocks before a more grassy descent and a rolling climb over the "bump" of Llefyn.

The final climb up Moel Faban allows a gathering of the thoughts before, what was for some, a battle of a descent through gorse to the top of the steep ramp and the final flight for the finish line. Colin Donnelly appeared on the ramp first to set a new course record, followed by Andy Maloney. The treats for the spectators were provided by Dale Wilkinson and John Bennett, who couldn't be separated for third place, and by Alan Baker and Steve Barnard, who were split by a second for fifth and sixth places respectively. The ladies were not to be outdone, with Angela Carson also setting a new course record and finishing ninth overall.

The course has something for everybody - fast bits, boggy bits, a long climb, a few smaller ones and few good ascents. Not to be forgotten is the spectacular view all the way back from Moel Wnion - The Carneddau and the Glyder ranges to the left, the hills on the Lleyl Peninsular to the front, around to Holyhead Mountain and down to the Menai Straits on the right - well worth a look around!!

T.M. Dewsnap/J.A. McQueen

1. C. Donnelly	Eryri	35.52
2. A. Maloney	Roch	36.18
3. D. Wilkinson	Roch	38.04
4. J. Bennett	Eryri	38.04
5. A. Baker	Roch	40.36
6. S. Barnard	Eryri	40.37
7. D. Jones	Unatt	42.23
8. M. Lear	Eryri	42.36
9. A. Carson	Eryri	42.42
10. M. Williams	Eryri	42.46

VETERANS O/40

1. C. Donnelly	Eryri	35.52
2. M. Blake	Eryri	43.40
3. R. Roberts	Eryri	43.44
4. M. Hale	Eryri	44.01

VETERANS O/50

1. M. Williams	Eryri	42.46
2. A. Todd	Helsby	45.45
3. A. Oliver	Eryri	48.15

VETERANS O/60

1. T. Madey	PennyL	81.00
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LADIES

1. A. Carson O/40	Eryri	42.42
2. J. Lloyd O/40	Eryri	47.28
3. E. Dunnington O/40	Eryri	48.59
4. P. Wittington O/40	Buxton	52.59
5. S. Bennell O/40	Eryri	61.17

**DON MORRISON MEMORIAL
EDALE SKYLINE FELL RACE****Derbyshire****AL/21m/4500ft 29.3.98**

This was the twenty fifth time the Edale Skyline has been run and the third occasion on the new course up Ringing Roger. Andy Trigg was the winner by an enormous margin, almost eight minutes ahead of Jonny Bland. Conditions were very good and the ground was surprisingly dry and a fast time was to be expected. Andy didn't manage to break the course record but did very well to come within a minute of it considering how far ahead he was from Brown Knoll onwards. For the second year in succession, a veteran came third in the race - this was Adrian Jones. Glynda Cook had a good win in the ladies' race, beating Katherine Harvey by over a minute.

Many people will recall the sudden death of Tony Trowbridge a week before last year's race. To commemorate his contribution to fell running, a new trophy was awarded to the first veteran in the race over 50. Wendy Trowbridge, Tony's widow, and their children, Sally and Stuart, commissioned and donated the new trophy. Wendy presented the trophy to Dave Tait, who became the first winner of the Tony Trowbridge Memorial Trophy.

Many thanks to all the members of Dark Peak who ensured that the race went off so smoothly. By the way, if anyone reported seeing a marshal on top of Ringing Roger sitting in a deck chair belonging to Scarborough Corporation, don't believe them! Nobody in Dark Peak would be so stupid ...or would they??

D. Pasley

1. A. Trigg	Gloss	2.41.55
2. J. Bland	Borr	2.49.47
3. A. Jones	Gloss	2.52.14
4. G. Cudahy	Stock	2.53.56
5. S. Houghton	CaldV	2.56.37
6. S. Bottomley	Ecc	2.57.57
7. M. Proctor	Clay	2.58.11
8. T. Jones	Eryri	2.59.24
9. D. Harton	DenbyD	3.00.05
10. B. Brindle	Horw	3.02.00

VETERANS O/40

1. A. Jones	Gloss	2.52.14
2. S. Houghton	CaldV	2.56.37
3. B. Brindle	Horw	3.02.00
4. L. Warburton	Bowland	3.05.58
5. S. Entwisle	Gloss	3.06.46

VETERANS O/50

1. D. Tait	DkPk	3.08.29
2. M. Hawkins	Erewash	3.22.39
3. J. Amies	Macc	3.25.59
4. N. Sercombe	WhPk	3.26.58
5. D. Lucas	Roch	3.31.08

LADIES

1. G. Cook	Roch	3.30.56
2. K. Harvey	Altrinch	3.32.51
3. R. Fletcher O/40	Tyne	3.56.49
4. A. Hood	Ilk	4.07.43
5. P. Justin	Unatt	4.22.05
6. C. Geddes	Retford	4.24.07
7. K. Wright	Retford	4.24.08



Andy Trigg on Mam Tor on his way to winning Edale
Photo: Peter Hartley

WHALLOPER WELL WHIZ

Lancashire

BM/7.5m/1350ft 29.3.98

The date change still brought out 82 runners and, for the first time, the going was soft underfoot which didn't seem to affect times any, in fact, if Shaun Livesey hadn't eased off on top of the fell, the record would have gone.

Steve Sweeney has improved his position for the last three years on a course that suits him and took two minutes off last year's time to finish second.

Thanks to all the marshals and helpers and to Dave and Eileen for getting me out of the annual fix!

Geoff Newsam

1. S. Livesey	Clay	51.11
2. S. Sweeney	Bowland	52.59
3. J. Hunt	Mersey	53.22
4. R. Haworth	Middle	53.37
5. M. Wallis	Clay	53.54
6. C. Seddon	Unatt	54.56
7. D. Woodhead	Horw	55.10
8. G. Cuncliffe	Clay	55.38
9. T. Taylor	Ross	55.52
10. A. Waterworth	Clay	56.03

VETERANS O/40

1. M. Wallis	Clay	53.54
2. D. Woodhead	Horw	53.54
3. G. Cuncliffe	Clay	55.38
4. T. Taylor	Ross	55.52
5. P. Irwin	Ross	57.59

VETERANS O/45

1. R. Paul	Salf	61.56
2. J. Dore	Roch	62.09
3. R. Russell	Clay	65.56
4. D. Shinn	Kend	67.28
5. M. Sadula	Roch	67.44

VETERANS O/50

1. K. Taylor	Ross	57.52
2. P. Lyons	Ross	58.19
3. A. Mellor	Tod	62.20
4. P. Jepsen	Ross	63.07
5. J. Devlin	RoadR	70.43

VETERANS O/60

1. R. Jaques	Clay	66.22
2. G. Arnold	Prest	74.37

LADIES

1. J. Robertson	Spect	70.48
2. C. Ashton	Clay	71.29
3. J. Hindle	Clay	72.59
4. J. Haworth	Middle	73.16
5. D. Shorrock O/40	Darwin	73.45
6. L. Bostock O/40	Clay	76.07
7. L. Warin	Skip	77.28
8. M. Ashton O/45	Clay	77.51

PEN CERRIG CALCH

South Glamorgan

AS/3m/1500ft 29.3.98

After my boast last year about this race being blessed for five consecutive years with perfect weather, this year knocked any complacency right out of the window! At 12.30, the summit was misty but warm with visibility about 300 yards. By 2.00 p.m., it was tipping it down with rain, visibility down to 10 feet and cold. Added to the muddy, slippery conditions underfoot, it was always going to be a slow race. The finish marshals had their work cut out trying to record times in a downpour as runners came in from all directions.

Even though not a championship race this year, it still attracted a big field for a Winter League race, including a number who had run Llanbedr-Blaenavon the day before and were still rather stiff, to say the least. Mark Palmer obviously wasn't too stiff after winning Saturday's long race as he made it a clean sweep of all six league races, leading at the summit and stretching his lead from Jonathon Hooper on the descent. Adrian Woods might have done better than third if he had not taken the scenic route and included an extra summit that is not part of the official course! Grant Lewis took the junior prize, but had better not rest on his laurels as young Owain Jones, in his first fell race, was close behind (winning a CD for thrashing his dad in the process). Nikki Bedwell led the ladies all the way and was never seriously challenged as Ann Nixon, the ladies' record holder, decided to visit Crickhowell for some shopping half way through the race and eventually arrived at the finish chauffeur-driven in Mr President's

Range Rover. After an impressive debut last year, Christine Ashton blotted her copy book by ignoring her mother's advice about strange men and following Eric Mredith for a very long walk in the country!

Thanks to Cliff Jones for the use of his fields and facilities, and to Ian and Mary at the Red Lion for their usual hospitality. See you next year, when I hope to revert to the Saturday (Doc Buffet being willing to trade).

Derek Thornley

1. M. Palmer	ForestD	29.12
2. J. Hooper	Eryri	29.49
3. A. Woods	Eryri	31.49
4. P. Maggs	MDC	32.02
5. A. Oringe	MDC	32.04
6. J. Bass	MDC	32.53
7. D. Waide	Unatt	33.01
8. H. Grubb	NottUni	33.17
9. H. Richards	MDC	33.44
10. S. Littlewood	Eryri	33.55

VETERANS O/40

1. A. Oringe	MDC	32.04
2. D. Waide	Unatt	33.01
3. H. Richards	MDC	33.44
4. S. Littlewood	Eryri	33.55
5. S. Brown	MDC	36.25

VETERANS O/50

1. D. Ormerod	MidWOr	38.00
2. B. Martin	MDC	38.16
3. D. Finshc	MDC	43.01

LADIES

1. N. Bedwell O/35	Eryri	39.15
2. J. Hopkins O/35	Hereford	41.55
3. B. Tucker	Eryri	43.02
4. J. Hoskin	Ecorn	43.09

JUNIORS

1. G. Lewis	Fairwater	38.11
2. O. Jones	LesCroup	38.55
3. N. Reeks	Chepstow	41.37

PENDLE FELL RACE

Lancashire

AS/4.5m/1500ft 4.4.98

As usual, Pendle Hill gave us its variety of weather conditions, dark cloud, heavy showers and a hailstorm on top of the hill during the ladies' race. We were honoured to have Pendle chosen as both a British and English Championship event, as well as an Intermediate.

It was probably the chance of a lure to score in a double championship event that brought a record field of over 450 men and 79 ladies to the hill in East Lancashire. In anticipation of a big field, we changed the course slightly, moving the start further up the lane and finishing in the field behind the waterworks where last year's FRA Relay Championship finished.

With the heavy rain turning the downhill sections into mud, Matt Whitfield brought the men home in 33.02, followed by Neil Wilkinson, the next four men all finishing within five seconds of one another. Ian Holmes was third and Steve Hawkins fourth, this close packing of Bingley runners helping to give them the team prize.

The ladies' race was dominated by A. Mudge, winning by just a minute from Y. Hague. A. Mudge's first place helped the Carnethy ladies to take the ladies' team prize, proving that the Scottish ladies seem as much at home on the fells of Pendle as on the hills north of the border!

The Intermediate men's event was won by A. Crossland in thirty-eighth overall, just six seconds ahead of H Matthews, whilst the ladies Intermediate race was won by C. Sanderson in a time of 41.35 - a magnificent fifteenth overall.

Thanks to all the runners, especially those who came from afar and thanks to all the marshals, helpers and friends; also to Rossendale Mountain Rescue for their assistance.

David Bailey

1. M. Whitfield	Bing	30.02
2. N. Wilkinson	Salf	30.11
3. I. Holmes	Bing	30.13
4. S. Hawkins	Bing	30.13
5. M. Roberts	Borr	30.15
6. G. Bland	Borr	30.15
7. M. Amor	CFR	30.39
8. R. Jebb	Bing	30.46
9. S. Livesey	Clay	30.50
10. M. Keys	Ross	30.52

11. J. Davies	Borr	31.01
12. G. Devine	P&B	31.06
13. M. Patterson	Shettle	31.08
14. M. Kinch	Bing	31.13
15. S. Booth	Borr	31.17
16. I. Botheroyd	CFR	31.20
17. J. Bland	Borr	31.21
18. D. McGonigle	N'castle	31.22
19. M. Palmer	ForestD	31.27
20. B. Ervine	Ballyd	31.32
21. S. Oldfield	BfdA	31.41
22. B. Thompson	CFR	31.49
23. S. Willis	Tod	31.51
24. C. Roberts	Kend	31.52
25. D. Neill	Mercia	31.53
26. M. Horrocks	Clay	31.55
27. N. Spence	Kend	31.59
28. G. Raven	EChesh	32.00
29. L. Gibson	CFR	32.03
30. M. Hutchinson	Traff	32.03

VETERANS O/40

1. M. Patterson	Shettle	31.08
2. S. Oldfield	BfdA	31.41
3. D. Neill	Mercia	31.53
4. D. Houlsworth	Kend	32.10
5. M. Wallis	Clay	32.23

VETERANS O/50

1. P. McWade	Clay	34.16
2. J. Patteson	Albert	34.51
3. D. Williams	Eryri	35.16
4. R. Hargreaves	Clay	35.51
5. D. Tait	DkPk	35.55

VETERANS O/60

1. P. Norman	Wrex	39.27
2. R. Jaques	Clay	41.36
3. J. Dearden	Helsby	44.24

LADIES

1. A. Mudge	Carn	35.17
2. Y. Hague	P&B	36.15
3. A. Brand-Barker	Kesw	38.12
4. J. Prowse O/40	Kghly	39.25
5. V. Peacock O/40	Clay	39.33
6. L. Thompson O/40	Kesw	40.13
7. K. Slater O/40	Kghly	40.17
8. J. Shotter	P&B	40.27

INTERMEDIATES - MEN

1. A. Crossland	Traff	32.33
2. H. Matthews	Shrews	32.39
3. M. Cayton	Horw	33.31
4. S. Wadsworth	Kghly	33.38
5. S. Savage	Amble	33.44

INTERMEDIATES - LADIES

1. C. Sanderson	Skip	41.35
2. E. Middleton	Charn	42.27
3. B. McWade	Clay	43.03
4. C. Ashton	Clay	44.32
5. S. Taylor	Bing	45.15



D. Holt, Rossendale on the 'Big End', Pendle Hill
Photo: Allan Greenwood

BUNNY RUN ONE
West Yorkshire
CS/3m/300ft 7.4.98

1. I. Holmes	Bing	17.59
2. R. Jebb	Bing	18.25
3. M. Horrocks	Clay	18.59
4. P. Sheard	P&B	19.07
5. D. Wilkinson	Roch	19.16
6. M. Moore	PudseyP	19.21
7. J. Emmott	Kghly	19.23
8. A. Maloney	Roch	19.24
9. P. Briscoe	P&B	19.31
10. P. Mitchell	Bing	19.34

VETERANS O/40

1. J. Emmott	Kghly	19.23
2. J. Winder	CaldV	20.16
3. P. Gardener	P&B	20.55
4. S. Haughton	CaldV	20.56
5. A. Sherriffs	CaldV	21.05
6. P. Rogan	Kghly	21.15

VETERANS O/50

1. S. Thompson	Bing	23.04
2. M. Coles	Skyrac	23.32
3. G. Howard	Ilk	23.35
4. J. Collinson	Bing	23.53
5. P. Yates	FellD	24.02

VETERANS O/60

1. J. Firth	StBedes	28.16
2. C. Huntley	StBedes	30.28
3. B. Crowther	Bing	30.29

LADIES

1. K. Drake O/35	Spn	22.31
2. A. Dennison	BfdA	23.03
3. J. Shotter O/35	P&B	23.29
4. R. Dorrington	Abbey	23.45
5. H. Johnson	Ilk	24.10
6. A. Curle	FellD	24.24
7. A. Lloyd	StBedes	24.35
8. J. Holdsworth O/35	Bail	25.17

UNDER 16 BOYS

1. L. Broadley	Bing	19.57
2. M. Buckingham	Holm	21.27
3. N. Fryer	Hfx	23.23
4. M. Smith	Holm	23.40

UNDER 16 GIRLS

1. N. White	Holm	23.34
2. N. Biddle	Hynd	25.44
3. D. Waddington	Kghly	26.05

MOUGHANMORE
(HILL & DALE SERIES- RACE 1)
Northern Ireland
AS/3m/1500ft 9.4.98

1. D. McGonigle	N'castle	34.56
2. D. McKibben	N'castle	35.05
3. J. Patterson	Albert	35.22
4. D. Fisher	Ballyd	35.36
5. J. Mitchell	Unatt	37.03
6. D. Brannigan	N'castle	37.59
7. P. Mawhirt	N'castle	38.00
8. P. McCullogh	N'castle	38.00
9. B. McKay	Albert	38.31
10. D. Murray	Larne	38.45

VETERANS O/40

1. I. McMurray	BARF	45.07
2. D. Watson	N'castle	45.32

VETERANS O/45

1. B. McKay	Albert	38.31
2. M. Barton	ACKC	40.55
3. K. Quinn	N'castle	41.54
4. K. Balmer	BARF	42.36

VETERANS O/50

1. J. Patterson	Albert	35.22
2. B. Magee	Larne	40.49
3. J. Hayes	Ballyd	41.12
4. J. Sloan	ACKC	42.23

LADIES

1. A. Sandford	Ballyd	45.58
2. K. O'Flaherty	N'castle	47.39

RIVINGTON PIKE
Lancashire
BS/3.25m/700ft 11.4.98

Very bad snowy conditions made race times slow but Craig Roberts made easy going of it to record his second victory in two years.

First to the summit was Darren Flatley but Craig took the lead almost immediately and was never headed. Steve Hawkins made a strong effort on the road section but Craig was always in control.

Jessica Turnbull comfortably retained her ladies' title from Kath Drake, who finished second and first veteran.

The race was generously sponsored by Walsh and Blemont Sports with over fifty prizes being awarded.

K. Knight

1. C. Roberts	Kend	17.39
2. S. Hawkins	Bing	17.47
3. D. Flatley	Horw	18.06
4. S. Willis	Tod	18.23
5. S. Oldfield	BfdA	18.32
6. D. Houlsworth	Kend	18.37
7. R. Jackson	Horw	18.41
8. M. Croasdale	Bing	18.47
9. R. Hope	Horw	19.02
10. A. Maloney	Roch	19.11

VETERANS O/40

1. S. Oldfield	BfdA	18.32
2. D. Houlsworth	Kend	18.37
3. S. Jackson	Horw	19.56
4. T. Taylor	Ross	20.42

VETERANS O/45

1. T. Hesleth	Horw	19.31
2. B. Poole	Middle	22.17

VETERANS O/50

1. P. Lyons	Ross	20.52
2. K. Taylor	Ross	21.17
3. P. Bland	Horw	22.37

VETERANS O/55

1. P. Jepson	Ross	22.33
2. M. Coles	Skyrac	23.46

VETERANS O/60

1. G. Arnold	Prest	25.54
2. P. Knott	B'pool	27.12

LADIES

1. J. Turnbull	Bury	20.45
2. J. Hargreaves	CFR	21.39
3. K. Drake O/35	22.20	
4. J. Bateman	Penn	24.00
5. J. Mellor	Wilms	25.34
6. J. Robertson	Spectrum	26.09
7. A. Foster O/45	Bolt	26.18
8. J. Dowling	Tod	26.48

JUNIORS

1. A. Baker	Roch	19.47
2. J. Robertson	Horw	20.58

JUNIORS U/18

1. A. McVey	Cornwall	19.46
2. C. Heyes	Unatt	19.49
3. R. Hughes	Horw	21.24

MANX MOUNTAIN MARATHON
Isle of Man
AL/30.5m/8000ft 11.4.98

Andy Hauser scored a superb sixth win in seven attempts in this year's race held on Easter Sunday. Conditions were generally good for the Okell's Brewery sponsored race, although the strong north east wind meant sub-zero temperatures on the higher ground and Good Friday's snowstorm had left a covering on the northern hills.

Andy, who was always near the front of the race, made his move for victory on the steep climb of Slieauwhallian at about the 18 mile mark. Only Lee Thompson could hang on to the Yorkshireman, and he too had to give best on the heathery slopes of South Barrule. The last four miles on the well worn coastal paths are ideal for Andy and he flew to the finish where he had an eight minute margin.

Lee maintained runner-up and also took the newcomers award in an impressive debut, followed by Shane Green, who still looks for that elusive win. Clayton-le-Moors won the Elite Team Prize with Lee backed up by the ever reliable Pete Browning and Stephen Whittaker.

Local star, Brenda Walker, ran another fine race to win the ladies' section from Victoria Musgrove and Nicola McLeod in third.

The Standard Section for competitors who have never bettered 5 hours 45 minutes was taken in fine style by Peter Kaneen, who time was good enough for fifth overall. Richard Townsend was second, his best result after many attempts at the Manx, followed by Adrian Robertson.

The Paras packed well to take the Standard Team award, Adrian well supported by Kitten Ross and Tommy Kelly.

Well over 100 competitors made the trip to the Isle of Man for this year's event, including three teams from Glasgow. A big thank you is due to all the hard working officials.

A. Jones

1. A. Hauser	P&B	4.57.13
2. L. Thompson	Clay	5.01.18
3. S. Green	P&B	5.13.39
4. T. Spicer	Ross	5.19.23
5. B. Brindle	Horw	5.25.35
6. D. Ashton	Unatt	5.27.05
7. P. Thompson	Unatt	5.31.13
8. T. Okell	Penn	5.32.15
9. P. Gwilliam	Unatt	5.32.24
10. P. Browning	Clay	

VETERANS

1. A. Hauser	P&B	4.53.13
2. T. Spicer	Ross	5.19.23
3. B. Brindle	Horw	5.25.35
4. D. Ashton	Unatt	5.27.05
5. F. Hammond	Barf	5.57.26
6. N. Hindle	Altr	5.58.11

VETERANS O/50

1. D. Young	ManxFR	5.56.58
2. A. Yates	DkPk	6.11.09
3. S. Thompson	Bing	6.17.39
4. R. Callister	ManxFR	6.32.12
5. D. Sedgley	AmphillF	7.10.58
6. M. Kelly	Bolt	7.11.52

LADIES

1. B. Walker	ManxH	5.53.12
2. V. Musgrove	Eryri	6.27.59
3. N. McLeod	Glasgow	6.37.09

STANDARD

1. P. Kaneen	ManxH	5.23.54
2. R. Townsend	Saltwell	5.48.36
3. A. Robertson	4 Paras	5.49.03
4. K. Ross	4 Paras	5.52.10
5. D. Young	ManxFR	5.56.58
6. T. Kelly	4Paras	5.57.09
7. F. Hammond	Barf	5.57.28
8. N. Hindle	Altr	5.58.11
9. J. Dean	Glasgow	6.08.27
10. M. Buttery	Unatt	6.10.10

CAUSEY PIKE
Cumbria

AS/4.5m/1780ft 11.4.98

1. S. Booth	Borr	32.14
2. J. Davies	Borr	32.55
3. G. Bland	Borr	33.16
4. J. Bland	Borr	33.50
5. A. Schofield	Borr	34.06
6. N. Fish	Amble	34.41
7. D. Frampton	Kesw	35.23
8. W. Bell	CFR	35.27
9. G. Gough	Clay	36.36
10. C. Valentine	Kesw	36.43

VETERANS O/40

1. D. Frampton	Kesw	35.23
2. W. Bell	CFR	35.27
3. G. Gough	Clay	36.36

VETERANS O/45

1. P. Harlowe	Kesw	37.29
2. S. Varney	Kend	39.04
3. M. Litt	CFR	41.01

VETERANS O/50

1. A. Bland	Borr	39.17
2. M. Pitchford	CFR	44.34
3. S. Harwood	Kesw	45.56

VETERANS O/55

1. P. Dowker	Kend	46.07
2. R. Patey	Unatt	49.10

LADIES

1. A. Brand-Barker	Kesw	41.00
2. L. Thompson	Kesw	45.09
3. D. Thompson	Kesw	50.07

LANK RIGG**Cumbria****AM/6m/2000ft 12.4.98**

After a solid, high mileage winter sprinkled with some fine road race performances, Alan Bowness returned to the hills with a bang! Alan, the 1997 English Silver Medal winner, slashed almost two and a half minutes off team-mate, Iain Botheroyd's one year old course best. Alan's new best is now down to 41.30. Not to be outdone, Angela Brand-Barker demolished the ladies' record, finishing eleventh overall in 52.48.

As with the sister race, the Latterbarrow Loop, ran two weeks previously where 29 Junior Under 16 Boys and Girls took part, the spectators were given another treat as 22 juniors ran their socks off for points in the all new CFR Junior Club Championship (best six from nine races).

The senior race saw Alan Bowness and fellow "blue n' white, Martin Amor, quickly pull a huge lead on their rivals, led by Lee Gibson, who is well on the way to making a successful step up into the senior ranks after dominating the Under 18 and Under 20 English Championships for three years.

Phil Stones' excellent eighth place saw him home in the Veteran 40 category, from John Swinden. The Veteran 45 category will be seeing a lot of Harry Jarrett this year as Harry's solid seventh overall beat off a determined challenge from Rob James (twelfth). Steve Sharp took the honours in the competitive Veteran 50 category, which was very well supported. The consistent Lynn Thompson followed her team-mate, Angela, home for second lady.

Irvine Block

1. A. Bowness	CFR	41.30
2. M. Amor	CFR	43.46
3. L. Gibson	CFR	45.53
4. G. Byers	CFR	47.37
5. A. Bickerstaff	Ranleigh	48.51
6. C. Valentine	Kesw	49.03
7. H. Jarrett	CFR	51.08
8. P. Stones	CFR	51.18
9. C. Mason	CFR	51.34
10. P. Tuson	Kend	52.29

VETERANS O/40

1. P. Stones	CFR	51.18
2. J. Swinden	Spn	55.18
3. J. Edwards	CFR	56.38
4. T. Brand-Barker	Kesw	59.05

VETERANS O/45

1. H. Jarrett	CFR	51.08
2. R. James	CFR	53.23
3. C. Webb	CFR	54.05
4. N. Walker	Amble	56.56
5. T. Lowdon	CFR	56.58

VETERANS O/50

1. S. Sharp	CFR	55.03
2. C. Todd	Hgte	56.32
3. M. Hetherington	Nestle	56.52
4. M. Pitchford	CFR	57.12
5. D. Morgan	CFR	68.10

LADIES

1. A. Brand-Barker	Kesw	52.48
2. L. Thompspon O/35	Kesw	60.42
3. K. Ruffell	Leic	66.05
4. S. Findley O/35	CFR	85.22

INTERMEDIATES

1. L. Gibson	CFR	45.53
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JUNIORS U/16

1. D. Towers	CFR	14.58
2. M. Wilson	CFR	15.00
3. N. Lawton	Chor	15.38
4. J. Hartley	CFR	15.47

CASTLEWELLAN (HILL AND DALE SERIES - RACE 2)**Northern Ireland 14.4.98**

1. N. Carty	N.Belf	31.24
2. D. Fisher	Ballyd	31.27
3. D. McKibben	N'castle	33.25
4. D. McNeilly	Ballyd	34.00
5. A. McKibben	N'castle	34.10
6. J. Patterson	Albert	34.38
7. S. Begley	Albert	34.54
8. B. McKay	Albert	34.56
9. I. Parke	Ballyd	35.42
10. R. Rodgers	N'castle	35.59

VETERANS O/40

1. P. Howie	Larne	36.29
2. P. Turkington	ACKC	39.26
3. J. McBride	BARF	39.38
4. D. Watson	N'castle	42.29

VETERANS O/45

1. B. McKay	Albert	34.56
2. I. Parke	N'castle	35.42
3. F. Hammond	BARF	37.58
4. M. McVeigh	N'castle	41.21
5. M. Barton	ACKC	41.37
6. W. Kytelle	ACKC	41.58

VETERANS O/50

1. J. Patterson	Albert	34.38
2. J. Sloan	ACKC	39.14
3. R. Donaldson	CIYMS	40.02
4. D. Rankin	BARF	40.43
5. D. Connolly	Armagh	41.45

LADIES

1. G. O'Connell	Lisburn	40.55
2. J. Walker	Albert	41.08
3. A. Sandford	Bally	41.55
4. A. George	N'castle	43.20
5. H. Forbes	DUB	43.27

SNOWY BUNNY RUN TWO**West Yorkshire****CS/3m/300ft 14.4.98**

1. I. Holmes	Bing	18.05
2. G. Devine	P&B	18.40
3. R. Jebb	Bing	18.56
4. M. Horrocks	Clay	19.11
5. P. Sheard	P&B	19.31
6. P. Mitchell	Bing	19.42
7. A. Maloney	Roch	19.46
8. D. Wilkinson	Roch	19.49
9. A. Johnson	W'field	19.53
10. A. Baker	Roch	19.55

VETERANS O/40

1. B. Goodison	Abbey	20.48
2. J. Winder	CaldV	20.45
3. D. Thompson	CaldV	21.25
4. P. Gardner	P&B	21.37
5. P. Rogan	Wharfe	21.54
6. J. Butler	Kghly	21.57

VETERANS O/50

1. M. Coles	Skyrac	23.18
2. P. Lancaster	Unatt	25.01
3. G. Howard	Ilkley	25.02
4. C. Drake	Spn	25.35
5. J. Devlin	RRC	25.48

VETERANS O/60

1. J. Firth	StBedes	28.49
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LADIES

1. K. Drake	Spn	22.40
2. R. Dorrington	Abbey	24.04
3. R. Whitehead	Bing	24.05
4. H. Johnson	Ilkley	25.01
5. A. Lloyd	StBedes	25.02
6. S. Taylor	Bing	25.08
7. J. Holdsworth O/35	Baildon	25.08
8. L. Pyne	CaldV	25.17

UNDER 16 BOYS

1. S. Troth	Kghly	22.23
2. M. Buckingham	Holm	22.39
3. M. Smith	Holm	23.22
4. I. Harvey	Tod	23.49
5. N. Fryer	Hfx	25.07

UNDER 16 GIRLS

1. K. Rogan	Wharfe	25.30
2. N. Biddle	Hynd	26.20
3. A. Crabtree	Hfx	31.13

LOUGHRIGG**Cumbria****AS/4m/1000ft 15.4.98**

Thank you to those who assisted with an injured runner and to anybody else who helped in the race.

Martin Richardson

1. M. Croasdale	Bing	27.53
2. L. Gibson	CFR	27.57
3. A. Schofield	Borr	28.23
4. B. Evans	Amble	29.44
5. S. Murdoch	Unatt	29.52
6. H. Lockwood	Kesw	29.59
7. P. Thurlowe	Amble	30.38
8. R. Unwin	CFR	31.20
9. L. Warburton	Bowland	31.23
10. N. Radford	Amble	31.47

VETERANS O/40

1. R. Unwin	CFR	31.20
2. L. Warburton	Bowland	31.23
3. M. Knowles	Amble	32.10
4. D. Bateson	AchRatt	33.10
5. J. Swindon	Spn	33.48

VETERANS O/50

1. G. Unsworth	Kend	34.27
2. D. Patey	Unatt	38.16
3. D. Harrison	Kesw	34.32

VETERANS O/60

1. H. Catlow	Dallam	40.50
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LADIES

1. Y. Hague	P&B	32.41
2. L. Thompson O/35	Kesw	34.01
3. W. Dodds O/35	Clay	35.58
4. C. Sanderson	Skip	36.18
5. D. Walker	Kend	42.37
6. M. Bridge	Kesw	42.57

MOELWYN PEAKS**Gwynedd****AM/11m/2800ft 18.4.98**

Less entries than last year. Snow on the summits. Hopefully, next year we may be back in original venue at Cae Dolawel.

E. Hughes

1. E. Roberts	Eryri	1.40.50
2. J. McQueen	Eryri	1.42.06
3. R. Wilson	MWalesO	1.54.02
4. T. Jones	Eryri	1.54.08
5. R. Williams	Eryri	1.54.09
6. R. Owen	Eryri	1.57.58
7. S. Barnard	Eryri	1.59.30
8. M. Angharad	Eryri	2.02.54
9. E. Evans	Eryri	2.05.49
10. R. Roberts	Eryri	2.05.49

VETERANS O/40

1. R. Wilson	MWalesO	1.54.02
2. R. Williams	Eryri	1.54.09
3. E. Evans	Eryri	2.05.49
4. R. Roberts	Eryri	2.07.28
5. M. Hale	Eryri	2.08.27
6. M. Blake	Eryri	2.12.56

LADIES

1. M. Angharad	Eryri	2.02.54
2. V. Muscgrove	Eryri	2.25.12
3. G. Roberts	Mercia	3.02.40

HEBDEN MOOR FELL RACE**North Yorkshire****BS/4.5m/900ft 18.4.98**

Despite a beautiful spring day, there was a record low turnout for Hebden Moor Fell Race with no runners coming near to last year's records.

Shaun Livesey won the senior race with Robin Lawrence second, Andrew Preedy was third and Dave Woodhead fourth, to take the first Veteran Over 40 award.

In the ladies' race, Helen Johnson won and Sarah Dugdale ran well to finish second and first Under 18 Girl. Sharon Taylor was third in 36.12.

The Under 12 junior race was won by David Shepherd in 6.45, the first girl being Jemma Evans, who was a creditable fourth overall. Only 12 athletes turned up for the Under 14 event with not one from a Yorkshire club. Mark Smith was the boys' winner and Jade Astin won the girls' section. The Under 16 race was won in convincing style by Joe Symonds in 12.05 from Chris Miller in 12.16. Kate Rogan took the first girl award.

Chris Wilkinson

1. S. Livesey	Clay	25.43
2. R. Lawrence	Bing	27.14
3. A. Preedy	Ross	27.24
4. D. Woodhead	Horw	27.41
5. S. Bottomley	Eccles	27.47
6. M. Proctor	Clay	28.02
7. A. Carruthers	Crawley	28.17
8. J. Hemsley	Ilk	28.20
9. M. Speight	FellD	28.37
10. P. Mitchell	Bing	28.38

VETERANS O/40

1. D. Woodhead	Horw	27.41
2. R. Hamilton	Ilk	30.55
3. B. Miller	Hgte	30.57
4. D. Emmerson	Unatt	31.00

VETERANS O/45

1. H. Symonds	Kend	29.35
2. J. Hoffman	BfdA	31.39
3. G. Newsam	Clay	32.04

VETERANS O/50

1. P. Lyons	Ross	29.53
2. R. Futrell	Holm	31.47
3. P. Jepson	Ross	32.54

LADIES		
1. H. Johnson	Ilk	34.52
2. S. Dugdale U/18	Skip	35.59
3. S. Taylor	Bing	36.12
4. M. Adamson O/40	StBedes	37.00

JUNIOR BOYS U/12		
1. D. Shepherd	Settle	6.45
2. M. Smith	Horw	6.48
3. M. Bridge	Hynd	6.54

JUNIOR GIRLS U/12		
1. J. Evans	Wirral	6.56
2. S. Slater	Kghly	7.35
3. K. Lawler	Wirral	8.00

JUNIOR BOYS U/14		
1. M. Smith	Horw	8.30
2. J. Peerless	Wirral	8.41
3. C. Jones	Wirral	9.12

JUNIOR GIRLS U/14		
1. J. Astin	Roch	11.08
2. N. Biddle	Hynd	12.10

JUNIOR BOYS U/16		
1. J. Symonds	Kend	12.05
2. C. Miller	Hgte	12.16
3. S. McCain	Wirral	12.19

JUNIOR GIRLS U/16		
1. K. Rogan	Wharfe	15.56
2. R. Broadhurst	Wirral	17.17
3. C. Boardman	Horw	19.58

ANNIVERSARY WALTZ Cumbria 1M/11/25m/3600ft 18.4.98

Yet again, the weather was kind to us, providing perfect running conditions. Simon Booth improved his course record by over three and a half minutes. Many thanks to all the runners who turned out, the marshals (in or out of wedding attire!!) out on the fells and at base. Also to Raynet for the superb radio cover, especially when we thought we'd lost a runner. Also to our prize sponsors including Compass Point, Pete Bland Sports, Heskett Newmarket (excellent beer), Reebok, Karrimor, Adidas and Rohan. We hope to celebrate our third anniversary on 17 April 1999. See you then.

Wynn Cliff

1. S. Booth	Borr	1.31.26
2. J. Davies	Borr	1.33.04
3. G. Bland	Borr	1.36.05
4. J. Bland		1.36.47
5. G. Devine	P&B	1.37.40
6. A. Schofield	Borr	1.38.26
7. J. Hunt	Mersey	1.41.22
8. N. Fish	Amble	1.42.50
9. D. Troman	Kesw	1.43.02
10. L. Gibson	Amble	1.43.10

VETERANS O/40		
1. W. Bell	CFR	1.43.36
2. A. Beaty	CFR	1.50.01
3. T. Houston	Bowland	1.54.07
4. P. Stones	CFR	1.55.08
5. S. Clarke	Clay	2.00.20

VETERANS O/45		
1. H. Jarrett	CFR	1.55.07
2. A. Duncan	Mersey	1.56.00
3. M. Litt	CFR	1.57.25
4. R. James	CFR	1.59.34
5. A. Kenny	AchRatt	2.13.07

VETERANS O/50		
1. A. Bland	Borr	1.52.31
2. R. Baker	CFR	2.01.25
3. P. Cheek	Macc	2.04.39
4. A. Charlton	Kesw	2.05.00
5. B. Martin	MDC	2.10.53

VETERANS O/55		
1. R. Bell	Amble	1.58.56
2. R. Tunstall	Helsby	2.11.44
3. W. Mitton	AchRatt	2.16.30

VETERANS O/60		
1. J. Dearden	Helsby	2.18.25
2. J. Garbarino	AchRatt	2.31.30
3. H. Blenkinsop	Kesw	3.05.16

VETERANS O/65		
1. H. Catlow	Dallam	2.30.31

LADIES		
1. A. Brand-Barker	Kesw	1.59.22
2. L. Thompson O/35	Kesw	2.03.24
3. K. Beattie	CFR	2.11.36
4. W. Dodds O/45	Clay	2.16.00
5. J. Robertson	Spectrum	2.16.14
6. D. Thompson O/40	Kesw	2.24.59
7. M. Kenworthy	Unatt	2.29.36
8. A. Morris O/35	CFR	2.31.10

CLACHNABEN HILL RACE Grampian AM/10.5m/3500ft 19.4.98

Conditions for the race were remarkably good considering the two weeks of rain and snow that the NE of Scotland had endured prior to the race. On the day, the tops were clear and there was spasmodic sunshine. There was still a bit of snow on Clachnaben and the ground was very wet in places. The finishing path through the wood was a quagmire compared to usual.

We changed the course a bit this year. This involved a steeper climb over the shoulder of the hill of Threestane but it eliminated a bit of repetitious running along the glen below, which is now used for the return journey only. The initial climb is now steeper and fractionally longer than the original way but there is little to choose between them in terms of length. Those runners who had done the race before and so could make a comparison, generally approved of the change.

Congratulations to all the category winners. Some travelled a great distance to be at the race despite anxiety about the conditions they would find when they arrived. 108 started the race and two dropped out.

Hope to see you next year

B. Lawrie

1. M. Rigby	W'lands	1.16.44
2. D. McGonigle	Shettle	1.18.30
3. D. Wwhitehead	Cosmic	1.19.02
4. M. Patterson	Shettle	1.19.12
5. D. Weir	PerthStr	1.19.39
6. G. Barbour	Cosmic	1.19.55
7. J. Hepburn	Lochaber	1.20.05
8. T. Griffin	Cosmic	1.21.40
9. N. Martin	Lomond	1.21.40
10. A. Ward	Carn	1.23.10

VETERANS O/40		
1. M. Patterson	Shettle	1.19.12
2. M. Flynn	Carn	1.24.50
3. M. Laing	Fife	1.25.26
4. D. Armitage	Cosmic	1.30.42
5. G. Watson	Dundee	1.31.56

VETERANS O/50		
1. J. Knox	Teviot	1.34.49
2. C. Love	Dundee	1.36.03
3. D. Milligan	Solweg	1.37.15
4. G. Robinson	Calderglen	1.37.27
5. B. Waldie	Carn	1.38.49

LADIES		
1. A. Mudge	Carn	1.29.16
2. J. Rae	W'lands	1.39.38
3. S. Armitage	Cosmic	1.40.25
4. K. Jenkins	Carn	1.43.01
5. J. Higginbottom	Carn	1.44.47
6. J. Robertson	W'lands	1.48.18
7. P. Weir	PerthStr	1.48.33
8. K. Boocock	Cosmic	1.48.52

SNAEFELL RACE Isle of Man AS/5m/1900ft 21.4.98

Conditions were very poor for this year's race with strong winds, driving rain and dense mist which cut visibility to about ten yards.

Local G.P., David Young, resides in the nearby village of Laxey and he used his local knowledge to great effect leading from start to finish. He fought off a spirited challenge by Ian Ronan, crossing the finishing line with just four seconds in hand - not bad for someone who has just celebrated his fiftieth birthday!

Karen and Barry Slater travelled from Keighley to the Isle of Man to compete and did remarkably well to complete the course in the "pea soup" conditions, a great credit to their navigational skills.

I. Callister

1. D. Young	MFR	49.25
2. I. Ronan	MH	49.29
3. P. Kaneen	MH	51.41
4. S. Sayle	NAC	51.51
5. R. Stevenson	MFR	51.51
6. D. Corrin	MH	53.14
7. P. Crowe	NAC	55.41
8. B. Walker	MH	55.48
9. I. Callister	MH	55.48
10. S. Garry	MFR	56.23

VETERANS O/40		
1. R. Stevenson	MFR	51.51
2. I. Callister	MH	55.48
3. S. Garry	MFR	56.23
4. R. Moughtin	WAC	63.27
5. J. Gell	NAC	74.02

VETERANS O/50		
1. D. Young	MFR	49.25
2. D. Corrin	MH	53.14
3. R. Callister	MH	56.49
4. A. Postlethwaite	NAC	59.20
5. S. Moynihan	SAC	62.20

LADIES		
1. B. Walker	MH	55.48
2. K. Slater	Kghly	56.49
3. R. Hooton	MH	62.20

WET BUNNY RUN THREE West Yorkshire CS/3m/300ft 21.4.98

1. S. Willis	Tod	18.15
2. D. Wilkinson	Roch	18.46
3. M. Horrocks	Clay	18.52
4. M. Moore	P&B	18.55
5. A. Maloney	Roch	18.58
6. A. Preedy	Ross	19.03
7. S. Green	P&B	19.05
8. G. Hird	Unatt	19.08
9. S. Bottomley	Eccles	19.10
10. P. Boyd	Horw	19.12

VETERANS O/40		
1. J. Butler	Kghly	20.02
2. J. Winder	CaldV	20.36
3. P. Gardner	P&B	20.47
4. S. Houghton	CaldV	20.51
5. P. Rogan	Wharfe	21.21
6. P. Smith	Baildon	21.27

VETERANS O/50		
1. M. Coles	Skyrac	22.35
2. S. Thompson	Bing	22.53
3. T. Bolland	Spn	23.26
4. A. Boland	StBedes	23.34
5. J. Dickinson	Baildon	24.10

VETERANS O/60		
1. J. Firth	StBedes	27.27

LADIES		
1. K. Drake O/35	Spn	22.22.
2. H. Johnson	Ilk	23.07
3. R. Whitehead	Bing	23.14
4. J. Shotton O/35	P&B	23.21
5. R. Dorrington	Abbey	23.41
6. L. Pyne	CaldV	24.25
7. A. Lloyd	StBedes	24.29
8. K. White	Morpeth	24.36

UNDER 16 BOYS		
1. L. Broadley	Bing	19.41
2. M. Buckingham	Holm	21.36
3. S. Troth	Kghly	21.51
4. N. Fryer	Hfx	23.09
5. J. Gill	Kghly	23.13

UNDER 16 GIRLS		
1. K. Rogan	Wharfe	24.30
2. J. Astin	Roch	24.31
3. N. Biddle	Hynd	25.44

WREKIN STREAK Shropshire AS/2.75m/800ft 22.4.98

Ninety two runners lined up for this year's Wrekin Streak on a wet and miserable April night. Undaunted by the weather conditions, Nick Barrable was able to improve his last year's time by just under a minute and his position by four places to win the race for the first time.

Duncan Overton, an over fifty veteran, was too quick for his 'younger' veteran competitors winning the category easily in excellent style and sixth overall. The ladies' race was won by Shrewsbury's famous fell running family member, Rhiannon Matthews, going one better than brother Harry. The Wrekin Streak is the first race in the Shropshire evening hill series of seven races.

Simon Daws

1. N. Barrable	Living	17.47
2. H. Matthews	Shrews	17.57
3. R. Cope	Wrekin	18.09
4. B. Charlton	Mercia	18.38
5. C. Lancaster	Telf	19.04
6. D. Overton	Kend	19.17
7. P. Cadman	Mercia	19.19
8. B. Llewellyn	Telf	19.19
9. A. Glendinning	CannSt	19.46
10. D. Waide	Unatt	19.49

VETERANS O/40		
1. B. Llewellyn	Telf	19.19
2. D. Waide	Unatt	19.49
3. P. Chatterley	Unatt	19.51
4. S. Daws	Shrews	20.31
5. B. Couth	Mercia	20.37

VETERANS O/45

1. J. Fry	Telf	20.07
2. B. Dredge	Mercia	20.11
3. G. Farmer	Chase	20.29
4. D. Broadhurst	Unatt	20.40
5. S. Orrells	Newtown	2.112

VETERANS O/50

1. D. Overton	Kend	19.17
2. J. Richards	Shrews	23.22
3. T. Scales	Shrews	23.42

LADIES

1. J. Whitterick	ShropShuff	24.37
2. L. Delrio	Mercia	25.02
3. T. Overton O/50	Kend	26.36
4. J. Sayer O/40	Unatt	27.25
5. K. Preston O/45	ShropShuff	27.27

JUNIORS - MALE

1. H. Matthews	Shrews	17.57
2. A. Glendinning	CannSt	19.46
3. D. Morgan	Brecon	21.52

JUNIORS - LADIES

1. R. Matthews	Shrews	23.10
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GRAIG GOCH**Gwynedd****AS/5.5m/1400ft 25.4.98**

The race was unfortunately cancelled, due to lack of marshals.

P&O EUROPEAN FERRIES**KNOCKDHU CLASSIC****Northern Ireland****AS/4.7m/1470ft 25.4.98**

Gavin Bland of England and Scotland's Tracey Brindley, were the individual winners of the P&O European Ferries Knockdhu Classic Fell Race held in Larne, Northern Ireland, supported by P&O, the Northern Ireland Tourist Board and Larne Borough Council. The promoting club, Larne AC, attracted six countries to compete in four categories over the 4.7 mile, two lap course with 1,470 feet of ascent and descent.

The leaders were closely bunched as they reached the top of the first climb with an English quartet of Gavin Bland, Mark Kinch (the 1994 winner), Robert Jebb and Martin Amor. The Scottish pair of Dermot McGonigle and Mark Rigby and Andrew Davies of Wales all in contention.

On the steep descent into Sallagh Braes on the second lap, Gavin made his winning break and carried on to win comfortably.

Martin Amor and Dermot McGonigle took the second and third places, thus repeating their 1996 positions, with Mark Kinch fourth ahead of Andrew Davies and Mark Rigby.

Tracey Brindley's winning margin was just over a minute with Jackie Hargreaves of England, second and Ann Nixon, of Wales, third.

Billy Magee

RESULTS - INTERNATIONAL MEN

1. G. Bland	Eng	35.52
2. M. Amor	Eng	36.13
3. D. McGonigle	Scot	36.20
4. M. Kinch	Eng	36.32
5. A. Davies	Wales	36.38
6. M. Rigby	Scot	36.42
7. R. Jebb	Eng	36.44
8. N. Carty	Nlre	36.58
9. P. Nolan	Ire	37.36
10. J. Hepburn	Scot	37.59

INTERNATIONAL VETERANS

1. D. Neill	Eng	36.45
2. M. Patterson	Eng	37.33
3. S. Oldfield	Eng	37.54
4. D. Houlsworth	Eng	38.27
5. M. Laing	Scot	39.09

INTERNATIONAL LADIES

1. T. Brindley	Scot	43.34
2. J. Hargreaves	Eng	44.40
3. A. Nixon	Wales	44.59
4. K. Bailey	Eng	45.11
5. J. Prowse	Eng	46.27

INTERNATIONAL JUNIOR MEN

1. M. Caton	Eng	37.19
2. H. Matthews	Eng	37.34
3. S. Bailey	Eng	38.50
4. A. Cassells	Scot	38.57
5. J. McDonald	Scot	39.05



Winning Ladies team at Knockdhu - Jo Prowse, Kate Bailey, Jackie Hargreaves, Charlotte Sanderson

'PACE' THREE PEAKS RACE**North Yorks****AL/24m/4500ft 26.4.98**

The 45th Three Peaks Race saw the worst weather conditions for about six years, posing difficulties for runners and spectators alike. We hope you all got off the field without too much difficulty!

With many of the top runners competing the day before, and the London Marathon on the same day, numbers of entries and starters were down on previous years. Conditions mitigated against records and leading positions were dominated by Cumbrian and Lancastrian runners. In the men's race, the joint British Fellrunners' Champion, Mark Roberts, came home first to be followed 12 seconds later by Mark Horrocks, surely one of our closest finishes. Clayton increased their prize haul by dominating the men's team awards. Congratulations to Mark Sandamas, who took the first newcomer award with an impressive tenth placing.

In the ladies' race, Carol Greenwood retained her title with a remarkably similar time to her 1997 time, followed thirteen minutes later by Vanessa Peacock, who also took the first veteran's prize from Debbie Thompson. As with the men, Clayton ladies took the team award.

Special mention goes to Wendy Dodds, Robert Hargreaves, Dennis Beresford and Roy Breakell, all of whom were presented with their 15/21 year award.

Bad weather always tests the race organisation but, pleasingly, everything went smoothly, with all runners being accounted for quickly and no major injuries. We were pleased that last year's litter problem did not re-occur. Special thanks to the 80-90 marshals for coping with the weather, the local community and the medical, rescue, radio & police personnel, all of whom are central to the race's success. My final appreciation goes to Peter Bland for donating the prize vouchers, to James Parker for presenting the awards and particularly to Pace Microtechnology plc for their invaluable continued sponsorship.

Graham Maud, Chairman, Three Peaks Race Association

1. M.B. Roberts	Borr	3.03.31
2. M. Horrocks	Clayton	3.03.42
3. A. Schofield	Borr	3.06.02
4. D. Gamble	Mandale	3.09.51
5. P.S. Mitchell	Bingley	3.11.55
6. G.M. Watson	Altrincham	3.15.09
7. M. Wallis	Clayton	3.16.03
8. P.A. Briscoe	P&B	3.16.24
9. G. Schofield	Horwich	3.16.39
10. M. Sandamas	K&C	3.17.32
11. A. Life	Clayton	3.18.56
12. J. Hemsley	Ilkley	3.19.23
13. M. Procter	Clayton	3.19.48
14. J. Coyle	u/a	3.21.49
15. A. Hauser	P&B	3.22.00
16. S. Jackson	Horwich	3.22.37
17. S. Bottomley	Eccleshill	3.22.44
18. L.A. Dowthwaite	Bowland	3.22.47
19. B. Roberts	Mandale	3.22.53
20. J. Rank	Holmfirth	3.24.05

VETERANS

1. M. Wallis	Clayton	3.16.03
2. G. Schofield	Horwich	3.16.39
3. A. Hauser	P&B	3.22.00
4. S. Jackson	Horwich	3.22.37
5. B. Roberts	Mandale	3.22.53
6. P. Clark	Kendal	3.25.12
7. A. Heskeith	Horwich	3.27.15
8. L. Warburton	Bowland	3.29.13

SUPERVETERANS

1. P. McWade	Clayton	3.2.42
2. K.F. Carr	Clayton	3.31.41
3. D. Tait	DkPk	3.35.14
4. G. Denny	Kendal	3.40.49
5. J. Marsh	Tarren Hendre	3.41.45
6. M. Coles	Skyrac	3.49.43
7. J.H. Amies	Macclesfield	3.52.35
8. D.I. Scott	Clayton	3.54.51

LADIES

1. C. Greenwood	Bingley	3.34.16
2. V. Peacock	Clayton	3.47.16
3. J. Shotter	P&B	3.56.28
4. H. Krynen	Kendal	4.05.17
5. A. Curle	Fellandale	4.14.23
6. D.H. Gowans	Accrington	4.14.24
7. D. Thompson	Keswick	4.15.31

PENTYRCH HILL RACE**South Glamorgan****BM/7.5m/1700ft 28.4.98**

The heavy rain stopped just before the start of the race but left areas of the race very demanding with thick, clinging mud, making it unlikely that Paul Wheeler's 1996 record of 47.33 would be broken, even though the former record holder and experienced fell runner, Jonathon Hooper, was in the field.

Ninety one starters set out on what proved to be a calm, temperate evening. Martin Cox set a good pace accompanied by Steve Robst and Jon Hooper. Towards the end of the first forest climb, they were about ten seconds in front of the chasing pack. At the top of the mountain for the first time, Martin had opened up a slight lead that he gradually increased, so that by the time he returned to the mountain top some four miles later, he had extended the lead to about one minute. He finished 1 minute 8 seconds in front of the second athlete, Steve Robst with Jon Hooper third.

1996 ladies' winner, Alice Bedwell, repeated her victory but two minutes slower than her previous year's time. Dave Lambert was the first veteran, finishing fifth and closely followed by Mick Taylor.

1. M. Cox	Salf	49.18
2. S. Robst	Unatt	50.26
3. J. Hooper	Eryri	50.52
4. J. Baker	LesCroup	50.59
5. D. Lambert	WyeV	53.59
6. M. Tabor	SanDom	54.05
7. A. Taylor	Bath	54.10
8. P. Kellam	Unatt	5.45.0
9. P. Hovarth	SanDom	54.57
10. J. Nethercott	HeartW	55.08

VETERANS

1. D. Lambert	WyeV	5.35.9
2. M. Tabor	SanDom	54.05
3. A. Taylor	Bath	54.10
4. R. Morris	SanDom	55.13
5. P. Meyler	Beddau	58.03
6. C. Ashworth	Dursley	58.35
7. M. Lucas	MDC	59.23
8. R. Bromley	Dursley	59.30
9. M. Olley	ForestD	59.58
10. J. Collins	Swansea	60.02

LADIES

1. A. Bedwell	MDC	62.50
2. C. Wynne	LesCroup	65.23
3. J. Rollins	HolmeP	65.54
4. E. Mullen	Bath	67.10
5. Cc. Gardner	HeartW	86.57



Dale Wilkinson pictured at Bunny Run 4;
3rd position overall Photo: Steve Bateson

TIRED BUNNY RUN FOUR West Yorkshire CS/3m/300ft 28.4.98

1. I. Holmes	Bing	17.20
2. G. Devine	P&B	18.05
3. M. Keys	Ross	18.15
4. A. Wrench	Tod	18.26
5. M. Moore	PudP	18.37
6. S. Oldfield	BfdA	18.42
7. D. Wilkinson	Roch	18.45
8. A. Maloney	Roch	18.53
9. C. Saint	Leeds	18.55
10. S. Green	P&B	18.56

VETERANS O/40

1. S. Oldfield	BfdA	18.42
2. J. Butler	Kghly	19.31
3. J. Winder	CaldV	20.36
4. R. Crossland	BfdA	20.37
5. P. Gardner	PudP	20.38
6. S. Houghton	CaldV	20.42

VETERANS O/50

1. P. Bramham	Kghly	21.34
2. D. Rhodes	BfdA	21.38
3. M. Coles	Skyrac	22.25
4. P. Yates	FellN	23.51
5. J. Devlin	RRC	24.32

VETERANS O/60

1. B. Crowther	Bing	29.57
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LADIES

1. J. Smith	DkPk	20.01
2. K. Drake O/35	Spn	22.32
3. R. Whitehead	Bing	23.03
4. R. Dorrington	Abbey	23.32
5. J. Shotter O/35	P&B	23.41
6. H. Johnson	Ilk	24.03
7. A. Gull	Abbey	24.05
8. L. Pyne	CaldV	24.20

JUNIOR BOYS U/16

1. L. Broadley	Bing	19.55
2. S. Troth	Kghly	21.54
3. A. Godwin	Ross	22.28
4. N. Fryer	Hfx	23.12
5. M. Smith	Holm	23.35

JUNIOR GIRLS U/16

1. K. Rogan	Wharfe	24.18
2. N. Biddle	Hynd	25.25
3. L. Hampshire	Holm	28.10

OVERALL BUNNY RUN SERIES

1. I. Holmes	Bing
2. M. Horrocks	Clay
3. D. Wilkinson	Roch
4. M. Moore	PudseyP
5. A. Maloney	Roch
6. P. Mitchell	Bing
7. A. Preedy	Ross
8. S. Bottomley	Eccles
9. A. Baker	Roch
10. J. Hemsley	Ilk
VETERANS O/40	
1. J. Winder	Cald
2. J. Butler	Kghly
3. P. Gardner	PudseyP
4. S. Houghton	CaldV

VETERANS O/50

1. M. Coles	Skyrac
2. P. Yates	FellD
3. J. Devlin	RRC

VETERANS O/60

1. J. Firth	StBedes
2. B. Crowther	Bing

LADIES

1. K. Drake O/35	Spn
2. R. Whitehead	bing
3. R. Dorrington	Abbey
3. H. Johnson	Ilk
3. J. Shotter O/35	P&B
6. A. Lloyd	StBedes
7. L. Pyne	CaldV
8. S. Taylor	Bing
9. A. Gull O/35	Abbey
10. J. Smith O.40	Bing

UNDER 16 BOYS

1. L. Broadley	Bing
2. M. Buckingham	Holm
3. S. Troth	Kghly
4. N. Fryer	Hfx

UNDER 16 GIRLS

1. K. Rogan	Wharfe
2. N. Biddle	Hynd
3. V. Rogan	Wharfe
4. L. Hampshire	Holm

HEROD FARM HILL RACE Derbyshire

AS/3m/1100ft 29.4.98

Although a little wet underfoot, race conditions were good with clear skies for once. Slight alterations to the course ruled out any records but the race was keenly contested. The performance of the night came from 17 year old Andrew Norman, who recorded a time of 24.14 and finished third overall. The race was won, as ever, by Andy Trigg, with Ade Jones winning the veteran's race in 24.5 5. Lisa Lacon returned to win the ladies' race in 28.51.

Barry Hobbs

1. A Trigg	Gloss	23.06
2. M. Hayman	DkPk	23.49
3. A. Norman	Altr	24.14
4. J. Hunt	Mersey	24.20
5. A. Jones	Gloss	24.55
6. N. Bassett	StaffsM	25.00
7. D. Kelling	Traff	25.03
8. D. Norman	Altr	25.05
9. D. Byers	Traff	25.12
10. S. Haylock	Stock	25.40

VETERANS O/40

1. A. Jones	Gloss	24.55
2. A. Wilkins	Gloss	28.07
3. B. Robinson	Gloss	28.24

VETERANS O/50

1. J. Norman	Altr	28.31
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VETERANS O/60

1. D. O'Leary	M/CYMCA	35.18
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LADIES

1. L. Lacon	Holm	28.51
2. L. Whittaker	Saddle	31.18
3. J. Robertson	Spectrum	31.40

JUNIORS

1. A. Norman	Altr	24.14
2. S. Turton	Buxton	27.21
3. M. Hudson	Buxton	28.01

SLIEVE MUCK (HILL AND DALE SERIES - RACE 3)

Northern Ireland
AS/3.5m/1300ft 30.4.98

1. N. Carty	Belf	31.40
2. D. McKibben	N'castle	32.46
3. B. McKay	Albert	35.41
4. D. Hughes	Unatt	37.40
5. D. Brannigna	N'castle	37.42
6. V. McAlinden	BARF	37.58
7. B. McBurney	N'castle	38.23
8. D. Rankin	BARF	38.30
9. F. Hammond	BARF	38.37
10. B. White	Unatt	38.41

VETERANS O/40

1. J. McBride	BARF	40.09
2. I. McMurray	BARF	44.25
3. P. Turkington	ACKC	45.31

VETERANS O/45

1. B McKay	Albert	35.41
2. F. Hammond	BARF	38.87
3. K. Balmer	BARF	41.04
4. M. Barton	ACKC	41.56
5. R. Walker	Pegasus	44.37

VETERANS O/50

1. D. Rankin	BARF	38.30
2. B. Magee	Larne	40.06
3. J. Sloan	ACKC	40.29
4. R. Donaldson	CIYMS	41.32
5. D. Connolly	Armagh	42.05
6. G. Geddis	Ballyd	44.28

LADIES

1. R. McConville	Ndown	44.11
2. H. Forbes	DUB	44.43
3. J. Walkeer	Albert	45.30
4. K. O'Flaherty	N'castle	47.20
5. V. Murney	Unatt	48.45

CONISTON FELL RACE Cumbria AM/9M/3500FT 2.5.98

Rob Jebb led from the start and apparently cruised the race, arriving minutes before his closest rival. Lack of local knowledge on the descent - he followed the zig-zag down off the Old Man and became confused (lost!?) among the old quarry workings, obviously lost him time. He has the potential to go for Ian Holmes' record.

A solid field of 187 experienced runners. Some very good ones, notably Rob Jones - First Local - first fell run - 83.25 - no training (he says!).

Lovely day, just right for running, not too hot. Good to see all my regulars. Howgill Harriers looked very smart in their new strip!

N. Matthews

1. R. Jebb	Bing	71.56
2. W. Bell	CFR	74.54
3. M. Keys	Ross	75.41
4. J. Junt	Mersey	75.57
5. C. Valentine	Kesw	76.04
6. G. Schofield	Horw	76.12
7. S. Hicks	Boir	76.42
8. S. Shuttleworth	Amble	76.55
9. R. Hope	Horw	76.57
10. M. Proctor	Clay	76.59

VETERANS O/40

1. W. Bell	CFR	74.54
2. G. Schofield	Horw	76.12
3. P. Clark	Kend	79.13
4. P. Harlowe	Kesw	79.13
5. T. Houston	Bowland	81.56

VETERANS O/50

1. J. Nuttall	Clay	86.09
2. S. Furness	B'burn	91.29
3. M. Walford	Kend	91.41
4. D. Lockwood	DkPk	92.45
5. D. Simpson	Prest	93.02

VETERANS O/60

1. H. Catlow	Dallam	110.51
2. B. Leathley	Clay	111.43
3. B. Smith	Clay	114.48



Tim Smith, Coniston Fell Race Photo: Steve Bateson

LADIES

1. L. Thompson O/35	Kesw	92.42
2. K. Beaty	CFR	96.24
3. B. McQuade	Clay	99.39
4. J. Robertson	Unatt	100.47
5. M. McDonnell	Saltwell	108.31
6. M. Kenworthy	Unatt	112.80
7. C. McNeill O/45	Amble	115.15
8. A. Jones O/45	Kend	118.01

PEEL FESTIVAL FELL RACE

Isle of Man

BM/7m/1090ft 2.5.98

A disappointingly small field turned up on a bright Saturday afternoon for this seven mile race.

Alan Life had a comfortable win after seeing off the challenge of Peter Aldersley. Top local was Phil Crowe in third place.

R. Stevenson

1. A. Life	Clay	51.32
2. P. Aldersley	M/Cymca	53.00
3. P. Crowe	NAC	56.02
4. R. Stevenson	MFR	56.10
5. P. Cooper	IOMV	57.18
6. R. Callister	MFR	57.41

VETERANS O/40

1. R. Stevenson	MFR	56.10
2. P. Cooper	IOMV	57.18
3. R. Moughtin	WAC	58.55

VETERANS O/50

1. P. Aldersley	M/cYMCA	53.00
2. R. Callister	MFR	57.41
3. S. Moynihan	SAC	58.56

LADIES

1. R. Hooton	MH	62.43
2. C. Life	Clay	66.50

STUC A CHROIN 5000

Perthshire

AL/15m/5000ft 2.5.98

The day was warm and sunny with a light breeze which, on the more exposed parts of the hill, was a bit chilly for the marshals, but the runners didn't complain. The field of 111 included 13 ladies and 31 veterans. Only one runner had to abandon the race because of a minor injury. Conditions on the top were clear throughout the afternoon. The tenth anniversary of the race was marked by some extra prizes.

The race committee wishes to thank all those who, in the past ten years, have come and taken part and also our sponsors, Invergordon Distillers (Tullibardine Malt Whisky), Highland Spring Water and our local Tourist Board.

A. Bennie

1. M. Rigby	W'lands	2.05.53
2. M. Kinch	Bing	2.08.24
3. J. McQueen	Eryri	2.12.18
4. J. Blackett	Cosmic	2.15.46
5. G. Bartlett	Forres	2.20.00
6. A. Davis	Carn	2.21.00
7. M. Higginbottom	Carn	2.22.24
8. M. Laing	Fife	2.24.24
9. D. Crowe	Shettle	2.24.46
10. R. Gallacher	W'lands	2.25.05

VETERANS O/40

1. M. Laing	Fife	2.24.24
2. J. Holt	Clay	2.28.54
3. A. McGuire	Fife	2.37.21
4. I. Cowie	Mercia	2.37.52
5. G. Watson	DundH	2.38.50

VETERANS O/50

1. C. Love	DundH	2.42.15
2. T. Ross	Fife	2.50.30
3. E. Dealtry	Ochil	2.55.42
4. T. Ritchie	W'lands	2.59.46
5. R. Collins	H'landHR	3.05.20

LADIES

1. H. Diamantides	Carn	2.39.46
2. K. Jenkins	Carn	2.46.03
3. K. Powell	Carn	2.47.57
4. C. Menhennet	W'lands	2.50.47
5. E. Scott	W'lands	2.59.36
6. J. Anderson	Loch	3.01.33
7. T. Dewsnap	Eryri	3.04.41
8. L. Burt	Fife	3.13.58

PENTRITH BEACON HILL RACE

Cumbria

CS/4m/500ft 4.5.98

This race is held every May Day as part of the Penrith Carnival. The race route takes competitors up to the top of Beacon Hill, which overlooks the town. Unusually, in recent years, the race was blessed with warm spring sunshine, which helped to swell the small number of appreciative spectators who gathered to welcome the runners at the finish.

First home was Paul Boyce, from the organising club, Eden Runners.

All proceeds from the run are donated to the Lions Club of Penrith to help fund their charitable work.

David Spence

1. P. Boyce	Eden	26.40
2. I. McDougall	C'land	27.12
3. J. Ritson	Derwen	27.14
4. T. Baxter	C'land	27.38
5. R. Unwin	CFR	27.51
6. S. Sharp	CFR	28.00
7. R. Johnston	Border	28.05
8. D. Overend	Holm	28.12
9. S. Bennett	Eden	29.39
10. C. Foy	Unatt	30.10

VETERANS O/40

1. J. Ritson	Derwen	27.14
2. R. Unwin	CFR	27.51
3. D. Overend	Holm	28.12

VETERANS O/45

1. G. Corless	M/cYMCA	31.03
2. M. Routledge	Unatt	34.10

VETERANS O/50

1. S. Sharp	CFR	28.00
2. R. Johnston	Border	28.05

VETERANS O/55

1. T. Baxter	C'lands	27.38
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VETERANS O/60

1. H. Catlow O/65	Dallam	35.17
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LADIES

1. L. Thompson O/40	Kesw	30.26
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BUNNY RUN RELAY

West Yorkshire

CS/2.5m/250ft 5.5.98

1. Rochdale	41.41
2. Half Yards	42.33
3. Pudsey & Bramley	42.37
4. 3 Yolks	42.50
5. Abbey 'A'	43.31
6. 1 2 1	44.53
7. Calder Valley Veterans	45.11
8. Keighley Cripples	45.20
9. Ilkley Veterans	45.27
10. Abbey 'B'	47.47
11. Dick Dick Phil	49.31
12. Hart & Clough	50.35
13. Harrogate Hobblers	51.09
14. 3 Stoogies	52.36
15. Halifax Triers Mixed Family	53.01
16. Bingley Ladies	53.18
17. Hot Toddlers	53.32
18. Tod Toddlers Mixed	54.58
19. Tod Trotters Mixed	55.48
20. Abbey Ladies	56.14

HEN & COCK

(HILL AND DALE SERIES - RACE 4)

Northern Ireland

AS/2.5m/1300ft 7.5.98

1. D. McKibben	N'castle	30.13
2. J. Mitchell	Unatt	31.51
3. P. Howie	Larne	33.26
4. G. Somerville	LVO	34.10
5. D. Brannigan	N'castle	34.19
6. P. Mawhirt	N'castle	34.59
7. B. McBurney	N'castle	35.21
8. K. Quinn	N'castle	35.23
9. D. Rankin	BARF	35.42
10. M. McMullan	N'castle	35.51

VETERANS O/40

1. P. Howie	Larne	33.26
2. J. McBride	BARF	38.27
3. I. McMuray	BARF	41.34

VETERANS O/45

1. K. Quinn	N'castle	35.23
2. M. Barton	ACKC	37.20
3. K. Balmer	BARF	37.44
4. P. McGookin	ACKC	39.19
5. R. Cowan	Unatt	40.26

VETERANS O/50

1. D. Rakin	BARF	35.42
2. B. Magee	Larne	36.51
3. J. Sloan	ACKC	37.20
4. D. Connolly	Armagh	39.01
5. R. Ferry	Mulster	40.51

LADIES

1. A. Sandford	Ballyd	39.36
2. H. Forbes	DUB	39.41
3. V. Murney	Unatt	41.39
4. R. McConville	Ndown	42.05

WRAY CATON MOOR FELL RACE

It was a much better day than last year, dry and quite sunny by the time of the race, but with a strong head-wind on the ascent which no doubt made a record attempt very difficult. The course had been drying well for over a week, and the ground was generally firm. Only the almost always boggy bits on the two flatter bits of the moor, ensured runners came back with wet feet and muddy legs. Well we mustn't let our runners get soft must we?

The numbers were well up on the previous year in keeping with the better weather and 193 entries in the senior race gathered for the start in the main village street, lined with spectators and scarecrows alike. The race is part of Wray Fair on the final day of the now famous 10-day Scarecrow Festival, part of an excellent Bank Holiday day out for all the family. They just seem to like the atmosphere of the place and the occasion. Interesting with lots to do and see, but retaining its peaceful rural charm and beauty. And the great thing is they take part; all the family that is. A record number of the young ones as well, in a race that always seems to break the records. 120 junior entries and 115 finishers, who said fell running was an aging sport? And with 38 girls taking part (32%), the male/female imbalance of the seniors, (11% ladies) is much reduced.

Despite a large contingent from the Wirral, brought along by Derek Isherwood, who started the race, the winner of the under 12s was local boy George Hartley. Watch out you seniors in a few years' time. The juniors start off straight after the seniors and turn round at different spots for under 12s, under 14s and under 17s. With Mark Croasdale no longer with us, it seems all the juniors finish just in time before the senior winner comes in. This year the honour went to Craig Roberts of Kendal. Craig was third at the trig point, and Sean Willis of Todmorden first, but their positions changed on the way down. Neil Wilkinson retained his position throughout.

Peter Edge

1. C. Roberts	Kend	38.02
2. N. Wilkinson	Salf	38.44
3. S. Willis	Tod	38.54
4. D. Houlsworth	Kend	40.08
5. M. Cayton	Horw	40.29
6. S. Green	P&B	40.43
7. D. Wilkinson	Roch	41.24
8. I. Greenwood	Clay	41.32
9. S. Bolland	LancM	41.37
10. N. Percival	Settle	41.43

VETERANS O/40

1. P. Harlowe	Kesw	42.27
2. F. Smith	Saltwell	43.52
3. G. Johnston	Nfylde	44.02
4. A. Nixon	Prest	44.08
5. K. Dacre	Kend	46.24

VETERANS O/50

1. P. Lyons	Ross	43.41
2. P. Jepson	Ross	48.54
3. T. Minikin	Kghly	49.01
4. N. Pratter	Wirral	49.29
5. D. Simpson	Prest	49.55

VETERANS O/60

1. T. Foster	VallStr	57.40
2. B. Leathley	Clay	61.04
3. B. Crowther	Bing	63.59

LADIES

1. V. Wilkinson	Bing	44.03
2. A. Sweeney	Prest	51.27
3. W. Dodds O/35	Clay	53.11
4. S. Haines	Unatt	55.54
5. J. Dowling	Tod	55.58
6. A. Srivastaka	P&B	57.12
7. N. Fellows	NewN	57.21
8. H. Vinnicombe	LancM	61.04

April 25

P&O EUROPEAN FERRIES KNOCKDHU CLASSIC

Co. Antrim, N. Ireland

Gavin Bland underlined his pedigree at the highest level by taking victory in his first visit to this classic event to add to his catalogue of achievements in recent months, Gareth Webb reports.

Bland - who also lifted the inaugural 'Long' Home International title at the Three Shires last September - won the Ben Nevis Race for a second time and the final two English championship races at the back-end of last season. And carried on where he left off this year by placing fifth in the English champs opener at Long Mynd in February and 6th in the British champs opener at Pendle, thus earning selection for this, one of the most prestigious races on the calendar.

Today, though, was surely one of his most impressive performances to date as the race - brought forward a month - was won over a wet, slick and extremely fast course that could best be described as not 'typically Bland terrain.'

Nevertheless Bland, noted for his liking of rough and rocky descents, found the wet, slippery downhill to his liking but, even so, still had to produce a fair turn of speed on the flatter sections to keep ahead of the chasing pack, which he did with admirable effect.



Winner Gavin Bland Photo: Peter Hartley

As the race got underway, the 26 year old former world U20 silver medallist was always to the fore, leading a tightly packed group up by first climb out of Sallagh Braes with about eleven minutes on the clock. Mark Kinch, the champion in 1994, Robb Jebb, Martin Amor, Mark Rigby, Andrew Davies and Dermot McGonigle were close on his heels up until the second descent back into Sallagh Braes when Bland, taking advantage of a treacherous descent made worse by the torrential showers, plummeted like a stone to pull clear of Amor with McGonigle - the first Scot home, in third - repeating their minor placings of 1996.

Mark Kinch, a late replacement for Pendle winner Matthew Whitfield - suffering from sore hamstrings - took a fine fourth to secure team gold for England who retained their title.

Dave Neill in eighth enabled England to retain the M40 team title as well, ably backed by team-mates Malcolm Patterson and Steve Oldfield. Horwich youngster Michael Cayton produced one of the performances of the day to finish 10th - nine places better than last year - to help England retain the U20 team title thanks to excellent runs from Harry

Matthews (12th) and Simon Bailey (25th). Welsh assistant team manager Mike Blake won the non-championship M45 race for the third year running.

Scotland's Tracey Brindley was also an impressive winner in the women's race improving on her third place of last year.

Brindley and England's Jackie Hargreaves were locked together for much of the race before Brindley, following the script of the men's race, pulled clear on the second descent to Sallagh Braes to win by almost a minute.

Ann Nixon finished third ahead of Simon Bailey's sister Kate as England, though to Joe Prowse - fourth in the recent British cham-

Et in Arcadia Ego

by Peter Travis'

Sustained by idyllic days of youth;
near fifty years have gone
and still I can recall the years
when we climbed on gritstone crags
ran open moorland and tramped
high hills and talked of mountain
conquests

And above all that were friendships
bonded by love of hills, of crag, of
freedom!

I drank of nature's kindness,
wrestled with her cruelty and have
remained as faithful as I was long ago.
And through ensuing years fond
thoughts have lifted me above the dross
that so often choke the spirit.
I am today because of yester-year.

pionship opener at Pendle - made up England's winning team to complete a clean-sweep of team titles.

Once again main sponsors P&O European Ferries, Larne AC and the Northern Ireland Tourist Board are to be congratulated on their efforts in staging a superb event which, despite the conditions, produced Northern Ireland's biggest ever fell race to date.

Gareth Webb

Wharfedale TTT

hosted by
Bingley Harriers & A.C.

Three Race Weekend Grand Prix
Kettlewell, Yorkshire Dales

Friday, 10th July 8.00pm
4K Uphill road race

Saturday, 11th July 11.00am
20K AM navigational fell race

Sunday, 12th July 11.00am
3K AS fell race

FRA Safety requirements apply and
navigational skills are necessary

Entries £2.50 each race or £7.00 all three.
Individual race and Grand Prix prizes.
Camping and BBQ. Family weekend.

Entries on day or full details from:
David Weatherhead, 16 Birchlands
Grove, Wilsden, BRADFORD,
West Yorkshire, BD15 0HD
Tel: 01535 273508

 

10TH BRITISH FELL AND HILL RUNNING RELAY

SUNDAY, OCTOBER 18TH

ORGANISED BY CUMBERLAND FELL RUNNERS

The 10th British Fell and Hill Running Relay is being organised by Cumberland Fell Runners.

The Race Director is Barry Johnson.

The event will be held on Sunday, October 18th 1998, starting at 10.30 a.m. from Scotgate Caravan Park (Overspill Site), Braithwaite, near Keswick. The race will be held over the Coledale and Newland Fells.

ELIGIBILITY

The relay is open to teams of six runners from Clubs affiliated to the F.R.A., B.A.F. (for fell running) and S.A.F. All runners must be first claim members and be over 18 years of age. No runner may run more than one leg, and no runner can compete for more than one team.

EXPERIENCE

All runners must be experienced for this type of event. The weather in the Lakes, in October, on these fells can be bad. Navigation will be necessary on all legs, especially in bad weather. Runners on Legs 2 and 3 must have completed at least 2 AM races.

SAFETY REQUIREMENTS

In accordance with F.R.A. safety requirements ALL runners will be required to carry the following:

- Waterproof and windproof whole body cover
- Compass
- Whistle
- Emergency Food

A map of the race area will be provided and will act as the Relay Baton throughout the event.

All competitors must carry the above on the day. There will be kit checks at the start and finish of each leg. If any runner is not carrying any of the above their team will be **IMMEDIATELY DISQUALIFIED.**

Please note: Passing bum bags onto the next leg runners is not allowed. Teams doing this will be immediately disqualified.



CFR's Martin Amor
Photo: Peter Hartley

ROUTE DESCRIPTIONS

The start and finish will be in the field next to the Scotgate Caravan Park Overspill Site.

The route will go under the A66 and will be flagged to the fells.

- **LEG ONE**
Solo runner. 6 miles, 1,600 feet of ascent. Estimated winning time: 45 minutes
- **LEG TWO**
Pairs. 8.25 miles, 3,000 feet. Estimated winning time: 80 minutes
- **LEG THREE**
Pairs. approx 8.5 miles, 2,600 feet
NAVIGATION LEG
Estimated winning time: 70-80 minutes
- **LEG FOUR**
Solo runner. 5.5 miles, 1,500 feet. Estimated winning time: 35 minutes

ENTRIES

Entries are open to ONE team from each club in each of the following categories:

- Open
- Veteran Men
- Ladies
- Open B Teams

There is a provisional limit of 120 teams in the event. If the total entries are greater than this some clubs may be limited to three entries. This will be done at the organisers' discretion.

The entry fee is £30 per team. Cheques payable to "F.R.A. Relay".

All entries must be paid for. If entries are returned then the entry fee will be refunded.

The organisers regret that no refunds will be made to any teams withdrawing from the event.

All entries must be on the official entry form (or a photocopy) and must arrive no later than Friday, September 4th. No late entries will be considered.

Full information and event details will be sent to all accepted teams by Friday, September 11th 1998.

Please note: the entry fee will include meal tickets for the six runners. Food and drink will also be on sale on site.

Parking will be on fields at the event site. Parking will be sign posted from the A66.

There will be a charge of £1 per vehicle for parking. Parking for coaches and minibuses will be free.

ENQUIRIES

All enquiries regarding the event should be directed to: Barry Johnson, Slatestones, Eaglesfield, Cockermouth, Cumbria.

10TH BRITISH FELL AND HILL RUNNING RELAY SUNDAY, OCTOBER 18TH 1998

ORGANISED BY CUMBERLAND FELL RUNNERS

CLUB:

Name of Club Official responsible for entries:

Address of Club Official:

Post Code:

Telephone No:

TEAM ENTRIES

OPEN	
LADIES	
VETERANS MENS	
OPEN B TEAM	

Please tick categories entered

TOTAL TEAMS ENTERED _____ at £30 per team £ _____

Cheques payable to "F.R.A. Relay"

Entry forms to:

Mike Litt, 9 Ashfield Gardens, Workington, Cumbria

Entries must arrive not later than Friday, September 4th

LATE ENTRIES WILL NOT BE ACCEPTED

FUTURE RISING ATHLETES
AT THE JUNIOR 'DO'



1st NOVEMBER 1998
HANOVER INTERNATIONAL HOTEL, SKIPTON
JUNIOR CHAMPIONSHIP AWARDS, BUFFET, VIDEOS,
PHOTO DISPLAYS, ABC DISCO SOUNDS PLUS
FELL RUNNING CELEBRITIES
COMMENCING 2pm to 6.30pm
TICKETS: £5.00 PAYABLE TO FRA (SAE PLEASE)

CONTACT:
Eileen & Dave Woodhead,
166 Hainworth Wood Road, Keighley,
West Yorkshire BD21 5DF Tel: 01535 669100



FUNNY RIOTOUS ANTICS
AT THE 'DO'



21st NOVEMBER 1998
HANOVER INTERNATIONAL HOTEL, SKIPTON

CHAMPIONSHIP AWARDS, BUFFET, VIDEOS, PHOTO DISPLAYS,
ABC DISCO SOUNDS ETC.

BOOK EARLY "LAST YEAR A SELL OUT"
TICKETS: £14.50 PAYABLE TO FRA (SAE PLEASE)

CONTACT:
Eileen & Dave Woodhead, 166 Hainworth Wood Road, Keighley,
West Yorkshire BD21 5DF Tel: 0'535 669100

SORRY NO LATE TICKETS!

AGAINST THE ODDS

The White Holme Circular fell race 1998



Keith Parkinson, Todmorden Photo: Steve Bateson

I have noticed over the years, a distinct shortage of good, long fell races, with plenty of fast running, in the early season, as I train for two of my favourite Springtime events, The Wuthering Hike, (which incidentally is still - and will always be "The Haworth Hobble") and The Yorkshire Three Peaks.

I have scoured the calendar for races in which I can be sure of a 2 hour run, largely over good terrain, but involving an occasional sharp climb and a bit of rough stuff to break up the monotony, but apart from the excellent Mickleden Straddle, (the first Sunday in February), I find that I am struggling to find the race profiles I want, when I want them, and within reasonable travelling distance of home.

Naturally I have begun to resort to long steady weekend runs in my locality. Where I live, I am spoiled for choice without a doubt, with the Calderdale Way just 5 minutes away, and the Pennine and Derbyshire Hills surrounding me. A favourite run of mine starts at the Whitehouse Inn, on the Pennine Way at Blackstone Edge,

and follows the Way towards Stoodley Pike. Plenty of good level running early on, enabling me to get into my stride, leading to a short unavoidable section of stinking wet peat, before the rough stoney section which leads from Withens Gate - the standing stones on the intersection of the Pennine Way and Calderdale Way footpaths - to the familiar monument of Stoodley Pike, standing high above the Calder valley.

A loop from Stoodley, following the "Pike race" route down to London Road and through the quagmire along the wall-side to Mankinholes, then up the climb to Withens Gate as in Shepherd's Skyline, (a joy to be able to jog all the way), and I'm back on the Pennine Way.

Heading North, retracing my steps over Coldwell Hill and the section of fairly recently laid paving slabs, I soon reach the signpost, which I ignored earlier, which sends me East, and alongside the White Holme Drain water catchment channel. The going gets really tough on this section, especially with around six miles and a

sharp climb in my legs, as the peat begins to suck at my shoes and, in places grab my legs right up to the knees.

Soon I'm past the grabbing sucking beastie though, and on a good day I can enjoy the marvellous view down over Withens Clough reservoir and Crag Vale. Now Stoodley stands majestically in the low sunshine, it doesn't seem more than two minutes since I was running beneath the towering monument, when in fact it was more than twenty ago.

The path I am now following is, although well worn, usually fairly secluded. Naturally much less frequented than the Pennine Way running parallel only about a mile away, I have, even on a good day, run the whole three and a bit miles loop without meeting a soul. However, on one occasion, a glorious warm sunny afternoon at the end of August, I noticed a couple coming toward me in the distance. As they drew near I noticed that the lady hiker was walking topless, with a male companion and a dog. I'll say no more about it except that I can't remember what breed of dog it was.

A fast run round the path alongside the water catchment which feeds White Holme reservoir, and soon I meet the Pennine Way again and I can retrace my steps to the Whitehouse, with a good ten miles run.

After one such excursion, at the back end of the Summer, I decided to ask around to see if any of the local clubs thought this route would make a good race. My friends at Todmorden Harriers and Calder Valley fellrunners know the terrain intimately and I was excited when those I spoke to shared my enthusiasm. A few enquiries were made, and the tried and trusted venue of the Gale Inn at Littleborough secured as race headquarters. The latter arrangement would mean that a two mile section at the beginning and end of my route - over the Gale fell race route - would add a little climbing and a bit more distance.

The White Holme Circular appeared in the fell calendar on the first Saturday in March, as part of my fun South Pennines fell race series. I received dozens of enquiries and learned that Tod Harriers and Saddleworth runners had both picked the event as a championship race. I had better make a good job of it then, I thought - serious and discerning fell runners here !!

Calder Valley Moorland Rescue were informed of the race, and I managed to engage the services of my local RAYNET amateur radio organisation who would bounce information between base and all the checkpoints. I would be using a tag system for recording race numbers at each checkpoint and at the finish, which meant I had to spend many a lunch hour at work individually numbering five tallies for each of the estimated 150 runners !!

The week before the race, on a beautiful warm, dry Sunday, I went round the route, with my black Labrador Oliver for com-

pany. Conditions were perfect, with a slight breeze to keep me cool, and grand views as far as the eye could see. Occasionally, Oliver who trots along twenty yards or so in front, would perform his party trick for the hikers, flopping down into the muddiest puddle he could find and lying there with a big Labrador laugh on his face, tongue lolling, tail wagging. If conditions are like this on the day, I thought, it will be a marvelous event.

Friday, the eve of the race and I experienced every race organisers nightmare. As I drove to work, ten miles over the Pennines, the snow was coming down thick and fast, settling on high ground. During the morning, while going about my business in the printing works, I mentioned my predicament to my boss, who realised the urgency of the situation. "Take the afternoon off to recci the course, then make a decision", he suggested.

I wasn't going to miss an opportunity like that, so I drove home to pick up my flags then up to the Whitehouse. Conditions were desparate, as I jogged, in full thermals and Gore-Tex gear along the Penine Way. Thick snow drifts were turning to slush and ice and the gale force wind was whipping icy rain and hail into my face.

With the slower runners, and of course, my marshals and RAYNET men in mind, I decided to shorten the route to an out and back, along The Way to Stoodley Pike.

I rang Mark Anderton of Todmorden Harriers who had very kindly offered to put some flags out around the loop down to Mankinholes after work, and I asked for his opinion. "It's desperate up there", he agreed, "I was only out for about half an hour and I was frozen and soaked through".

Even though the forcast was for a warm front moving across early in the weekend, I had to make a decision now. Given the conditions up there, with freezing rain at nightfall, I couldn't take a risk when peoples lives might be at stake.

We decided that, as Mark had already put his markers in place, it would be a good idea to utilise that loop, as the descent to Mankinholes would provide shelter. In any case, Mark's clubmate Alan Ainsworth would bring his Land Rover to London Road in order to collect any retirements.

That was it then. As I had spent hours putting five numbered checkpoint tallies onto rings, I needed to still have five checkpoints on the route, so as to avoid confusion to runners, and of course, to save the labour involved in having to remove one tag from each ring on the eve of the race!!

I relayed new grid co-ordinates to Moorland Rescue and the RAYNET controller, and rang the marshals to inform them of the changed route.



Winner Sean Willis Photo: Steve Bateson

At first light Saturday, while packing the prizes, flags for the final section, water barrels, signs and boxes of registration equipment into the car, I realised that we were in for a good day. The sun came up, and driving over the Yorkshire / Lancashire border at Blackstone Edge, I saw that all the snow had thawed. Putting flags along the Gale race route was no joke, however, as the wind attempted to bowl me over every time I stopped to hammer one in. I naturally felt a bit deflated at having made the 'big decision', now that the weather had improved, but the biggest blow was still to come.

On reaching the Gale Inn, I found to my horror the the Water Board had picked that day, of all days to dig the road up outside the pub. Not just a little hole, by the way, but a trench about 50 ft by 10 taking half the road, with water, water everywhere flowing down the street and temporary traffic lights stopping cars right where I wanted to start the race.

Adopt and adapt as they say. Well as it's a new race, with no record times, it doesn't matter where we start, I thought, so after registering at the pub, runners were pointed to a nearby factory yard, which I had

planned the route to pass through after half a mile.

More than 140 runners for an inaugural race is an excellent turn out. This cheered me up no end as I knew that I could cover the cost of my prizes and give a good cash bonus to RAYNET who work as a charity, and as such are reliant on contributions and donations.

As for the race itself.... well with five retirements in the first two miles we all knew it was going to be a tough race. The overall winner Sean Willis of Todmorden, said he was glad to get back down out of that wind, which most agreed was the only real problem of the event. (If only they'd known !!)

On reflection I can honestly say that the event was a pleasure to organise. I had wanted to put a long race on for a while, just as a personal challenge and due to the support I received from marshals, helpers and those runners who took the time to write letters of appreciation, I reckon I will rise to the challenge again.

Many thanks to all who helped me in any way with the race.

Allan Greenwood



Especially risky on those hands & knees climbs. J Hunt (Mercia) on Pendle Photo: Allan Greenwood

They then drop off. Usually you notice them when they itch and the "piece of dirt" at the itch site won't budge when you attempt to brush it off.

Syphilis used to be called the "Great Mimic" as it could produce a vast array of symptoms mimicking other diseases. Lyme disease has similar tendencies which can make the diagnosis very difficult. It tends to occur in two stages.

In the initial stage (which occurs within a week to a month of the bite) the symptoms are like flu and hard to distinguish from it. In about half of cases a rash occurs which can give the game away. This rejoices in the title "Erythema Migrans" (EM) which the classically trained amongst you will recognise as meaning "spreading redness". This is a red raised, sometimes itchy, rash which gradually spreads out from the bite site. Sometimes there are other similar patches on other parts of the body. This should be distinguished from the short lived redness that occurs nearly immediately at the site of any insect bite.

The second stage is altogether nastier and occurs several weeks after the first stage has, like the flu it mimics, resolved by itself. Symptoms can include headache, numbness, tingling, weakness and meningitis. Heart beat irregularities and chest pain can occur. Pains and redness and swellings in joints and muscles can occur which can move about from day to day. Sometimes other symptoms can occur - almost anything is possible. This stage can last many months or longer and can sometimes be fatal.

How can it be treated?

The major problem is recognising that this is what is wrong. This is particularly so as there is no simple test that can be done to make the diagnosis. It is therefore crucial that the sufferer and his doctor appreciate that the diagnosis is a possibility (more on this below).

Antibiotics usually sort the problem but not always. They work better the earlier in the disease they are used. Therefore prevention is definitely better than cure and early treatment is essential where this has not worked.

How great is the risk?

Lyme disease is present in British ticks. However the level of infection is low and there is no doubt that the risk of getting the disease in our hills is very low. As a fellrunner you are much more likely to encounter injury in your car on the way to the race than you are from tick bites. In the unlikely event you were infected the treatments are often effective.....but not always.

How seriously should we take it?

A sense of proportion is important here. The risks are low. Nevertheless it can be a very nasty condition which can be hard to treat so sensible and simple precautions are worth taking. These are not onerous and shouldn't detract from your enjoyment of the hills.

The request for information on ticks and Lyme Disease brought a flurry of responses, some of which pointed to a similar correspondence in the magazine of the Ramblers Association. There seems to be some controversy over whether to twist the little blighters or not but general agreement on the dangers associated with them. Effective repellents are obtainable on your next trip to the States and should contain 35 - 55% Deet (N,N-Diethylmeta Toluomide) - **not** available in the UK. - Ed.

LYME DISEASE AND THE FELLRUNNER

- Hugh Tooby

Introduction

The last edition of "Fellrunner" carried a letter from Les Ridings of Clayton-le-Moors who was concerned about a cutting he had found on Lyme disease. He was particularly interested to know if this posed a real threat to fellrunners and suggested the journal should carry an article by a "medical expert". As a humble GP I cannot claim such status but I can at least answer some of the basic questions.

What is it?

Lyme disease is an infection caused by a bug similar to the one which causes syphilis. However, unlike that particularly unpleasant and now rare sexually transmitted disease, it is spread by the humble tick which harbours the bug in its stomach and can pass it on to you when it enjoys a feed off your anatomy. The ticks can be picked up by brushing against the bracken on which they live - hence the risk to runners and other hill-goers in shorts. They are small black/brown mites that fasten on to your skin and look like a small speck of dirt. They sit there happily for some days feeding off your blood and eventually ending up about 0.5cm long and very bloated.

What practical steps should we take?

Two things are vital as mentioned above. The first is prevention and the second is early diagnosis.

Prevention is better than cure. If you have a choice of route-avoid the bracken. If you have to go through bracken it is better to wear long sleeved/legged clothing. However, it is for the individual to balance the small Lyme risk against the inconvenience and discomfort this may cause and come to their own decision about what to wear. Tick repellent may help. When you get home have good look at yourself to check for any ticks which may have developed an attachment to you. If you find any it is vital to remove them properly. This means not burning, irritating or grabbing hold of and pulling-all of which can cause the tick to empty its stomach contents into you thereby increasing the risk. Instead, get some fine point tweezers and grab the tick low down where its mouth is entering your skin. By tugging gently and repeatedly you will eventually persuade it to let go-be patient. Alternatively you can purchase special tick removers. Keep the tick in a small bottle of alcohol in case you need to show it to your doctor if you become ill. It is not usually necessary in this country to get any treatment at this stage as the likelihood of infection is absolutely minimal.. However if you are concerned (particularly if the tick had been on for several days, you bungled the removal and squeezed its body or if you were bitten abroad in an area where it is commoner, or if you are pregnant) then it is always worth consulting your doctor about it.

Early diagnosis is the next essential. It is almost certain that you will have no further problems. However, if in the next few weeks or months you have an abnormally prolonged or severe flu like illness, a funny rash, problems with your heartbeat, joint and muscle pains you can't explain or odd sensations/weaknesses/headaches or any other unexpected symptoms then think....."could this be Lyme disease" and consult your doctor. Mention the possibility and the fact that your sport puts you at risk. Perhaps show him this article. Tactfully suggest that he might want to discuss your case with the local Consultant in Infectious Diseases. Don't abandon Lyme as a possible diagnosis until you are better or some other condition has been proven.

And finally.....

Don't worry overmuch about this rare condition. You are very unlikely to have any problems with it if you do the following. Be aware of its existence, take simple sensible precautions, bear the diagnosis in mind and seek medical help if you are ill as described above. If you want further info the European Union has an excellent web site at <http://www.dis.strath.ac.uk/vie/LymeEU/index.htm> for those with internet access.

TICKS AND LYME DISEASE

Ticks will be familiar to all those who run in the hills of the Highlands and the islands of Scotland. Until recently they were considered only to be nuisance, causing irritating bites and a feeling of revulsion that an insect is embedded in your skin and consuming your blood. More recently, however, ticks have been identified as being responsible for transmitting Lyme Disease (named after the town of Lyme in Connecticut, USA). Apart from Scotland, the disease may be found anywhere where there are ticks; it is for example common in the New Forest area of the South of England. With the recent run of mild winters, it seems that there are more ticks around and therefore the disease may be an increasing problem in rural areas. Lyme Disease has been reported in virtually all European countries.

What is a Tick?

Ticks are small parasitic creatures that look like spiders, having 8 legs. After hatching, the tick crawls to the top of any vegetation and waits for a passing warm blooded mammal, usually sheep, deer, rodents, dogs, mice or sometimes humans. Deer ticks seem to be the most likely to carry Lyme Disease.

Ticks can not fly or jump. Once on you, they crawl to a warm feeding place where they dig into you and feed on your blood for a few days. Once engorged, the tick drops off and grows in size. Originally it is very small, the size of a pin head, and it may be difficult to distinguish from a freckle; once it has had a feed, it gets bigger and becomes reddy brown. A few months later the second stage tick in turn crawls up the vegetation and attaches itself to a mammal, where they feed for about 6 days. Again they drop to the ground and after a few more months or up to a year they develop into full adults. At this stage it is normally only the female that starts to feed again, and she is capable of consuming large amounts of blood so that she blows up to the size of a small pea, and then again drops off after a week or so, and lays about 2000 eggs. She then dies.

Ticks can pass on *Borrelia* bacteria through their saliva, thus causing Lyme Disease. Only a small proportion of ticks carry the infection, and a bite from a disease carrying tick will not necessarily pass on the disease.

Where Do You Find Ticks?

Ticks cannot live at cold temperatures (below minus 15 centigrade) or very hot temperatures (above 30 centigrade). They like places with high humidity and permanent coarse vegetation such as heather and bracken, so the Scottish Highlands are ideal. Because they require regular availability of a suitable host, they tend to

be particularly common where there are a lot of deer and/or sheep, in forests and on moorland. Ticks tend to be relatively static, not moving very far except when they are well attached to a mobile host. Their main periods of activity are late March to early June and August to October. However they can be found at any time. I am writing this in February, and my dogs have picked up several in the last few weeks of mild weather.

Blood Tests

Often the infection produces no symptoms, and you would not know that you have been infected unless your blood is tested for antibodies. It is possible to have antibodies but have no symptoms. But if you do have symptoms (especially severe ones), it is very likely that your blood test will show up antibodies. Also, antibodies will only appear 4 to 6 weeks after infection, if at all. To complicate matters, even if you have symptoms and antibodies, it does not follow that your symptoms are related to Lyme disease! You must be cautious therefore about drawing any conclusions from blood tests: a negative result may not mean that you don't have the disease, and a positive result may not mean that you will develop symptoms and need treatment.

Signs and Symptoms

The signs and symptoms vary greatly from person to person. Many of them are vague, and some would apply to hill runners virtually all the time (e.g muscle fatigue, or joint pains!). Because of this vagueness in symptoms it is easy to start worrying if you have got the disease. It is very unlikely that you will get it, as explained later. The main symptoms are as follows:

A rash may appear a few days or weeks after the bite, and spread out in a red ring shape, normally with a clear margin (this should not be confused with the itchy swelling which occurs straight after the bite). The ring may get as big as 10 cm in diameter. Only about half of the people infected will get this obvious symptom. This is probably the only symptom whose appearance virtually guarantees that you have Lyme Disease.

Soon after, you may feel as though you have the flu, very tired and listless, not feeling well with several vague symptoms. The rash may still be there and you may start getting headaches which may be accompanied by 1-sided tingling or even paralysis in your face. Twitches in any part of the body may develop.

About a month after infection, you may get chest pains, with high or irregular heart rate. Weeks or months after the bite, joint pains can occur. Often these pains move from one joint to another with

pain-free periods in between. The pain may be worse at night. If not treated, arthritic type damage can occur in the joints. Muscle and ligament pains, swellings and a change in your gait are also possible.

Occasionally other symptoms can occur in the heart and in the nervous system. If left untreated for a long time, you may get meningoencephalitis. Recent evidence suggests that the disease could eventually get into your white blood cells and affect your immune system.

Prevention

- * The chances of getting Lyme Disease may be substantially reduced by the use of insect repellent around the ankles and legs.
- * Always check exposed areas of skin after a day in the hills; look especially in moist areas. Two people checking each other would be best, and could be quite fun if you choose your partner carefully! It may also be useful to shake out your clothes to dislodge any ticks that might still be attached.
- * Wear light-coloured clothing so that ticks can be easily spotted. Long trousers tucked in socks would be useful but hill runners may feel that the resulting overheating would be a greater risk than tick bites.
- * Remove ticks as soon as you see them; apparently it can take up to 3 days for the tick to pass on the disease.
- * Putting oil, nail polish, lighter fuel, TCP etc on them has been suggested, but some experts say this might increase risk of infection.

Recommended method of tick removal:

- * Use tweezers, grasping the tick as close as possible to skin.

- * Pull the tick straight out, without twisting it. (Experts used to recommend that it should be twisted anti-clockwise, for some obscure reason.)
- * Do not crush or burst the tick; be careful not to leave part of its head embedded.
- * Kill it by burning, alcohol, flushing down loo etc.
- * Wash hands and apply antiseptic to bite area.

Treatment

- * Several antibiotic drugs can be used, but Tetracycline and Ceftriaxone are said to be the most effective.
- * Anti-bacterial preventative treatment is not routinely advised after a tick bite.
- * Even in areas where the disease is endemic the probability of getting Lyme Disease from a particular tick bite is only about 1 in 20 to 1 in 80, assuming you have not removed it soon after the bite.
- * An earlier episode of Lyme Disease does not seem to protect against re-infection.
- * A recent long term follow up in Connecticut USA found that after treatment the outcome of people with Lyme Disease is excellent, with only 7% not cured.

Remember: Even if you have been bitten, and have some of the symptoms, and live in an area where Lyme Disease is common, you are still unlikely to have it. Even if you get it, the treatment is highly effective. So don't worry, but do be vigilant. The best course of action is to avoid being bitten in the first place, and get a check over after all hill runs.

*Dave Peck, Carnethy HRC
and Highland HRC*

TICKS

Lyme Disease is a tick-borne disease that may be a problem in outdoor activities. This is caused by the spirochete, *Borrelia burgdorferi*. This condition was first described in the 1970's and cases have been reported around the New Forest area and in parts of Scotland, although originally described in a small group of children in Old Lyme Connecticut, USA. This condition presents with a migratory rash (erythema migrans), involvement of heart, nervous system and joints. There may be chronic persistent inflammation of the nervous system, joint and skin if the condition is not treated. If recognised, it responds well to antibiotic therapy.

The ticks become attached by their back slanting serrations on their harpoon-like hypostome which becomes firmly implanted. Individuals are encouraged to examine themselves for ticks following possible exposure, with removal of any ticks being undertaken as soon as possible. A useful tick remover is available from Canac Pet Products, it consists of a sophisticated pair of tweezers which allow the body of the tick to be held whilst it is rotated in either a clockwise or anti-clockwise direction until the mouth parts release their hold from the host. My experience in removing many ticks from humans and many hundreds of ticks from dogs using such a tick remover, has shown that it is universally successful in removing the whole of the tick. (Available from Canac Pet Products, Becks Mill, Westbury Leigh, Westbury, Wiltshire BA13 3SD. Tel: 01373-864775, current price £5.99 + small postal charge).

- (Dr) Wendy Dodds



Beware of that bracken! Look out for parasites in 'interesting' places! Photo: Allan Greenwood

CLARE'S COTTAGE ROSTHWAITE

Rosthwaite, home to the Borrowdale Fell Races, is situated in the heart of the beautiful Borrowdale Valley in The Lake District.

Clare's Cottage is a holiday cottage with superb views of High Spy, Castle Crag and Kings How.

Easy access to Great Gable and surrounding fells. Ideal for runners, walkers and climbers of all levels.

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MOUNTAINEERS' FEAT

“Beating the Bounds”
of Beddgelert

WATCHED BY PILGRIMS

Hundreds of participators in the Welsh League of Youth Rally held on Snowdon summit last Saturday watched two skilled mountaineers taking a lightning traverse of the dizzy Crib Goch knife-edge and then speeding on over Yr Wyddfa towards the distant range of Moel Hebog. They were Mr. F. Orkney Work (Climbers' Club) and Mr. Showell Styles (Midland Association of Mountaineers), the novelist; and they were engaged in ceremonially “beating the bounds” of Beddgelert parish, the first time this has been done in one day.

The parish of Beddgelert is the most mountainous in Britain and one of the largest in Wales. It covers 26,716 acres, and its boundary, running over some of the roughest terrain to be found in our islands, has a circumference of 34 miles, and passes over eight mountain summits. Small wonder, therefore, that these bounds have not been beaten before.

FIFTH CENTURY CEREMONY.

The ceremony known as “Beating the Bounds” was first instituted by Bishop Mamertus in the fifth century. It has a religious significance, for it was usually performed—and still is performed in some parishes—by the priest or minister, who at various points of the boundary prays for a blessing on the land it contains and the folk who dwell there. Thus, though the Beddgelert journey was a feat of physical endurance and mountain craft, it had also a spiritual side, and this was evidenced by the presence of the Vicar of Beddgelert, the Rev. H. A. Jones, and the members on their long trek at 6.50 a.m. With him was Mr. George A. Lister, of Beddgelert, member of the Alpine Club and well known as author of “The Mountains of Snowdonia.” Mr. Lister had organised check-points and food supply parties at two points on the circuit.

COMPLETED IN 14½ HOURS.

The starting point was the Afon Glaslyn, near Tremadoc. Thence the route runs over the crags of Yr Arddu to Cnicht summit and along the high watershed to Pen y Gwryd; then up the rock peak of Crib Goch, over the top of Carnedd Ugain to Snowdon, and after the long scramble south to gain Yr Aran drops to the Caernarvon road not far from Rhyd Ddu; the last third of the route is a stiff climb to gain the crest of the Eifionydd peaks—Moel Llefni, Moel yr Ogor and Moel Hebog—followed by a strenuous scramble down and up again to Moel Ddu, whence the starting point is reached in the Glaslyn valley. In spite of these ascents and descents—totalling 22,000 feet—the two mountaineers completed the round in 14 hours 34 minutes. They were cheered by a large party as they ran down the final slopes in the gathering dusk at 9.24 p.m.



L-R 'Boot', 'Billy Badfoot', 'Snowy' and 'Boothie'

ST. MARY'S, BEDDGELERT “BEATING THE BOUNDS”

INTRODUCTION

Ian Ankers, otherwise known affectionately by his club mates as “Boot” had convinced us throughout 1997 to have a go at such challenges as the 40 mile “High Peak Marathon”, 25 mile “Nuts in May” and 37 mile “County Tops”. Now we need another challenge say Boot, who lives during weekends and holidays, in Beddgelert. Snowdonia. Having spoken with many friends and acquaintances in the Tanronnen, Prince Llewellyn and Saracens Head (pubs), Boot had dusted down an ancient ritual which had been last attempted in 1950 by two mountaineers, Mr P Orkney and Mr Showell Styles. The challenge being to travel the parish boundary of St. Mary's, Beddgelert in one day. Work and Styles did this in 14 hours and 34 minutes having covered 34 miles of Snowdonia's most beautiful, yet most rugged terrain. The routes take in 8 mountain peaks and some 22,000 ft of ascent and descent.

So, Booth says, one club night down at South Cheshire Harriers (can I point out at this stage, our home base being one of the flattest training grounds in the country!) “lets have a go at this one!”

A team of four - Boot, Snowy (Alan Williams), Billy Badfoot (Bill Ferguson) and Boothie (John Booth) set out to tackle “Boot's Round”.

The route for us, started at 06:00 am on 31 August, very chilly but the makings of a perfect day. At a point about 1 mile south of Pont Aberglaslyn on the A498, we kicked off on the first leg to Pen-y-Gwryd with a target of 4 hours in mind. Following the course of the Agon Glaslyn, Afon Croesor was easy flat terrain, thankfully! Concentrating on holding down breakfast, which had been forced down at 05:00 am. Then climbing along Afon Dylif turning north up Yr Arddu (1275') through bog and

heather, Boot repeatedly assuring us that we were on a boundary path as each one of us stumbled over a chump of heather or down a hole! Then we turned north west along the bottom of Llynau Cerrig-y-Myllt and south east towards Cnicht ridge and summit (2265'), low bright sunlight hindering vision as times, but a glorious day nonetheless as we continued along Cnicht ridges to a point east of Llyn yr Adar where we turned north over the unnamed peak (2192').

Carrying on north over Ysgafell Wen, past Llyn Edno up east side of Moel Meirch and tops of Cerrig Cochion. Plenty of laughs along this stretch as ‘Snowy’ disappears up to his waist in bog - Oops! Shouldn't have laughed! Some serious tricky bits too, some of the ancient steel boundary fences are now only rusty steel spikes poking through the grasses. (If anyone decides to do this run . please take care on this section!)

After Cerrig Cochion (1786') continue slightly east of north to Carnedd Y Cribbau (1938') and with Moel Siabod in the distance to our right, we head north north west to Cefyncerrig and drop down following river Nant-y-Llys and Nantgwryd to Pen-y-Gwryd Hotel for our first food stop. Boot races off to car over last 400 yds like something possessed, presumably really hungry, or just wanting a quick snog with Lyn his wife before the rest of us arrive!!

Lyn and Tosh provided the back-up at this point, lost of hot tea and soup - most welcome even though it was a glorious sunny day. Change of short, more food, replenish water bottles (Tosh wanting to share a can of rice pudding) and off we set again having done the first leg in 4 hours and 15 minutes, only 15 minutes adrift.

Continue to follow Nant y gwryd upstream to Llyn Cwm y Ffynnon at the back of Moel Barfedd, drop down to Pen y Pass Youth Hostel - no hesitation about jumping in the bog here! Climb-

ing again now over the "horns of the Snowdon Horseshoe" to a point where we cross the Pyg Track at 1980'. Doves of people at this point - strange, as we had seen virtually no-one since we started at 06:00 am.

Billy Badfoot surprisingly looking quite tired as we scrambled up past walkers on the ascent to Crib Goch at 3023'! Stopping for a break o top of Crib Goch, Billy threw his water bottle down the mountainside - anything to get out of carrying on! Pushed on up now to Crib-y-Ddysgl, where we were halted in our tracks by strange sounds from behind. Looking back we could see Billy, stooped, hands on knees, staring at the rocks, at his tired feet, making more strange sounds ... BWLCH ...BWLCH!! Having had the translation, we regrouped and slowly made our way up to Garnedd Ugain and Yr Wyddfa (Snowdon). Lanberis path now three lanes wide and full of holiday traffic!! Used some spare cash to buy some water as we had run out at this point due to warm temperatures. (Piece of advise here - take plenty of spare cash as the only way of getting liquid at the top of Snowdon is to purchase it - not cheap).

Billy made wise decision to drop out at the next feed station so we look at map to give him easier route back avoiding Yr Aran. (Here's me thinking . I wish I could miss it out too!). Dropping down off Snowdon, we reach Bwlch Main and then head due south to Yr Aran with the last drop of water we

headed south west to Craig Wen and then west to our second food stop at Pont Caergors, where Billy had already arrived, to meet Lyn, Tosh and Mike.

Enjoyed the last of the tea and soup with Tosh muscling in on the rice pudding again and Snowy's sandwiches. Eight and a half hours to this second check point, only half an hour down on what Boot had intended. Loaded up and ready to set out on the final leg, Tosh still looking for any spare nosh. (By the way, I forgot to mention, Tosh is Boot's dog).

Heading up Beddgelert Forest, via forestry tracks for about 45 minutes and then off onto rough heather and grass, yet that's right - "no path" - country again. Slogging up to Meol Lefn (2094') Booth and Snowy were getting far more rest than me as they were in race mode now and I was knackered to say the least. Every peak we climbed, they reach about 10 minutes before I did and when I eventually got there I just about got my drink bottle out to hear "Right shall be press on then?" B*?!*!DS.

Dropping down slightly, then up to Moel-y-Ogof, same routine again - no rest for the tired!! A quick downhill and then a steep ascent of Moel Hebog (2566') - it took as long to get up to the summit as it took to do the whole Hebog race two weeks previously.

An equally steep descent now, toes felt like someone had hit them with a lump hammer, so glad to start climbing again - not! Having a job to keep Booth and Snowy in sight now, I think they can smell the finish as this is the last peak, Moel Ddu (1811'). When I reached the top, Booth and Snowy leapt to their feet and convinced me I didn't need any rest, can't believe I agreed. More toe bashing downhill, through chest high bracken (now I know what a HOOMYGOOLY BIRD feels like), short section through pine forest, that makes it appear like night time and we hit the A498 road in the Glaslyn Pass. Extremely tired, Boot suggests an alternative to slogging up the road and that was to dart across two fields to the Afon Glaslyn and find a shallow crossing point in the River - YOU CANNOT BE SERIOUS!! Yes he was, and we did. Nothing like freshening up after 12 hours with an ice cold dip in a mountain river.

That was it, "Boot's Round" completed in 12 hours 37 minutes, tired, wet - very wet and extremely elated by doing what must be one of the hardest parish boundaries, yet probably the most breathtaking in terms of scenery.

Many thanks to the helpers on the day - Lyn, Tosh and Mike. God knows what Boot's next challenge will be?

John Booth

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A SHORT HISTORY OF CLAYTON-LE-MOORS HARRIERS

PART TWO

by Bill Smith

PEAK BAGGERS AND BOGTROTTERS

In 1960 when Dr. Barbara Moore was receiving considerable publicity for her marathon road walks, the Lakeland author, Harry Griffin, suggested in a newspaper article that much more worthwhile walks could be found in the hills and cited as an example, Bob Graham's Round of the Fells in the Lake District, which Graham had completed in 23 hours 39 minutes 28 years earlier. Griffin's article inspired Alan and Ken Heaton, along with Stan Bradshaw, to make an attempt at Graham's Round in late June of that year, and Griffin introduced them to Graham himself, then aged 70, at Honister Hause.

Alan, 32, not only completed the Round but reduced Graham's record by 81 minutes to 22 hrs 18 mins, though Ken, 34, had to retire after his glasses got broken on the ascent of the first peak, Robinson, their loss resulting in the glaring sunlight affecting his eyes and causing bouts of dizziness. Stan Bradshaw, 48, was also forced to retire at Dunmail after continuing alone from Wasdale and crossing the fells from Langdale in darkness without a torch, not to mention also being hampered by cramp and a dislocated thumb. He was invited to join a Kendal AC attempt a fortnight later and succeeded with a time of 23 hrs 25 mins.

In late June the following year, Ken Heaton raised the Lakeland 24 Hour Fell Record to 51 peaks, and not to be outdone, Alan added three more summits in 1962. The legendary Eric Beard (Leeds City AC), who was to die in an M6 motorway accident in 1969, achieved a total of 56 peaks a year later and then Alan Heaton returned in 1964 to traverse 60 peaks, a record which was to stand until 1971 when Joss Naylor (Kendal AC), who had been gaining valuable experience as a pacer since 1962, added one more peak, improving on this the following year with a round of 63 peaks.

Alan Heaton made two further attempts to regain the record, bad weather at night foiling the first one in 1973, while in 1974 he completed a round of 64 peaks in gruelling heatwave conditions but ran out of time on his final summit, Skiddaw Little Man. Naylor had another go in 1975 and claimed another brilliant new record of 72 peaks, which was later improved upon by Mark McDermott (Macclesfield H) with 76 peaks in 1988 and even further by Mark Hartell last year with 77.

In 1995, on the 35th anniversary of his first Bob Graham Round attempt, Alan Heaton set off on a traverse of the 42 peaks at the age of 67. Heatwave conditions prevailed, which in the past haven't bothered him unduly, but on this occasion a lack of water on the Langdale fells resulted in him becoming dizzy and lightheaded, forcing him to retire at Dunmail. Stan Bradshaw therefore remains the oldest man to have completed the Round, having made his second and third attempts in 1977 at the age of 65. On his first Round that year,



Alan Heaton pictured by Tommy Orr at Wasdale, 1973 (Bill Smith collection)

he narrowly failed to get inside 24 hours due to illness, but was successful on his second attempt.

During the early 1970s, the Bob Graham Round began to be regarded as a test course for long-distance fell runners and early successful attempts by Clayton Harriers included Don Talbot's in the company of Pete Walkington, then a Bolton United Harrier, in 1971, followed by Mick Meath's the same year and Jim Loxham's in 1972, another joint attempt with his Karrimor partner, Ken Brooks (Leyland Motors AC) and Tom Sykes (South Ribble OC), who over-ran his time due to a knee injury but was successful on his second attempt.

In 1979, Clayton's Anne-Marie Grindley, one of the pioneers of ladies' fell racing, established a ladies' 24 Hour Record of 58 peaks, paced throughout by her husband Will, though including some "controversial" summits such as the two tops of Kirkfell, Stirrup Crag at the northern end of the Yewbarrow ridge and Looking Stead above Black Sail Pass. A few other Clayton Harriers have also completed extended Rounds, including John Haworth who achieved a 52 peak circuit in 1976; Eddie Hill, who actually lives among the fells at Hartsop, off the Kirkstone Pass, who celebrated his 50th birthday in 1977 with a Round of 50 peaks, a feat emulated in 1982 by Don Talbot, who started at 1am on June 13th, 50 years to the minute since Bob Graham began his Round; and best of all, George Brass who in 1988 traversed 55 peaks to mark his 55th birthday. At the time of writing, 73 Clayton Harriers have attained membership of the Bob Graham Club.

Ultra fell specialist Pete Simpson of Dark Peak Fell Runners became the first man to complete a Winter Bob Graham in December, 1979. Six years later, Stephen Parr of Clayton was thwarted in a solo, unsupported attempt by atrocious conditions but had another go after New Year, 1986 on which he covered 41

peaks in 22 hours but was again foiled by snow showers and darkness at the foot of his final peak, Skiddaw. Steve finally succeeded, this time with support, in December, 1986 with a 23 hrs 36 mins Round, despite having to contend with a snow and ice-covered course. Two years earlier, he had completed a Round of 61 Lakeland 2,500s, Bob Graham-style, covering 116 miles and 42,550 feet of ascent in 43 hrs 1 min 40 secs.

Another ultra fell specialist, Martin Stone, who had joined Clayton from Dark Peak Fell Runners when he went to live in Preston, had started out with Pete Simpson in 1979 but retired on Scafell suffering from the onset of flu. However, he later made the first successful solo, unsupported Winter Bob Graham Round in January, 1987, conquering the icy conditions in 23 hrs 41 mins. The previous July, he had set a new Scottish 4,000s (85m: 16,000') record of 21 hrs 39 mins, again going solo without any support, while in June, 1987 he created a new mark of 23 hrs 24 mins for a solo, unsupported traverse of Ramsey's Round (70m: 31,000') in the Lochaber Highlands, not to mention also adding two extra summits. He had previously established a record of 28 hrs 14 mins for the Two Moors Way (106m: 13,000') in his native Devon in 1980, while among his other achievements since moving North have been a new record of 14 hrs 55 mins for the Brecon Beacons Traverse (72m: 17,000') in South Wales in 1991, and the first solo, unsupported Winter Paddy Buckley Round (61m: 28,000') in Snowdonia in 23 hrs 40 mins in December, 1989. Martin is the Registrar for Individual Long Distance Fell Records (not including relays) and is organiser of the Lowe Alpine Mountain Marathon. He has assisted on many ultra fell record attempts, including the purely mountaineering feats of Martin Moran in both his 1984/85 Winter Munros traverse and his 1993 Alps 4,000s epic with Simon Jenkins. Martin Stone moved from Preston to Sleagill among the Shap fells in 1996.

In 1991, at the age of 55, Jos Naylor ran a 47-mile, 16,200 feet course from Pooley Bridge to Greendale Bridge, Wasdale in 11 hrs 30 mins and this has since become a test course for O/50 and O/60 veterans known as the "Jos Naylor Challenge", with a time allowance for the various age groups. Four Clayton Harriers have so far successfully completed this course: Don Talbot (61) in 14 hrs 51 mins in 1991, Don Barton (60) in 14.19 in 1995, Brian Leathley (64) in 16.11 in 1996, and Monica Shone (66), the first lady to have done so, in 21.47 in 1992, having been paced the whole way by club-mate Wendy Dodds who is still only in the O/45 age group. Wendy also paced Sue Walsh throughout her successful attempt. Brian Leathley mounted two attempts at the Bob Graham Round in 1997, aged 65, completing the second one but exceeding the 24 hour limit by a mere seven seconds, the result of a navigational error at one point.

There are two other long Lakeland runs with which Alan Heaton has been associated, the first being the Lakes Run (105m: 17,000'),

which takes in 26 major lakes and tarns. It was devised by Kendal AC runner and Search And Rescue Dog Association member Dave Meek of Staveley and was first attempted by two Horwich RMI Harriers independently in 1981: Leo Pollard taking 35 hrs 29 mins on a point-to-point route and Pete Schofield 42.38.50 on a circuitous course. Alan Heaton made his attempt the following year on a point-to-point traverse and lowered the record to 25 hrs 13 mins, only for his old rival Jos Naylor to come along in 1983 and further reduce it to 17.14.25. Chris Bland of Borrowdale, a cousin of Billy Bland's, was the first man to attempt a complete traverse of all the summits listed in A. Wainwright's 7-volume Guide to the Lakeland Fells within a week. He made his attempt in 1981, aiming to complete one book per day, and eventually covered all but 22 of the full total of 214 summits. A very gallant effort, indeed, and especially as it was a pioneering effort. Alan Heaton was the next man to attempt this mammoth task, two days after his 57th birthday in 1985 (Bland had been 40). However, rather than follow Chris' example of doing one book per day, Alan based his own schedule on the original one devised by Liverpool schoolmaster John Beech - a fellwalker, not a runner - almost a decade earlier, though with several variations. Heaton completed the full course in 9 days 16 hrs 42 mins, though his start on day 5 had to be delayed till 12.50pm due to a visit to Keswick Hospital with a painful toe injury incurred the previous day.

Alan himself rates this run as his "finest athletic achievement." Twelve months later, Jos Naylor took up the challenge at the age of 50, with a partly-revised schedule and set a new record of 7 days 1 hr 25 mins.

During the 1970s, Alan Heaton had made five attempts to break the 271-mile Pennine Way record and was successful on his second one in 1972, a joint venture with clubmate Mick Heath on which they reduced the previous year's record of Bill Bird (Ranelagh Harriers) by 2 hrs 58 mins to 4 days 5 hrs 10 mins. Two years later, Jos Naylor drastically reduced this mark to 3 days 4 hrs 36 mins, and subsequent holders have been Pete Dawes (Kendal), Brian Harney (Dark Peak), Mike Cudahy (Rucksack Club), the first man to get inside three days with a 2.21.54.30 traverse in 1984 (at his eighth attempt!) and Mike Hartley (Macclesfield Harriers), the present holder with 2.17.20 achieved in 1989. The only known record attempts prior to Bird's run were those by Arthur Puckrin (Middlesbrough & Cleveland Harriers) in 1958 and the Rucksack Club team of Ted Dance and Dennis Weir in 1970, though Clayton-le-Moors Harriers had inaugurated a 24-man relay record of 34.54.37 two-and-a-half months prior to the Rucksackers' effort, which set the trend for numerous attempts by various clubs over the years, the existing record being the 28.15.42 established by Pudsey & Bramley two years ago. Following his Bob Graham attempt in 1995, Alan Heaton was successful in tackling the Pennine Way once more, this time in 7 days 10 hrs 57 mins at the age of 67.

In the late '70s, Clayton's veteran stalwart Jack Betney made two attempts to accomplish a "Double Pennine Way", both of which were terminated by injury, but another Clayton Harrier, Robin Price, managed to realise this ambition in 1990 with a total time of 10 days 5 hrs 5 mins. For the first time of this "Double", south to north, he went solo and unsupported but did have support on the return trip to Edale. The previous year, Robin had broken the record of Rucksacker Geoff Bell with a solo, unsupported one-way traverse of the Pennine Way in 4½ days. Stan Bradshaw, who had assisted on all the 1970s record attempts bar those of Bird and Naylor, helped Robin Price on the second half of his Double traverse.

John North, an outstanding long-distance man of the 1970s who had set a new record of 19.48 for the Bob Graham Round in 1976, established a new Pennine Way cyclo-cross record of 2 days 8 hrs 45 mins in 1978 and two years later won the Three Peaks Cyclo-Cross after having placed 2nd in the previous three events. His best performance in the Three Peaks Fell Race was 4th in 1978 when he was first to Penyghent summit after taking the bold decision to race up there alone via the Brackenbottom route. Clayton's "John North Trophy" is awarded annually for "the best overall performance in A Category fell races during the calendar year."

Another cyclo-cross enthusiast, Dennis Beresford, who now lives in Barnoldswick but was born at Raisgill Farm near Yockenthwaite in Langstrothdale, made a triple circuit of the Three Peaks course on foot in 1978 with a time of 13 hrs 16 mins. Five years later, he broke the 1976 record of Mike Nicholson (Kendal) for the 81-mile Dales Way by 2 hrs 4 mins with a 13 hrs 46 mins traverse. Mike Hartley reduced this to 13.34 in 1989, but two months later Dennis returned to reclaim the record with a 21.48 run which still stands. In his second attempt at the Centurion Way (100m: 16,000ft) in the Yorkshire Dales in 1985, Beresford set a new record of 20 hrs 54 mins, while back in 1977, he and John North had jointly set a new mark of 9 hrs 15 mins for Dave Meek's 50-mile Lakeland Ridge Traverse from Ennerdale to Shap, the inaugural time of 13.15 having been set by Dave himself two years previously.

1992 saw Tim Laney creating a new record of 8 hrs 5 mins for the 53-mile Calderdale Way, 45 minutes inside the mark set by Dave Yates (Calder Valley FR) the previous year, and two years later Mike Wallis recorded 6 hrs 17 mins for the 45-mile Pendle Way, a mark subsequently reduced to 5.47 by another Clayton Harrier, Lee Thompson, in 1997. Also during the latter year, the aforementioned Jack Betney, now aged 64, completed a run over the Pendle, Calderdale and Rossendale Ways in 5 days.

Clayton runners have also produced some epic performances in Scotland. Alan Heaton set a record of 26 hrs 5 mins for the Scottish 4,000s run from Glenmore campsite to New Town Park, Fort William in 1980, enduring abysmal conditions en-route. Five weeks later, in better weather, Chris Dodd (Dark Peak) reduced this mark to 23.14, linking the

Youth Hostels at Glenmore and Glen Nevis. 1982 saw another Clayton Harrier, J.S. Bradshaw, known among his clubmates as "Stan Bradshaw Junior" though he is not related to his legendary namesake, establishing yet another Scottish 4,000s record of 22.33. In 1984, Robin Price and Ian Leighton completed a "Scottish Coast-to-Coast" route from Mallaig to Montrose, covering 230 miles and 25,000 feet of ascent, including all the 4,000s plus eight other Munros, in 4½ days. They "travelled light and existed mainly on a diet of Glucose and Complian."

The senior Stan Bradshaw made a traverse of the Scottish 4,000s with two other Rucksack Club members in 1967 in which they were benighted by blizzards on both Ben Nevis and Ben Macdhuil, and he has also completed many other long Rucksack Club walks such as the 120-mile Tan Hill-Cat And Fiddle, linking the two highest inns in England, in both summer and winter, and the 70-mile Colne Rowsley bogtrot. He has traversed the Pennine Way in both directions, taking 6 days 9 hrs when he was 60 and 6 days 6 hrs four years later. In 1968, Stan covered 77 Lakeland 2,500s on one walk and also linked all the old "Six Northern County Tops" on a 73¼ hour walk, without sleep, with the late Brian Ripley, who was killed later that same year on the Manchester Karakorum Expedition led by John Allen. The previous year, Brian together with his brother Allan and David Summerfeld, all members of the Karabiner MC, had made an ambitious but ultimately unsuccessful attempt to "bag" all the Munros on one continuous traverse. Stan Bradshaw is also probably the oldest person to complete the Cuillin Ridge in one go at the age of 71, having made two previous traverses, all in the company of his good friend and clubmate, Frank Milner.

However, it is fair to note that Don Talbot and some other Clayton members of the Rucksack Club have also completed many of that august body's legendary long walks. In 1990, Don and Mike Cudahy completed an expedition covering the Welsh and English 3,000s and the Scottish 4,000s, using bicycles to transport themselves between the mountain groups. At least 24 members of Clayton Harriers have completed all the Munros and four of them have additionally completed all the 3,000 foot peaks of England, Wales and Eire: Stan Bradshaw 1980, John Haworth 1980 and 1996, Harry Hartley 1990 and Gordon Berry 1991. Alan Heaton, Alistair Patten, Roy Phillips and Don Talbot have only a handful or less to do.

ORIENTEERING PIONEERS

In January, 1963, Clayton-le-Moors Harriers were invited to send a team to compete in Hungary's premier orienteering competition but eventually had to call the trip off due to currency exchange problems. The invitation had been received by the then-Clayton secretary, Wilf Charnley, who passed it on to his brother Gerry. The latter's awakened interest in this new sport increased when he discovered that the 2nd Scottish Orienteering Championships were to be held at Dunkeld later that same year, in July, and with this in mind he arranged a training session eleven days before the event in Tockholes Woods on the northwestern edge of the West Pennine



Gerry Charnley Photo: Ken Turner

Moors, which was attended by Stan Bradshaw, George Brass and Alan Heaton in addition to himself. Stan eventually didn't make the trip north and his place was taken by John Slockett. The team intended to combine the Championships on the Sunday with the Cairngorm Hill Race on the Saturday, but though they found the latter event had been cancelled, their journey was made well worthwhile as Clayton won the senior championship team event.

Gerry Charnley was next contacted by Baron Lagerfelt who had worked hard to develop orienteering in European countries, and he extended an invitation for Clayton members to visit him in Sweden to learn about the new sport, though Alan Heaton was the only one actually able to take advantage of the offer. On November 24th, 1963 Gerry organised the first English open orienteering event at Whitewell in Bowland Forest, which attracted 17 competitors, most of them fell runners. Support was provided by the South Ribble Mountain Rescue Team who afterwards continued to provide back-up for local orienteering events and fell races.

Some of the Rescue Team members, including Ken Turner, Lol Clarke and Frank Milner, became interested in competing as orienteers themselves and in November, 1964 decided to form what became England's first orienteering club, South Ribble OC. Meanwhile, the AAA was considering whether or not Clayton's amateur status would be infringed by their competing in open orienteering events in which cash prizes or sponsorship may be involved, but eventually reached a verdict favourable to Clayton, some of whose members formed England's second orienteering club, Pendle Forest Orienteers, in August, 1965, with Wilf Charnley as chairman, John Haworth as secretary and Bill Hill as treasurer.

Their initial outing under this name was at the Scottish Championships, held that year in the Trossacks near Aberfeldy, where they finished 3rd in the team event, with Alan Heaton winning the senior individual title. He and Alistair Patten represented Pendle Forest Orienteers at the inaugural meeting of the English Orienteering Federation, of which Gerry Charnley became the first General Secretary, later to be succeeded by another PFO man, Roger Wilson. Alistair Patten was selected to represent England in the first World Orienteering Championships in Finland in October, 1966, the only Clayton member ever to achieve this honour, and he was first Englishman home ahead of such

later-to-become-famous competitors as Gordon Pirie and John Disley.

Clayton-le-Moors Harriers can therefore be credited, along with the South Ribble Mountain Rescue Team, as being the first major developers of orienteering in England.

MOUNTAIN MARATHONS

The March, 1968 issue of *The Climber* magazine included a short article headed, "Proposed 'Mountain Marathon'", in which Gerry Charnley broached the possibility of organising a two-day mountain marathon of around 50 miles of really rough country, in which entrants would compete in pairs and camp at a pre-arranged spot in the hills which would also be a checkpoint. Interested readers were invited to contact Gerry with a view to organising such an event later that same year. He had formed the idea after reading about a "Woodsman's Marathon" held in Swedish forests over three days.

The August issue of *The Climber* carried a second article entitled, "First Mountain Marathon", which stated that the response to the first article had been so overwhelming with 180 entries received, that plans were already afoot to stage such an event the following month on the weekend of September 21/22. The promoting body consisted of a special sub-committee of the Northwestern Orienteering Association comprising Gerry Charnley (Chairman), Lol Clarke and Alistair Patten (entries secretary), and the bleak fells and moors of the old Yorkshire North Riding were chosen as the competition area, based on the Swaledale village of Muker.

Rain and mist made for difficult going on the Pennine fells around the heads of Swaledale, Wensleydale, Garsdale and Mallerstang, and the winning pair were the Rucksack Club team of Ted Dance and Bob Astles, while Don Talbot, also representing the Rucksack Club with John Richardson (later to become Pete Bland's Karrimor partner), finished in 5th position. The second Two-Day Marathon (not yet known as "The Karrimor") was run from the Limefitt campsite at Troutbeck, near Windermere, on October 4/5, 1969 with 36 teams entered. Bad weather on the Saturday gave way to fairer conditions on the Sunday, and Dance and Astles were again the winning team, with Don Talbot and Alistair Patten finishing 4th.

The event was now firmly established and going from strength to strength, with a slightly easier course entitled the "Standard Class" being introduced in Snowdonia in 1971, and three years later being divided into "Standard A" and "B" courses, while now of course there are six classes, including two score events. Alan and Ken Heaton finished 4th in the 1971 Elite event, with Alistair Patten and Mick Meath in 5th position. The 1978 Marathon from Peebles in the Southern Uplands witnessed the first female team to complete the Elite course, namely Ros Coats of Lochaber AC (now Mrs Ros Evans) and Clayton's Anne-Marie Grindley, who came 43rd out of the 49 teams that finished.

Graham Huddleston is the only Clayton Harrier to have so far won the Elite Class, having done so in the 1990 event, partnered by his former Kendal AC clubmate, Phil Clarke.

Martin Stone placed 2nd with Mark Rigby (Ambleside) in 1988, two years after finishing 3rd with J.S. Bradshaw, while Tim Laney also achieved runner-up position in 1989 with Keswick's Colin Valentine, after having partnered clubmate Mick Targett to 3rd place in the Swiss Karrimor Elite the previous year.

Lol Clarke died on September 16, 1974 after lying in a coma for four weeks, while Gerry Charnley was killed when leading a party of police cadets along Swirral Edge, Helvellyn on December 14, 1982 and a cornice collapsed beneath him. He was to have been awarded the MBE in 1983 and his death was, like Lol Clarke's, widely mourned by the outdoor fraternity.

Another pioneering mountain marathon with which Clayton have been involved since its early years is the 60-mile Fellsman Hike in the Yorkshire Dales, though this is a different type of event to the Karrimor, being over virtually the same route each year, without the night camp and therefore without the need to carry camping and cooking equipment, though certain items of survival gear do have to be carried. The course was devised by Don Thompson of Brighouse & District Rover Crew ("Brigantes") who organised the first four Hikes up to 1964, after which the Keighley Scout Service Team took over. In 1967, members of the Hike Committee visited the **Game Cock** pub at Great Harwood, near Clayton-le-Moors, to discuss equipment, and particularly footwear, with members of Clayton Harriers. Although fell running shoes are now allowed in the Hike, up to 1981 boots had to be worn, the entrants who were fell runners generally wearing the Walsh "Fellsman" boots. And whereas the event now starts at 9am, up to 1987 it began at 12 noon which meant that even the fastest competitors would be finishing in darkness, while the majority would be going throughout the night and finishing at various times throughout the Sunday.



Don Talbot, 52 years a Clayton Harrier
Photo courtesy Don Talbot

In the 1964 Hike, George Brass finished joint 1st with George Barrow of Preston Harriers and the following year Alan Heaton achieved the first of his record number of ten victories in 14 years, two of these being joint wins with Peter Hartley (the ace photographer who was then running for Rossendale but also had a short spell with Clayton) in 1975 and Mike Walford (Kendal) in 1978. Clayton Harriers filled the first five positions in 1965: Alan Heaton, Alistair Patten, Ken Heaton, Stan Bradshaw and Don Talbot, and the club has triumphed nine times in the team event, with an additional three victories being achieved under the name of Pendle Forest Orienteers. Stan's unrelated namesake, the aforementioned J.S. Bradshaw, notched up four consecutive victories between 1984 and '87, while Anne-Marie Grindley scored six consecutive triumphs in the ladies' class starting in 1979 when she was joint 1st with Jean Dawes (Kendal), wife of Pete Dawes and the first lady to complete the Bob Graham Round. The year after Bradshaw's last victory, Clayton's Gifford Kerr tied with Bingley's Paul Mitchell for 1st place. 1984 was a particularly good year for "Stan Junior" as he also gained his second consecutive win in the 41-mile Calderdale Hike from Mytholmroyd. "King of the Mountains" Alan Heaton also triumphed twice, 1968/60, in the Lake District Four 3,000' Peaks Marathon, whose inaugural event in 1965 had been won by the senior Stan Bradshaw.

The High Peak Marathon, a 40-mile winter's night event for four-man teams over Rucksacker Eustace Thomas' Derwent Watershed route over the Dark Peak moors, is yet another event with which Clayton Harriers have been associated since its inauguration in 1972. They had a remarkable run of six 2nd placings in ten years - four to the Rucksack Club and two to Dark Peak Fell Runners - before finally winning the 1982 event in really gruelling conditions with a team comprising J.S. Bradshaw, Dennis Beresford, Jim Loxham and Steve Parr. Clayton triumphed again eleven years later with their "Sub 9" team being made up of Jack Holt, Tim Laney, Martin Stone and Mike Wallis. Ironically, Don Talbot had been representing the victorious Rucksack Club team in the first three events.

Clayton runners have also achieved a number of outstanding performances in the Haworth Hobble (33m: 4,400'), with Will and Anne-Marie Grindley winning the inaugural event in 1980. Jack Holt partnered Colin Valentine to victory in 1988, with Wendy Dodds teaming up with Sarah Rowell (Leeds City) to come home as first ladies three years later. Another pairing of runners from different clubs, in this case Clayton's Simon Thompson and Jack Wieczorek of Accrington Road Runners (a breakaway club from Clayton), proved to be successful in both 1993 and '94. All-Clayton teams have since enjoyed their own measure of success with Mike Wallis and Lee Thompson tying with Simon Thompson and Andrew Orr to win the 1996 Hobble, followed by Lee Thompson teaming up with Gary Wilkinson to triumph again last year.

The Saunders Lakeland Mountain Marathon, inspired by the success of the Karrimor, saw



Anne-Marie Grindley, Three Peaks, 1979 Photo: Bill Smith

Jim Loxham and Roman Halenko finishing 2nd to the Kendal team of Mike Walford and Tony Richardson in 1980, while Tim Laney won the ultra-severe KLETS Class in 1988. John and David Nuttall triumphed in another Lakeland event, the Old County Tops Race (35m: 9,000') that same year, while in 1989 John Nuttall and J.S. Bradshaw finished 3rd overall and 1st veteran team in the much more demanding Rock And Run Mountain Marathon (Elite Class) in Galloway. Martin Stone, partnered by Ambleside's ace lady ultra specialist, Helene Diamantides, won the tough Dragon's Back event in 1992, a 200-mile 5-stage endurance test in Wales, from Conway Castle to Carreg Sennen Castle, with support provided by the Parachute Regiment. And finally, four years later, Jack Holt joined Rossendale's Ken Taylor to win the Three Peaks Yacht Race.

FELL RELAYS

Clayton 1970 Pennine Way Relay has already been mentioned but the club has also been involved in other ventures over that route. Seventeen ladies teamed up in 1982 to create a Ladies Pennine Way Relay record of 44 hrs 53 mins, despite enduring bad weather for approximately half of this time, while in 1985 there was both a senior male 8-stage PW Relay completed in 41.25 and a Veterans' PW Relay, organised by the indefatigable Jack Betney, covered in 48.26.

Two years later, Clayton set new records in three categories for a relay over Wainwright's 190-mile Coast-to-Coast route: Men 27.48, Veterans 27.57 and Ladies 30.29. In December of that year, 1987, the club established an Under-17 8-stage Relay record for the 45-mile Pendle Way, while the following September, the seniors created three records for the same 8-stage Relay: Men 4.55.50, Veterans 5.13.56 and Ladies 6.21.33. 1989 saw the Ladies team setting a new Bob Graham Relay record of 18 hrs 21 mins and also winning their category in the Cross Keys

Fell and Road Relay at Saddleworth, while in 1990 Clayton's legendary "Z Team" of Veterans set a 12-man 6-stage relay record of 20 hrs 12 mins for the 100-mile Centurion Way in the Yorkshire Dales. The following year, Clayton teams filled the first three places in the Ribble Way Relay Race, with the Veterans' team claiming runner-up spot.

Also in 1991, Clayton's "A" team placed 3rd in the FRA Relay Championships, with both the Veterans and Ladies teams finishing 2nd in their respective categories. Two years earlier, the Ian Hodgson Relay course from Brotherswater had been used for the FRA Relay Championships and on that occasion Clayton had provided both the winning Ladies and Veterans teams. They won the Mixed Team category in the 1991 Ian Hodgson event, too, while the Ladies triumphed again in both 1992 and 1997.

However, the club has been most successful in the two major South Pennine relay events over the Calderdale and Rossendale Ways. Its "A" team won the 1991 Calderdale race and were runners-up in 1992, '93 and '95, while the Veterans were victorious in 1998, '91, '92 and '95 and the Ladies on seven occasions altogether starting in 1988. In both 1992 and '93, the "A" team, Veterans and Ladies all came 1st in the Rossendale event, each team setting a new record on the former occasion, while the "A" team were runners-up in 1990 and '96 and the Ladies and Veterans both victorious in 1990, '91 and '96.

ACKNOWLEDGEMENTS:

I would like to thank the following Clayton Harriers for their assistance in compiling the second part of this club history: J.S. Bradshaw, Stan Bradshaw, Pete Browning, John Haworth, Alan Heaton, Alistair Patten, Martin Stone and Donald Talbot; also Fred Rogerson, retiring Chairman of the Bob Graham 24 Hour Club, and Jack Smith of the Fellsman Hike committee, Keighley.

Martin Stone's Long Distance News Summary

YIANNIS TRIDIMAS - MEIRIONNYDD (INAUGURAL) ROUND

On Friday 8th/Saturday 9th May Yiannis completed a new long distance challenge within 24 hours. Inspired by Paddy Buckley's Welsh Classical Round, which is based in Snowdonia, Yiannis' route linked the distinct hill groups of Cadair Idris, Rhinog, Arenig and Aran. The overall distance was 72 miles with approximately 24,000 feet of ascent and 47 peaks. The round was divided into six sections and the total time was 23 hours 32 mins. During his attempt, Yiannis was assisted by an excellent team of helpers, including Paddy Buckley and led by Wynn Cliff. Yiannis navigated himself and as the weather was quite decent, maps were hardly ever used.

For anyone who may be interested in a new challenge, especially if they have completed the Welsh Classical, BG and Ramsay, Yiannis will supply full details of the route and can be contacted at 15 Eastfield Drive, Liverpool L17 4LH. Email y.d.tridimas@livjm.ac.uk.

RAMSAY ROUND - BANK HOLIDAY SUCCESSES

Since Charlie Ramsay created his 24-hour challenge round in the Lochaber area in the early 80's, there have been relatively few successes. Following three successes during Spring Bank Holiday weekend, the total sub-24hr completions are around 20. Richard Calder, Geoff Pettengell and Craig Harwood completed the round in cool but clear weather - their times ranged from 22 hours - 23 hrs 58 mins.

DONALDS OF AYRSHIRE & GALLOWAY - GLYN JONES

This route is approximately 70 miles and includes ascent/descent of about 18,500 feet. It is a linear run, which links together all 35 Donalds, often on rough and trackless terrain. It starts at the summit of Blackcraig near New Cumnock and finishing on the Knee of Cairnsmore near Newton Stewart. Glyn completed the route in mid-May and his time for the run was 23 hrs 45 mins, making it the first sub-24 hour crossing.

Colin Butler set off with Glyn but knee problems at about the 40-mile mark forced him to retire. Glyn would like to thank his pacers - Colin Brash, John Coyle, Duggie Gillespie, Peter Trenchard, Peter Foulds, Ray McCutchen and Jo McClintock without whom Glyn says that he would not have beaten 24 hours. Glyn has asked me to plug the excellent 42-mile long distance event, Rings of Fire, which will take place in the Galloway on August 22/23rd.

LOWE ALPINE WESTERN ISLES CHALLENGE

Only eight minutes separated the first four teams in the Lowe Alpine Western Isles Challenge - billed as 'the toughest adventure race in the world'. The running element is tempered with canoeing and bicycling along a 200 mile length of the Outer Hebrides.

A local team - Sula Sgeir - scooped first place while Marc Laithwaite from Wigan took the individual title in just over 24 hours, over two hours ahead of US athlete Robert Nagle, despite receiving a two hour penalty for a missed checkpoint on the final day.

Further details of the event are at www.wichallenge.prestel.co.uk.



Western Isle Challenge
Photo: Rob Howard

I keep a register of Long Distance Individual Fell Records and rely on those who set new records to keep me informed. In the autumn, a panel of long distance 'enthusiasts' examines details of outstanding performances and a suitable recipient of the award will be chosen. Please send a schedule and brief details of any record-breaking run to: *Martin Stone, Sleagill Head Farm, SLEAGILL, PENRITH CA10 3HD, Tel: 01931 714106/107 FAX, EMAIL: martin@staminade.demon.co.uk*

BOB GRAHAM CLUB ACHIEVEMENT OF THE YEAR AWARD 1997/98

The Club presents an annual award to a member of the club who has completed the most outstanding long distance mountain running achievement/s. The award year runs from 1st May to 30th April and to be eligible for the award, the member **MUST BE NOMINATED** by a friend or someone who witnessed the event. The nomination should include a description of the challenge, a schedule and reasons why the achievement merits the award. Nominations for the 1997/98 award should be sent by June 1998 to: Mr Fred Rogerson, Tethers End, Lindeth, Windermere, Cumbria - Tel 015394 44586

LAKE DISTRICT MOUNTAIN TRIAL TO INCORPORATE OPEN EVENT

This year's Mountain Trial, to be held on 13th September, is to incorporate an Open Trial in addition to the usual Mens' and Womens' (Elite) events. The open trial will be based on a less demanding course than the main events and will cover a distance of about 10 miles with 3,500 feet of ascent/descent. It will be open to both men and women aged 18 and over subject to compliance with entry requirements.

Prizes will be awarded to younger and older runners on the basis of first male and first female in each of four age categories which, on the day, will be u/18, u/21; 50/u/60, 60/u/70 and finally 70 and over. The Open Trial has been introduced to encourage participation by younger runners and by those who would like to savour the unique nature of the Mountain Trial without having to compete in the more demanding main events.

Unfortunately (for some) completion of the Open Trial will not count towards qualification for the special awards made to men and to women who complete 21 and 15 Trials respectively.

What better way could there be of spending a 'few hours' on the fells 'somewhere in the Lake District' on Sunday 13th September and enjoying a pleasant meal afterwards.

Chris Brasher has generously offered to provide the prizes by way of vouchers exchangeable for either boots or shoes.

Edwin Coope

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