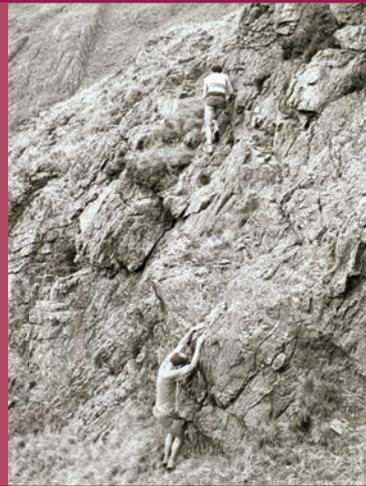


CELEBRATION

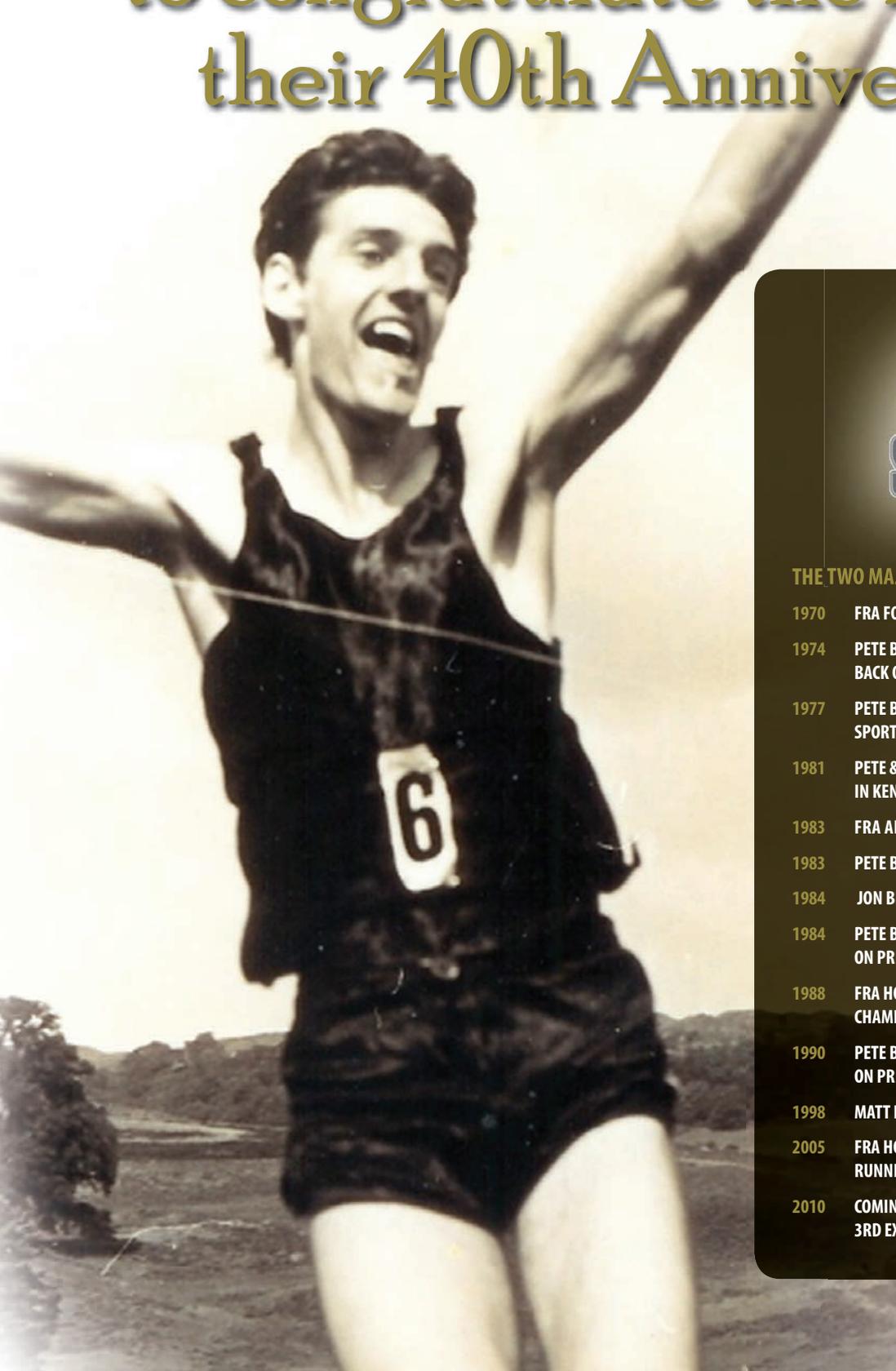
40 Years of the FRA



40TH ANNIVERSARY



Pete Bland Sports would like to congratulate the FRA on their 40th Anniversary



THE TWO MAJOR FORCES OF FELL RUNNING

- 1970 FRA FORMS
- 1974 PETE BLAND OPENS TOP GEAR, TRADING FROM THE BACK OF HIS CAR
- 1977 PETE BLAND OPENS WATERSIDE ADVENTURE SPORTS IN KENDAL
- 1981 PETE & ANNE BLAND OPEN PETE BLAND SPORTS IN KENDAL
- 1983 FRA AFFILIATED TO THE AAA
- 1983 PETE BLAND DESIGNS WALSH PB FELL SHOE
- 1984 JON BROXAP JOINS THE PETE BLAND SPORTS TEAM
- 1984 PETE BLAND SPORTS BUILDS THEIR 1ST EXTENSION ON PREMISES IN KENDAL
- 1988 FRA HOSTS THE WORLD MOUNTAIN RUNNING CHAMPS IN KESWICK
- 1990 PETE BLAND SPORTS BUILDS THEIR 2ND EXTENSION ON PREMISES IN KENDAL
- 1998 MATT BLAND JOINS THE PETE BLAND SPORTS TEAM
- 2005 FRA HOST THE WORLD MASTERS MOUNTAIN RUNNING CHAMPS IN KESWICK
- 2010 COMING SOON - PETE BLAND SPORTS BUILD THEIR 3RD EXTENSION ON PREMISES IN KENDAL

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40 Years On: A Celebration of Fell Running

Photo © Pete Hartley



On the descent from the summit
– Burnsall Fell Race 1991

It will not be necessary for me to remind fell runners about the qualities of the sport which we enjoy in some of the most beautiful parts of earth and which remains free of the commercialisation, “professionalism” and cheating that imbues many other, so-called, sports.

But given that fell running has a history going back to the 19th century (or maybe even before that) it might be a cause for wonder that on 4th April 2010 the Fell Runners Association reached only its 40th Anniversary, well within the active running lives of many of its members.

And whilst the age profile of the FRA committee may be creeping upwards it remains a condition that the majority of the ruling body must be active fell runners. One need not reflect for long on the mess some other sports and their managing bodies find themselves in to recognise the benefits of “run by active fell runners for active fell runners”.

One of the jewels in our crown is The Fellrunner which remains a labour of love for its contributors whilst being produced to the highest level of professional excellence by Britta.

So, in a spirit of joyous celebration the committee has produced this special edition of The Fellrunner: to celebrate the most wonderful sport man has devised.

It contains a short piece by Bill Smith, Forty Years of the FRA, and, well, who needs more?

Bill refers to the first “FRA Calendar”, although it was not called that then, and the first “Fellrunner” (again) and these two documents are reproduced here. They were originally typed for foolscap size paper before the electronic age and if the reproduction is not up to the usual Fellrunner standards : so be it.

Britta has also sourced photographs to illustrate the history of the sport, all in good old B&W.

The FRA Committee is always careful when it comes to spending members’ money but it felt that 40 years of the FRA warranted a little celebration and I hope you enjoy this look back in time.

PRINTING St Ives Web
Tel: 020 7928 8844
www.stivesweb.com

COVER PHOTOS Left: Downham Start 1989. Right: Colin Valentine & Tony Richardson climbing Wetherlam (3 Shires 1988). They had headed for the summit too early. Below: Ian Ferguson (Bingley Harriers) passing the top of Gardyloo Gully - Ben Nevis 1989
Photos courtesy of Pete Hartley



This page. Top left: Ian Ferguson (Bingley Harriers) paddling his canoe up Whinberry Naze - 1989. Top right: Dave Rosen - 3 Peaks 1988. Middle left: Ruth Pickvance (Clayton) - Edale 1990. Middle right: Bashir Hussain (Stockport) & Mark Croasdale (Lancaster & Morecambe) - Burnsall 1991. Bottom left: Keith Anderson - winner Ben Nevis 1989. Next page. Top: Haworth Hobble 1992 - wild conditions on Widdop Reservoir embankment. Left: Parbold Hill Race in the early 1980s - MUD. Right middle: Gary Devine above the clouds on Grisedale Pike - World Cup Keswick 1988. Bottom right: Whinberry Naze Dash - Boxing Day 1991 (preparing for the start) Dave Woodhead in cup & saucer.

February 2010

Dear Graham

The Fell Runners Association 40th Anniversary

I'm delighted to offer the congratulations of everyone at UK Athletics on the FRA's 40th Anniversary. We are privileged to count fell runners as part of the great diverse family of British athletes and celebrate with you the very special role that you occupy within our sport.

While I do a lot of my own running off road and up and down hill on the South Downs, I had not truly appreciated the very special qualities of a fell race until I watched the inaugural Commonwealth Mountain and Ultra Distance Championships last year. This event marked an important step forwards for fell running and I look forward to further such recognition in years to come, without of course losing the essence of your branch of athletics. The event in Keswick also whetted my own appetite and I look forward to running my first fell race this summer.

I trust that all fell runners will enjoy the FRA's anniversary, and UKA wishes you all many enjoyable and successful running years to come.

Yours sincerely



Ed Warner
Chairman



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Doug McCullam (Clayton Harriers)
Thieveley Pike 1984



Forty years of the FRA

A detailed account of how the FRA originated appeared in the February 2000 issue of *The Fellrunner*. However, for the benefit of those who have joined since then, a brief recap may be in order. The chief co-founders were Eddie Leal of Ryde Harriers, Isle of Wight, who was then living near Doncaster, and Gerry Charnley of Clayton-le-Moors Harriers, both now deceased, and they were aided and abetted by Jim Smith, then of Bury and Radcliffe AC but now of Todmorden Harriers.

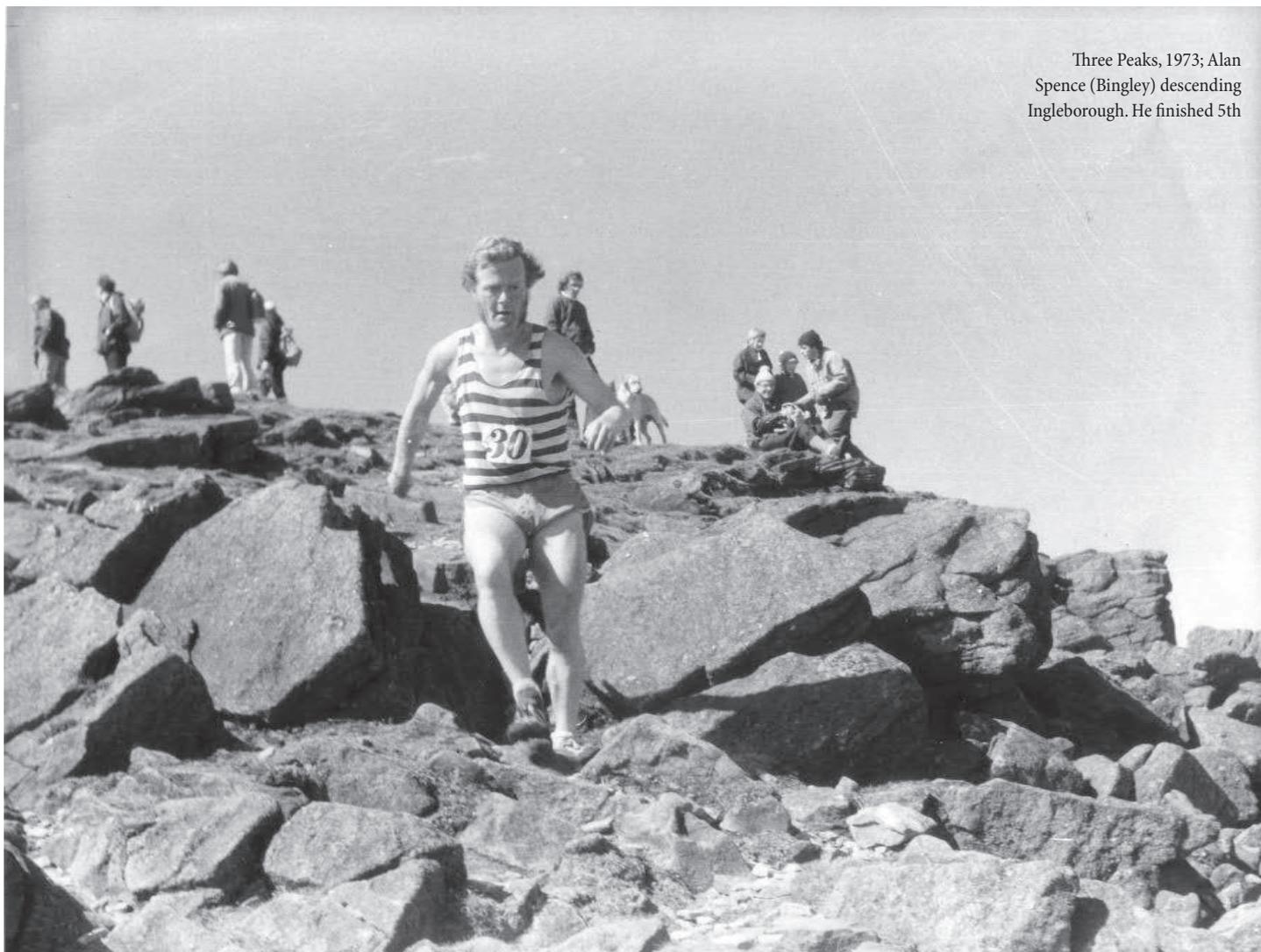
Leal and Charnley had compiled a four-page duplicated fixture list containing details of 41 races early in 1970. On April 4th of that year, the Association was officially launched at a meeting

following the Pendle Fell Race prizegiving at Whitehough Camp School, near Barley, though in actual fact, a separate body calling itself the FRA had come into being four months earlier in West Cumberland. This was headed by Joe Long and Frank Travis, who were not fell runners themselves but, like Fred and Margaret Rogerson of BGR fame, were totally dedicated to the sport, having inaugurated the Ennerdale Horseshoe race in 1968. When Leal informed Travis about the emergence of his Association, Frank and his colleagues agreed to change the name of their organisation to the Cumberland FRA, which existed solely to promote the Ennerdale and, later, nine other races, including Wasdale,

Kinniside, Blake Fell and Bootle Black Combe.

The first elected officers of the FRA were Alf Case (Clayton) chairman, Eddie Leal hon. secretary and Jim Smith hon. treasurer/registrars, with a nine-man committee that included Gerry Charnley (co-founder of the Karrimor mountain marathon), Mike Davies (Reading), Pete Duffy (Aberdeen) and Colin Robinson (Rochdale). Several changes occurred during that first decade, including the election of such still-well-known runners as John Blair-Fish (Lochaber), Pete Bland (Kendal), Stan Bradshaw (Clayton), Alan Heaton (Clayton), Danny Hughes (Kendal/CFR), Jimmy Jardine (Penicuik), Peter Knott (Blackpool & Fylde), Jeff Norman (Altrincham),

Photo © Bill Smith



Three Peaks, 1973; Alan Spence (Bingley) descending Ingleborough. He finished 5th

Kevan Shand (Rochdale), Andy Styan (Holmfirth), Harry Walker (Blackburn), Pete Walkington (Blackburn) and Graham Wright (Rossendale). 1976 saw the appointment of the first lady, Ann Joynson, the girlfriend of 1975 and '78 "Fell Runner of the Year," Mike Short (Horwich), as hon. secretary, and over the next few years Anne-Marie Grindley (Clayton) and Carol Walkington (Kendal) were also elected to the committee. Some of these athletes have since changed clubs, incidentally.

In those early days, the FRA was keen for the sport to maintain a low profile in order to preserve its unique character and down-to-earth atmosphere, and particularly to keep it free from outside commercial interests. In 1982, following prolonged negotiations with the Amateur Athletic Association, it became the official governing body of the sport and has since hosted the World Trophy in 1988, the World Masters in 2005 and the Commonwealth Championships last year, all three events being based at Keswick.

Championships

Mike Davies, an outstanding fell runner of the 1960s and '70s, devised the first championship system to be adopted by the Association and a trophy was donated by Jimmy Jardine. The first official championship (there had previously been unofficial ones), then called "Fell Runner of the Year," was launched in 1972 and won by Dave Cannon (Kendal), while the next winner, Harry Walker, became the most consistent championship contender of the '70s with three second, a third and three fourth placings.

Since 1986 there has been both a British and an English championship and the most successful contender over the years has undoubtedly been Ian Holmes (Bingley) with four British and five English titles to his credit, plus two British and four English V40 titles since 2006. Other outstanding achievers have included Kenny Stuart (Keswick) and Scotsman Colin Donnelly (Eryri) with three British titles each during the 1980s, the latter also gaining three British V40 titles since 2000. In the following decade, Mark Kinch (Warrington) won two British and two English and Gavin Bland (Borrowdale) one British and two English. The most successful runners since the Millennium Year have been Rob Jebb (Bingley) with two British and three English, Simon Bailey (Mercia) with one British and four English, Rob Hope (P&B) with three British and Simon Booth (Borrowdale) with two British. The first V40 championship had been launched in 1979 when the winner was Harry Blenkinsop, now of Keswick but then wearing Kendal's colours. More recent triumphs have been chronicled by Graham Breeze in the summer, 2009 *Fellrunner*, including the splendid achievements of Dave Neill (Mercia) with a total of twelve British and English titles among other notable accomplishments. James Kevan (Horwich) has dominated the U/23 championships, winning both the British and English titles over the past two years.

International mountain racing during the '70s was nowhere near as popular as it is nowadays



Frank Travis presents Jeff Norman with the "Fell Runner of the Year" trophy for 1974, following the 1975 Pendle Fell Race at Whitehough. Jimmy Jardine, Gerry Charnley, Alf Case and Andy Harmer are the onlookers.



Mike Short (Horwich), "Fell Runner of the Year" 1975 and '78, pictured here in the 1976 Pendle Fell Race.

and while the southern athletes Bob Treadwell (Surrey Beagles) and Nigel Gates (Bath) competed fairly regularly on the Continent (though not on Northern fells), only a handful of fell runners such as Joss Naylor (Kendal), Jeff Norman (Altrincham) and the aforementioned Harry Walker competed abroad in races like the Pikes Peak Marathon and Sierre-Zinal, which 1974 "Fell Runner of the Year" Norman won in '75. The World Trophy event is generally contested over fast, smooth, runnable courses, often uphill only, and is therefore unsuited to British fell runners. The inaugural event in 1985, however, saw Kenny Stuart, a steep, rough fell specialist if ever there was one,

triumph in the short race, while the following year 1986 English champion Carol Haigh (Holmfirth) won the ladies' race. On the other hand, Martin Jones (Horwich), who was not a fell runner, prevailed in both 1992 and '93. Billy Bland of Borrowdale, one of the greatest fell runners of all time, once expressed his views on these courses to Neil Shuttleworth: "These continental races are engineered road races zig-zagging up 1 in 7. They're an insult to fell runners and I see myself as a fell runner." (As quoted in Neil's "On The Fells" column in *Running Review*: May, 1986). Billy would, however, no doubt have excelled at Skyrunning had it existed while he was competing.

Photo © Bill Smith



Photo © Bill Smith



Above: Hutton Roof 1992: Cheryl Cook, crossing Farleton Knott

Below: Nicola Davies (Borrowdale), first lady in the Coledale Horseshoe, battling with S. Liptrot (Bowland) on Barrow – mid-1990s

Ladies' Fell Racing

There had been a few solo Ben Nevis runs by women early in the 20th century and again in 1955 when 16-year-old Kathleen Connachie of Fort William completed the course with her trainer, former Ben Race record-holder Duncan McIntyre, having set off one minute after the official race start. However, the Lake District Mountain Trial was the first event to provide an actual ladies' race, doing so in both 1953 and '54 and again in 1968, with just a few entrants on each occasion, while both the Fellsman Hike and Lakes 3,000s Marathon accepted a few entries from women during the 1960s/'70s.

The first race to be held (nominally) under AAA Laws that included female competitors was the inaugural Edale Skyline in 1974, when two of the three starters completed the course. A small number of lady fell runners competed on a fairly regular basis during this decade, including Anne Bland (Kendal), Ros Coates (Lochaber), Jean Dawes (Kendal), Joan Glass (Eryri), Anne-Marie Grindley (Clayton), Pauline Haworth (Keswick), Bridget Hogge (Eryri), Jean Lochhead (Airedale), Linda Lord (Clayton), Sue Parkin (Airedale), Brenda Robinson (Bury), Janet Sutcliffe (CFR)

and Carol Walkington (Kendal). In 1977, Jean Dawes became the first lady member of the Bob Graham Club and earlier that year the Pendle Fell Race had hosted the first official ladies race under AAA Laws.

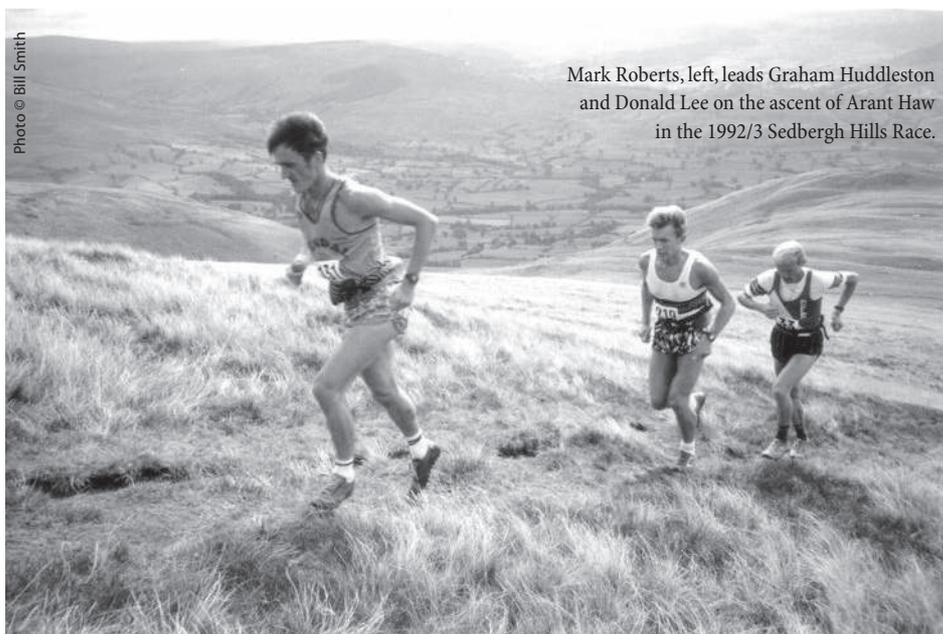
The FRA promoted its first ladies' championship in 1979 when Ros Coates won the first of her two titles, while during the following decade Pauline Haworth (later to marry Kenny Stuart) scored a hat-trick of victories, a feat later eclipsed by Angela Brand-Barker, nee Carson (Eryri) with four British and one English. The latter total of British wins has since been surpassed by Angela Mudge (Carnethy) with five, while Sarah Rowell (P&B) and Lou Sharp (Keswick) have both won two British and two English titles, the latter now competing as Lou Roberts. Since the first British and English LV40 championships in 1992, Nicola Davies (Borrowdale) has won four and two respectively, plus the 2009 British LV50, while Sally Newman (Glossopdale/Calder V) has notched up three British and seven English, as well as two open and two LV45 English. The English LV50 championship began in 2002, since when the most consistent winner has been the long distance mountain specialist, Wendy Dodds (Clayton), with a total of four plus, since its inauguration in 2006, four LV55. The LV60 championship has been going for five years now, with Linda Lord (Clayton) winning the last two titles following Moyra Parfitt (Todmorden), Jan Atkins (Chorley H.) and Sheila McNulty (Radcliffe) with one each. Emma Clayton (Scunthorpe) has fared best in the U23s with two British and one English title since 2006.

(Note: Eileen Woodhead contributed a fine article on "Women In Fell Running" to the Jan/Feb and April/May issues of the late, lamented *Up And Down* magazine.)

The Changing Face of Fell Racing

In common with most sports, fell racing has undergone several major changes over the past forty years. (My own career was kickstarted by Joss Naylor in 1970, incidentally, when he gave

Photo © Bill Smith



Mark Roberts, left, leads Graham Huddleston and Donald Lee on the ascent of Arant Haw in the 1992/3 Sedbergh Hills Race.

me an entry form for the Mountain Trial and a membership form to join the Cumberland FRA. I then had ten years of fellwalking behind me, including two Fellsman Hikes and two Todmorden Boundary Walks.) Perhaps the most noticeable change to someone who had competed during the 1970s and had returned to the sport in recent years would be the massive increase in the size of many race entries, though this has fortunately been partly offset by a parallel increase in the number of races in the FRA calendar (see Margaret Chippendale's article, "The FRA Calendar: The First 40 Years," in the Autumn, 2009 *Fellrunner*), not only in the traditional fell racing areas of Northern England and Scotland but also in Wales and its borders, Ireland and the Isle of Man, where the sport was virtually unknown prior to 1970. *The Fellrunner* magazine also has undergone considerable change, developing from the first issue of 18 typewritten, duplicated pages to the present bumper full colour publication (170 pages in the

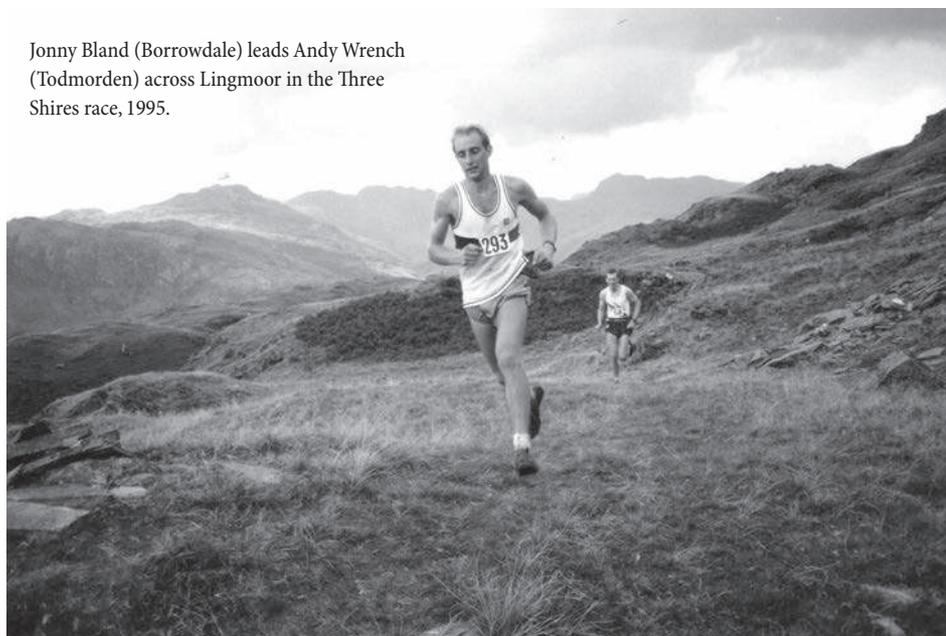
last issue). (For a more detailed account of how the magazine has changed over the years, see Graham Breeze's article, "Turn Back the Hands of Time", in the June, 2006 issue.)

During the FRA's formative years, Alan Heaton and Joss Naylor were the champion long-distance fell runners in such challenges as the Lakes 24 Hour Record and the Pennine Way, both owing much to the support of another long-distance stalwart, Stan Bradshaw, for whom Joss once advocated a knighthood. I don't recall anyone using energy food or drinks back then, the main sustenance being things like cake and jam butties, soup and tea, though an earlier exponent, the late Eric Beard (Leeds), preferred honey butties. No one used a computer to make a schedule and hand torches, not headtorches, were used at night, both on runs like the Bob Graham Round or events like the Fellsman and High Peak Marathon. Even the fast lads on the Fellsman needed to use a torch, incidentally, as the event then started at 12 noon, not 9am as it does now, and furthermore boots had to be worn in both this and the High Peak Marathon, in which fell shoes are now permitted. I wore heavy Montagna boots for my first Fellsman but then changed to lightweight Scarpas and ultimately to the Walsh V-Rippled boots. Even back then, Walsh shoes were the favoured type of footwear.

I can't remember anyone wearing trendy sunglasses or cycling shorts, or carrying a water bottle: streams provided drinking water when needed. Drink stations were virtually non-existent in normal fell racing and were certainly not used on medium events as happens quite often now – surely an unnecessary luxury? The first rucksack designed specifically for the Karrimor was that company's "Pinnacle", a plain red sack with no pockets, while the smaller "Bambaino", also red but with a front pocket, was ideal for events like the Fellsman. The first bumbag I ever saw, another red Karrimor product, was presented to me in 1975 by Ken Ledward, who was testing equipment for the

Photo © Bill Smith

Jonny Bland (Borrowdale) leads Andy Wrench (Todmorden) across Lingmoor in the Three Shires race, 1995.



BILL SMITH

company. Prior to this, we would stuff a map, compass and whistle and maybe a bar of chocolate or Kendal Mint Cake into the pockets of a cagoule, roll the garment up and knot it around the waist, though some preferred a cyclist's bag, worn on the back and strapped across one shoulder and chest. I always favoured a lightweight Peter Storm cagoule, while around 1980/81 I was happy to invest in the newly-marketed Helly Hansen "Lifa" vest, gloves and longjohns, which certainly proved very handy for long winter races and training runs. There were actually very few winter races during the '70s, the main season beginning with either the Rivington Pike race on Easter Saturday, if it fell in March, or the Pendle race on the first Saturday in April. It closed with the Gale Fell Race (now run from the Summit Inn) on the last Sunday (now a Saturday) of October, where the prizegiving took place in the pub accompanied by "live" music and copious amounts of ale in a gradely Pennine atmosphere. Happy days!

Photo © Bill Smith



Right: Andrew Davies (Borrowdale) approaching Blisco summit in the Langdale Horseshoe, late '90s
Below: Traversing Swirral Edge in the Grisedale Horseshoe, 1992



Photo © Bill Smith

Tony Peacock & John Nuttall
- 3 Shires 1984



THE FELL RUNNERS ASSOCIATION

- was formed on 4th April, 1970 to serve the interests of the sport of Fell Running in the U.K.

Officers and Committee currently in office:-

Chairman:- A. Case, 107 Chestnut Drive South,
Pennington, Leigh Lancs.

Hon. Secretary:- E.G. Leal, 72b West Street,
Ryde, Isle of Wight.

Hon. Treasurer/Registrar:- J. Smith, 44, Kenmoor Avenue,
Bury, Lancs.

Committee:- F. Travis, G. Charnley, K. Smith, E. Roberts,
P. Duffy, J. Barlow, M. Davies, J. Haworth,
C. Robinson.

Membership:- Individuals 25p.

Patrons £1.00

The First Magazine

SEPTEMBER 1971

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Page 3. Membership of the Fell Runners Association
Page 4. Fell Running personalities Questionnaire
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Page 10. "Fell Runner of the year".
Page 11. 1969 Three Peaks race - article.
Page 12. -do-
Page 13. -do-
Page 14. The Pennine Way
Page 15. Ben Nevis Race - 1970 Results
Page 16. 17. 18. 1970/1971 Results.
-

C H E C K P O I N T S

(News and Views)

1. Magazine Material:-

All members of the Association are invited to submit material for inclusion in future editions of our magazine. Anything in the way of articles, information, correspondence, (we hope to establish a column for letters) etc., will be very welcome. You don't have to be possessed of journalistic qualities to make a contribution - any item, large or small, will be gladly accepted.

2 Availability of information:-

One of the primary objects of the Association is to be able to provide information to members, particularly on events. To further this object a file is kept on every event in the calendar and all information is recorded as it becomes available. The Hon. Secretary will be pleased to receive any information about events, however trivial, from members as well as organisers. Any contribution serving to make the file more comprehensive will be welcomed at any time.

Reasonable and justifiable criticisms, complaints and suggestions will also be given an airing and taken up on members' behalf

3 Annual Review - "Athletics Weekly"

For several years, up to and including 1969, an excellent review of the preceding years activities in the Fell running world appeared in A.W.

Enquiries of A.W. reveal that the author of this first class resume was in fact anonymous, and despite speculation in several quarters, no-one is able to provide the name of this obviously knowledgeable writer.

It seems a great pity that the services of this close follower of the sport should be lost and this Association would be grateful if he could be persuaded to contact the Hon. Sec. or any member of the Committee, with a view to helping provide future material of the magazine.

MEMBERSHIP OF "THE FELL RUNNERS ASSOCIATION"

Membership is open to anyone on payment of the annual subscription of 25p (due 1st January) and the following is a complete list of members to date:-

This list will not be completely reproduced in future editions but new members to date will be listed in each issue.

- | | | |
|--------------------------|------------------------------|-----------------------------|
| 1. Alf Case | P40. John Betney | 79. Cliff Firstbrook |
| 2. Eddie G. Leal | 41. Edward Crosland | 80. Chris J. Wright |
| 3. Gerry Charnley | 42. Frank Williams | 81. Martin A. Cranny |
| 4. Frank Travis | 43. Wm. N. Cooke | 82. Pete Watson |
| 5. James Smith | 44. Bernard Lister | 83. Jeffery O. Kirby |
| 6. Eddie W. Roberts | 45. Stephen A. Jolley | 84. Stan Bradshaw |
| 7. Michael P. Davies | 46. Charles R. Lawson | P85. John M. Marstrand |
| 8. Peter M. Duffy | 47. David J. M. Rowe | 86. Michael D. Gadstone |
| 9. John Haworth | 48. Donald R. Talbot | 87. Geoff. Garnett |
| 10. Ken Smith | 49. Ian Wainwright | 88. Donald Mitchell |
| 11. John Barlow | 50. Jack Bates | 89. Geoff. M. Pearson |
| 12. Colin Robinson | 51. Michael W. Reynolds | 90. Trevor Ramsden |
| 13. Dennis G. Weir | 52. J. E. Eckersley | 91. Ian R. Neale |
| 14. Roy Swinbank | 53. Paul F. Murray | 92. Ronald B. Nelson |
| 15. James G. Jardine | 54. Brian Heywood | P93. Jack Richmond |
| 16. John N. Harrison | 55. Ernest W. Mason | 94. E. M. Himsworth |
| 17. James M. Strickland | 56. Alan R. Lamb | 95. St. John D. Kemp |
| 18. R. A. Bain | 57. David R. Holmes | 96. K. C. Westley |
| 19. Alan G. Storey | 58. Richard Tinlin | 97. David Griggs |
| 20. Brian Johnson | 59. S. Robson | 98. David H. Wilkes |
| 21. Peter S. Goodfellow | 60. Jeff W. Foster | 99. Martin A. Booth |
| 22. Alan Evans | 61. Christopher J. P. Taylor | 100. John R. Hartland |
| 23. Henry S. Thornton | P62. Brian Clarke | 101. Bob Astles |
| 24. James Dawson | 63. Peter Walkington | 102. Michael Reynolds |
| 25. Michael D. Osborn | 64. Alan Ascott | 103. Joseph Teesdale |
| 26. John R. Grimshaw | 65. Roger Lott | 104. Alistair Patten |
| 27. James T. Ratcliffe | 66. Robert G. Mulgrue | 105. Anthony G. Fuller |
| 28. Alan Morgan | 67. Tom Sykes | 106. Michael B. Sams |
| 29. Norman Carrington | 68. William Midgley | 107. Peter Vidler |
| 30. John Edwards | 69. Harry D. Walker | 108. Raymond J. Castle |
| 31. Jeff Norman | P70. Arthur J. Steel | P109. Invicta Athletic Club |
| 32. Trevor Procter | 71. Ronald B. Bowes | 110. J. B. Cooper |
| 33. Michael A. F. Meath | 72. David A. Cannon | 111. Richard A. Huins |
| 34. Ronald J. Konyon | 73. Michael S. Cudahy | 112. Eddie Foley |
| 35. Barrie V. Boxen | 74. A. B. E. Caiger | 113. George A. Phipps |
| 36. Geoff. H. Doggett | P75. P. A. Bayes | 114. Patrick M. Minchin |
| 37. Neil A. Shuttleworth | 76. Andrew M. Harmer | 115. Carl Emery |
| 38. Reg W. Heys | 77. David M. Tomkinson | 116. Dennis W. Rowell |
| 39. Roger Lawton | 78. Ted. W. Dance | 117. Roger Bradley |

P denotes "Patron"

N.B. At least one enquiry has been received from a lady re membership! - How about lady members? - our constitution doesn't specify sex!

FELL RUNNING PERSONALITIES
QUESTIONNAIRES

We have been fortunate in obtaining for inclusion in our first issue, completed questionnaires from four prominent fell-runners, namely Dave Cannon, Jeff Norman, Joss Naylor and Alan Heaton. It is hoped to reproduce others in due course.

1. JEFF NORMAN

Q. Name? A. Jeffrey Norman

Q. Club? A. Altrincham & District A.C.

Q. Age? A. 26

Q. What are your favourite events:-

A. Three Peaks and probably Skiddaw and Fairfield, although apart from the "Peaks" no clear favourite.

Q. Which do you consider your best ever run(s) ?

A. Skiddaw, 1969 and 1970 (Note: As this questionnaire was compiled before Jeff's devastating performance in the 1971 Three Peaks, when he broke Mike Davies's record by more than four minutes, these two events will almost certainly be now superceded).

Q. What was your first fell race and what age were you?

A. Rivington Pike, 1964 - Age 19

Q. Which do you think averages as the toughest event in the calendar ?

A. Of those I have competed in - probably Ben Nevis although I would think the Mountain Trial and some others are tougher.

Q. What would be a typical weeks training schedule for you (a) in the Fell running season:-

A. No consistent training. Varies considerably according to injuries etc. Average mileage in year 50/week but before Three Peaks may do up to 100/week. Average week:-

Mon. 10 miles - home from work (60 mins)

tue. (a.m.) Easy run to work by shorter route -
7 miles (45/50 mins)

(p.m.) Track race or fast 5, or track session.

Wed. 7 - 15 miles home from work (@ 6.30mins p.m.)

Thur. 8 miles (with fast stride - outs over hilly woodland circuit if no race).

Fri. Rest

Sat. Road or Fell Race

Sun. 20 miles, preferably over mountainous country.

(b) out of the Fell running season:-

A. Very similar, but Sunday run always on flat country.

Tues. evening 3 miles. Building up from 40 m per week before Christmas, to 70 by March. Plenty of slow runs March and April, with up to 100/week or more in late March/Early April.

Q. Do you undertake any special type of training for particular events? if so give details

A. Always start season with a couple of outings over "Peaks" course in about 4 hours and Sunday runs over hills every week I can manage for 6 weeks prior. Also like a fast fell run (e.g. Rivington) Shortly before. When my legs stop being stiff running on hills I know i'm ready to race. Unfortunately am unable to get out on hills in midweek, but find one hill run/week quite satisfactory.

Q. Do you indulge in any special resistance or weight training

A. No

Q. In what events do you compete out of the Fell running season

A. Cross Country and road races, also 1500m to marathon during Fell running season.

Q. Have you put up any record times ? if so please give details

A. Skiddaw 63.05 - 5th July '70
Half Nevis 58.58 - 25th July, 870

Q. How often do you like to compete

A. Fell running every 2 or 3 weeks with road races in between amounting to about 3 weeks in every four.

Q. Have you any particular target(s)

A. Would like to win the "Ennerdale" and would eventually like to attempt records e.g. Lake District Four 3000', Welsh 3000' and the 3 Highest peaks in England, Scotland and Wales. Also beat Mike Davies's record for the Three Peaks (Since accomplished in no uncertain manner!)

Q. Which types of footwear do you consider most suitable for Fell running ? if more than one give details:-

A. For most long distance courses I have experienced - lightweight shoe with moulded sole (e.g. Tigers). For Rocky courses, e.g. Ben Nevis - studded shoes (preferably strong e.g. football boots), if particularly bad. Lightweight studded shoes for short courses when wet.

Q. Regarding the sport of Fell running generally have you (a) Any Pet Hind ?

A. Course falsely described as Fell Races e.g. Slaithwaite, Eldwick and Nickey Nook. - Not having any hills locally to train on. - Not having time to admire the view when I get to the top!

(b) Any suggestions?

A. Would like to see international events arranged, even if runners had to pay their own expenses. - Also proper championship over say three varied courses, e.g. Peaks, Ben and Burnsall. - Also a properly arranged fixture list, through a central body to which all promoters would have to get permission so that tough races would not occur on consecutive weeks, e.g. Peaks/Fairfield, followed by a fixture free period as it was this year (1970) and as it is in 1971 with Ennerdale and Lake Dis. 4 x 3000 on consecutive weeks.

PERSONAL QUESTIONNAIRE2. JOSS NAYLOR

Q. Name ? A. Joss Naylor

Q. Club ? A. Kendale A.C.

Q. Age ? A. 34

Q. What are your 3 favourite events:

A. Ennerdale Horse Shoe Fell race, Vaux Mountain Trial and Two day Marathon.

Q. Which do you consider your best ever run(s):

A. Vaux Mountain Trial 68, Ennerdale Horse Shoe Fell race 1968 - 70, Ramblers 4 3000', Peaks Marathon and the Two day marothon 1970.

Q. What was your first fell race and what age were you:

A. Ben Nevis race 1962 1st newcomer in 1hour 50min 6 sec. 5th without any training age 26 years.

Q. Which do you think averages as the toughest event in the calendar:

A. Two day marathon on average a third of the competitors finish.

Q. What would be a typical weeks training schedule for you (a) in the Fell Running season:

A. I only train for two weeks before an event, thats if I have time to train. First day about ten miles of fell, one easy day. Then about 25 miles run as fast as possible on thursday. Then I repeat the 25 miles about every third day getting out about three times a week.

(b) out of the Fell Running season:

A. I don't do any training out of season as I have no time to spare as I run the Farm single handed. I would like to devote more time to it as I enjoy training.

Q. Do you undertake any special type of training for particular events? if so give details:

A. No special training. I only train myself to be able to run about five miles extra than what the event is. For 25 mile race I train myself to run 30.

Q. Do you indulge in any special resistance or weight training:

A. None

Q. In what events do you compete out of the Fell running season:

A. One or two Orienteering events if any local.

Q. Have you put up any record times? if so please give details:

A. Ennerdale Fell race 3.53.20 Rambler Marathon 8h.20mins. (1971 New record 3.35.40) 24 hour Lake District Record 61 Peaks

Q. How often do you like to compete:

A. I only run in long distance fell races local about three a season. I would run a lot more if I had the time to spare.

Q. Have you any particular target(s):

A. Yes the record for the most Lakeland peaks in 24 hours (Achieved 1971 61 peaks)

Q. Which types of footwear do you consider most suitable for Fell running? If more than one give details:

A. I build my own starting off with a pair of football boots, then I put a pair of hockey boot tops on them for ankle support.

Q. Regarding the sport of Fell running generally - have you (a) any pet bind ?

A. I don't like mass starts with training alone I often set off at the wrong pace.

(b) any suggestions ?

A. All distance fell races over ten miles to be started 1 minute intervals, let the slowest go first. In many cases the race wouldn't take any longer to put on. It's only a thought!

Q. Any other remarks:

A. Give Stanley Bradshaw a Knighthood i'm sure he keeps us all going and must be one of the greatest sportsmen ever.

PERSONAL QUESTIONNAIRE

3. ALAN HEATON

Q. Name ? A. Alan Heaton

Q. Club ? A. Clayton - Le - Moors Harriers

Q. Age ? A. 42

Q. What are you 3 favourite events;

A. Three Peaks, Lake District Mountain Trial, Pendleton Fell Race.

Q. Which do you consider your best ever run(s):

A. When I beat my old friend and rival John Marstrand, to win the Veterans prize in the 1970 Ben Nevis Race and at the same time recorded my fastest time for this race.

Q. What was your first fell race and what age were you:

A. Pendle Fell Race (27)

Q. Which do you think averages as the toughest event in the calendar:

A. Ben Nevis Race.

Q. What would be a typical weeks training schedule for you (a) in the Fell running season:

A. Tuesday:- Club training night local hills up to 10 miles
Weds.) Shorter run sometimes on one night

Thurs.) sometimes on both.

Weekend:- Competing or training up to 15 miles , mostly on local hills.

(b) out of the Fell running season

A. Tuesday:- Soccer or club training night up to 8 miles on road.

Thursday:- occasional short runs on road.

Saturday:- X country races or club training up to 9 miles on country

Sunday:- mostly walking, Pennines, Lakes or Scotland.

Q. Do you undertake any special type of training for particular events ? if so give details:

A. No

Q. Do you indulge in any special resistance or weight training: (give brief details)

A. I did weight training years ago now only as part of circuit training.

Q. In what events do you compete out of the Fell running season:

A. Soccer, Orienteering (All year).

Q. Have you put up any record times? If so please give details

A. Only in long distance events e.g. I have fastest time for Fellsman Hike and hold record of 60 peaks in 24 hours in Lakeland

Q. How often do you like to compete:

A. Short races - every week. Long races - every other week.

Q. Have you any particular target(s):

A. To complete the 3 peaks at least 20 times and the Pennine Way once.

Q. Which types of footwear do you consider most suitable for Fell running. If more than one give details:

A. I have competed successfully in Studs, Bars, Ripples and Flats. It depends on conditions of the day and nature of the course.

Q. Regarding the sport of Fell running generally - have you

(a) Any pet hind?

A. No

(b) Any suggestions

A.

Q. Any other remarks:

A. I would like to thank all the people who have given their time and energy to organise the Fell races which have given me much pleasure over the years.

PERSONAL QUESTIONNAIRE

4. DAVID A. CANNON.

Q. Name ? A. David A. Cannon.

Q. Club ? A. Kendal A.C.

Q. Age ? A. 20 years 3 months

Q. What are your 3 favourite events:

A. Burnsall, Mushbury Tor and Thiveley Pike.

Q. Which do you consider your best ever run(s):

A. 1965 4th Nat. Lads Club, Stoke. 1965 1st Primrose Road Race Boys. 1969 2nd Mid-Lancs League race, Burnley. 1970. Burnsall Fell race, Ten Mile, Rossendale 3 Fells Thiveley Pike, Pental. (Fairfield Disqualified).

Q. What was your first Fell race and what age were you:

A. 1965 Burnsall Boys Fell Race 4th 14 years.

Q. Which do you think averages as the toughest event in the calendar:

A. The toughest event I have run is the Ben Nevis.

you: Q. What would be a typical weeks training for for

- (a) In the Fell running season:
A. Sunday a.m. 1½ steady Fells
p.m. 30 mins easy
Monday 12 miles Road
Tues. 1 Hour Fartlek Fell
Wed. 16 x 440 Grass Track
Thurs. 8 miles easy road
Fri 30 mins easy Cross Country
Sat. Race

- (b) Out of the Fell running season:
Sunday a.m. 2 Hours Fell
p.m. 6 miles easy Cross Country
Monday 1½ hours easy Road
Tues. 8 miles Fartlek Road
Wed. 10 - 12 miles steady Road
Thurs. 6 miles steady Road
Fri. Rest
Sat. Race

particular events? If so give details:
Q. Do you undertake any special type of training for

A. No

training (give brief details)
Q. Do you indulge in any special resistance or weight

A. I have done weights other years but not this year.

season: Q. In what events do you compete out of the Fell running

A. Cross - Country, Road Races.

details: Q. Have you put up any record times? If so please give

A. Ten mile broke record by 28 secs. Burnsall 10 years
record by 11 secs, New record at slaithwaite. Thiveley Pike
by 1 min. 19 sec. Benson Nott Kendal by 57 secs.

Q. How often do you like to compete:

A. Once a week.

Q. Have you any particular target(s):

A. To break all the Fell race records. To run for England.

for Fell Running? If more than one give details:
Q. Which types of footwear do you consider most suitable

A. Light weight studs. Flats for some Fell races.

Q. Regarding the sport generally - have you

(a) Any pet bind:

A. Some are called Fell races and do not resemble a Fell
race.

(b) Any Suggestions:

A. That all the Fell races be included in the King of
the Fells points table.

Q. Any other remarks:

A. (a) I think the Fell Runners Association is a very
good thing for the sport and (b) That the Association will be
able to organise International Fell races in the future.

"FELL RUNNER OF THE YEAR"

From time to time and from various quarters one reads of "Fell Runner of the Year", "King of the Fells" etc., but no official selection basis has ever been established for such a title. This has been mainly due to the lack of any association or body to take the matter up properly.

Who better then, than the fell - running fraternity itself through it's own Association the F.R.A. to establish a basis for selection for this title, with like recognition also perhaps for the first veteran and maybe other subsidiary titles.

A proposal that the F.R.A. should take this matter up officially was enthusiastically received at a recent meeting and it is hoped that the scheme will be fully operational in 1972 with perhaps a trial this year.

The main point for consideration is the basis for selection and several suggestions are put forward below for members to consider, criticise and suggest further upon. The whole idea can be thoroughly aired and chewed over through the F.R.A. and it is hoped that in this way a true representation of members wishes can be finally established.

It is thought that everyone will agree that only true fell races can be considered and the first suggestion is to select a number of races - say 10 - and allocate points to the first 10 finishers, - all races to count.

Another suggestion worthy of thought is the selection of 4 or 5 races (the "classic" fell races) as a permanent basis on which to work the points system, with 5 or 6 other races to be varied from year to year in order that the system does not jeopardise the popularity of some events.

Ten races have already been suggested in connection with these proposals and they are as follows:-

Three Peaks (22 miles), Burnsall (2 $\frac{1}{2}$ miles), Pendle (6 $\frac{1}{2}$ miles) Fairfield (9/10 miles), Ennerdale (24 miles), Skiddaw (9 miles), Thieveley Pike (3 $\frac{1}{2}$ miles), Ben Nevis (10 miles), Rossendale (9 miles), Chevy Chase (17 miles).

The allocation of the points system to the first 10 finishers in each event would appear to be pretty fair and the primary title would of course, be for the "Fell Runner of the Year" with perhaps a medal or other trophy suitably inscribed. A runner - up could also perhaps be recognised and of course, the "Veteran Fell Runner of the Year" must also be considered with perhaps some recognition for the super - veteran (i.e. say over 55's)

This then, is a brief outline of the proposed scheme and all members are invited to comment, criticise and suggest thereon. Please send yours to the Hon. Secretary.

THE 16th ANNUAL THREE PEAKS RACE - 1969

By D. Scott (Clayton-le-Moors Harriers).

(The following article by Dave Scott is reproduced from a Clayton-le-Moors Club Newsletter and appears with the kind permission of that Club).

The big day, the day which causes more tension and sleepless nights in the life of a fell runner than any other in the year, arrived once again, Sunday 27th April. This for many is the culmination of months of hard slog and flog over bog through smog and fog. Little toes have gradually hardened and with luck no blisters will occur.

Early rising on the Sunday with making of sandwiches and drinks by the ever faithful long - suffering wife! The packing of ones bag; which shoes, T. shirt, how many vests, long sleeve, flats, ripples, studs or Greengates? How wet will it be? How much rain has there been recently?

The journey northwards, for us constantly looking at the weather it is dull and cloudy, will it rain or clear for the race? Where's Ingleborough? Ah! Oh! cloud well down the slopes. Let's hope it clears or it could be dodgy. Once again one sees the early arrivals, notably Mike Davies and the later ones, past winner, club record holder, G.B., who races the clock both on the journey and in the race. Into the changing tent; greeting friends, collecting two numbers and tag and finding a place to change.

As the minutes slowly pass and 11 a.m. approaches, the crowds build up, tension increases and athletes jog around the start area, constantly looking up to see Ingleborough - Are the clouds higher or lower? - How cold do you think it will be?

11 a.m. - the gun goes and we're off - a surging mass of multicoloured vests, shorts and shoes, legs and arms working away on the first few yards of the 38,720 to be covered - Alistair will move his legs less than Dave Walsh. Davies is away but Paul goes hard and is in the first few as they clear the rise and head for the first gate.

After much indecision I ran in two vests and a T shirt, a good idea for most of the race but hail stones hurt at 2,000 feet.

Must set off a bit faster than previous years. There's Robinson just in front - who would have thought he would win? Very wet under foot. Already my feet are soaking as we run across the lower slopes before beginning the climbs. Only Paul and Reg are in front - Paul well away but Reg only just in front - Flogging up the wall now, everyone bent double, breath rasping away as we use hands as well as feet to climb upwards. Crowded here, move past him he's slowing you down, nip into that space in front of him, and so on to the top.

Up and on the last section of rocks before the summit plateau. There go the leaders - Good I am roughly at the same point as in previous runs. "Go on Paul" as the first Clayton vest leaves the summit. As the cairn nears, people reach for the tags to throw in the box. How near have you to be - can I save a few yards or seconds which could be precious later on?

Steadily down off the summit and through the rocks, i'm not a J.H. or an A.H. - dare not risk falling. Contouring across the moor, feet and ankles constantly on a slant heading for the wooden steps. Feel great along here, surging along with lots of strength. Over the wall and cut down to the shooting hut early. I am the only one at the moment going down - gain yards, pass in front of hut and gain again. Running down Sulber Nick, felt very warm and sweat begins to trickle in eyes and off forehead. Again take Stan's cut off, only I went, and gained - must be 100 yards. Through Beecroft Hall Farm and then must fight to climb the hill after all the downhill running from Ingleborough. Down under the bridge, at least a foot of water here and into Horton. Well up on schedule - loud speaker van - "Here is third Clayton team member". Good they are both going well - three in the first twenty odd.

Meet Jill and Valerie at usual place, quick drink and collect fruit pastilles and Dextrasol. There is always the worry of getting the dreaded 'huger knock' or 'bonk'. Up the path, fields, walls, gates, all climbing and struggling, stuffing in pastilles whenever walking. Up the first short sections then over the wall and running again. Looking up and seeing string of runners in front. Now onto the steep slog up through the buttresses. Begining to feel tired now, short steps, back aches, must keep going. Suddenly it's cold. The weather changes, biting hail-stones blown down by the wind pepper arms and legs. Legs are more used to such things but arms hurt. Let's get off, lose height quickly.

All down hill - Steady now, not too fast or you will b---- yourself. Now the river - paddle away - across to the small tributary and then over the moor. Ploughing steadily on, very wet, through heather, rushes and the endless bog. Over the wall and up to the bedstead. Only one more section of rough stuff before we get onto easier ground. Thank goodness! Now onto the shorter grass the chunks of limestone. Finally down to The Farm. Through the river this year. No more the trouble of three gates, just the trouble of wet feet after finding the river.

Along the long white road - feet slopping inside wet shoes, squelching the water out. Now into the fields. Not far to Ribbleshead and another drink and replenish pastilles and Dextrasol. Blast! Got cramp in back of my thigh, let's hop it goes or it's going to be tough. Very tired now. A crucial point. The first of the cars parked on the road-side - encouragement from friends. Still on schedule but cramp getting worse.

Through the crowds across the short section of moor. Hard to keep going. Onto the stoney road that leads under the viaduct, very difficult to move fast...All the strength and supreme fitness felt coming off Ingleborough has now vanished and we struggle along. Whernside and the long long slog from the farm to the summit. A question of will-power now "Fight you b----, Fight", Most people are walking, head down hands on knees - must keep going. Little jog - 10 yards of flattish ground. There are others well up on the final steep section. Wish I was up there. I can see the check-point, once there the rest is easy. King of the Mountains comes past, chasing Bert for the Veterans' Prize. Began to hail-stone again. Last steep section. People in front too far to the left - sitting and resting. Not me "Fight you b--- Fight". No worms will get me. The top at last, knocked it off. Three down. Along the ridge - don't forget - off at the third hump. Aa - aa - gh ! Cramp ! Can't move leg seized up.

Hopping round in small circles. Must move! Come on - move!
Running with wooden legs, slowly eases off, there are the cars at
the finish. Wish I was down on the level. Cut off now - down
the steep bit, over the wall steady! Don't want to fall with cramp.
Very boggy here. Careful we don't lose a shoe. Across the green
fields, through the bits of limestone, the farm and onto the track.
Cramp again. Come on. Kepp going. Rub it with your hand whilst
still moving. Cattle grids - Careful - beautiful smooth tarmac
road. Wish I felt great. Could bomb along here. Up from the stream.
Continuous cramp. "Come on Dave!" Shout from friend Les.
"Fight!, Fight!". Approaching the crowds shouts and applause.
Sharp left up the field to the finish !! Made it !!

Walking round, thighs ache. Pain. Can't get rid of the
pain. Drink. Long sleeve shirt on. Sit down. Sun feels warm.
Still the pain. Wonder what my time is - 3 hours 23 mins. 35 secs.
- slower. Not bad considering. Richard says salt tablets next
year. Shout as rest of Clayton members come in. Over 4 hours now.
Go and change. Wash legs in warm water ! Don't fancy a rub in
a bath !!

Presentation 1st., 2nd., 3rd., Team Prizes, 1st., 2nd.,
Third Team in positions 16, 31 and 33, with, "Hey that's us,"
time of 9 hours 54 mins. 59 secs. Clayton-le-Moors. Fabulous!
First time ever won anything. Very attractive stainless steel toast
-rack. Dead chuffed !!

People slowly disperse. The big day draws to a close with
sun and showers. Quite cool now. Head for home.

The stiffness from cramp finally cleared in my right
thigh on Wednesday afternoon.

RESULTS.

1. C. Robinson (Rochdale) 2.44.44. 2. G.J. Norman (Altrincham)
2.44.57 3. M.P. Davies (Reading) 2.46.57. 16. P. Livesey 3.09.59
31. A. Heston 3.21.25. 33 D.I. Scott 3.23.35. 45. G. Brass 3.29.27
46. A. Patten 3.29.46. 47. R. Heys 3.30.11. 74. T.F. Heaton 3.51.38
77. J. Haworth 3.54.08. 88. K. Heston 4.01.49. 101 M. Meath 4.18.05
104. S. Bradshaw 4.19.52. 105. W. Hill 4.19.52. 108. H. Smith
4.22.06. 113. K. Brown 4.41.51. F. Thompson, R. Lawson,
D. Smith retired.

Team: 1. Rochdale 8.41.13. 2. Bingley 9.11.36. 3. Clayton 9.54.59

Number of starters 149. Number of finishers 116. Number first
class 46. Number of 2nd class 65. Number of teams starting 20.
Number of teams finishing 16.

D. Scott.

THE PENNINE WAY

The year 1970 will be remembered as the one in which the Pennine Way became the object of record breaking attention.

It is perhaps fitting and appropriate that Clayton-le-Moors Harriers should become the first Club to blaze a relay traverse over the entire Way and establish a fine record of 34 hours 54 minutes and 37 seconds. The Clayton club imposed upon themselves a set of 6 nominal rules which it would seem fair to expect any Club attempting the record in future, to follow. Their 24 runners were spread over 66 legs.

Later in the same year, Ted Dance and Dennis Weir, both of The Rucksack Club, established a remarkable complete traverse record by covering the entire Way travelling from North to South, in 4 days 23 hours 20 minutes.

This year, 1971, the Pennine Way became the subject of conversation in a Surrey pub and the outcome was a decision by Ranelagh Harriers, to attempt to break the relay record.

Something attempted was indeed on this occasion, something done, and on 29th/30th May, 1971 24 runners from Ranelagh Harriers, spread over 105 legs, broke the Clayton record by completing the traverse in 33 hours 41 minutes 15 seconds.

As an off-shoot of this event, Bill Bird and Dave Locke who had both taken part in the Ranelagh relay, made their return South by way of a valiant attempt on the complete traverse record from North to South, and although Dave Locke was forced to retire through injury at 140 miles, Bill Bird continued alone to make a fantastic reduction in the record of 15 hours 12 minutes. His complete time of 4 days 8 hours 8 minutes is indeed meritorious particularly in view of his solo traverse of the last 128 miles!

A full account of two of these achievements will appear in the next edition of the Newsletter.

BEN NEVIS RACE

The Fell Runners Association would like to join with the Ben Nevis Race Association in paying tribute to the most consistent runner in the history of the Ben race. This year Edward Campbell of Lochaber Athletic Club competed in his twenty first consecutive Ben Nevis Race. Only one runner, Peter Hall, has won on more occasions than Eddie and he achieved success four times whilst Eddie, together with Mike Davies of Reading, David Spencer of Barrow and another Lochaber runner, Brian Kearney, have succeeded three times. Eddie's wins were achieved in 1952, 1953 and 1955. He has also finished in the first ten on numerous occasions, the last time being in 1967, when the weather was very cold with rain and hail on the summit. The most amazing fact emerges that Eddie has broken the 2-hour barrier in no less than 20 of 21 races (or 19 out of 20 on the old course).

It is typical of Eddie that his most outstanding memories of the race are the friendships he has made, particularly with runners who have taken their holidays during the fortnight prior to the race and have trained together in the early mornings.

Congratulations on your fine record, Eddie. We hope that you will continue to compete in the Ben race for many years to come, and to encourage and inspire the younger members of Lochaber Athletic Club to emulate your achievements.

1970 RESULTSPENDLE

1. D. Cannon 43.12
2. P. Rawnsley 44.48
3. P. Watson 45.01

RIVINGTON PIKE

1. R. McAndrew 17.14
2. D. Cannon 17.31
3. P. Wat 17.38

THREE PEAKS

1. J. Norman 2.48.11
2. P. Watson 2.53.41
3. A. Spence 2.55.21

FAIRFIELD

1. J. Norman 1.17.8
2. D. Spencer 1.17.9
3. P. Watson 1.17.30
TEAM - Sale

TEAMS

1. Bingley 9.20.31
2. Bolton 9.39.00
3. Rochdale 9.46.01

CHEVY

1. J. Norman 2.37.30
2. T. Proctor 2.44.47
3. G. Rhodes 2.45.52
TEAM - Sale

ENNERDALE

1. J. Naylor 3.53.20
2. D. Weir 4.12.40
3. A. Heaton 4.16.20
TEAM - Kendal

HARDEN MOSS

1. D. Cannon 13.20
2. K. Darlow 13.22
3. R. Harrison 13.30
TEAM - Airedale & S.V.

SKIDDAW

1. J. Norman 63.5 R.
2. T. Proctor 63.57
3. D. Cannon 65.6
TEAM - Rochdale

BURNSALL

1. D. Cannon 13.29 R
2. H. Walker 14.31
3. J. Norman 14.36
TEAM - Holmfirth

BEN NEVIS

1. J. Norman 1.40.45
2. D. Cannon 1.41.13
3. M. Davies 1.43.57
TEAM - Kendal

1970 RESULTSVAUX MOUNTAIN TRIAL

1. M. Davies 4.30.50
 2. J. Naylor 4.33.02
 3. T. Wale 4.46.03

THIEVELEY PIKE

1. D. Cannon 20.01
 2. H. Walker 20.28
 3. R. Harrison 21.22
 TEAM

ROSSENDALE

1. D. Cannon 61.42
 2. I. Wainwright 63.22
 3. J. Norman 63.40
 TEAM - Bolton

THREE TOWERS

1. C. Robinson 1.48.18
 2. D. Farmer 1.50.22
 3. T. Proctor 1.50.24
 TEAM - Sale

OTHER RESULTS

WORCESTER BEACON 1. P. Wood 33.39, 2. R. Cooper 33.44 3. A. Jenkins 35.18.

MANX MOUNTAIN MARATHON 1. R. Meadowcroft 5.45.0 2. J. Smith 6.05.0
 3. M. Davies 6.54.0

WHERNSIDE JUNIOR 1. D. Cannon 40.08 2 H. Walker 42.47 3. J. Hogg 44.22

INGLEBOROUGH 1. R. Tinlin 53.31 2. D. Cresswell 54.38 3. M. Evans 55.33

FELLSMAN HIKE 1. E. Dance 17 hrs. 13 mins. 2. G. Taylor 17 hrs. 58 mins
 3. J. Edwards 18 hrs. 1 min.

BEN LOMOND 1. B. Finlayson 1.16.20 2. R. Shields 1.17.0 3. H. Elder 1.20.45

LAKE DISTRICT FOUR 3 THOUSAND PEAKS 1. J. Naylor 8 hrs. 24 mins.
 2. A. Heaton 10.04.0 3. N. Heaton 11.49.0

ELDWICK GALA 1. J. Waterhouse 15.22 2. D. Slater 15.39 3. T. Proctor 15.41
 Teams 1 Bingley.

MUSBURY TOR 1. D. Cannon 8.21 2. P. Watson 3. J. Norman.

MAMORE 1. N. Carrington 1.41.53 2. R. Anderson 1.46.16 3. P. Duffy 1.47.07
 Teams 1 Sale

HALF NEVIS 1 J. Norman 58.58 (rec) 2. D. Cannon 3. T. Proctor

NICKEY NOOK 1. J. Norman 37.51 2. D. Cannon 37.55 3. T. Proctor 38.33

PENDLETON 1. T. Proctor 20.45 2 D. Cannon 20.47 3. C. Robinson 20.51

TWO MAN TWO DAY MOUNTAIN MARATHON 1. J. Naylor & H. Walker 13.21.20
 2. B. Jones & M. Kelly 13.43.50 3. P. Bland & J. Richardson 14.21.40

SLAITHWAITE 1 D. Cannon 35.11 2. J. Norman 36.07 3. M. Sams 37.30

1971 RESULTSCARNETHY HILL RACE

1. J. Alder 47.40)
 1. I. McCafferty 47.40) Equal
 3. D. Cannon 47.57
 4. J. Norman 48.29
 5. J. Coyle 49.40
 6. T. Proctor 49.47
 7. D. Simpson 49.54
 8. N. Carrington 50.31
 9. H. McFaull 50.36
 10. B. Finlayson 50.37
 TEAM - Edinburgh Southern 29

PENDLE

1. D. Cannon 42.01
 2. H. Walker 42.13
 3. C. Robinson 42.28
 4. P. Waddington 43.06
 5. T. Proctor 43.39
 6. P. Watson 44.07
 7. D. Farmer 44.09
 8. D. Weir 45.01
 9. P. Walkington 45.08
 10. N. Carrington 45.13

CHEVY

1. J. Norman	2.13.56
2. N. Carrington	2.15.11
3. P. Duffy	2.21.15
4. T. Proctor	2.22.28
5. E. Finlayson	2.22.48
6. D. Coker	2.23.56
7. H. Blenkinsop	2.30.08
8. J. Smith	2.33.46
9. A. Ascott	2.35.29
10. D. Farmer	2.36.03
TEAMS - 1. Salé	7.21.22
2. Rochdale	8.22.57
3. Heaton	8.40.58

THREE PEAKS

1. J. Norman	2.36.26 (rec)
2. C. Robinson	2.39.32
3. H. Walker	2.44.15
4. P. Watson	2.47.12
5. D. Cair	2.50.33
6. B. Pickersgill	2.51.27
7. M. Nicholson	2.52.11
8. M. Davies	2.52.45
9. T. Proctor	2.53.10
10. E. Himsworth	2.55.00
TEAMS - 1. Rochdale	8.35.03
2. Kendal	8.45.50
3. Bingley	9.12.10

FAIRFIELD

1. D. Cannon	R.1.14.50
2. J. Norman	1.14.55
3. H. Walker	1.16.12
4. M. Nicholson	1.20.20
5. R. Belk	1.21.03
6. J. Naylor	1.22.58
7. H. Blenkinsop	1.24.52
8. T. Proctor	1.26.02
9. W. Curwen	1.27.12
10. R. Heys	1.27.32
Team	
1. Kendal	3.58.08
2. Altrincham	4.14.53
3. Airedale	4.22.20

ENNERDALE

1. J. Naylor	3.35.40
2. D. Cair	3.57.00
3. M. Nicholson	3.57.50
4. P. Walkington	4.02.00
5. D. Hughes	4.07.20
6. R. Jackson	4.12.12
7. H. Walker	4.13.10
8. H. Blenkinsop	4.23.10
9. J. Craven	4.24.50
10. M. Meath	4.28.45
Team	
1. Kendal	11.46.40
2. Gale	13.47.22
3. Rucksack	14.15.40

BEN LOMOND

1. E. Finlayson	1.10.15
2. R. Shields	1.13.00
3. H. Martin	1.15.30
4. A. Irving	1.16.10
5. R. Anderson	1.17.15
6. J. Tonner	1.19.35
7. J. Wilson	1.19.50
8. S. Watson	1.20.00
9. R. Campbell	1.22.05
10. C. Jarvie	1.24.10
Team	

SKIDDAW

1. D. Cannon	65.04
2. J. Norman	65.53
3. R. Harrison	66.25
4. H. Walker	66.45
5. T. Proctor	69.45
6. J. Calvert	70.09
7. P. Watson	70.38
8. K. Mayor	70.49
9. T. Ramsden	71.15
10. D. Spencer	72.22
Team	
1. Kendal	3.30.57
2. Barrow	3.41.39
3. Holmfirth	3.42.01
1st vet A. Heaton	28th

BURNSALL

1. H. Walker	13.32
2. D. Cannon	13.36
3. P. Watson	13.43
4. M. Wood	14.15
5. M. Seddon	14.47
6. T. Proctor	14.57
7. T. Ramsden	14.59
8. R. Asquith	15.07
9. M. Nicholson	15.10
10. J. Smith	15.14
Team	
1. Holmfirth	11
2. Bingley	22
3. Longwood	47

BEN NEVIS

1. D. Cannon	1.33.05
2. B. Finlayson	1.33.54
3. P. Watson	1.34.19
4. A. MacRae	1.35.05
5. J. Naylor	1.37.21
6. W. Davies	1.37.56
7. I. Russell	1.38.09
8. H. Walker	1.38.43
9. N. Carrington	1.38.47
10. R. Campbell	1.38.54
Team	
1. Kendal	19
2. Lochaber A	25
3. Lochaber B	49
1st vet J. Marstrand	19th

VAUX TRIAL

1. J. Naylor	4.18.00
2. N. Carrington	4.39.12
3. A. Heaton	4.51.15
4. P. Bland	4.56.30
5. W. Gauld	4.58.18
6. H. Blenkinsop	4.59.41
7. E. Roberts	5.03.25
8. J. Strickland	5.07.25
9.	
10. D. Hughes	5.10.48
Team	
1. Kendal A	14.32.04
2. Kendal 'B'	15.46.32
3. Clayton	16.16.55

ROSSENDALE

1. C. Robinson	Rec61.26
2. D. Cannon	61.27
3. R. Belk	62.59
4. H. Walker	63.25
5. R. Harrison	64.20
6. T. Proctor	64.32
7. P. Watson	65.18
8. P. Wood	66.02
9. R. Rowlinson	66.15
10. R. Asquith	66.33
Team	
1. Airedale & S.V.	16
2. Rochdale	24
1st vet. G. Rhodes	19th

THIEVELEY PIKE

1. H. Walker	20.15
2. D. Cannon	20.25
3. R. Rowlinson	20.58
4. P. Watson	21.18
5. T. Proctor	21.36
6. R. Harrison	21.41
7. R. Asquith	22.17
8. M. Seddon	22.25
9. J. Salt	22.31
10. B. Johnson	22.41

OTHER 1971 RESULTS

WORCESTER BEACON 1. R. Cooper 33.41 2. E. Hansen 34.14 3. A. Rowling 34.18 Team: Worcester Y.M.C.A.

MANX MOUNTAIN MARATHON 1. R. Meadowcroft 4 hrs. 48mins rec. 2. J. Smith 4.56.0 3. M. Davies 5.16.0

WHERNSIDE JUNIOR 1. D. Cannon 36.23 2. R. Belk 39.15 3. R. Rowlinson 39.51.

WELSH 1000 METRES PEAKS RACE 1. D. Weir 3.47.00 2 P. Walkington 4.12.0.3. P. Bland 4.20.0

ENNERDALE JUNIOR 1. D. Cannon 1.25.25

LAKE DISTRICT FOUR 3 THOUSAND PEAKS 1. J. Norman and P. Walkington Time "about 10 hours"

MUSBURY TOR 1. D. Cannon 8.31.05 2.R. Rowlinson 8.33.00 3. P. Watson 9.13. Team Bury & Radcliffe

MAMORE 1. G. Eadie 2. B. Finlayson

HALF NEVIS 1. D. Cannon 57.25 Rec. 2. B. Finlayson 58.52 3. A. MacRae 62.23

NICKEY NOOK 1. M. Freary 37.19 2. R. Harrison 37.34 3. P. Goodfellow 39.49 Team: Bolton

PONTYPOOL 1 N. Evans 17.10 2. M. Lane 17.14 3. D. Francis 17.20 Team: Westbury

DALES JUNIOR 1. S. Redman 7.29 2. C. Hollingsworth 7.31 3. A. Ulrick 7.38 Team: Holmfirth

PENDLETON 1. J. Calvert 22.13 2. D. Cannon 22.21 3. R. Rowlinson 22.35 1st Vet D. Mitchell 13th

THREE TOWERS 1. C. Robinson 1.45.43 2. P. Waddington 1.46.17 3. A. Spence 1.46.57 Team Sale.

TWO - DAY MARATHON

1. J. Naylor & A. Walker	16.01.48
2. J. Richardson & P. Bland	17.02.02
3. D. Hughes & M. Nicholson	17.16.19
4. A. Heaton & K. Heston	17.37.56
5. A. Patten & M. Meath	18.12.55
6. R. Wilde & J. Irwin	18.47.47
7. J. Beatty & R. West	18.53.15
8. P. Walkington & N. Shuttleworth	19.22.55
9. N. Carrington & J. Craven	19.30.19
10. N. Heaton & P. Murray	19.42.50

CANNOCK CHASE

1. M. Freary	2.00.18
2. J. Norman	2.02.14
3. P. Hampron	2.02.23

RIVINGTON PIKE

1. R. McAndrew	16.30	Rec.
2. D. Slater	16.56	
3. C. Leigh	17.02	

HARDEN MOSS

1. D. Cannon	13.09
2. H. Walker	13.28
3. C. Robinson	13.38
TEAM. 1 Rochdale	
2. Holmfirth	
3. Sheffield	

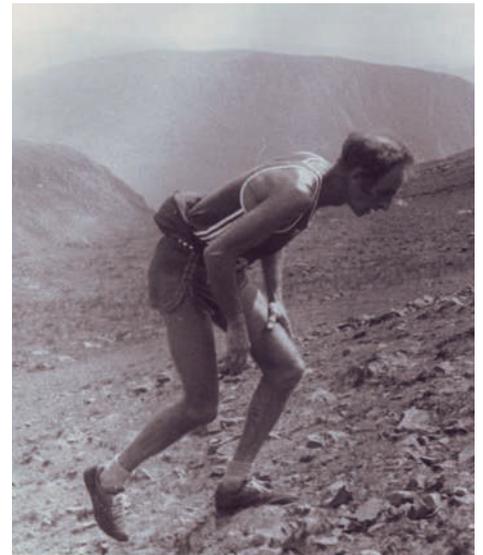
NOTE: Several results are missing from these lists. We would be grateful if organisers would kindly forward result sheets to the Hon. Secretary.



Burnsall fell race, British championship 1990. The start field was a who's who of fell running at the time. Mike Hawkins (198) (Bingley H) is obscuring the winner Kenny Stuart (Keswick).



Above: Jack Maitland (Pudsey & Bramley) has a clear lead on the climb on Halifax Beacon Hill on May Bank holiday Monday 1986. Notice how the whole strung out field is visible behind. Jack won the British fell championships that season. He later moved into triathlon, representing Great Britain 16 times. He is now a World class triathlon coach. Top right: Joss Naylor climbing Haycock during the 1986 Ennerdale fell race. Bottom right: Kenny Stuart (Keswick AC) leaping the wall on the descent en route to winning the British Championship Burnsall Classic in 1985.





Above: Billy Bland of Keswick AC during the 1987 British Championship Moffat Chase. He is on the climb to Nether Coomb Craig, with runners arriving at the Blackhope Burn checkpoint far below.

THE FELL RUNNERS ASSOCIATION

FELL - RUNNING 1970.

PROVISIONAL CALENDAR OF EVENTS.

The following list of fixtures for 1970 has no official status and has been compiled as a matter of interest. It is believed to be fairly complete although information is still awaited on a number of events. Where definite information has been forthcoming from organisers, the event is marked - \emptyset - . Information on events not so marked is only assumed date-wise, etc., in the light of past years or indefinite information received. Any further positive details or enquiries would be gratefully received.

It is hoped to issue a supplementary/confirmatory list at a later date.

The information given follows a definite pattern viz:
Day, date, name of event, distance/total ascent-descent, venue of start, record time, whether marked or obvious course, whether navigation skills required, entry fees, closing date, name of person receiving entries or enquiries, and other remarks of interest.

- - - - -
- \emptyset -SAT. MAR.14 WORCESTERSHIRE BEACON RACE - $6\frac{5}{8}$ m/1,369' - from Malvern, Worcs.- Rec. 33m.24s.- Obvious course - Entries 2/6d ind. 7/6 team - by Mar.7 to R.Hinds, Y.M.C.A. Henwick Rd. Worcester. Some road.
 - \emptyset -SAT. MAR.28 RIVINGTON PIKE FELL RACE - $3\frac{1}{2}$ m/1,152' - Horwich, Bolton. Rec. 16m.42.2s - Obvious course - Entries 2/6d ind. only - No team race - by Mar.14 to J.W. Prescott, 8 Travers St. Horwich, Bolton, Lancs. - Over 18s only.
 - \emptyset -SAT. MAR.28 MANX MOUNTAIN MARATHON - 30m/7,200' - from Ramsey Isle of Man - Rec. 9h.50m - fairly obvious route - Entries 5/- ind. - No team race - by Feb.21 to G. Broderick, Sherwood Hall, University Park, Nottingham, NG7 2QH. - "Not a walk - nor truly a race" - over 16s. only.
 - \emptyset -SAT. APL.4 PENDLE FELL RACE - $6\frac{1}{2}$ m/1,250' - Barley, Nr. Nelson, Lancs. Rec. 41m.32s. - Obvious course - Entries 3/6d ind. only - No team race - by Mar.23 to K.E. Smith, "Thorndene", 65, Marsden Rd. Burnley.
 - \emptyset -SUN. APL.12 CHEVY CHASE - 17m/4,000' (Sen.) - 9m/2,500' (Jun) - Wooler, Northumberland - Rec. 2h.17m.10s. (Sen.) - 1h.30m (Jun.) - Course reasonably obvious in clear weather but navigation might be necessary under bad conditions (Both races) - Entries - 5/- Ind. 7/6 Team (Sen.) 2/6 Ind. 4/- Team (Jun.) - by Mar.28 to A. Morgan, 22, Jesmond Park West, Newcastle-upon-Tyne, N.E.7 7BY. - Sen. - over 21 - Jun. over 18.
 - \emptyset -SUN. APL 26 THE THREE PEAKS RACE - 22m/4,500' - Hill Inn, Chapel-le-Dale, Nr. Ingleton, Yorks.- 2h.40m34s. - Fairly obvious course but navigation required in bad conditions - Entries 4/- ind. -10/6 Team - by Mar.31 to A. Case, 107, Chestnut Drive South, Pennington, Leigh, Lancs. - Over 21s only.
 - \emptyset -SUN. APL.26 - THE WHERNSIDE FELL RACE (Juniors) - (formerly Ingleborough) - 5-6m/1,500' - Hill Inn, Chapel-le-Dale, Nr. Ingleton - Rec. 38m25s. Entries 2/- No team race - by Mar.31 to A. Case - as above - Over 18 under 21 only.
 - \emptyset -SAT. May 2 - THE FAIRFIELD HORSESHOE FELL RACE - ~~8~~⁸m/3,000' from Rydal Park, Ambleside, Westmorland - Rec. 1h.18m.46s - Fairly obvious course "defined in parts" - Entries 5/- Ind. 7/6d. Teams. - probably by Apl.18 - to M. Reynolds, Hon. Sec. Lake District Mountain Trial Assn., O.B.M.S., Ullswater, Nr. Penrith. Cumberland.

- 0-SAT. MAY 9/SUN. MAY 10 - THE FELLSMAN HIKE - 50m/10,000' - From Ingleton, Yorks. - Rec. 12h.53m. - Navigational skills necessary - Entries Ind. 30/- (Limited) No team event - by Apl. 13 - to J.O'Connell, 35, Denholme Road, Oxenhope, Keighley, Yorks. - Min. age 16. "A tough endurance test over very hard, rugged land. Not designed for Harriers. Only fit and experienced fell-walkers".
- SUN. MAY 10 (Probable date only) INGLEBOROUGH RACE - (Universities/Colleges only) - 7m - from Ingleton, Yorks. - 1967 time 48m.3s. Ind.& Team event - Fees unknown - Closing date unknown - to University of Lancaster Cross Country Club, The University, Lancaster.
- 0-SUN. JUN.14 - BEN LOMOND RACE - (Y.H.A.& S.Y.H.A.members only) - 8m/3,000' - from Rowardennan Youth Hostel, East (Stirlingshire) Bank of Loch Lomond - 1h.19m. - Obvious route - Entries - Ind.only - no fee - Close at start - to Mr.D.Muir,c/o S.Y.H.A., 534, Sauchiehall St. Glasgow, C.2.
- 0-SAT. JUN.13 - THE ENNERDALE HORSESHOE FELL RACE - 23m/5,300' - from Ennerdale Scout Activity Centre, Cumberland.-Rec. 4h.0m. - Fairly obvious course - some navigation necessary, definitely in bad weather Entries 10/ Ind. Teams no fee. by Jun 1 - to F. Travis, 13, Hallsena Road, Seascale, Cumberland. - Over 21s only - Entries vetted.
- 0-SAT. JUN.20 - THE HARDEN MOSS JAMES BLAKELY FELL RACE - 2 $\frac{1}{2}$ m - from Harden Moss Grounds, Nr. Holmfirth, Nr. Huddersfield.- Rec.12m37s - Obvious course - Ind. 3/- Teams no fee - Close -- -- -Jun.6 - to M.A. Booth, Holmfirth Harriers A.C., 12, Far End Lane, Honley, Nr. Huddersfield.
- 0-SAT. JUN.20 - THE LAKE DISTRICT, FOUR 3 THOUSAND PEAKS WALK - 34m from Keswick - Record 8 h.54m ("but not really a timed event") -fairly obvious route - limited navigational skills required but necessary in bad weather - Entries 20/- No team event - Close May 31 - to Mrs.A. Shaw, 1, Sunnybank Rd. Bolton-le-Sands, via Carnforth, Lancs. - on behalf of Ramblers Assn. -Over 18s only - 12 Check points.
- 0-SAT. JUN.27 - ELDWICK FELL RACE - 3 $\frac{1}{2}$ m/400' - Eldwick, Nr. Bingley, Yorks. - Rec. 15m11s.- Obvious course - quite a bit of road involved - Entries Ind.3/- Teams no fee - by Jun.13 to R.Smith,16, Charles St. Bingley. Yorks.
- 0-SUN. JUN.28 - MUSBURY TOR MILE (2 races - Sen. & Jun.) - Approx. 1m/500' - Helmshore, Haslingden, Lancs. - Rec. 8m48.1s - Obvious course - Entries Ind. 2/ (Sen.over 18) 1/- (Jun. under 18) - No team event - by Jun.15 to N.Nuttall, 59, Grasmere Rd. Helmshore, Haslingden, Lancs. (Rossendale A.C.) - number of entries limited owing nature of course.
- SAT. JUL.4 - MAMORE HILL RACE - Kinlochleven, Scotland - Part of Kinlochleven Highland Games - "said to be tougher than the Ben Nevis!" Closing date probably 20th Jun. to Mr. A.P. MacLean, 19, Lovat Road, Kinlochleven - No late entries accepted. - No further details - above info. is assumed - date of race is traditional.
- 0-SUN. JUL.5 - THE SKIDDAW FELL RACE - 9m/2,700' from Lower Fitz Park, Keswick - Rec. 64m55s. - Obvious course - Entries - Ind. 5/-Team 7/6d. by Jun.22 (probably) - to J.D.Oliver, 6, Stovah Cottages, Thirlmere, Cumberland. - Vets. comp. over 40.
- JUL. ROSEBERRY TOPPING RACE - Nr. Great Ayton, N. Yorks. - No other details available - information awaited.
- 0-SAT. JUL.11 - DUNS LAW RACE - 6m - from Public Park, Duns, Berwicks. Entry 1/- Ind. ~~No team race - probably by Jul.5 - to Dr. H. Hatrick, "Morelands", Duns, Berwickshire. - Information awaited - Date and other details are assumed in light of previous events.~~ Rec. 28 mins Marked course - "Perhaps team event this year" - Close 1st July - to Mr. J. Gordon, Erskine View, Dhirnside, Duns, Berwickshire.

SAT. JUL.25 - BYNE HILL RACE - 4 $\frac{1}{2}$ m - from Victory Park, Girvan, Ayr.
- Obvious course - Approx. 2 $\frac{1}{2}$ m road, 2m hill - Entry fees unknown -
Ind. only (Sen. & Jun.) - probably by 18 Jul. to S. Connell,
4, Murray Road, Girvan, Ayr. - Evening race - Ailsa A.A.C.

-0-SAT. JUL. 25 - HALF NEVIS RACE - 4-5m/2,200' - from Town Park,
Fort William. Rec. 1h.1m.1s. - Obvious course - Entries - Ind.2/6
or 3/ (not yet fixed) Teams 10/- Close on day of race - "unless
otherwise stated" to Mr. D.MacDonald, Sec. Lochaber A.C. Fort
William, Inverness-shire. "Date not yet confirmed, but normally last
Sat. in July."

SAT. AUG.1 -THE CREAG DHUBH HILL RACE - 4m - Part of Newtonmore
Highland Games, Inverness-shire. - no further details - Previous
entries to Mr. J. Richmond, The Radenoch Hotel, Newtonmore, Inver-
ness-shire. - Date assumed - probably traditional - Details awaited.

-0-SAT. AUG. 15 - THE PONTYPOOL FELL RACE - 4 $\frac{1}{2}$ m/410' - from Pontypool
Park, Pontypool, Mon. - 1970 race will be lengthened from 2 $\frac{1}{2}$ m -
obvious course - Entries - Ind. 2/6d. Teams - no fee - by Aug.3 -
to H.W.Gorvin, Esq. Entertainments Organiser, Municipal Offices,
Pontypool, Mon.

-0-SAT. AUG.22 - BURNSALL FEAST SPORTS "CLASSIC FELL RACE" - 1 $\frac{3}{4}$ m/1,200'
-at Burnsall, Nr. Skipton, Yorks. - Rec. 12m59.8s - Entries - 26d
Ind. No fee teams. by Aug.9 to D.B.Smith, "Wayside" Station Road,
Grassington, Yorks.

-0-SAT. AUG.22 - THE DALES JUNIOR FELL RACE - BURNSALL FEAST SPORTS -
1m/1'000 - at Burnsall, Nr. Skipton - Time 6m55s (in 1966)- Entries
Ind.1/6 - No team fee (Ages over 12 under 16) - remainder as above.

SAT. AUG.29 - FENDLETON FELL RACE - at Fendleton, Nr. Clitheroe,
Lancs (in conjunction with Ann. Village Sports - has not so far been
regd. under A.A.A.laws - efforts being made to this end for 1970.)
Date and details to be confirmed - Sports Committee meeting - May.
- Contact J. Haworth, 39, Ightenhill Rd. Burnley, Lancs.

SAT. AUG. 29 - GLEN URQUHART RACE, DRUMNADROCHIT, Inverness-shire -
- Date believed traditional - Held in conjunction with Drumnadrochit
Highland Games - No other details - information awaited.

SAT. AUG. 29 - WARLEY VILLAGE FETE OPEN ROAD AND FELL RACE - 4 $\frac{1}{2}$ m.
at Warley, Nr. Halifax - prev. entries 2/- Ind. 2/6 teams - Close
probably Aug.22 - Course is two thirds road. 18 yrs. and over only.
Last record of this race - 1967 - Under A.A.A. No further details
- information awaited.

SAT. SEP. 5 - THE BEN NEVIS RACE - 10/12m/4,418' - From Fort William,
Rec. 1h.38.56s - Entries 5/- Ind. Teams by Aug.25 - to W.G.
MacPherson, Hon.Sec. "Avondale" Fort William. These details assumed.

SAT. SEPT.12 - THE KNOCKJARREL HILL RACE - "Up and along the
switchback of Knockjarrel - a fast demanding race" - from Strathpeffer,
Ross-shire - Time - "About 39 mins" - Obvious course - Entries - No
fee - accepted on field - Details assumed - information awaited.

-0-SUN. SEP. 13 - THE VAUX MOUNTAIN TRIAL - 15-20m/abt.7,000' - Lake
District - venue to be announced - Course - "On orienteering lines -
a severe test of ability at route finding and the safe traverse of
difficult mountain country" - Navigational skills necessary - Ind.
5/- Teams 7/6d. - by Sat.29 Aug. to M. Reynolds, Outward Bound
Mountain School, Ullswater, Nr. Penrith, Cumb. Vets. prize.

20
-0-SUN. SPT. 23 - ~~(Date uncertain - owing to clash with "Vaux")~~
ROSSENDALE FELL RACE - 9m/2,000' - from Marl Pits Sports Centre,
Newchurch Road, Rawtenstall, Lancs. - Rec. 61m38s. - Entries - 2/6
Ind. (Late entry 4/-) No fee teams. - Close probably 29 Aug. to
E.W.Roberts, 6, The Square, Bankside Lane, Bacup, Lancs.

SAT. SEP. 26 - THE IVELEY PIKE FELL RACE - 3½m/850' - from The Trials Field, Holme-in-Cliviger, Nr. Burnley, Lancs. - Obvious course - Entries 3/6 Ind. No team event - close probably Sept. 19 - to K. Heaton, (Clayton-le-Moors H.) 10, Castle Clough Cottages, Hapton, Nr. Burnley, Lancs. - Date and details are assumed only, although date is traditional - Run in conj. with Holme-in-Cliviger Sheep Dog Trials Assn whose first meeting to organise is "early summer".

SAT./SUN. OCT. 3/4 - THE TWO MAN - TWO DAY MOUNTAIN MARATHON - 50m Venue - "Northern England (1969 - Lake District) - Course varies annually and is test of route planning and navigational skill across difficult mountain country. Team (of 2 only) 20/- Close - probably 21 SEP. Entries to and details from L.F. Clarke, 10, St. Helens Road, Whittle-le-Woods, Chorley, Lancs. (N. West Orienteering Assn.) Date and other details assumed - confirmation awaited.

-◇- SUN. OCT. 18 - THE THREE TOWERS RACE - 18m/3,000' - Starts at Horwich, Nr. Bolton, Lancs (Same start as Rivington Pike Fell Race) - finishes at Holcombe Brook, Nr. Bury. - Record 2h.6m.42s. - Choice of 2 or 3 routes in places - 6 checkpoints - Ind. Nav. skills between checkpoints - Entries 5/- Ind. 5/- team - by 28 Sep. to J. Smith (Bury & Radcliffe A.C.), 44, Kenmor Av. Bury, Lancs. NOTE date 18th NOT 17th as stated in R.R.C. Fixture List.

-◇- GALE FELL RACE (BLACKSTONE EDGE) - 4½m/1,400' - From Littleborough, Nr. Rochdale, Lancs. - Rec. 21m54s - Ind. & Team - fees - by Oct. 19 to T.H. Smith, 5, Barnes Meadows, Littleborough, Lancs. (Rochdale Harriers)

DOVEDALE DASH - No details at all - information awaited.

~~BARTMOOR TEN TORS RACE - ditto -~~

STOP PRESS - Confirmation received.

-◇- SUN. MAY 10 - INGLEDOROUGH FELL RACE (for Universities & Colleges) 6 m/2,000' - from Ingleton, Yorks. - 1967 time 48m.3s. (R. Tinlin) Individuals and teams are entered only through their University Club - 2/6 Ind. entry - Closing date 14 Mar. to Norman Poole, Bowland College, University of Lancaster, Lancaster. - Obvious route.

Gerry Charnley

February, 1970.

E.G. "Eddie" Leal
3, Meadow Drive,
Tickhill,
Nr. Doncaster, Yorks.
Tel. Tickhill 669.

Colin Valentine & Tony Richardson
climbing Wetherlam (3 Shires 1988). They
had headed for the summit too early



Photo © Pete Hartley



walsh

BOLTON ENGLAND

Congratulations!

Celebrating 40 years of the FRA
Thanks for your continued support

*Norman
Walsh*

NORMAN WALSH MAKING HAND SEWN RUNNING SHOES
FOR THE 1948 OLYMPIC GAMES



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BORN THE YEAR THE FRA FORMED ...



**Little did his mother
know a future
British fell running
star had arrived ...?**

**Lakes Runner would like to congratulate the FRA on its 40th Anniversary and wish all
Fell Runners embarking on the 2010 season good luck – we will see you on the fells!**