Main picture - The steep descent at the start of Black Lane Ends (photo Peter Hartley)

Fellrunners walk on water - Jon Duncan and Huw Symonds at the British Relays (Peter Hartley & Steve Bateson); Dave Woodhead at the Charlotte Slater Memorial Race (Peter Hartley)
Pete Bland Sports and Walsh Footwear have been working together for 25 years to bring the finest range of fellrunning footwear to you.

Over the years, shoe companies have come and gone, all trying to copy the Walsh way of making shoes. They have all failed to reach the high standards that Walsh have attained.

Together we will continue to improve the quality and service of both companies over the years to come.

See enclosed brochure for full range of Walsh Footwear and prices


UK Distributor. Pete Bland Sports, 34A Kirkland, Kendal, Cumbria LA9 5AD Tel/Fax (01539) 731012
Bit at the Front - Neil Denby

The access argument rumbles on. We all saw the government’s stiff resolve to introduce a ‘Freedom to Roam’ Act to outlaw country pursuits such as fox and deer hunting crumble in the face of a single march in London. (It pity it doesn’t work the same for student fees, or nurses pay…) Government agencies (including the MoD and the queen) still hold huge tracts of land where access is forbidden yet do not seem to face the same pressures as private landowners.

There are a number of imponderables - land needs to be managed (grouse mounds wouldn’t exist without the grouse shoot) yet shouldn’t not be closed off; a wilderness soon stops becoming a wilderness if access is made too easy; people who live in the country (as many of us do) are entitled for the face of a single march in London. (It pity it doesn’t work the same for student fees, or nurses pay…) Government agencies (including the MoD and the queen) still hold huge tracts of land where access is forbidden yet do not seem to face the same pressures as private landowners.

There are a number of imponderables - land needs to be managed (grouse mounds wouldn’t exist without the grouse shoot) yet shouldn’t not be closed off; a wilderness soon stops becoming a wilderness if access is made too easy; people who live in the country (as many of us do) are entitled to their privacy.

But how do you frame the legislation? A single runner, or even a small group, crossing a skyline or ascending a fell, should cause no damage and be no problem. Should this access, however, lead to popularising an area then, inevitably, overcrowding, erosion and - as in the case of much of the PW - a paved path, is the result. Some interesting thoughts about open access in this issue – the juxtaposition against a heavily emphasised request not to train on the Noostone course only serves to illustrate the problem.

**CONTENTs**

**Regulars**
- 2. Secretary’s Corner
- 2. News & Views
- 3. Calendar Update
- 4. Peter Travis’ poem
- 10. Junior Update
- 32. Martin Stone’s Long Distance

**Features**
- 14. Access, the Freedom to Run – Bob Berzins
- 26. A Torridon Round - Lawrence Sullivan
- 28. The Wainwrights in 7 days, the Easy Way
- Allam Miller

**Race Reviews/Reviews**
- 19. 3 Peaks & a Supervet – Richard Trichmarsh
- 23. Long Days in Lakeland - Mike Fry

**International**
- 9. International Teenager Games – Kate Bailey, Sarah Gatford, Victoria Russus
- 20. Grand Raid Spectacular - Rob Howard

**Extras**
- 11. Calculating Championship Performances – Howard Gubb
- 19. The View from the Back – Ian Simpson
- 25. They Fell in Love – Chris Read

**STOP PRESS:**

The re-arranged trial for the Black Forest Teenager Games is now on Sunday 13th June
News & Views...

THE JOSS NAYLOR LAKELAND CHALLENGE

In the beginning, there were just 20 tankards to tempt super-vets who were still into long distance fell running. It took a while, but in June 1998 the last of the original tankards donated by Chris Brasher was claimed. Now we have a second batch, again generously donated by Chris and the first five of these will be claimed at this year’s Presentation Dinner on March 20th at Santon Bridge.

The original 20 were:  
1. Don Talbot  
2. Monica Shone  
3. Colin Henson  
4. Don Ashton  
5. John Stout  
6. John Lagoe  
7. John Peel  
8. Don Barton  
9. Ken Lindley  
10. Arthur Clarke  
11. Ralph Stephenson  
12. David Sleath  
13. John Coope  
14. Neville Griffiths  
15. Sue Walsh  
16. Brian Leathley  
17. Dougie Milligan  
18. Paul Murray  
19. John Payne  
20. Les Swindin

IN MARCH, TANKARDS WILL GO TO

20. Les Swindin  
21. Walt Wilkinson  
22. Geoff Bell  
23. Edwin Coope  
24. John Crummett  
25. Stuart Thomson  
M60 June 13  
M60 June 20  
M60 June 26  
M60 July 11  
M50 Aug. 15  
M50 Sept. 5

An innovation this year is that the Dinner has been opened to the 5 known runners who, despite being timed out on their runs, confirmed donations of their charity collections to their chosen causes in the name of the Joss Naylor Challenge. Raising at least £100 for charity has always been a condition of the run and these runners have raised a total of £2,226 towards an overall total of £8,212 so far.

A final call to the ladies; there are only two of us so far and this is your last chance this century. Let’s be having you!

Information, SAE please:  
Monica Shone, 21 Woburn Drive, Hale, Altrincham, Cheshire WA15 8LZ.

Secretary’s Corner

For many years the Annual General Meeting has followed the Langdale Horseshoe Fell Race in mid-November. To save postage our members are advised of the Agenda and Motions in the October magazine. In practise this is not entirely satisfactory as the notice given may only be a few days.

The 1998 AGM was held before the Annual Dinner/Presentation at Skipton on 21 November.

Because the AGM was a month later, the first Committee Meeting, usually held early December, will take place on Saturday 16 January at Kendal, too late to report in this issue.

ANNUAL GENERAL MEETING, SKIPTON, 21 NOVEMBER 1999

1. 38 members attended. The Chairman and Secretary reported on the year’s activities and the Treasurer presented accounts for year ending 31 July 1998.

2. Officers and Committee for 1998-1999 were elected as listed on page 2. Other appointments to Athletics UK Regional Committees and the World Mountain Running Association (formerly the International Committee for Mountain Running) are also listed.

3. Thanks to retiring Officers: Dave Richardson (Junior Co-ordinator for 7 years), Richard Lecky-Thompson (Statistician 4 years) and Committee Members Bob Berzins and Sarah Rowell. There was considerable interest in the post of Statistician: it is good for the future of the FRA that the very important Officer vacancies were readily filled, and volunteers for the Committee came forward (without any coercion) at the meeting.

4. An open discussion followed the formal business, topics included: kit and safety requirements, eligibility for national championships, Calendar hot-line, FHRC selection policy for British teams, recruitment of junior members to FRA, separate Junior Calendar, and more questionnaires to test members views on burning issues. These matters will be raised in Committee in due course.

FELL AND HILL RUNNING COMMISSION

Proposals for Athletics UK were approved by UK Clubs towards the end of last year. As reported in the October 1998 magazine, the FHRC will disappear and its function will be included in a Fell/Hill Running UK Policy and Support Team headed by a ‘Competition Manager’. Until this new body is in place, the present members of the FHRC will continue with Selwyn Wright as Chairman, acting as a Steering Group to:

a) Define job descriptions for the post of Competition Manager, and Co-ordinators for Planning, Rules and Standards, Fixtures, Education and Training, Publicity and Marketing.

b) Seek personnel qualified and willing to serve on this new body and make recommendations to Athletics UK.

c) Continue to handle business previously dealt with by FHRC.

It is expected that applications for the Policy and Support Team posts will be advertised in athletic circles, but in the meantime, members willing to take on any of the roles indicated should express their interest to the FRA Chairman or Secretary.

Mike Rose,  
General Secretary

Wynn Cliff

Wynn Cliff was recently awarded associate membership of the Bob Graham 24 Hour Club. For the benefit of those who do not know Wynn I would like to explain the reason why she was honoured in this way: Over a period of many years she has helped a large number of men and women in their attempts on long distance challenges with a high degree of success. Wynn is a marvellous organiser and coordinator and always offers to help people, often with considerable personal sacrifice. She cooks great food and administers first aid when necessary (amputations and brain surgery optional). “Wynn’s team” is already booked to support over half a dozen Bob Grahams. Paddy Buckley, Joss Naylors and one Meirionnydd next year.

Yiannis Tridimas
First of all my heartfelt apologies for not getting the Calendar out before Christmas. In my defence I have to say that circumstances rendered it a virtual impossibility and it wasn’t due to idleness or lack of organisation on my part but, nevertheless, members and organisers have become used to receiving it in the middle of December and, to judge by the number of phone calls both Pete Bland and I received, a lot of you feel distraught without it.

I would like to give a particular apology to those organisers whose races fall early in January (or in Dave Woodhead’s case, December 31st.) and have come to rely on the pre-Christmas Calendar for their publicity - as a practical compensation any race before the third weekend in January 2000 can have a free entry.

Another spin off of the frantic rush to achieve publication is that the proof-reading this year was EXTREMELY sketchy to put it mildly; hence I would appreciate it if any organiser who finds something, incorrect, however minor, in his/her race entry would give me a ring so I can put it right in good time for "THE MILLENIUM CALENDAR", which, hopefully, will appear when it should!!

I have had a desperate appeal for a clarification from Tony Hulme, generous soul that he is, who has already distributed innumerable pairs of his excellent "Bearfoot" socks to people who have phoned him with the answer to the question about the Calendar front cover. I omitted to mention that the prize was only applicable to the FIRST person with the correct answer - congratulations to Xavier Camembert of Milton Keynes Mountain Runners (I think I’ve got that right !) who was the first person with the right a nswer.

And now to the various additions/corrections, not all, I’m glad to say, down to me; they appear in chronological order after the first two, which are information corrections.

CALENDAR PAGE 74. The third category down in the “Teams” section should read "Men’s Vets O50, not O60.

CALENDAR PAGES 72 & 74. In both the British and the English Championships the Ladies’ Awards are to the first THREE and not, as stated, to the first six.

SUN. 7 MARCH. BENSON KNOTT. This date and NOT 14th. March is the date for this race.

SUN. 7th. MARCH. NOON STONE. This entry is to reinforce the statement in the Calendar from the organiser that there should be NO TRAINING, other than on the public footpaths marked on the O.S. map, on this course and especially not on the sections over Heeley Hill and up to Coldwell Hill. If people ignore this request then the future of the race could be put in jeopardy.

SAT. 20 MARCH. WUTHERING HIKE. BL. 8.00 A.M. 33M/4400’ FROM Haworth Community Centre (GR 033372). £16 per team of two. Limit of 400 teams. ER/NS/PM. Over 18 (16-18 years permitted if competing in a team with the other partner over 18). Records: 4.09 L. Thompson & G. Wilkinson 1997; f. 4.43 A. Buckley 1997. Village sports. 10 mile road race. Details JD Maxfield, Kings farm, Hartlington, Skipton, N.Yorks. BD23 5EE Tel: 01756 752866.

SUN. 28 MARCH. WREKIN. The organiser’s phone number, which I have got wrong for two years running, is 01952 403926.

TUE. 20 APRIL. BUNNY RUN FOUR. To be held on this date, NOT Aug. 27th.

TUE. 27 APRIL. BUNNY RUN RELAY RACE. 7.30 p.m. 3x2.5m/250’ from the Guide Inn, 1.5 miles south-east of Keighley at GR 065386 on OS Sheet 104. £4.50 per team of three on night only. Junior teams welcome. Records: 40.03 Pudsey & Bramley 1997; 46.10 Pudsey & Bramley 1997. Individual fastest times: 13.07 G. Devine 1997; 14.43 A. Buckley 1997. Free butties at prizegiving after race. Details: Dave Woodhead, 166 Hainworth Wood Road, Keighley, W.Yorks, BD23 6NU. Tel: 01756 795344.

SUN. 28 MARCH. WREKIN. The organiser’s phone number, which I have got wrong for two years running, is 01952 403926.

TUE. 20 APRIL. BUNNY RUN FOUR. To be held on this date, NOT Aug. 27th.

TUE. 27 APRIL. BUNNY RUN RELAY RACE. 7.30 p.m. 3x2.5m/250’ from the Guide Inn, 1.5 miles south-east of Keighley at GR 065386 on OS Sheet 104. £4.50 per team of three on night only. Junior teams welcome. Records: 40.03 Pudsey & Bramley 1997; 46.10 Pudsey & Bramley 1997. Individual fastest times: 13.07 G. Devine 1997; 14.43 A. Buckley 1997. Free butties at prizegiving after race. Details: Dave Woodhead, 166 Hainworth Wood Road, Keighley, W.Yorks, BD23 6NU. Tel: 01756 795344.

SUN. 28 MARCH. WREKIN. The organiser’s phone number, which I have got wrong for two years running, is 01952 403926.

TUE. 20 APRIL. BUNNY RUN FOUR. To be held on this date, NOT Aug. 27th.

TUE. 27 APRIL. BUNNY RUN RELAY RACE. 7.30 p.m. 3x2.5m/250’ from the Guide Inn, 1.5 miles south-east of Keighley at GR 065386 on OS Sheet 104. £4.50 per team of three on night only. Junior teams welcome. Records: 40.03 Pudsey & Bramley 1997; 46.10 Pudsey & Bramley 1997. Individual fastest times: 13.07 G. Devine 1997; 14.43 A. Buckley 1997. Free butties at prizegiving after race. Details: Dave Woodhead, 166 Hainworth Wood Road, Keighley, W.Yorks, BD23 6NU. Tel: 01756 795344.

SAT. 17 JULY. MEAL AN-T SUIDHE AS 2.00 p.m. 3.5m/1500’ from Claggan Park, Fort William. £4 on day only. PM. Over 16. Records 27.48 A.Peace 1993; f. 35.56 A. Brand Barker 1993. Details: John Maitland, St.Monance, North Corrain, Ardgour, near Fort William, PH33 7AA. Tel: 01855 841267.

SAT. 14 AUGUST. DWYGYFFYLCHI. To be held on this date, NOT August 7th.

SAT. 21st AUGUST. BURNSALL CLASSIC. AS. 5.00 p.m. 1.5m/900’ from Burnshall, Skipton, N.Yorkshire. £3 to organiser by 11th August. Teams free. PM. Over 18. Also junior race 12-18 years; from 4.15 p.m.; 1m/600’; £1.50. Records 12.48 J. Wild 1983; f. 16.34 C. Greenwood 1983. Village sports. 10 mile road race. Details JD Maxfield, Kings farm, Hartlington, Skipton, N.Yorks. BD23 5EE Tel: 01756 752866.

SUN. 3 OCT. GREAT BUTSER HILL CHALLENGE. BS. 1.00 p.m. 4.5m/880’ from Butser Hill. Queen Elizabeth Country Park, near Petersfield (GR SU718186). £4.50 (£5.50 u/a) to Race Secretary. Teams free. Over 15. Also junior race; 11-15 years, 1.5m., 12.15 p.m. Records: 27.45 T. Buckner; f. 34.04 M. Bradley. Details: Race Secretary, 85 Green Lane, Clanfield, Hants., PO8 0LG.

SAT/SUN. 30/31 OCT. KARRIMOR INTERNATIONAL MOUNTAIN MARATHON. This date and NOT the 23/24 October is the date for this event. The organiser’s details are as follows - Jen Longbottom, KIMM, 17 Woodside, Haslingden, Rossendale, Lancashire, BB4 9QQ. Tel: 01706 231664. Fax: 01706 230781. Mobile: 04104 13771. Email: jlongbo941@aol.com

SAT. 20 NOV. KIRKBYMOOR FELL RACE. This race is on the Saturday and not, as stupidly stated by me in the Calendar, on the Sunday. The distance has been revised from the eight miles given in the Calendar and the seven miles given on the registration form to a final, definite, unalterable SIX AND A HALF MILES.
News & Views…

Millennium Beer?

Dear Sir,

Through your magazine could we ask the membership for help regarding a matter close to their heart, beer drinking.

As you know the Auld Lang Syne fell race, on New Year’s Eve has established itself for an enjoyable race route on Haworth Moor in the heart of Bronte land, free bottle of beer at the finish, great hospitality at the Old Sun Inn and a sensational prize giving. This year, the event becomes unique as it will be the last FELL RACE THIS CENTURY, and to mark this Briscoe Brewery is producing an exclusive one pint bottle of real ale for all finishers.

So a competition is on to find a name for the beer, and possibly a motif, logo or design for the label.

It can be witty, bizarre or serious, it’s up to you. Other brewery productions have been Puddles & Barmy, Shanes Shamrock and the 1998 Auld Lang Syne saw 24 bottles of Woodies Willy Warmer handed out to category winners.

A superb prize is on offer to the winner, the design chosen will be printed and put into production along with the creator’s name, even better he or she will receive 12 bottles of the unnamed beer at present.

Send your entries to Dave & Eileen Woodhead, 166 Hainworth Wood Road, Keighley BD21 5DF, West Yorkshire.

Closing date is the last day of July, and the only judge is brewery owner Paul Briscoe, an accomplished fell runner and brewer, his decision is final.

Dave & Eileen Woodhead

FANCY BEING IN THE ‘FELL RUNNING 2000’ BOOK?

The author Peter Yates needs information from all types of keen fell runners who would like to be considered for inclusion in his new book, ‘Fell running 2000’.

Ideally he would like a type of runners cv.

Name, date, place of birth, when and where you started running, favourite races, career highs and lows, leisure interests and profession, personal notes - and “all sorts of stuff like that”.

Don’t be shy this is your chance to have your bit of fame, he’s not just after the super stars, because fell running is a sport for all not just nobles, besides a book about the elite would be so BORING!

Send your information to Peter Yates, 26 All Saints View, Leeds LS26 8N6. Tel: 0113 2825290.

The Ron Hill Birthday Mile

Rochdale - 25 Sept

Ron Hill, the marathon runner from Hyde, Cheshire, celebrated his 60th birthday by running his 2,000th race, a one mile road race last autumn in 5m 55s. Several contemporaries (from Manchester University) were present including John Whetton, a sub-four minute miler and the 1969 European 1500 metre champion, and Dick Batt.

For the man who became the first track and field athlete to create a brand name, this was another landmark in a long illustrious career combining textiles and sport.

A triply Olympian, Hill began at school in Accrington. Lancs in 1956, has run 115 marathons, 135,000 miles, travelled the World racing in 60 countries, and competed for Great Britain from 1962 to 1974. Hill graduated from ‘the Tech’ (now UMIST) with a first degree in Textile Chemistry in 1960 and was awarded a Doctorate in the summer of 1964. In 1970 at the peak of his athletic career he established Ron Hill Sports.

Honours bestowed on Hill include being the current President of the XXI Club (Manlin), Life Membership of Manchester University Cross country Club (and three other athletic clubs, Bolton U. &AC (1960-76), Steel City Striders and Keswick A.C.) and an Honorary Fellow of UMIST and the Bolton Institute.

Even today nearly three decades on he is still the ninth fastest British marathon runner, and the fastest over 40. He still travels widely for business and his sport having notched up races in 60 countries. He said, “I want to be the world’s most travelled athlete. I will never stop running”.

N. Shuttleworth

LOCH ARKAIG

Near to the glens of Spean and Dessary I viewed the shores of Loch Arkaig and wondered at the silent passing of time.

I had thoughts to run high hills that day, to gain serrated ridge, and stand above myself, but I felt that I was not alone - here the silence of the glens gave cathedral sanctity, a powerful solemnity.

A sadness pervaded which I could not perceive; the march of time had left its mark.

Two hundred years - and fifty more, ago had seen the desultory claim to English throne torn apart, and here rejection was the taste of bitterness.

I sat and watched the rippled surface release the breeze above the glen and circle grey summits forever there, witness to past glories, and to past defeats; unnerved they have claimed the past and perceptive minds may have a fleeting glimpse and feel that they are not alone.

Peter Travis

The start of the Ron Hill Mile   Photo: Neil Shuttleworth
A Cracking Junior Fell Presentation

Dear Sir,

As a parent of two Horwich Harriers, who were fortunate enough to do well in this year’s (1998) English Fell Championships, I would like to convey our thanks for the splendid presentation held in Skipton on November 1st. The whole event was extremely well organised and thoroughly enjoyed by all three of our children and the whole Horwich contingent. A lot of time and effort has obviously been put into the whole awards afternoon. The prizes presented were excellent, including the superb trophies which, I believe, were new this year. The idea of giving t-shirts to all the top ten in each age category was a really nice touch and what made the whole presentation more meaningful was to have Fell Running Celebrities take part in the awards. I know our daughter Laura had her t-shirt signed by Victoria Wilkinson, Sarah Rowell, Ian Holmes and Matthew Whitfield and it’s such a treasured possession that it’s got pride of place in her bedroom and she’s wearing her brother’s!

All in all the whole event and atmosphere was great. A lot of credit must go to Eileen and Dave Woodhead who must have put a lot of effort into making the presentation the huge success it was. Also thanks to anyone else who made it all possible and to the FRA for providing such special awards to be treasured by so many up and coming fell runners. Thanks to all concerned, it’s great to see the future of the sport is being recognised and rewarded with such thought, time and effort.

Gareth Hughes (Horwich)

Thanks!

Dear Sir,

A line to express my utmost thanks to Eileen and Dave Woodhead for an excellent and well organised Junior presentation, action and fun for the kids from start to finish.

One thing that springs to mind was the cups and medals presented, was the presentation of the “EXCLUSIVE T-SHIRT” commemorating the event, going as it did to the first 10 in each age category. This must be a treasured possession for all recipients, especially as in my son Luke’s case he had the T-shirt signed by the presenting champions:- Victoria Wilkinson, Sarah Rowell, Ian Holmes and Matthew Whitfield.

Long may this generous "extra gift" continue.

Yours faithfully,

Bob Paget

And Again!

Dear Sir,

In my capacity as Junior Captain of Horwich RMI Harriers and AC, I would like to pass on my thanks to all involved at the FRA for another excellent presentation afternoon in Skipton last year, and some fantastic trophies, medals and T-shirts. The new trophies are excellent and are a just reward for a year’s work for the winners. The replacement of certificates, for the individuals in each age category, by T-shirts, made this also a deserving reward, and as one Horwich junior who finished 11th was heard to say as tenth place went for his T-shirt, “one more point and that would have been me, just wait till next year.” Also the medals for the members of the winning teams were very well appreciated by the winners and parents were very impressed with these too. I hope this will long continue.

The junior section of the club has supported the English Fell Championship for a number of years now, but their rewards this year was second to none. I hope that your rewards for such a varied and extensive prize list will be an increase in the number of juniors competing in the Championship over the season. I will once again be trying to ensure a good Horwich turn out.

May I also take this opportunity to thank Dave Richardson for all his work in his role as English Junior Fell Championship Co-Ordinator, he will be missed. I’m sure he’ll be out over the Summer watching the juniors and I’m sure all the readership wish him well.

Yours in sport,

Peter Ramsdale

Northern Ireland Fell Runners Association

1999 British Championship Medium Race on 22 May

based in Newcastle, over the Donard - Commedagh Route (as used in 1997).

Route information:
Length: 11km (6.8 miles)
Height: 1015m (3300 feet)

Records:
Men: 64’ 23” Ian Holmes
Women: 76’ 41” Angela Mudge

Travel:
By fast ferry, on four routes from Holyhead or Stranraer to Dun Laoghaire, Belfast, Larne. On most routes there are special offers for 2, 3 or 5 day returns. By air, to Belfast City or international airports.

Accommodation:
A list will be available from March onwards.

Entry forms and further information from mid-March onwards:
Ian Taylor, 52 Bladon Drive, Belfast BT9 6JN.
Tel: 01232-280790 (h)
Email: IR.Taylor@ulst.ac.uk
Fell found on Hyde Park
(Exclusive)

The select group of readers who do most of their midweek training on Hyde Park may be interested to know that there exists a small patch of tussocky fell-like terrain amongst the otherwise beautifully cropped grass of the park. A leaky water main (we hope) provides year-round water to an area approximately 100m square, soaking the ground and barring the groundsmen from proceeding with their mechanical maintenance. The result is an area of perpetually marshy ground and tussocks similar to those more usually encountered on the Lowe Alpine MM. The patch also sits on an area of moderate gradient for Hyde Park (about 2-4 degrees), so allowing any particularly dedicated mid-week fellrunner the possibility of short "hill reps", complete with wet feet. You will also impress your office mates with how you manage to get so muddy at lunchtime, even on dry days.

The until now closely-guarded secret location of this fell is as follows: 400m from Marble Arch on a bearing of 240° (runners taking this approach are recommended to look both ways before stepping out and to correct for the magnetic pull of the line of open-topped double-deckers at Speakers’ Corner), 5-90m south of North Ride, just south of the "R" of "The Ring" on the London A-Z. It is hoped publication of this scoop does not unleash the floodgates on this limited resource. I propose naming this area Atkinspoon Fell after its illustrious discoverer.

Yours faithfully,
John Smallwood

15 Minutes of Fame?

Dear Sir,

A short documentary on the Long Mynd Valleys fell race 1998 was being shown at the FRA ‘do’ in November. I reviewed Dave Woodhead’s copy and contacted London Television Service who made it (they make documentaries on UK life to send to TV companies abroad, apparently).

If anyone is interested in acquiring a copy for themselves, LTVS are offering two ‘deal’ prices, which are significantly below their normal charge. A one-off copy for someone who was part of the event would be £25.80, but an order of ten or more would bring the unit price down to £14. These prices include VAT and postage.

I don’t want to oversell the video - here are the bald facts about it...

- the video contains 4 mini documentaries, on the following subjects: Lewis Carrol (8 mins), Greyhound racing (7 mins), Heathrow high speed rail link (5 mins) and Long Mynd race (7 mins)
- The documentary contains interviews with Mark Kinch, Jo Prowse, Lou Myers and Ian Holmes
- There are plenty of shots of the runners registering, at the start and running at various points of the course

Would anyone interested in buying a copy contact me. Depending on the numbers, I would either pass on the order details, or place a bulk order.

Chris Tomes, 01535 632856
(Email: chris.tomes@bbbs-group.co.uk).

Yours faithfully
Chris Tomes

FRA Relay

Dear Sir

I feel it’s only right that credit should be given to Barry Johnson and all his helpers and sponsors for this year’s FRA replay. Everyone at Preston Harriers enjoyed their legs, and the way everything was laid out and how helpful C.F.R. were. We thought the race pack was very descriptive and the speed at which we received a set of results amazing.

It’s clear a lot of time and hard work went into the event!
Yours faithfully

Steven Ramber
Preston Harriers

Freedom to Run!

Dear Sir,

We read the Secretary’s Corner report on the Trespass Fell Run that we helped to organise with some incredulity. Supposedly "masterminded by two individuals who appear to have their own personal agenda (... neither are members of athletics clubs)" it sounded like some awful conspiracy masterminded (shades of evil genius) by outsiders (Reds under the Beds) who had some secret agenda (destruction of fell-racing as we know it today). The reality is much less interesting. The Trespass Fell Race was organised by a group of people who live openly in Sheffield, who fell-run regularly, who have all been members of Clubs for years and who even take part in and value many of the races that take place in the area every year.

Far from having our own agenda we have the same agenda as the Ramblers Association, the British Mountaineering Council, the Government and probably most fell-runners. It is that we should have the right to run and walk freely across uncultivated land where it isn’t environmentally damaging. We were extremely clear about this in the leaflets we produced and in correspondence with Chris Knox of the FRA. It’s a shame that the FRA don’t feel able to subscribe to this policy - it rather leaves them out on a limb.

The route we chose was over an estate which prevents people running (or walking) over the Moors. It’s centre-piece was Pike Lowe, a hill with an ancient burial ground (already excavated) at its Peak. It is a beautiful Moor with stunning views over the other 64 square miles from which we are banned. There is no good reason why we shouldn’t run on this land.

Yours sincerely,

Chris Tomes

Will it be tags or tolls to be collected in the future? Photo: Dave Woodhead
I have over the years joined in many access campaigns as a member of the Ramblers Association and a BMC affiliated climbing club. I guess this can be said of lots of our members.

Mike Rose

A New Look at The Championship: Simple Truth

Those with a more personal interest in the Championships than me may comment but whilst Mark Rigby's "A New Look at The Championship" made interesting reading (The Fellrunner: October 1998) it seems to me that the approach outlined remains flawed because one brilliant (or even lucky) performance could provide the winner of one race with a points advantage that would distort the whole race series.

Of course a time/performance system has merit and Skyrac AC use such an approach (calculated to the second) for its "Best 5 from 10 Races" Annual Handicap Championship, with the resulting problem that runners do not know how they are doing during each race, or even after it, until all the results are in and the calculators are out.

Fellrunning is not the Decathlon and a position/points system that approximates to "the runner in front is beating me" has the great merit of simplicity which is, as Shakespeare wrote, "simple truth".

Yours faithfully,

Graham Breeze

A Question of Status?

Dear Sir

If you watched the Sports Personality of the Year back in December you will have seen Michael Owen win the competition. On behalf of the Mens and Womens English Champions I wrote to the BBC asking if Ian and Angela could be invited to the Awards Ceremony. A copy of the BBC's response follows.

I feel that part of this was due to the fact that in 1998 we had both the Commonwealth and European Games. I can confirm that I will try again this year and I would urge all members to vote for our English Champions. This will give them credibility and recognition. I hope to provide you with further information in the October magazine.

Richard Day, Chairman

Dear Mr Day,

Thank you for your recent letter about Ian Holmes and Angela Brand Barker and please pass on our congratulations to them.

I appreciate your wish that their achievements are included in the BBC Sports Review of the Year and that they receive invitations to the programme. However, I hope that you can appreciate that we have many claims for the limited air-time available and on places in the studio audience. It has, as always, been a very busy sporting year and it will even be difficult to do justice to the sports which have made a significant impact on the sporting life of the nation. The whole programme is a massive exercise in precis and inevitably we have to draw the line somewhere. Therefore I regret that we will not have the space to feature Fell Running or have the champions present on the night.

I am sorry to disappoint you.

Best wishes

Dave Gordon

Executive Editor,

Sports Review of the Year '98

Mountain Trial Secure

Dear Sir,

I write on behalf of the Lake District Mountain Trial Association concerning sponsorship of the Mountain Trial. The success of this year's trial owes a lot to the hospitality and very generous financial help from The Wasdale Head Inn (they provided all the food free); and to the support of Ken Ledward Equipment Testing Services (for the maps) and of Silva UK for most of the prizes. Our sincere thanks to all these sponsors and also to Chris Brasher who provided prizes for the new Open Trial.

We are now pleased to let all fellrunners know that for the next three years the principal sponsor of the Mountain Trial will be The Climbers' Shop, Ambleside. KLETS with Harvey Map Services have agreed to provide the maps, and Silva UK to finance prizes as before.

We are going to run an Open Trial again in 1999, and Chris Brasher has agreed to provide the prizes for this.

It's good to know that the Mountain Trial has a secure future up to its 50th anniversary in 2001.

Yours faithfully,

John Lagoe

Chairman, Lake District Mountain Trial Association
Vote with your Feet

Dear Sir,

In “Bit at the Front” in The Fellrunner for October 1998 you raised the issue (previously tested in the June 1997 issue) of publishing extensive race results, particularly of the “not-quite-a-fell-race” variety.

From discussion in the Skyrac clubhouse I conclude that “Results ” Reports” (News & Views and “Secretary’s Corner”) remain the heart of the journal, are looked at by every FRA member and so should continue to be published as at present.

Since results follow events, your questioning of the “purity” of what constitutes a fell race prompts an examination of The Calendar and of the 409 events listed in the 1998 edition about 80% of the results appeared in The Fellrunner.

The increasing bulk of The Calendar was raised by Dave Jones in the 1998 edition and his view was that the provision of choice was a good thing. After all, events are not compulsory and inclusion is just a form of advertising.

I believe that the marginal races listed in The Calendar can be useful learning events for ex-road runners moving on to the fells and also “fun” events for those who have already mastered the Ennerdale, etc.

However, if there are too many races I suggest that the “virtuous circle” (FRA members read The Calendar - Choose which races to compete in - Read reports in The Fellrunner - Seek out/Avoid that event in the next Calendar) will ultimately determine a natural level and where, as happened on 29th August 1998, twelve events for ex-road runners moving on to the fells and also “fun” events for those who have already mastered the Ennerdale, etc. would be no race at all!

I would welcome other people’s views upon the subject.

In support of sport

Rick Robson

Belated Congratulations

Dear Sir,

May I offer belated congratulations to Borrowdale Fellrunners, to Keswick A.C. and to Miles Jessop of The Scafell Hotel, Rosthwaite on 25 glorious years of The Borrowdale Fell Race; consistently one of the best events in every respect.

Yours faithfully,

Edwin Coope
(Horwich RMI Harriers)

Skiddaw Fell Race

Dear Sir,

FRA members may have noted from the 1999 Handbook and Fixtures Calendar that, for the first time, the event is to be organised by Keswick A.C.

The race, as we know it, was first organised by the Lake District Mountain Trial Association in 1974 under the direction of Des Oliver of Otahuhu, Thirlmere who continued in this role, supported by Mike Pearson of Keswick as Race Secretary from 1980, until 1994 when Mike became overall organiser. At the same time Keswick A.C. offered to take joint responsibility for promoting the event and this has led to the current situation whereby Keswick A.C. have taken over total responsibility.

May I place on record the thanks of the LDMTA, particularly to Des Oliver and to Mike Pearson, and latterly to Keswick A.C., and to all those who have supported the event over the years.

Yours faithfully,

Edwin Coope
(General Secretary LDMTA)

Noonstone Verboten!

Dear Sir,

We have heard a lot in recent years about problems with access to the fells, but I know that all over the country there are excellent examples of co-operation and goodwill between runners and land owners. Here in Todmorden the existence of races such as the Shepherd’s Skyline, the Noonstone (English Championship Race 1999), the Stoodley Pike Race and the Flower Scar depends very much upon just this sort of co-operation.

In the case of the Noonstone the greater part of the route is not run on public footpaths, and so we think it is reasonable to say to runners: PLEASE DO NOT TRAIN OVER THE NOONSTONE COURSE.

Yours faithfully

Derek Donohue,
Secretary, Todmorden Harriers

Mugs or Pots?

Dear Sir,

Recently I entered a well known fell race where it had been the custom and practice for a memento to be given to all runners - great and small. These mementos are treasured and sometimes never used e.g. mugs, t-shirts etc. Unfortunately, the race committee had this year made the decision to award the winners with “proper” prizes and these were distributed with the customary aplomb.

My question to fellow readers and “also rans” like myself who never feature in the prizes is should fell running be supporting the growing trend for professionalism and pot hunters or should our tradition of sharing success amongst the field be heralded as one of our “core” values? This is not to detract from the superb achievement of anyone who wins a race, or is in the top ranking positions, but to recall that without the support of the “also rans” who dedicate their time and pain to compete in the event - there would be no race at all!

Yours faithfully,

Edwin Coope
(General Secretary LDMTA)
INTERNATIONAL TEENAGER GAMES 1998

Black Forest, Germany
On behalf of the lads (who can’t be bothered to write) and us (the girls) we would like to thank the lottery for funding the trip this year.

Unlike last year we were able to fly to Germany. This made the trip a lot pleasanter and exciting as we were able to go to the opening ceremony and travel in comfort as well as having much better accommodation than last year, including a swimming pool. One highlight of the trip was having our own private spice boys to accompany us. Let us introduce them: Pansy (Adam Sutton, known for his slick, gel, back combed hair), Goldie (Stephen Savage, do we need to say why?) and Posh (Andrew Symmonds, just listen to him speak). At first glance we saw three innocent people but after going back to our apartments on the last night like three drowned rats (due to being subject to several buckets of water thrown over someone’s balcony, we wonder whose!) our opinions soon changed.

The race proved to be a success with Kate winning the race and Sarah, her age group. With chatterboxes help we managed to bring the winning trophy home. The Spice Boys, who came second, with Adam second overall and excellent support from Stephen and Andrew, could not cope with being one down on the girls. So on the Sunday they made it even as they won the relay race and we fought strongly to finish just behind the Moldavien team.

One thing that can not go without a mention was Sarah’s superb golfing skills, which were only equalled by Kate.

Sarah’s accurate shot almost caused Goldie to be “savaged” by a dog.

On a final note we would like to thank Pete, Ann and Norman who made the trip a success and an experience to remember. They also created an excellent team spirit that enabled us all to become good friends, even though the boys did decide that a water fight would be a good idea on the last night! We would also like to thank anyone who helped to fund the trip including Pete who supplied the England track suit.

- Kate, Sarah, Victoria

Other Juniors in Action

Top : The Charlotte Slater Memorial Kellbrook Fell Race attracts a large field - this is just the junior start. Photo - Peter Hartley.
Bottom : Adam Crosland finishes second in the World Trophy. Photo - Wendy Dodds. Below: Winter wools the order of the day for juniors at The Stoop (Peter Hartley) While (right) a young Horwich runner found sunshine at the Three Shires. Photo - Steve Bateson.
Junior-Round-up

By the time you read this Dave Richardson will have hung up his Junior Co-ordinators blazer and returning to the relaxing life of a non-member of the FRA committee. Readers of the last issue will know that Dave has after 10 years dedicated work for the Junior section of our sport has many other things on his plate and asked if there was anyone out there to take over.

Having volunteered to take over the role I also get the job of writing this column. For those of you that don’t know me I live in the Dales and run around them quite a bit. I have been involved in coaching young athletes on the fells and over the country for nine years now and probably my greatest success (racing or coaching) was to introduce Charlotte Sanderson to the sport. I used to race on the fells in the dim and distant past but the less said about that the better. If you see me pull on a vest to race these days it is usually an act of recklessness.

Dave presided over the Juniors during a successful period in terms of increased structure to the life of a Junior Fell runner including Junior squad sessions and training weekends, the introduction of the Junior Do, and international successes not least a Junior World Champion in the shape of Victoria Wilkinson. I am sure that when you see him around you will want to say thanks to him for all of his hard work.

This years Junior and Intermediate Championship qualifiers will be held at the following races:

- Wrekin
- West Nab (also Yorkshire Championships)
- Dodd Fell
- Settle Hills
- Latrigg
- Sedbergh Hills

The keener of you will have spotted the clash between the trial for the Black Forest Teenager Games (Latrigg) on the same day as Dodd Fell. The trial has been moved and will now be held over the same course on Sunday 13th June.

As in previous years the final score will be calculated from the best 4 results from the six races series. The U18 girls can breathe a sigh of relief as their race at the Wrekin will not be over the senior course as last year but a modified and shorter route. For the first time the Intermediate Championship races will also take place at all of the same venues. These will be held in conjunction with the senior races where the distances are suitable but at the Sedbergh Hills round it will be over the U18 course.

As this magazine only goes to members of the FRA the chance of many of the junior fell running fraternity actually reading this in their own copy of the magazine is quite small. Last year there were only 46 junior and intermediate members of the FRA and I really would like to increase membership this year - the more of you there are in the membership , then the louder I can shout on your behalf. For future years I hope there will be a different structure to the subscription system so that it is more favourable towards juniors. There should be a membership stall at all of the junior championship races so that you can join on the day (mum & dad can sign up, too).

There was an excellent turnout for the Junior ‘Do’ at the Hanover International Hotel in Skipton and on behalf of everyone there can I say enormous thank you to Dave and Eileen Woodhead who are energetic beyond belief in their organisation. Prizes were awarded by Sarah Rowell, Ian Holmes, and a couple of (more) recent Juniors who have gone on the represent the country at senior level this year, Matt Whitfield and Victoria Wilkinson. There was a full set of sparkling medals and trophies for all of the age groups (many thanks to the FRA committee for the money spent on these) and thanks to Dave for organising the introduction of special t-shirts for everyone who placed in the first ten in each of the age groups. There will be more of these next year so keep training. Loads of photographs from the previous season’s races were on display and available to take away at the end of the afternoon. Lots of food, massive sounds from the stereo, some bizarre balloons that defy description and videos from previous years’ international races. All in all an impressive afternoon.

As a follow up to last years junior elite squad day at Sedbergh, Norman Matthews has attracted some very generous funding from the Three Peaks Race Association to hold another. This will be on the 20th and 21st of March and is normally reserved for the leading contenders in the English Championships and especially hopefuls for the World Trophy which will be held in Malaysia. This years race will be of the ‘up and down’ variety so it should give those of you who are better descenders a chance this time around. Well known to some of our senior runners, it will be another exotic location for the U20 representatives to travel to.

For the high-flyers amongst you there is a much greater opportunity to win an English vest this year. The Knockdhu Classic, held in County Antrim will have a separate junior women’s race this year so that the better juniors will not have to compete alongside the senior women for a place in the team.

The British Junior Home Internationals will have new age groups this year. The event at Cavehill, Belfast on October 10th will have races for U18 and U16 teams for both boys and girls, so there should be lots of new internationals on the scene by the end of the year. It should be an exciting year for junior fell running so please get along to as many of the races in the calendar as you can, it could be you in an international vest at the end of the year.

Please introduce yourselves to me at any of the races. If you have any ideas I am always willing to listen, especially to good ones!
Calculating Championship Performances - Howard J. Grubb

Mark Rigby’s article in the October issue of *The Fellrunner* magazine was most interesting and highlighted some important issues in scoring championship performances. Firstly, I would like to support his suggestion for a system which better reflects actual performances, instead of just race rankings, and is less susceptible to variation in the field of runners. Also, I would like to add some (technical) thoughts on the proposed system which I hope may make it easier to use, as well as more robust.

Essentially what we need is a summary of the races which is consistent between races - if the races were over exactly the same course (hardly a good model for a championship, but it illustrates the problem), then a simple summary would be the runner’s times from each race and hence the winner overall might have the smallest total time. Using rankings from each race is in some ways equivalent, although less sensitive, since winning margins are ignored and one-off-racers (to use Mark’s terminology) can push contenders down unfairly.

While ranks account for different length races, times do not and would clearly be biased towards the longer races. What we want to do then, is to normalise the times, so that they are more comparable between races - i.e. we seek a measure of each race which is consistent. For races on the road, we might use the distance, although this has its problems, since longer races are necessarily slower. For races on the fells, we might use some measure derived from the distance and the ascent, although this doesn’t take account of all of the conditions in the race (as an aside these do give quite a good prediction of course records for Scottish hill races).

A better measure is derived from the actual results on the day. One benchmark might be the winning time, which seems sensible, although it does assume that the winners of each race are equally good - as does the use of ranks of course. Mark’s suggestion of using the mean finishing time is a sound idea, since this only relies upon the field in general being comparable between races, which is more reasonable.

The median (the middle time) would be a better summary and is simpler to calculate - in a race of 99 runners, it is the time of the 50th finisher, in a race of 100 runners, it is the average of the 50th and 51st times - and is less affected by very slow or very fast performances (though of course the very fast will receive a score which reflects their achievement). Mark’s calculation of the championship results changes slightly with medians, which are in general lower than the mean times - for Buttermere the median time is 7221s against a mean of 7322s.

Can we look at this a little more to check that it is sensible? I have looked at the distribution of times in the Carnethy race in the Pentlands in 1998 (since these results were available electronically). Figure (a) shows the distribution of times in this race - high values show that more people were finishing in these times. This shows that most people took about 4300 seconds, while the winner (John Brooks) took 2901 seconds.

(a) Carnethy 1998, time

![](image)

(b) Carnethy 1998, 1/time

Looking a little more closely, we see that the ‘tail’ of this distribution is quite long on the right - i.e. slow people take considerably longer, which agrees with what we all know - it is harder to make up time when you are already running fast, than when you are running slowly. This is the key to making sense of these numbers - instead of time we look at 1/time - a slightly odd measure, but it is simply proportional to speed, without the distance in the formula. Figure (b) shows that this is much more symmetric - i.e. differences in speed are equally hard at the front (right) and the back (left) of the race, although of course these differences have a bigger effect on the time at the back. This says that the distribution of speeds in a race follows approximately a Normal distribution, indicating that there is a good spread of different abilities, with more people running close to the average speed. This is as we might expect, whereas the times suggest that the field is biased towards fast runners (low times in Figure (a)), which seems unlikely.

My suggestion then is to use the median(1/time) as the measure of average speed of a race - i.e. each runner’s(1/time) is divided by this, or more simply, the median(1/time) is divided by the runner’s(1/time) (since median(1/time)=1/median(time), which is not quite true for the average) - i.e. for this race, the winner ran at 4300/2901=148% of the median speed. The winning lady (Angela Mudge) ran at 4300/3456=124% of the median speed (note that there are too few women to get a reliable estimate of their distribution of speeds, but nevertheless we can compare their performances using the whole field, as that is simply a measure of the difficulty of the race).

To summarise then, a robust and simple way of calculating championship performances in races of different distances, is to divide the median (middle of the field) time by the time for any given athlete.

Assuming that similar quality fields (on average) are running each race (reasonable for championship races), this gives a sound measure, which can be compared between races and added up to calculate championship placings (bigger is better). It is not influenced by the distance of races, or by lots of one-off-racers, unless there are enough to influence the median, and it rewards large winning margins (but not simply winning, as the current rankings do, except that the winner of course has the highest score). Doing the calculation this way (in terms of speed) also uses a better distribution (this result holds in several large road races, cross-country and other fell races) of which the median is a good summary. The median(time) is also a simple measure which allows all runners to measure their performances between races - median(time)/my(time) - regardless of whether they are near the 150% mark.
FOR THE MOST COMPREHENSIVE RANGE OF CLOTHING, SHOES AND ACCESSORIES
FOR * FELL * TRAIL * CROSS COUNTRY * ROAD * TRACK & FIELD

NEW ADDITIONS TO OUR SUPER FASTRAX RANGE OF CO-ORDINATED VESTS AND SHORTS

ALL ITEMS CAN BE PURCHASED SEPARATELY. SIZES (MALE ONLY) VESTS: 36", 38", 40", 42", 44". SHORTS: S, M, L, XL

OUR EXTENSIVE RANGE OF FELL & TRAIL SHOES BY ADIDAS, ASICS, SAUCONY, NEW BALANCE, NIKE AND WALSH INCLUDES THE NEW NIKE ENDEAVOUR...£49.99, LIGHTWEIGHT ADIDAS ESTES....£54.99 AND THE SENSATIONAL NEW FEET YOU WEAR

We stock a superb range of exclusive Fasttrax clothing in lightweight performance fabrics to keep you running comfortably and protect you in all conditions whether racing or training including:
- Aquabloc Waterproof jackets... from £69.99
- Pertex jackets... £39.99 to £44.99
- Pertex Trousers... £26.99
- Pertex Shorts... £14.99
- Supalite Training Bottoms... £14.99
- Lyca Tights... from £16.99
- Bronx Style Hats... £6.99
- Thermal Gloves... £5.99
- Longsleeve Wicking Tops... £15.99 to £19.99
- Short Sleeve Panel T-Shirts £17.99 and our NEW Foldaway Pertex Jacket... £39.99

FOR AN ILLUSTRATED CATALOGUE OR MAIL ORDER RING 01943 601581
The 'phone was ringing when I arrived home at 9.30pm, Sunday 27 September following a successful fellrunning course which I helped organise. As usual my arms were laden with bags, paperwork, maps and sweaty festering runners things that had heaped in the foot well of the car having accumulated throughout this wet spring and summer. Everything dropped to the floor in a haste to beat the answerphone.

It was Nigel from Dumfriesshire who had been on the course. Could he book two places for next year’s course and there may be a third person. Would we accept bookings for juniors? Three bookings for next year’s event already.

Despite forecasts of bad weather Elterwater was bathed in sunshine over the weekend of 25 - 27 September when 30 people came together from the length and breadth of Britain to pick the brains of 8 excellent and well-known fellrunners and orienteers who had volunteered their time to take people out onto the fells to oversee their progress on aspects of fellrunning, map reading and compass work.

After a disastrous Saunders where I was left blind to my 1:40,000 map Borrowdale after my glasses were blown off then trodden on by an over keen fellrunner early on in the event I felt the need of reassurance that declining sight did not mean an end to life, the universe and mountain marathons. Perhaps the talk on equipment might give details about easily carried magnifying glasses. I couldn’t be the only person with this problem.

John Gibbison, the course Director, said that Derek Radcliffe had volunteered time on the Saturday to assist the event. I had seen this dream on legs in action 1 June when he won the Duddon Valley Long Fell Race. (That was the HOT day of this spring and summer). Also Peter Knott, previous organiser of the Karrimor MM, had agreed to instruct this year. He provided valuable advice on hypothermia and hyperthermia, how to recognise symptoms and treat. Most important was advice on how to prevent these conditions occurring.

At the eleventh hour Richard Lamb was coerced by John to come for the weekend. Richard is extremely kind and patient. During a pre breakfast run he ran partway with me uphill and gave valuable advice on breathing for uphill running. I have since put his advice into practice. Although I have been training hard to improve my race times his advice certainly helped in my latest 26 mile race when I shaved 13 minutes off my PB time for that distance over a tough course.

Steve Batley had also agreed to give his time despite having organised and run his own navigation course for the FRA at Kettlewell earlier this year.

Wendy Dodds arrived early Saturday morning to take a group out onto the fells. She not only provided proven advice on lightweight effective equipment and clothing for mountain marathons but was able to give a practical demonstration on how to remove a tick properly, using as a model one tick lodged deeply into the pubic hairs of a nameless male participant - (who found himself surrounded by 15 women with Wendy flourishing her tick remover.) Tick removers can be obtained from your local Vet.

What I enjoy most about organising this course is putting faces to the people I have spoken and/or written to over the year. Stephen Goulding had travelled from Wiltshire and had spent the previous week on holiday in the Lake District with his wife. He had run the Three Shires Fell Race on 19 September where he was positioned 12th. What motivated him to attend the course was when earlier this year he found himself in mist on a fell race and he realised from the slope of the ground that his position was precarious.

At the time he sensed that he was in extreme danger. When, for a moment the mist cleared, he was horrified to find himself on the edge of a cliff.

Lynda, Irene, Elaine, Annie, Brenda, Freda, Christine, David and Brian, a group from Blackburn Road Runners provided inspiration and motivation for me with their determination and enthusiasm to enter relay fell races. I hope they fare well in the Ian Hodgson. Most of the group had already attended the Kettlewell Experience at Easter but wanted to also see what Elterwater could offer in view of their impending race in the Lake District. They all remarked on the difference between the stone walled moorland Dales hills of Yorkshire and, as Lynda put it, “Death by knolls”, in the Lake District.

On the Friday evening John Gibbison explained map-reading, use of a compass, bearings etc with the other helpers. Most of Saturday was spent on the fells where theory discussed on the Friday evening was put into practice before returning to the hostel to prepare for the night exercise, finding certain checkpoints in the dark.

Night was black, star-studded and moonless. On such a night as that everyone had to trust and use the compass. The next morning everyone returned to see where the night event had been, and given the opportunity to see where they had fought and struggled with ferns, bogs and knolls and compare the lie of the land against the mapped area. 3 errors were found on the map.

The final event, the Silver Howe Chase, was designed as a mini Karrimor. This event brought together everything discussed, practised and learned over the weekend. It was non-competitive, a taster of MM conditions. Everyone was given the opportunity to race and find checkpoints on their own, but help was there only when needed. I checked people out and saw them in - and by their faces everyone felt the excitement of the chase.

Nick Owen, Warden of Elterwater Youth Hostel where the course was held, allowed us to use the facilities of the Hostel for the whole period leaving it open for us until we left on Sunday evening. Elterwater Youth Hostel is a beautiful old building, like an old farmhouse with a large kitchen for those who prefer to cater for themselves.

For those who didn’t want to cater for themselves the food the Hostel prepared was good, especially after a day out on the fells, brain heavy with valuable and needed information and a night event to look forward to.

The weekend is filled with enthusiasm from people such as Norman Copeland and the other Lostock Harriers who came this year, Blackburn Road Runners and all those other runners who want to run in fell races and feel confident that should the mists come down, darkness fall or be unfortunate enough to get lost they would be in a position to know what to do.

Anyone wanting details about 1999 courses please write to me at 99 harewood Road, Harrogate, HG3 2TJ. A SAE would be greatly appreciated.

Lyn Eden
Access - The freedom to run

There’s a national debate about access that’s passing us by. Where we are allowed to run and race is an issue that affects us every time we pull on our running shoes. Access in some parts of the country is good, but there remain huge areas of mountain and moorland that are closed to us. Organisations like the Ramblers Association have been active for some time in campaigning for improved access, but there has been strong opposition to this from some landowners. There’s talk of legislation to improve access but nothing will happen unless the government has support from the public. In this debate fell runners should be an interested party, yet we’ve been strangely silent. I hope reading this article will spur you on to discuss this issue, and more importantly to do something about it.

I’ve written briefly about the Right To Roam and also asked runners in other parts of the country to say what they think. There has been some news recently (November 1998), of progress towards Right To Roam legislation. I still urge you to support this campaign until a law has actually been passed. Proposed legislation has a habit of being watered down and I for one, want to make sure we do end up with significantly improved access.

Bob Bergins
Sheffield.
ph 0114 2668415

The Right To Roam

You may have seen some publicity about "the right to roam" and wondered what’s this got to do with fell running?

If you read on, I’ll try to explain why this an important issue that affects all runners, an issue that’s worth a bit of your attention. All the land in this country is owned by someone and we can only have access via a public footpath, or with the landowners permission, usually through an access agreement. There is no special status for the hills we run over, and many landowners refuse their permission. The access situation is much better in some parts of the country than others but even in the Lake District for example there have been some worries. Remember the privatisation of the Water Companies, everyone throughout the country wondered if the newly privatised companies would withdraw their access agreements, with the possibility of races like Ennerdale being cancelled.

There are over 60 square miles of high moorland in the Sheffield area alone where we’re not allowed to be there at all, never mind run a race. The principle of following a footpath through farmland, getting to the fell gate and being able to choose your own route to the top of a hill just doesn’t apply around here. Step off the footpath and you risk the wrath of a gun toting gamekeeper. And there’s very few public footpaths anyway.

So what is the "right to roam"? Well this is where it gets political. Many Labour MP’s believe there should be a statutory right of access to mountains and moorland, which would give everyone the right to walk or run over the upland areas of our country. A new law would need to be passed to give people this right. So what’s happened so far? Some landowners have always had very strong objections to public access on their land, but more recently, landowners and other country folk joined together to object to these and other government proposals (you may remember the march in London). The government backed down from introducing legislation straight away and instead introduced a two year consultation period, where landowners were invited to come up with voluntary access agreements.

The Countryside Landowners Association (CLA) was given £70,000 to make this happen and 15 months later the only increased access was 20 acres in Norfolk. Many groups who have taken an interest in access are sceptical of ever seeing any significant improvements from the landowners and believe the only way to see any lasting benefits is to ensure that we do have a "right to roam" law.

Although a group of MP’s want to see "right to roam" legislation, the law will only be changed if there is public demand. The Ramblers have been actively involved in campaigning for a "right to roam" and I think, we’ve got them to thank for this still being a live issue and one which receives regular publicity.

So what do you think? Would you like to see a statutory right of access to the hills and if so are you happy to leave it to someone else to make it happen. There is a very real danger that if we don’t make our voices heard this legislation will not occur.
What about Races?

Many runners I've talked to are worried that even discussing the right to roam will upset landowners who will withdraw permission for races. If you are worried about this, you can still support the right to roam as an individual, remember this is a national campaign. I know some race organisers have spent years building up relationships with landowners and we all enjoy these races, but a landowner can withdraw permission at any time he likes, he doesn't even have to give us a reason. Where we do have an established race, just because we've entered a debate on relationships with landowners and we all enjoy these races, but a landowner can withdraw permission at any time he likes, he doesn't even have to give us a reason. Where we do have an established race, just because we've entered a debate on improved access in general, this doesn't turn us into irresponsible land users. The right to roam doesn't mean kicking down walls and fences and I'm sure any reasonable landowner would appreciate this.

What can you do?

We need to let our MP's know what we think.

- The best thing to do is to write in your own words or ask for a meeting with your local MP. Otherwise you can sign the form below and send it to your MP. Your local library can tell you the name of your MP and the address of his local constituency office, or you can send it to the MP c/o The House of Commons (address below).
- Discuss the issue in your club and ask your club committee to approach your local MP with your support.
- Ask the FRA to develop a policy and get involved in the campaign.

---

To: ...........................................................

...................................................................... (MP's name)

Westminster Office, House of Commons, London, SW1A OAA.

Member of Parliament for ...........................................................

THE RIGHT TO ROAM

I believe the Government should introduce a statutory right of access to mountains and moorland.

Please raise this issue with the Secretary of State for the Environment.

Signed ...................................................

Name ...................................................

Address ...................................................

At the very outset of this article I must confess to possessing double standards on the subject. On the one hand it would be a great sense of 'relief' to think that from any point on an open moorland road I could 'fut off' into the vast wilderness that is Bowland, safe in the knowledge that nobody had any legitimate grounds on which they could challenge my presence. On the other hand, comforting myself with the fact that my actions are not criminal, (I am informed that trespass is a civil matter) and having spent many years ascertaining those points of access, to the fells, which are not easily detected, I gain great satisfaction from being able to spend a 12 hour day on the Bowland tops without seeing any trace (other than the work of wall and fence builders) of another human being. No litter, no carins, no eroded footpaths, no 'repaired' footpaths. Just 'virgin' moorland, gritstone outcrops and 16 trig. columns above 1000' altitude.

It would be totally erroneous to suggest that the public is denied access to all the fells of Bowland. There are some public footpaths, some 'access areas', an 'access strip' and an increasing number of 'concessionary footpaths', notably on the North West Water property, which forms the southern flank of the watershed. Are these concessionary paths a result of 'caving in' to those who are prepared to trespass, or should the trespassers feel guilty of their actions in the light of such concessions??

Analysing the access situation at each of the 16 x 1000+ O.S. trig. columns will give a reasonable, but nonetheless incomplete, overview of the situation. Starting in the N.W and working counter clockwise in a logical 'round':-

1. Clougha Pike (1,355'), was historically served by the only public footpath on this area of the fells. Now at the 'hub' of the Clougha Pike Access Area which covers the northern flank of the fell down to the headwaters of the River Condor, the western flank down to the enclosed land at the foot of Birkr Bank (large car park), the southern flank to the Trough of Bowland road and the east 'ridge' up to the summit of Grit Fell (1,500') with a large car park at Jubilee Tower where the Grit Fell fence abuts the Trough road. Large car park to the north (Baines Crag) with footpaths linking to the access area. Access is often revoked during the grouse shooting season, and during dry spells when there is risk of fire. This does not affect the public F.P. from Quernmore via Rowten Brook. Western flanks are traversed by the Darrell's Jones Memorial Clougha Pike Fell Race. (Grosvenor Estates - Duke of Westminster).

A quick anecdote:- The fell access was revoked from the end of April during the exceptionally dry Spring of 1984. At Quernmore Sports Field(3rd Saturday in May), Harry Ball, then Clougha Pike Fell Race organiser, was instilling in those assembled on the start line that a special concession had been granted for the running of the race. One wag on the start line queried, "Does that mean I can't have a fag on the climb?"

2. & 3. Ward's Stone, 2 trigs (1,837' & 1,841'), gained by 12 metre wide, eroded access strip from Grit Fell. Strip continues east along a curving ridge, then swings south to follow the headwaters of an infant River Wyre before meeting the roadhead at Tarnbrook hamlet, very limited parking. (Grosvenor Estates)

4. Wolfhole Crag (1,729'). Where the access strip leaves the ridge/fence a concessionary F.P. continues along the ridge over a crossfence to this trig. This same path continues down the N.E. flank to abut Hornby Road, a fell track with B.O.A.T. (Byeway Open to All Traffic) status. Returning down the west flank of the Crag to the crossfence, another concessionary F.P. follows this fence down over Brennand Great Hill to Miller's House, where a stile crosses the wall and the path heads west to abut the high point of the public F.P. from Wyresdale Tower Lodge to Tarnbrook. (NWW & Grosvenor Estates)

5. Whins Brow (1,562'). No public access. The northern flank is protected by a veritable legion of PRIVATE signs which stand virtually shoulder to shoulder along the Trough to Scorton road. (Grosvenor Estates).

6. Hawthornwaite Fell Top (1,568'). No public access. The northern flank is protected by a veritable legion of PRIVATE signs which stand virtually shoulder to shoulder along the Trough to Scorton road. (Grosvenor Estates).

7. Hazelhurst Fell (1,407'). Remote from any direct road access, although adjacent to (north west of) the footpath over Fiendsdale Head stile (as used by Bowland Fiendsdale racers). Part of the Bleasdale Estate which makes its desire for privacy known at all opportunities.
8. Fairsnape Fell (1,673'). At the hub of the Parlick Pike / Fairsnape Fell / Wolf Fell access area (will be familiar to Fiendsdale and Paddy's Pole racers). Restricted car parking @ Fell Foot.

9. Totridge Fell (1,627'). From checkpoint 2 on the Fiendsdale race route, a concessionary F.P. now follows the fence / ridge E. then N.E. to Totridge and continues down to abut the public F.P. from Hareden to Chipping at its high point on the col. Used by the Hodder Valley fell-race when run from Dunsop Bridge (NWW)?

10. Spire Hill (Longridge Fell) (1,148'). Detached to the south of the main Bowland massif. Well served by a network of public and concessionary F.P.s, some of which are very peaty and eroded, others have undergone hurried and obvious 'repair'.

11. Waddington Fell (1,296'). Again detached from the main of Bowland, N.E. of Longridge Fell. No public access to the top of the fell. This pretty little 'top' is in danger of being 'hauled away' by the 8 wheeled tippers of Waddington Fell Sand Quarry. Wallower Well (of the 'Whizz') close to the quarry entrance.

12. Burn Fell (1,414'). No public access, although no evidence of 'private' signs. A public F.P. crosses a col (Dunsop Head) on the northern ridge. (NWW).

13. White Hill (1,785') No public access. Obvious approaches are from the high point of the Slaidburn to Bentham road (Cross of Greet) or the Hornby Road track. Some 'private' signs in evidence along the road to the north of the Cross of Greet.

14. Bowland Knotts (1,411'). No public access. Adjacent to (west of) the high point of the Bolton by Bowland to Clapham road. 'Private' 'Keep Out' etc. scrawled in white paint on roadside boulders!!

15. Burn Moor (1,319') No public access. Some 'private' signs in evidence. The Bentham Gala 10 contours low on the northern flank.

16. Caton Moor (1,184'). No public access, although no evidence of 'private' signs. A public footpath skirts low on the eastern flank from Winder Farm to Thorneburn Farm. Wray Caton Moor fell-race uses the N.E. flank. Western flank is now a wind farm.

Bob Berzins asks why fell runners are not as active as say the Ramblers Association in campaigning for 'right to roam' or similar access agreements. It is not that fell runners are apathetic on the issue. I believe the answer lies in the following rationale.

Any game keeper / estate manager worth his salt and with some 'fell miles' in his legs should be capable of catching and confronting a group of ramblers / back-packers, who usually walk in relatively large or family groups of varying ability at the pace of the slowest group member.

Fell runners only congregate in large numbers at races, for which prior permission has been sought from the land-owners. I can’t recall ever going out on a fell training run with more than two others. As fell runners travel at say two to three times the speed of the fittest fell walkers, then a fell runner only spends between one third and one half of the time that a walker would, on a given route. Thus a small group travelling fast is less detectable than a large group travelling slowly. If detected the fell runner still has speed on his side. The gamekeeper has the option of, trying to match the runner’s speed, or guessing the runner’s intended route and setting an ambush. Alas! these tactics cannot be relied upon on easier terrain due to that despicable invention, THE QUAD! However, the noise of the infernal combustion engine is on the runners’ side.

This introduces yet another argument. The public is kept at bay to avoid disturbing the game. Yet the land-owners and their representatives bull-doze gravel tracks across the fells (with no requirement for planning permission, it is classed as agricultural development), along which they drive 4x4s. Where tracks do not exist they travel on quads! Just who is guilty of causing the most disturbance?

If we were to campaign for ‘the right to roam’, then we should remember that every right implies a responsibility.

Because we participate in a sport that is physically and psychologically demanding it does not absolve us from respecting and observing those standards of behaviour which would be expected of the public at large. The odd second that is required to stuff an empty wrapper/sachet back into the bum bag and the negligible weight of the empty wrapper/sachet is nothing like as detrimental to one’s performance as the effort of carrying the wrapper/sachet full of food/drink up the fell and the minutes that are wasted extracting the feed from the bum bag and consuming it. As I have written in previous articles, in fell-running the philosophies of the true mountain man come into sharp conflict with the philosophies of the elitist athlete.

It is totally unacceptable that any wild place or fell-race route should even begin to take on the appearance of a marathon feeding station.

In closing this article, I will illustrate the above point with a second anecdote:-

A friend of ours who is a club-runner of respectable performance, usually well within the top half of the field at most fell-races, this year ran at Fairfield. Descending off Fairfield over Hart Crag and Dove Crag he was in the company of another, unidentified, ‘athlete’ of similar ability. On one of the descents, some ascending walkers were encountered. Our friend was horrified on hearing his ‘companion’ yell.

"Get off the f****** path. Get out of MY f****** way.”

The same ‘athlete’ later drew an aluminium foil sachet of Lucozade Sport drink from his bum bag, consumed the contents, then pushed the empty sachet between the stones of a cairn. It should still be there, gleaming in the sunlight at the next millennium! Remember, this was not right up at the sharp end of the race, but down towards mid-field. Not that any position in a fell race would constitute an excuse for such behaviour.

I was extremely disappointed that our friend did not identify this character to the race organiser, and instigate some form of disciplinary procedure. Banishment to south of Birmingham, for life, would be quite fitting.

If the walkers involved are active members of the Ramblers Association, and this incident has been fed back, is it likely that the R.A. will be interested in forming an alliance with the F.R.A., in future access negotiations?

Ian Roberts, Lancaster.
& Andy Walmsley, Chorley.
Results & Reports from over 100 races

especially at Whinberry Naze where Roadrunner and Daffy Duck along with clowns and a dragon joining in the festive fun. Roadrunner: Matt Whitfield, Daffy: Rob Jebb, Clown: Pauline Dove, Dragon: Todmorden

(all photos: Peter Hartley)
HALADES HILL RACE  
Lancashire  BS/5m/1200ft 3.9.98

One hundred and twenty nine ran on a fine evening. During the prize presentation at Whitworth Workmen’s Club, Glynda Cook collected £62.60 from runners and friends to take her total sponsorship above £800, to send a former pupil, now the prize presentation at Whitworth Workmen’s Club, Glynda Cook.

VETERANS 0/60

1. P. Brannigan Tod 33.09
2. M. Corbishley Ross 42.41
3. L. Lacon Holm 38.04
4. S. Bolby DenbyD 37.46
5. M. Wymne DiP/K 37.56
6. P. Elliot DiP/K 37.62
7. J. Gilchrist Tod 39.08
8. J. Blackett Msd 40.21

VETERANS 0/55

1. N. Clayton Skyrac 2.50.46
2. J. Jones DiP/K 2.54.29
3. A. Ashforth Hbar 2.55.11
4. M. Biddle P’gaste 2.55.47
5. J. Dallinham Nlh 2.58.13

VETERANS 0/50

1. M. Cockram DiP/K 2.55.21
2. A. Joys Inharpe 2.55.39
3. C. Ellis Tod 2.55.52
4. D. Langley Tod 2.58.23

VETERANS 0/45

1. M. Coles Skyrac 2.50.07
2. R. Mason Tod 2.57.34
3. D. McDonnell Coby 3.38.28

VETERANS 0/40

1. J. Tayyler DiP/K 3.18.08
2. T. Platts Croydon 3.18.35

VETERANS 0/35

1. R. Clayton Ford/Hwood 3.04.38
2. E. Rees Tod 3.15.25
3. D. Heame ValH 3.15.57
4. H. Monkson Tod 3.17.03
5. J. Bedall SheffTrf 3.26.49
6. P. Straw Tod 3.35.41

BARREL INN FELL RACE  
Derbyshire  BS/5.5m/900ft 6.9.98

1. P. Deaville 41.41
2. B. Charlton 41.50
3. G. Giddling 43.17
4. G. Mosson 44.30
5. R. Hutton 44.42

VETERANS 0/45

1. N. K. Holmans Shrew 43.45
2. D. Beech 47.11
3. P. West 48.22

VETERANS 0/40

1. G. Morson 44.30
2. M. Cortiemand 49.07

VETERANS 0/35

1. R. Marlowe 45.57
2. D. Lockwood 48.45

VETERANS 0/30

1. C. Grundy 55.56
2. F. Makin 56.41

LADIES

1. J. Phizacklea 50.03
2. J. Kitchen 61.06
3. S. Steed 61.38

GREBEA FELL RACE  
Isle of Man  AM/9m/2500ft 12.9.98

The final round of this season’s Managrem sponsored fell running league, the nine mile Grebea Race, resulted in victory for Foxdale farmer, Keith Callister.

The race itself, which starts and finishes at the Hawthorne Inn on the TT course, takes in the steep climb of Greeba, and the long drag over to the Creg. The athletes then pick up part of the route used in the Mountain Marathon before the fast descent back to the finish. A leading group of four, including pre-race favourite Chris Quinn, broke clear on Greeba and for the whole of the race stayed together.

The outcome was finally settled in Callister’s favour from Quinn who, in turn, held off Super Veteran, David Young, while Phil Cain claimed the Over 40 class, with Rose Hooton managing a rare welcomed ladies’ victory.

Phil Cain

1. K. Callister MarsH 1.18.51
2. C. Quinn MarsH 1.19.16
3. D. Young MFR 1.19.23
4. J. Ronan MFR 1.19.53
5. P. Gore Niger 1.21.43
6. N. Jessell MFR 1.27.21
7. B. Osborne MFR 1.28.53
8. J. Grellin MarsH 1.29.38
9. K. Mengin Western 1.31.23
10. I. Callister MFR 1.32.06

VETERANS 0/40

1. P. Cain Shrew 45.38
2. R. Matthews/35 MFR 46.58
3. G. Roberts/40 Mercia 47.19
4. J. Hayman Unatt 50.49
5. K. Preston Unatt 52.25

J. Ingram of Saddleworth, featured in prizes at Hades Hill. Photo: Steve Bateson
The 17-mile Peris Horseshoe Mountain Race took place with over seventeen runners braving the conditions: mist, driving rain and hailstones with winds up to 30 m.p.h. With local knowledge being an advantage on the misty tops, Trefor Jones was in the lead for 15 miles until a fall allowed Mark Kinch to take over. The number of runners grew to 58, exactly twice last year's total and was swelled by a large contingent from Ivanhoe Runners of Leicester, who nominated Hollinscliffe as their club fell race.

Prizes were interesting, including local cheeses. Simon Fairmainer won a box of groceries! One runner claimed his own prize, sprinting to the finish with a giant puffball mushroom in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!

Martin Cortvriend in each hand gathered from the top of Chrome Hill!
MERRICK HILL RACE
Dumfries and Galloway
AM/8m/2710ft 19.9.98

The Merrick Hill Race yet again enjoyed excellent weather conditions with the cloud base at 2,000ft. The start is straight onto a steep ascent of the fell of Essocan, which soon spread the field out. At the top, E. McKay had the lead from Colin Brush. However, by the finish, Adam Adamson managed to pull back the forty three seconds he was behind at the top and win by one minute twenty two seconds. The ladies’ title was taken by last year’s winner, Jo McCloot. The Junior race was won by Silas Goldsworthy. The Team prize went to Westerlands. Thanks to Girvan Breakers for the radio support and marshalling.

Next year, there is a date change to Saturday 2 October; the Junior race will start at 11.30 a.m. and the Senior race will be at noon on a new course. The revised route will take competitors to the summit the same way but on the descent will bring them down the Rigg of Gillean and up onto the Buchan Ridge before dropping back to Bruce’s Stone. Hopefully, you will find this route more challenging even though it makes it a bit longer and has a little more ascent. Hope to see you at the start next year.

Paul McClintock

3. Shires Race
Cumbria
AL/12m/4000ft 19.9.98

Another glorious day, a brilliant course, you can’t go wrong at the Three Shires except that a bit steadily had a hard time of it in the sunshine and, although there were again very few retirements, times were on average ten minutes or so slower than usual. Paul Scuvard’s winning time was thirteen minutes down on Gavins record from last year.

But then we’re none of us getting any younger, are we?

To single out a couple of people, it was great to get a call from Colin Brush, offering help. She made my day! I think Chris Callan had helped with results and registration at every race since 1983 and Gwen Clayton is only one behind her! They are a wonderful pair and will no doubt be in action again at the Langdale.

One guy packed in and went home without telling us. He knows who he is and so do we!

The Three Shires victor, Paul Sheard Photo: Steve Bateson

COTTERDALE FELL RACE
Cumbria
AM/6.5m/2200ft 19.9.98

Three Shires victor, Paul Sheard Photo: Steve Bateson

LANTERN PIKE FELL RACE
High Peak
BS/5m/1050ft 19.9.99

1. T. Werrett Mercia 33.00
2. P. Deaville Stock 33.02
3. M. Wessall Pea 33.16
4. D. Gartley Stock 33.55
5. C. Cadbury Stock 34.24
6. L. Tiggart Buxton 34.30
7. S. Fairman Traff 35.07
8. A. Griffin Bowland 35.25
9. A. Whittling Buxton 35.39
10. V. Booth Traff 35.41

VETERANS O/40
1. M. Wessall Pen 33.16
2. C. Tray Pen 36.51
3. B. Gregory Stock 36.54
4. S. Bells Wrex 36.56
5. E. Fielding Unatt 37.22

VETERANS O/50
1. G. Monson Buxton 36.16
2. R. Britten Salt & M 37.36
3. L. Best Stock 38.14
4. B. Robinson Gloss 38.43
5. F. Fielding Unatt 39.46

VETERANS O/60
1. P. Lyons Ross 36.28
2. R. Marlow Df/Pk 39.30
3. J. Armistead Df/Pk 40.45
4. J. Morris Pen 40.54
5. M. Radford Spa 42.30

VETERANS O/65
1. P. Jaques Sale 44.61
2. B. Scudder Df/Pk 46.23
3. A. Campbell Ross 51.41

LADIES
1. K. Drake O/35 Spen 39.12
2. S. Newman Gloss 39.56
3. J. PhilipA Buxton 41.01
4. J. Bartley Df/Pk 42.27
5. W. Barnes Df/Pk 42.56
6. V. Maggave Eyn 44.41
7. K. Harvey O/40 Ayr 44.49
8. M. Edgerton Unatt 45.16

JUNIORS - BOYS
1. J. Carter Spen 14.10
2. T. Wild Unatt 15.35
3. J. Crook Local 15.48

JUNIORS - GIRLS
1. L. Lohman Buxton 17.49
2. L. Orritt Buxton 17.58
3. R. Broadhurst W’lands 18.25

ROSSENDALE’S Keith Masser - Three Shires
Photo: Steve Bateson

1. Paul Sheard P&B 1.58.28
2. S. Livens Clwyd 1.58.39
3. M. Herrocks Ayr 1.59.04
4. N. Sharp Kew 1.59.42
5. J. Bland Beer 2.01.45
6. Phil Sheard P&B 2.03.09
7. G. Schofield Horw 2.03.36
8. S. Shuttleworth Amble 2.04.03
9. D. Nuttall Clwyd 2.04.41
10. J. Wright Tod 2.05.10

VETERANS O/40
1. G. Schofield Horw 2.03.36
2. R. Crossland Bfd/Aire 2.07.12
3. N. Kirkbright Skyr 2.14.16
4. K. Masser Ross 2.16.19
5. N. Pearce Ilk 2.17.43

VETERANS O/50
1. C. Wilkussen Bing 2.13.51
2. M. Clews CFR 2.20.56
3. G. Howad Ilk 2.26.46
4. P. McWade Clay 2.28.13
5. R. Bell Amble 2.31.08

VETERANS O/60
1. R. Jaques Clay 2.43.14
2. D. Brown Clwyd 2.56.49
3. B. Hood Mnd 2.57.31

LADIES
1. V. Hague P&B 2.12.05
2. V. Peacock O/40 Clwyd 2.24.31
3. J. King CFR 2.30.48
4. T. Ambler Ilk 2.34.23
5. B. McWade Clay 2.33.47
6. E. Moody N’land 2.36.38
7. T. Kenny Kend 2.42.20
8. S. Hodgson Amble 2.42.53

COTTERDALE FELL RACE
Cumbria
AM/6.5m/2200ft 19.9.98

1. S. Oldfield BfdA 34.44
2. G. Moffat Howgill 35.22
3. M. Walsh Kend 37.00
4. A. Caruthers Kend 37.21
5. F. Whiting Kend 38.21
6. C. Valentine Kend 38.39
7. C. Seidman Kend 39.21
8. E. Livens Howgill 39.56
9. P. Longton Kend 40.46
10. S. Moffat Howgill 41.11

VETERANS O/40
1. S. Oldfield BfdA 34.44
2. G. Moffat Howgill 35.22
3. M. Walsh Kend 37.00
4. P. Whiting Kend 38.21
5. S. Moffat Howgill 41.11

VETERANS O/50
1. J. Hoffman BfdA 42.48
2. G. Unsworth Kend 43.30

VETERANS O/60
1. J. Seward Unatt 52.19

LADIES
1. S. Jones Mace 43.02
2. R. Pleet Mace 48.48
3. E. Unsworth Kend 63.24
Ian Webb
A good race and nice beer tent as well!
It was good to have a strong field of juniors and Duncan Scott
of the way. Eileen made a determined challenge by leading
Armstrong had their own private race with Linda in front most
two and three at the top but Ruth Fletcher took Morag by
excellent tussle; Dawn Elliott and Morag McDonnell were
race until he reached Great Tosson.

Mark Brown stormed out of the forest in the lead, just below
the summit crags, and was first to reach the summit. Andy
was fifth at the top but by Little Church he was third leading a
race in a wonderful location.

Many thanks to all the helpers. Hope to see you next year.

You could tell from the look in his eye as he led the race
round the lap of the start field that Gary Devine was deter­
mined to win this one, and so he did as he won his second
Thieveley Pike Fell Race, ten years on from his previous

This was my thirteenth and final race as organiser and I'd like
to thank all those who helped on the day and, indeed, all those
who have helped out down the years. Finally, my best wishes
to my successor as organiser, Peter Booth, and I hope he gets
as much pleasure and satisfaction as I've had organising this
splendid little race.

Many thanks to all the helpers. Hope to see you next year.

VETERANS O/50
1. G. Brown
Unatt 51.53
2. R. Hayco
N'land 57.47
3. W. Campbell
N'land 58.01
4. D. Harvey
Cram 58.12
5. G. Atkinson
Wallsend 61.13

VETERANS O/60
1. D. Wright
Tyne 78.23
2. N. Dodd
Unatt 83.04

LADIES
1. A. Raw
Darl 54.12
2. R. Fletcher O/40
Tyne 60.32
3. D. Elliott
Send 60.52
4. M. McDowell
Salt 61.23
5. J. Saul
N'land 62.58
6. L. Bray
Morpeth 67.00
7. E. Armstrong O/50
Blaydon 67.09
8. K. Bennett
Salt 70.15

JUNIORS
1. D. Scott
Tyne 50.41
2. A. Ledger
Unatt 56.14
3. P. Carmody
Silicates 59.39

S T E P H E N  P A R K E R
Peter Broo
Not even the dense low mist that enveloped the moor for most of the race could dampen the enthusiasm and spirit of the supporters and the thirty nine runners who lined up to take part. Britain's oldest organised Trespass Fell Race.

The race was won by Alan Clowson in "a new course record". This year's outstanding performance goes to ladies' winner, Jane during the race set the new record. A new record time of 65.39, again more than a minute faster than the previous mark. In the B race, overall times were much slower than recent years and nobody broke the hour. M Robbins ran clear from the early stages of the race but special mention needs to be made of Paul Lambert, who provided the car parking facilities at Beeston and Dave Morris who got up very early on Sunday to remove the gates and turn off the electric fences for the day!! Also to Mr Bennett, Larry and the team event was won by Kendal.

In the B race, overall times were much slower than recent years and nobody broke the hour. M Robbins ran clear from the early stages of the race but special mention needs to be made of Paul Lambert, who provided the car parking facilities at Beeston and Dave Morris who got up very early on Sunday to remove the gates and turn off the electric fences for the day!! Also to Mr Bennett, Larry and the team event was won by Kendal.

**PIKE LOWE TRESPASS FELL RACE**

South Yorkshire

5m/500ft 26.9.98

Not even the dense low mist that enveloped the moor for most of the race could dampen the enthusiasm and spirit of the supporters and the thirty nine runners who lined up to take part. Britain's oldest organised Trespass Fell Race.

The race was won by Alan Clowson in "a new course record". This year's outstanding performance goes to ladies' winner, Jane during the race set the new record. A new record time of 65.39, again more than a minute faster than the previous mark. In the B race, overall times were much slower than recent years and nobody broke the hour. M Robbins ran clear from the early stages of the race but special mention needs to be made of Paul Lambert, who provided the car parking facilities at Beeston and Dave Morris who got up very early on Sunday to remove the gates and turn off the electric fences for the day!! Also to Mr Bennett, Larry and the team event was won by Kendal.

In the B race, overall times were much slower than recent years and nobody broke the hour. M Robbins ran clear from the early stages of the race but special mention needs to be made of Paul Lambert, who provided the car parking facilities at Beeston and Dave Morris who got up very early on Sunday to remove the gates and turn off the electric fences for the day!! Also to Mr Bennett, Larry and the team event was won by Kendal.

In the B race, overall times were much slower than recent years and nobody broke the hour. M Robbins ran clear from the early stages of the race but special mention needs to be made of Paul Lambert, who provided the car parking facilities at Beeston and Dave Morris who got up very early on Sunday to remove the gates and turn off the electric fences for the day!! Also to Mr Bennett, Larry and the team event was won by Kendal.

In the B race, overall times were much slower than recent years and nobody broke the hour. M Robbins ran clear from the early stages of the race but special mention needs to be made of Paul Lambert, who provided the car parking facilities at Beeston and Dave Morris who got up very early on Sunday to remove the gates and turn off the electric fences for the day!! Also to Mr Bennett, Larry and the team event was won by Kendal.

In the B race, overall times were much slower than recent years and nobody broke the hour. M Robbins ran clear from the early stages of the race but special mention needs to be made of Paul Lambert, who provided the car parking facilities at Beeston and Dave Morris who got up very early on Sunday to remove the gates and turn off the electric fences for the day!! Also to Mr Bennett, Larry and the team event was won by Kendal.

In the B race, overall times were much slower than recent years and nobody broke the hour. M Robbins ran clear from the early stages of the race but special mention needs to be made of Paul Lambert, who provided the car parking facilities at Beeston and Dave Morris who got up very early on Sunday to remove the gates and turn off the electric fences for the day!! Also to Mr Bennett, Larry and the team event was won by Kendal.

In the B race, overall times were much slower than recent years and nobody broke the hour. M Robbins ran clear from the early stages of the race but special mention needs to be made of Paul Lambert, who provided the car parking facilities at Beeston and Dave Morris who got up very early on Sunday to remove the gates and turn off the electric fences for the day!! Also to Mr Bennett, Larry and the team event was won by Kendal.

In the B race, overall times were much slower than recent years and nobody broke the hour. M Robbins ran clear from the early stages of the race but special mention needs to be made of Paul Lambert, who provided the car parking facilities at Beeston and Dave Morris who got up very early on Sunday to remove the gates and turn off the electric fences for the day!! Also to Mr Bennett, Larry and the team event was won by Kendal.

In the B race, overall times were much slower than recent years and nobody broke the hour. M Robbins ran clear from the early stages of the race but special mention needs to be made of Paul Lambert, who provided the car parking facilities at Beeston and Dave Morris who got up very early on Sunday to remove the gates and turn off the electric fences for the day!! Also to Mr Bennett, Larry and the team event was won by Kendal.

In the B race, overall times were much slower than recent years and nobody broke the hour. M Robbins ran clear from the early stages of the race but special mention needs to be made of Paul Lambert, who provided the car parking facilities at Beeston and Dave Morris who got up very early on Sunday to remove the gates and turn off the electric fences for the day!! Also to Mr Bennett, Larry and the team event was won by Kendal.

In the B race, overall times were much slower than recent years and nobody broke the hour. M Robbins ran clear from the early stages of the race but special mention needs to be made of Paul Lambert, who provided the car parking facilities at Beeston and Dave Morris who got up very early on Sunday to remove the gates and turn off the electric fences for the day!! Also to Mr Bennett, Larry and the team event was won by Kendal.

In the B race, overall times were much slower than recent years and nobody broke the hour. M Robbins ran clear from the early stages of the race but special mention needs to be made of Paul Lambert, who provided the car parking facilities at Beeston and Dave Morris who got up very early on Sunday to remove the gates and turn off the electric fences for the day!! Also to Mr Bennett, Larry and the team event was won by Kendal.

In the B race, overall times were much slower than recent years and nobody broke the hour. M Robbins ran clear from the early stages of the race but special mention needs to be made of Paul Lambert, who provided the car parking facilities at Beeston and Dave Morris who got up very early on Sunday to remove the gates and turn off the electric fences for the day!! Also to Mr Bennett, Larry and the team event was won by Kendal.

In the B race, overall times were much slower than recent years and nobody broke the hour. M Robbins ran clear from the early stages of the race but special mention needs to be made of Paul Lambert, who provided the car parking facilities at Beeston and Dave Morris who got up very early on Sunday to remove the gates and turn off the electric fences for the day!! Also to Mr Bennett, Larry and the team event was won by Kendal.

In the B race, overall times were much slower than recent years and nobody broke the hour. M Robbins ran clear from the early stages of the race but special mention needs to be made of Paul Lambert, who provided the car parking facilities at Beeston and Dave Morris who got up very early on Sunday to remove the gates and turn off the electric fences for the day!! Also to Mr Bennett, Larry and the team event was won by Kendal.
Unfortunately, a number of runners went off course and race Andrew Norman crossing the finishing line together. There Despite the misty conditions, the entry was up on last year to

<table>
<thead>
<tr>
<th>LADIES</th>
<th>Vet</th>
<th>0/40</th>
</tr>
</thead>
<tbody>
<tr>
<td>S. Owen</td>
<td>Tatten</td>
<td>2.25.00</td>
</tr>
<tr>
<td>H. Woodley</td>
<td>Tatten</td>
<td>2.25.53</td>
</tr>
<tr>
<td>J. Bennett</td>
<td>Forth</td>
<td>2.31.25</td>
</tr>
<tr>
<td>R. Quick</td>
<td>Forth</td>
<td>2.32.01</td>
</tr>
<tr>
<td>J. Robertson</td>
<td>Spectrum</td>
<td>2.33.09</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>RESULTS 'B' RACE</th>
<th>Vet</th>
<th>0/40</th>
</tr>
</thead>
<tbody>
<tr>
<td>M. Trickey</td>
<td>0/50</td>
<td>2.03.07</td>
</tr>
<tr>
<td>K. Ruffel</td>
<td>Leices</td>
<td>1.42.40</td>
</tr>
<tr>
<td>A. Calvert</td>
<td>Macc</td>
<td>1.38.14</td>
</tr>
<tr>
<td>N. Bassett</td>
<td>StaffsM</td>
<td>1.38.01</td>
</tr>
<tr>
<td>S. Hales</td>
<td>Macc</td>
<td>1.31.26</td>
</tr>
<tr>
<td>L. Quigley</td>
<td>WiganPh</td>
<td>1.29.52</td>
</tr>
<tr>
<td>R. Marlow</td>
<td>DkPk</td>
<td>1.21.38</td>
</tr>
<tr>
<td>B. Eyke</td>
<td>Altr</td>
<td>1.15.23</td>
</tr>
<tr>
<td>P. Bratby</td>
<td>Congle</td>
<td>1.20.16</td>
</tr>
<tr>
<td>A. Jenkins</td>
<td>DkPk</td>
<td>1.18.01</td>
</tr>
<tr>
<td>D. Hill</td>
<td>Nwales</td>
<td>1.16.55</td>
</tr>
</tbody>
</table>

**Kirkstone** but forty seconds covered the next three teams, Ambleside, Pudsey & Bramley and Dark Peak. The Dark Peak charge was in full flow and fastest leg times on the third and fourth legs moved them up to third place by the finish. Solid runs on all legs enabled Pudsey & Bramley to finish second as

**IAN HODGSON MOUNTAIN RELAY**

**Cumbria**

25m/8500ft (4 10.98)

This year, the Lakeland mist affected only the first leg, thereafter the course was clear and as far as we know, there were no major navigational errors. After a few light showers in the morning, the day was dry but cool and running conditions on the fells were relatively good, though the slippery rock caused a few scrapes and bruises.

Despite missing two of their best runners and having another broken wrist, Borrowdale gained their fourth successive win. Jon Bland and Andrew Davies gave them a narrow lead of eight seconds on the first leg which was increased to nearly four minutes at Hartsop by Andrew Schofield and Ben Bardley. Bingley seemed to be the main threat to them at that stage but unfortunately one of their third leg pair suffered severe breathing problems and they slipped back to twelfth by Kirkstone. The Borrowdale lead extended to six minutes at Kirkstone but forty seconds covered the next three teams, Ambleside, Pudsey & Bramley and Dark Peak. The Dark Peak charge was in full flow and fastest leg times on the third and fourth legs moved them up to third place by the finish. Solid runs on all legs enabled Pudsey & Bramley to finish second as last year. The Kendal Veterans' team broke their own record by almost three minutes to finish in fifth place whilst Keswick, anchored by Angela Brand-Barker and Louise Osborne with eighth fastest time on Leg 4, reduced their mixed team record by over nine minutes when finishing tenth. The key to Pudsey & Bramley's win in the ladies' category was the third leg run by Jane Clark and Helen Purdy who cut back a Clayton lead of over four minutes at Hartsop to hand over ten minutes in front. They held on to gain adequate revenge for last year's defeat.

Kit checks were satisfactory but some second leg runners had peculiar ideas of punching at controls. One pair asked the marshal what to do when they arrived at the control! On being told to punch, they proceeded to examine the map to find Angletarn and attempting to punch the Tarn! The next pair to arrive asked the same question and then punched the kite before turning to run off!

Dave, Shirley, Neil, Chris and Sara Hodgson

<table>
<thead>
<tr>
<th>VETERANS</th>
<th>0/40</th>
</tr>
</thead>
<tbody>
<tr>
<td>Borrowdale</td>
<td>3.55.58</td>
</tr>
<tr>
<td>Pudsey &amp; Bramley</td>
<td>3.41.38</td>
</tr>
<tr>
<td>Clayton-le-Moors</td>
<td>3.41.52</td>
</tr>
<tr>
<td>Kendal Veterans</td>
<td>3.42.16</td>
</tr>
<tr>
<td>Kendal</td>
<td>3.50.40</td>
</tr>
<tr>
<td>Livebound &amp; District</td>
<td>3.57.08</td>
</tr>
<tr>
<td>Barnby Hall</td>
<td>3.57.35</td>
</tr>
<tr>
<td>Bingley</td>
<td>3.58.16</td>
</tr>
<tr>
<td>Kendal</td>
<td>4.01.07</td>
</tr>
<tr>
<td>Keswick</td>
<td>4.01.56</td>
</tr>
</tbody>
</table>

**VETERANS**

| 1. Borrowdale | 3.55.58 |
| 2. Pudsey & Bramley | 3.41.38 |
| 3. Clayton-le-Moors | 3.41.52 |
| 4. Kendal Veterans | 3.50.40 |
| 5. Livebound & District | 3.57.08 |
| 6. Barnby Hall | 3.57.35 |
| 7. Bingley | 3.58.16 |
| 8. Kendal | 4.01.07 |
| 9. Keswick | 4.01.56 |
| 10. Kendal | 4.03.09 |
| 11. Clayton-le-Moors | 4.07.28 |
| 12. Cumberland FR | 4.10.45 |
| 14. Kendal | 5.03.25 |
| 15. Keswick | 5.11.01 |
| 16. Kendal | 5.28.00 |

**LADIES**

| 1. Kendal | 4.07.28 |
| 2. Keswick | 4.10.45 |
| 4. Keswick | 4.29.43 |
| 5. Kendal | 4.43.96 |
| 6. Bingley | 5.02.04 |
| 7. Keswick | 5.03.19 |

**MIXED**

| 1. Keswick | 4.01.56 |
| 2. Keswick | 4.03.09 |
| 3. Keswick | 4.07.28 |
| 4. Keswick | 4.10.45 |
| 6. Keswick | 4.29.43 |
| 7. Keswick | 4.43.96 |
| 8. Keswick | 5.02.04 |
| 9. Keswick | 5.03.19 |

**VETERANS 0/40**

| 1. M. Weadell | ValeR | 1.45.34 |
| 2. G. Rawlinson | Macc | 1.51.25 |
| 3. P. Pickwell | Altr | 1.55.41 |
| 4. A. Duncan | Macc | 1.56.12 |
| 5. B. Gregory | Stock | 1.59.36 |

**VETERANS 0/50**

| 1. F. McHale | Tatten | 2.07.51 |
| 2. W. Whiteside | Helsetby | 2.08.37 |
| 3. C. Latter | Tatten | 2.11.35 |
| 4. D. Hill | Nwales | 2.11.57 |
| 5. R. Tomkinson | Birkens | 2.16.25 |

**LADIES**

| 1. S. Owen 0/40 | Tatten | 2.25.00 |
| 2. H. Woodley | Tatten | 2.25.53 |
| 3. J. Bennett 0/40 | Forth | 2.31.25 |
| 4. R. Quick 0/40 | Forth | 2.32.01 |
| 5. J. Robertson | Spectrum | 2.33.09 |

**RESULTS 'B' RACE**

| 1. M. Robinson | Deeside | 1.04.32 |
| 2. J. Edwards | Warrin | 1.05.08 |
| 3. J. Spark | Alt | 1.05.39 |
| 4. R. Marlow | Desides | 1.06.08 |
| 5. A. Garnett | Spectrum | 1.06.18 |
| 6. R. Strodding | Helsetby | 1.06.50 |
| 7. S. Roberts | Unatt | 1.06.57 |
| 8. L. Woodle | Tatten | 1.09.47 |
| 9. M. Smithard | Desides | 1.10.02 |

| 1. A. Garnett | Spectrum | 1.06.18 |
| 2. R. Strodding | Helsetby | 1.06.50 |
| 3. M. Smithard | Desides | 1.10.02 |
| 4. S. Thompson | Unatt | 1.13.39 |
| 5. E. Thomas | Desides | 1.14.28 |

**VETERANS 0/50**

| 1. R. Spark | Altr | 1.11.46 |
| 2. A. Bewley | Forth | 1.12.26 |
| 3. G. Large | NethV | 1.12.40 |
| 5. L. Woodle | Tatten | 1.16.55 |

**Kirkstone** but forty seconds covered the next three teams, Ambleside, Pudsey & Bramley and Dark Peak. The Dark Peak charge was in full flow and fastest leg times on the third and fourth legs moved them up to third place by the finish. Solid runs on all legs enabled Pudsey & Bramley to finish second as last year. The Kendal Veterans' team broke their own record by almost three minutes to finish in fifth place whilst Keswick, anchored by Angela Brand-Barker and Louise Osborne with eighth fastest time on Leg 4, reduced their mixed team record by over nine minutes when finishing tenth. The key to Pudsey & Bramley's win in the ladies' category was the third leg run by Jane Clark and Helen Purdy who cut back a Clayton lead of over four minutes at Hartsop to hand over ten minutes in front. They held on to gain adequate revenge for last year's defeat.

Borrowdale in the lead at the Ian Hodgson - Steve Hicks, Gavin Bland, Mark Roberts and Billy Bland at the Kirkstone Pass change-over Photo: Peter Hartley

Borrowdale ladies Louise Osborne and Angela Brand-Barker at Kirkstone Pass Photo: Peter Hartley
This year's event took place in the North East Peak District starting from Low Bradfield. The day of the event had to be changed at short notice from Sunday to Saturday because of adverse weather. The course seemed well prepared, with clear blue skies but with some rain later. The event was a five hour score event for teams of two with many using the event as KIMM training. The terrain covered was a mix of footpaths/bridleways and rough open moorland in the Upper Derwent Valley. The course seemed well received by most teams and gave many route choices. This year's winners were John Hunt and John Smallwood, the second consecutive win for John H.

**OPEN COUNTRY MOUNTAIN MARATHON**

**Derbyshire**

**“O”**

This year's event took place in the North East Peak District starting from Low Bradfield. The day of the event had to be changed at short notice from Sunday to Saturday because of adverse weather. The course seemed well prepared, with clear blue skies but with some rain later. The event was a five hour score event for teams of two with many using the event as KIMM training. The terrain covered was a mix of footpaths/bridleways and rough open moorland in the Upper Derwent Valley. The course seemed well received by most teams and gave many route choices. This year's winners were John Hunt and John Smallwood, the second consecutive win for John H.

**VETERANS O/40**

1. J. Smallwood/H. Hunt 206pts
2. S. Bourne/D. Nuttall 200pts
3. L. Thompson/M. Wallis 190pts
4. M. Hawker/E. Winslow 190pts

**VETERANS O/50**

1. D. Parker/K. Parker 188pts
2. R. Ansell/A. Dickenson 188pts
3. J. Emerton/J. Hyde 188pts
4. D. Sleath/M. Sleath 188pts
5. T. Hobbs/H. Nicolson 188pts

**LADIES**

1. A. Bedwell/K. Buckley 176pts
2. M. Wymer/R. Hopkins 176pts
3. J. Ashton/N. Jones 144pts
4. M. Brown/C. Myers 140pts

**MIXED**

1. D. Parker/K. Parker 188pts
2. J. Spencer/C. Broughton 184pts
3. A. Meuric/Thomas 110pts

**LANGDALE HORSESHOE FELL RACE**

**Cumbria**

**AL/14m/4000ft 10.10.98**

Congratulations to Jonny Bland, Emmus Moody, Richard Crossland, Dave Spedding, Ross Jaques and Borrowdale on their victories.

**HIGH BROWN KNOLL FELL RACE**

**West Yorkshire**

**BM/6.5m/1050ft 10.10.98**

Pudsey & Bramley's latest recruit, Gary Oldfield, made good use of his local knowledge as he triumphed in the inaugural race from Mytholmroyd to High Brown Knoll and back, leading home a field of one hundred and one runners. The route was changed at short notice from Sunday to Saturday because of adverse weather. The day was superb, just the wrong kind of day for a navigation exercise but this didn't deter the runners from scattering in all sorts of directions from checkpoint two.

Gary, the "Flying Postman" led former Yorkshire twenty mile road running champion, Jeff Hornby, at the Trig, with Phil Sheard and 1995 British Fell champion, Jack Maitland, in hot pursuit. Irish International, Shane Green, was next to turn, with Carol a few strides behind. It would appear from the results that Shane had been playing "Follow the Lady" until then just casually! As it happened, the weather on race day was superb, just the wrong kind of day for a navigation exercise but this didn't deter the runners from scattering in all sorts of directions from checkpoint.

As it happened, Jack reached a point where his chosen line was about to meet the descent route flags and his heart must have sunk. As he told me afterwards "I thought, right, I've got it sewn up here, but just at the exact moment I saw these two fly down the lane and away towards the finish in front of me!.."

Jack clearly hasn't lost his talent to descend that earned him the nickname "Falling Stone" during his most successful years on the fell circuit in the late 1980s. As he told me afterwards "I thought, right, I've got it sewn up here, but just at the exact moment I saw these two fly down the lane and away towards the finish in front of me!.."

But wait, whatever happened to Shane Green? Top elite runner, Irish International, five times Manx Mountain Marathon runner-up, ace navigator, ale swiller and all-round top man? He came jogging along the canal bank after taking a slight detour to take the award for most (32) places lost from checkpoint two.

For Dean 2.12.29
I. E. Moody NFR 2.54.02
2. J. Rae Whسود 2.54.19
3. J. Smith/Smith 2.54.27
4. S. Hodgson Amble 2.54.36
5. W. Dodds Dyer 2.54.36
6. S. Hammond Tatten 2.54.36
7. K. Thompson/Bress 2.54.36
8. M. Chippendale 2.54.36
The idea of having a bit of navigation seemed to go down well with most of the competitors. It certainly made for a good conversation point in the Dusty Miller afterwards, as everyone compared notes on the descent route choice - well, but boy was it giving any secrets away!

Thanks as ever to all those who helped make this race a success - Steve and Pauline Oldfield, Bernard and Kay Pierce on registration and finish recording, Peter Horne at the re-crossing and Allan Jones and Brian Horsley who did a grand job of checking everyone through at the summit, enabling me to put intermediate positions in the results (just like a proper race)!

Please note that next year’s race will be on a Sunday (10 October 1999) as there will be a shooting party on the moor and Allan and Carol Greenwood (best eight from twelve races). See you then.

The Manor Water Hill Race
Borders
BM/10m/2300ft 10.10.98

The Manor Water Hill Race was, this year, held for the seventh year. It is held in conjunction with the Manor Water Sheepdog Trials, one of the major events of the year in the Manor Valley, and under the auspices of the Tweeddale Antics Club.

The race starts at Haswell Bykes Farm and follows the ridge between the Manor Valley and Duvick as far as the hill known as The Scripe, at 2.348 feet, returning by the same route. The race is on the calendars of both the Scottish Hill Runners Association and the Fell Runners Association but is still a young event and relatively little known. There is a women’s race for juniors. This year, there were fifty-six competitors, the largest field so far; however, there were no juniors. Fortunately, the weather was dry on the day, although underfoot conditions were worse than usual after the frequent rains of the summer.

The race takes place with the kind permission of The Wemyss Estates, Robert Balfour of Duvick, The Forestry Commission Forest Enterprise, Mr. Jim Currie of Haswell Bykes and Mr. Robert Balfour of woodland. Thanks to all the sponsors and those who donated prizes.

**VETERANS O/40**

1. J. Ackland ThirskS 72.21
2. L. Lacon Holm 68.23
3. J. Ackland ThirskS 64.04
4. P. Kelly Darlington 64.27
5. R. Pollard Mendip 66.17

**LADIES**

1. R. Slater Kpby 68.23
2. A. Raw Dart 72.55
3. A. Heyward ThirskS 80.29

**TENTH BRITISH FELL AND HILL RUNNING RELAY**

**Cumbria**

4 x 18.10.98

It seems appropriate on this occasion to start this race report with thanks to all those who contributed to the organisation of the day, as most had given many hours of their time for months beforehand to make this a logically difficult event which, as smoothly as possible. We all had a good look, worked, on the Friday and Saturday, as if it would be rained by the weather, so it was with great relief that we saw the sky clear and the stars come out on the Saturday night, and Sunday was as good as we could have expected in October, though cold for the marathons on the fell. There were literally dozens of helpers, mainly from Cumberland Fell Runners, but a number from other clubs, or simply friends or family, who did the innumerable tasks required to see the event go well. Special thanks to you all. Jennings, of Castle Brewery, Cockermouth were our generous and very welcome sponsors.

Running standards were high. A record number of teams entered, some travelling long distances to take part in the event. Congratulations to all the winners. A particular thank you also to all the teams who come and take part, knowing that they are unlikely to beat the elite teams! Borrowdale started as favourites, running on home ground, but were narrowly beaten by an extremely strong Bisley team. Paddy & Bramley were a creditable third in the open event and first in the ladies’ relay with an exceptional team. Kendal were winners of the Veterans event by a narrow margin from Keswick.

Cumbria Fell Runners worked hard to make the event a success and tried to anticipate as many problems as possible. We didn’t get everything right but in an enterprise of this size, we hardly expected to. We hope that you all enjoyed the day.

**BARROW**

1. R. Burn ThriskS 61.25
2. M. Burn ThriskS 61.25
3. P. Buckley NMansite 62.14
4. S. Bottomley Eccles 62.23
5. P. Figg Swale 63.55
6. D. Collin M-send 64.04
7. P. Kelly Darlington 64.27
8. N. Cotter ThriskS 64.36
9. R. Hall ThriskS 64.44
10. S. Mochie ThriskS 65.02

**VETERANS O/40**

1. R. Burn ThriskS 61.25
2. P. Buckley NMansite 62.14
3. D. Collin M-send 64.04
4. P. Kelly Darlington 64.27
5. R. Polland Mendip 66.17

**VETERANS O/50**

1. M. Hetherington Nestle 72.12
2. R. Barnes toast 72.21
3. G. Dixon M-send 74.03
4. B. McDonald 74.15
5. R. Sherwood NMansite 75.03

**LADIES**

1. K. Slater Kpby 68.23
2. A. Raw Dart 72.55
3. A. Heyward ThriskS 80.29

**SALTINGER GALLOWS**

**Cleveland**

BM/5m/1100ft 18.10.98

A fine day in “Heartbeat” country, which saw the inaugural run on this course. What a change from the day before when the rain and winds howled so that the whole course was floating and many of the streams had broken their banks.

Over the first four miles, it was Peter Buckby leading from the Burn brothers and Steve Bottomley. Pete managed to min the turn at CP3 (where you plunge down a ravine at Hudson’s Cross to go down the Griff). Caution was exercised here due to the slippery wooden steps that allow you to descend part of the hill. On the day, as most had given many hours of their time for months beforehand to make this a logically difficult event which, as smoothly as possible. We all had a good look, worked, on the Friday and Saturday, as if it would be rained by the weather, so it was with great relief that we saw the sky clear and the stars come out on the Saturday night, and Sunday was as good as we could have expected in October, though cold for the marathons on the fell. There were literally dozens of helpers, mainly from Cumberland Fell Runners, but a number from other clubs, or simply friends or family, who did the innumerable tasks required to see the event go well. Special thanks to you all. Jennings, of Castle Brewery, Cockermouth were our generous and very welcome sponsors.

Running standards were high. A record number of teams entered, some travelling long distances to take part in the event. Congratulations to all the winners. A particular thank you also to all the teams who come and take part, knowing that they are unlikely to beat the elite teams! Borrowdale started as favourites, running on home ground, but were narrowly beaten by an extremely strong Bisley team. Paddy & Bramley were a creditable third in the open event and first in the ladies’ relay with an exceptional team. Kendal were winners of the Veterans event by a narrow margin from Keswick.

Cumbria Fell Runners worked hard to make the event a success and tried to anticipate as many problems as possible. We didn’t get everything right but in an enterprise of this size, we hardly expected to. We hope that you all enjoyed the day.
## LADIES

<table>
<thead>
<tr>
<th>Lady Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Bingley ’A’</td>
<td>5:33.09</td>
</tr>
<tr>
<td>2. Bingley ’A’</td>
<td>5:35.14</td>
</tr>
<tr>
<td>3. Paisley &amp; Brumley ’A’</td>
<td>5:37.38</td>
</tr>
<tr>
<td>4. Clwyd Le Moores ’A’</td>
<td>5:09.01</td>
</tr>
<tr>
<td>5. Dark Peak ’A’</td>
<td>5:09.30</td>
</tr>
<tr>
<td>6. Cosmic Hill Bashers ’A’</td>
<td>5:12.25</td>
</tr>
<tr>
<td>7. Horwich ’A’</td>
<td>5:16.03</td>
</tr>
<tr>
<td>8. Ambleside ’A’</td>
<td>5:16.42</td>
</tr>
<tr>
<td>9. Todmorden ’A’</td>
<td>5:17.04</td>
</tr>
<tr>
<td>10. Altiricham ’A’</td>
<td>5:18.03</td>
</tr>
<tr>
<td>11. Rosendale ’A’</td>
<td>5:18.45</td>
</tr>
<tr>
<td>12. Cumberland FR ’A’</td>
<td>5:19.46</td>
</tr>
<tr>
<td>14. Keswick Veterans</td>
<td>5:20.22</td>
</tr>
<tr>
<td>15. Cardenhy</td>
<td>5:22.30</td>
</tr>
<tr>
<td>16. Paisley &amp; Brumley ’B’</td>
<td>5:23.48</td>
</tr>
<tr>
<td>17. Borrowdale ’B’</td>
<td>5:25.34</td>
</tr>
<tr>
<td>18. Keswick ’A’</td>
<td>5:26.06</td>
</tr>
<tr>
<td>19. Horwich Veterans</td>
<td>5:26.34</td>
</tr>
<tr>
<td>20. Clwyd Le Moores ’B’</td>
<td>5:28.21</td>
</tr>
<tr>
<td>22. Mandale ’A’</td>
<td>5:30.51</td>
</tr>
<tr>
<td>23. Mericass Veterans</td>
<td>5:31.23</td>
</tr>
<tr>
<td>24. Kendal Veterans ’B’</td>
<td>5:33.31</td>
</tr>
<tr>
<td>25. Cumberland FR ’B’</td>
<td>5:33.36</td>
</tr>
<tr>
<td>26. Mersey ’A’</td>
<td>5:34.08</td>
</tr>
<tr>
<td>27. Cumberland FR Veterans</td>
<td>5:36.03</td>
</tr>
<tr>
<td>28. Kendal ’A’</td>
<td>5:39.09</td>
</tr>
<tr>
<td>29. Mericass ’A’</td>
<td>5:40.10</td>
</tr>
<tr>
<td>30. Keighead &amp; Craven ’A’</td>
<td>5:40.35</td>
</tr>
</tbody>
</table>

## LADIES

<table>
<thead>
<tr>
<th>Lady Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Paisley &amp; Brumley ’A’</td>
<td>5:04.58</td>
</tr>
<tr>
<td>2. Cardenhy</td>
<td>5:12.42</td>
</tr>
<tr>
<td>3. Keswick</td>
<td>5:20.42</td>
</tr>
<tr>
<td>4. Maclesfield</td>
<td>5:22.25</td>
</tr>
<tr>
<td>5. Cosmic Hill Bashers</td>
<td>5:25.00</td>
</tr>
<tr>
<td>6. Aftershock</td>
<td>5:29.42</td>
</tr>
<tr>
<td>7. Cumberland FR</td>
<td>5:35.03</td>
</tr>
<tr>
<td>8. Clwyd Le Moores</td>
<td>5:45.59</td>
</tr>
<tr>
<td>9. Keswick</td>
<td>5:46.09</td>
</tr>
<tr>
<td>10. Perminne</td>
<td>5:53.24</td>
</tr>
</tbody>
</table>

## SEVENTH WITHINS SKYLINE

**BREIDDIN HILLS RACE**

**Shropshire**

**AM/7m/2300ft 18.10.98**

For the second year in a row, the race dawned frosty with light winds and a blue sky but soft underfoot after the previous days’ torrential rain. The male and female records still stand although Andrew Davies (just turned senior) has already equalled Colin Donnelly’s four race wins, impressive domination!! Dare 1 say it, in fear of a thumping, female records still stand although Andrew Davies (just turned forty runners had to contend with appalling weather, thick mud and deep standing water along much of the route, with several runners literally being blown off their feet. ‘I’m glad we didn’t run the proper Skyline race, it was a very wise decision. Although if we had, certainly my winning margin would have been more. It was lucky for Ian Holmes that he’s forty runners had to contend with appalling weather, thick mud and deep standing water along much of the route, with several runners literally being blown off their feet. ‘I’m glad we didn’t run the proper Skyline race, it was a very wise decision. Although if we had, certainly my winning margin would have been more. It was lucky for Ian Holmes that he’s forty runners had to contend with appalling weather, thick mud and deep standing water along much of the route, with several runners literally being blown off their feet. ‘I’m glad we didn’t run the proper Skyline race, it was a very wise decision. Although if we had, certainly my winning margin would have been more. It was lucky for Ian Holmes that he’s fort...”

## VETERANS 0/40

<table>
<thead>
<tr>
<th>Lady Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. A. Davies</td>
<td>52.29</td>
</tr>
<tr>
<td>2. A. Cumrathes</td>
<td>54.27</td>
</tr>
<tr>
<td>3. C. Lancaster</td>
<td>55.41</td>
</tr>
<tr>
<td>4. R. Barry</td>
<td>56.13</td>
</tr>
<tr>
<td>5. M. Caddy</td>
<td>56.13</td>
</tr>
<tr>
<td>6. B. Gregory</td>
<td>56.30</td>
</tr>
<tr>
<td>7. G. Crosswell</td>
<td>56.44</td>
</tr>
<tr>
<td>8. M. Crewe</td>
<td>58.36</td>
</tr>
<tr>
<td>9. S. Enwasschle</td>
<td>58.38</td>
</tr>
<tr>
<td>10. H. Jones</td>
<td>59.25</td>
</tr>
</tbody>
</table>

## VETERANS 0/40

<table>
<thead>
<tr>
<th>Lady Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. B. Gregory</td>
<td>50.30</td>
</tr>
<tr>
<td>2. G. Creiswell</td>
<td>50.64</td>
</tr>
<tr>
<td>3. S. Intrawshire</td>
<td>50.89</td>
</tr>
<tr>
<td>4. R. Wilson</td>
<td>59.28</td>
</tr>
<tr>
<td>5. P. Chadwick</td>
<td>60.41</td>
</tr>
<tr>
<td>6. J. Coombes</td>
<td>61.43</td>
</tr>
</tbody>
</table>

## JUNIORS

<table>
<thead>
<tr>
<th>Lady Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. S. Marlow</td>
<td>66.39</td>
</tr>
<tr>
<td>2. A. Davies</td>
<td>52.29</td>
</tr>
<tr>
<td>3. A. Cumrathes</td>
<td>54.27</td>
</tr>
<tr>
<td>4. R. Barry</td>
<td>56.13</td>
</tr>
<tr>
<td>5. M. Caddy</td>
<td>56.13</td>
</tr>
<tr>
<td>6. B. Gregory</td>
<td>56.30</td>
</tr>
<tr>
<td>7. G. Crosswell</td>
<td>56.44</td>
</tr>
<tr>
<td>8. M. Crewe</td>
<td>58.36</td>
</tr>
<tr>
<td>9. S. Enwasschle</td>
<td>58.38</td>
</tr>
<tr>
<td>10. H. Jones</td>
<td>59.25</td>
</tr>
</tbody>
</table>

## JUNIORS

<table>
<thead>
<tr>
<th>Lady Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. B. Gregory</td>
<td>50.30</td>
</tr>
<tr>
<td>2. G. Creiswell</td>
<td>50.64</td>
</tr>
<tr>
<td>3. S. Intrawshire</td>
<td>50.89</td>
</tr>
<tr>
<td>4. R. Wilson</td>
<td>59.28</td>
</tr>
<tr>
<td>5. P. Chadwick</td>
<td>60.41</td>
</tr>
<tr>
<td>6. J. Coombes</td>
<td>61.43</td>
</tr>
</tbody>
</table>

## JUNIORS

<table>
<thead>
<tr>
<th>Lady Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. S. Marlow</td>
<td>66.39</td>
</tr>
<tr>
<td>2. A. Davies</td>
<td>52.29</td>
</tr>
<tr>
<td>3. A. Cumrathes</td>
<td>54.27</td>
</tr>
<tr>
<td>4. R. Barry</td>
<td>56.13</td>
</tr>
<tr>
<td>5. M. Caddy</td>
<td>56.13</td>
</tr>
<tr>
<td>6. B. Gregory</td>
<td>56.30</td>
</tr>
<tr>
<td>7. G. Crosswell</td>
<td>56.44</td>
</tr>
<tr>
<td>8. M. Crewe</td>
<td>58.36</td>
</tr>
<tr>
<td>9. S. Enwasschle</td>
<td>58.38</td>
</tr>
<tr>
<td>10. H. Jones</td>
<td>59.25</td>
</tr>
</tbody>
</table>

## VETERANS 0/40

<table>
<thead>
<tr>
<th>Lady Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. S. Oldfield</td>
<td>38.54</td>
</tr>
<tr>
<td>2. B. Goodson</td>
<td>41.43</td>
</tr>
<tr>
<td>3. C. Speight</td>
<td>41.43</td>
</tr>
<tr>
<td>4. D. Woodhead</td>
<td>41.55</td>
</tr>
<tr>
<td>5. R. Hamilton</td>
<td>43.03</td>
</tr>
</tbody>
</table>

## VETERANS 0/50

<table>
<thead>
<tr>
<th>Lady Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. G. Breeze</td>
<td>46.06</td>
</tr>
<tr>
<td>2. G. Howard</td>
<td>46.27</td>
</tr>
<tr>
<td>3. S. Sanderson</td>
<td>47.35</td>
</tr>
<tr>
<td>4. T. Thorment</td>
<td>48.03</td>
</tr>
<tr>
<td>5. G. Fielding</td>
<td>49.15</td>
</tr>
</tbody>
</table>

## JUNIORS UNDER 18

<table>
<thead>
<tr>
<th>Lady Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. L. Broadley</td>
<td>41.35</td>
</tr>
<tr>
<td>2. G. Breeze</td>
<td>44.47</td>
</tr>
<tr>
<td>3. S. Trehu</td>
<td>45.42</td>
</tr>
</tbody>
</table>

## JUNIORS UNDER 16

<table>
<thead>
<tr>
<th>Lady Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. A. Jagan</td>
<td>46.44</td>
</tr>
<tr>
<td>2. D. Hassell</td>
<td>7.09</td>
</tr>
<tr>
<td>3. J. Dunne</td>
<td>7.20</td>
</tr>
<tr>
<td>4. M. Addison</td>
<td>7.12</td>
</tr>
<tr>
<td>5. D. Cutts</td>
<td>7.44</td>
</tr>
<tr>
<td>6. O. Heaton</td>
<td>7.50</td>
</tr>
</tbody>
</table>
Championship Details (1998)

British and English Championship details:
Welsh Championship positions

Regional Championship details now available

Guests of Honour and former champions
Sarah Rowell and Colin Donnelly accept gifts
from 1998 British champions Ian Holmes and
Angela Mudge (Photo: Woodhead)

British and English lady veteran champion
Jo Prowse (Photo: Woodhead)

English Ladies Champions
Keswick A.C. with Guests of Honour (Photo: Woodhead)
## BRITISH CHAMPIONSHIP AWARDS 1998

### MALE OPEN

<table>
<thead>
<tr>
<th>Award</th>
<th>Name</th>
<th>Club</th>
<th>Pen</th>
<th>Sailbeck</th>
<th>Culter</th>
<th>Siabod</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gold</td>
<td>Ian Holmes</td>
<td>Bingley</td>
<td>3</td>
<td>2</td>
<td>4</td>
<td>4</td>
<td>144</td>
</tr>
<tr>
<td>Silver</td>
<td>Mark Roberts</td>
<td>Borrowdale</td>
<td>5</td>
<td>7</td>
<td>5</td>
<td>3</td>
<td>140</td>
</tr>
<tr>
<td>Silver</td>
<td>Simon Booth</td>
<td>Borrowdale</td>
<td>15</td>
<td>1</td>
<td>1</td>
<td>9</td>
<td>140</td>
</tr>
<tr>
<td>Bronze</td>
<td>Gavin Bland</td>
<td>Borrowdale</td>
<td>6</td>
<td>14</td>
<td>3</td>
<td>6</td>
<td>138</td>
</tr>
<tr>
<td>Bronze</td>
<td>Jim Davies</td>
<td>Borrowdale</td>
<td>11</td>
<td>5</td>
<td>2</td>
<td>12</td>
<td>135</td>
</tr>
<tr>
<td>Bronze</td>
<td>Robert Jeff</td>
<td>Bingley</td>
<td>8</td>
<td>6</td>
<td>6</td>
<td>7</td>
<td>133</td>
</tr>
</tbody>
</table>

### MALE VET 40

<table>
<thead>
<tr>
<th>Award</th>
<th>Name</th>
<th>Club</th>
<th>Pen</th>
<th>Sailbeck</th>
<th>Culter</th>
<th>Siabod</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gold</td>
<td>Malcolm Patterson</td>
<td>Shettleston</td>
<td>1</td>
<td>2</td>
<td>1</td>
<td></td>
<td>*93</td>
</tr>
<tr>
<td>Silver</td>
<td>David Neill</td>
<td>Mercia</td>
<td>3</td>
<td>1</td>
<td>2</td>
<td>1</td>
<td>89</td>
</tr>
<tr>
<td>Bronze</td>
<td>David Bould</td>
<td>Kendal</td>
<td>4</td>
<td>4</td>
<td>3</td>
<td>3</td>
<td>83</td>
</tr>
</tbody>
</table>

### MALE VET 50

<table>
<thead>
<tr>
<th>Award</th>
<th>Name</th>
<th>Club</th>
<th>Pen</th>
<th>Sailbeck</th>
<th>Culter</th>
<th>Siabod</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gold</td>
<td>James Patterson</td>
<td>Albertville</td>
<td>2</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>33</td>
</tr>
<tr>
<td>Silver</td>
<td>Peter McWade</td>
<td>Clayton</td>
<td>1</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>30</td>
</tr>
<tr>
<td>Bronze</td>
<td>David Tait</td>
<td>Keighley</td>
<td>5</td>
<td>3</td>
<td>3</td>
<td>*</td>
<td>22</td>
</tr>
</tbody>
</table>

### LADIES OPEN

<table>
<thead>
<tr>
<th>Award</th>
<th>Name</th>
<th>Club</th>
<th>Pen</th>
<th>Sailbeck</th>
<th>Culter</th>
<th>Siabod</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gold</td>
<td>Angela Mudge</td>
<td>Carnethy</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>66</td>
</tr>
<tr>
<td>Silver</td>
<td>Angela Brand-Barker</td>
<td>Keswick</td>
<td>3</td>
<td>2</td>
<td>2</td>
<td>3</td>
<td>56</td>
</tr>
<tr>
<td>Bronze</td>
<td>Joanne Prowse</td>
<td>Keighley</td>
<td>4</td>
<td>3</td>
<td>6</td>
<td>5</td>
<td>50</td>
</tr>
</tbody>
</table>

### LADY VET 40

<table>
<thead>
<tr>
<th>Award</th>
<th>Name</th>
<th>Club</th>
<th>Pen</th>
<th>Sailbeck</th>
<th>Culter</th>
<th>Siabod</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gold</td>
<td>Joanne Prowse</td>
<td>Keswick</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>*</td>
<td>29</td>
</tr>
<tr>
<td>Silver</td>
<td>Lynn Thompson</td>
<td>Keswick</td>
<td>7</td>
<td>4</td>
<td>4</td>
<td>3</td>
<td>19</td>
</tr>
</tbody>
</table>

### MALE OPEN TEAMS

**FIRST**
- Borrowdale
- Simon Booth, Jonathon Bland, Jim Davies, Mark Roberts, Gavin Bland & Andrew Schofield

**SECOND**
- Bingley
- Matthew Whitfield, Ian Holmes, Adrian Rushworth, Bob Whitfield, Dave Horsfall, Mark Kinch, Rob Jebb, Steve Hawkins & Paul Mitchell

**THIRD**
- Kendal
- David Houlsworth, Mike Walsh, Hugh Symonds, Craig Roberts, Phil Clark, Mike Walford, Nicholas Spence & William Proctor

### LADIES OPEN TEAMS

**FIRST**
- Carnethy
- Angela Mudge, Karen Powell, Maggie Creber, Kate Jenkins & Jacqui Higginbottom

**SECOND**
- Keswick
- Jane Jones, Louise Osborn, Angela Brand-Barker, Lynn Thompson & Liz Cowell

**THIRD**
- Eryri
- Alison Donnelly, Jane Lloyd, Natasha Fellowes, Victoria Musgrove, Lisa Gartrell, Jenny Heming & Tina Dewsnapp

### KEY:
- Pendle = 4th April
- Culters = 30th May
- Sailbeck = 10th July
- Siabod = 18th July
- Ranking is calculated on scores in up to three races. If three race scores are used then they must include one race at each distance.

### ENGLISH AWARDS: INTERMEDIATE CHAMPIONSHIP

#### MEN

<table>
<thead>
<tr>
<th>Award</th>
<th>Name</th>
<th>Club</th>
<th>Pen</th>
<th>Bel</th>
<th>D</th>
<th>B-P</th>
<th>STL</th>
<th>Lan</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gold</td>
<td>Andrew Davis</td>
<td>Mercia</td>
<td>*</td>
<td>10</td>
<td>10</td>
<td>*</td>
<td>10</td>
<td>8</td>
<td>38</td>
</tr>
<tr>
<td>Silver</td>
<td>Harry Matthews</td>
<td>Shrewsbury</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>10</td>
<td>6</td>
<td>*</td>
<td>34</td>
</tr>
<tr>
<td>Bronze</td>
<td>David Norman</td>
<td>Altrincham</td>
<td>*</td>
<td>6</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>*</td>
<td>27</td>
</tr>
</tbody>
</table>

#### LADIES

<table>
<thead>
<tr>
<th>Award</th>
<th>Name</th>
<th>Club</th>
<th>Pen</th>
<th>Bel</th>
<th>D</th>
<th>B-P</th>
<th>STL</th>
<th>Lan</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gold</td>
<td>Charlotte Sunderland</td>
<td>Skipton</td>
<td>10</td>
<td>8</td>
<td>*</td>
<td>*</td>
<td>10</td>
<td>8</td>
<td>36</td>
</tr>
<tr>
<td>Silver</td>
<td>Sharon Taylor</td>
<td>Bingley</td>
<td>5</td>
<td>6</td>
<td>8</td>
<td>8</td>
<td>10</td>
<td>34</td>
<td></td>
</tr>
<tr>
<td>Bronze</td>
<td>Emma Middleton</td>
<td>Charnwood</td>
<td>8</td>
<td>7</td>
<td>*</td>
<td>*</td>
<td>7</td>
<td>7</td>
<td>29</td>
</tr>
</tbody>
</table>

### KEY:
- Pen = Pendle = 4th April
- D = Dodd = 24th May
- B-P = Buckden Pike = 20th June
- STL = Steel Fell = 19th July
- Lan = Langdale Country Fair = 16th August

**BEST FOUR POSITIONS FROM THE SIX COUNTING RACES**
## Male Open

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Club</th>
<th>L-M</th>
<th>PEN</th>
<th>S</th>
<th>B-P</th>
<th>R-D</th>
<th>SED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gold</td>
<td>IAN HOLMES</td>
<td>BINGLEY</td>
<td>1</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>*</td>
<td>3 121</td>
</tr>
<tr>
<td>Silver</td>
<td>SIMON BOOTH</td>
<td>BORROWDALE</td>
<td>3</td>
<td>14</td>
<td>1</td>
<td>7</td>
<td>1</td>
<td>1 120</td>
</tr>
<tr>
<td>Bronze</td>
<td>ROBERT JEBB</td>
<td>BINGLEY</td>
<td>4</td>
<td>8</td>
<td>6</td>
<td>3</td>
<td>4</td>
<td>1 109</td>
</tr>
<tr>
<td>Bronze</td>
<td>DAVID NEILL</td>
<td>MERCIA</td>
<td>7</td>
<td>22</td>
<td>8</td>
<td>4</td>
<td>2</td>
<td>1 104</td>
</tr>
<tr>
<td>Bronze</td>
<td>JIM DAVIES</td>
<td>BORROWDALE</td>
<td>6</td>
<td>11</td>
<td>5</td>
<td>9</td>
<td>3</td>
<td>5 102</td>
</tr>
<tr>
<td>Bronze</td>
<td>GAVIN BLAND</td>
<td>BORROWDALE</td>
<td>5</td>
<td>6</td>
<td>13</td>
<td>11</td>
<td>*</td>
<td>2 100</td>
</tr>
</tbody>
</table>

## Male Vet 40

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Club</th>
<th>L-M</th>
<th>PEN</th>
<th>S</th>
<th>B-P</th>
<th>R-D</th>
<th>SED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gold</td>
<td>DAVE NEILL</td>
<td>MERCIA</td>
<td>1</td>
<td>2</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>88</td>
</tr>
<tr>
<td>Silver</td>
<td>DAVID HOUlsWORTH</td>
<td>KENDAL</td>
<td>7</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>*</td>
<td>3 72</td>
</tr>
<tr>
<td>Bronze</td>
<td>WILLIE BELL</td>
<td>CFR</td>
<td>4</td>
<td>15</td>
<td>13</td>
<td>4</td>
<td>2</td>
<td>4 70</td>
</tr>
</tbody>
</table>

## Male Vet 50

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Club</th>
<th>L-M</th>
<th>PEN</th>
<th>S</th>
<th>B-P</th>
<th>R-D</th>
<th>SED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gold</td>
<td>PETER McWADE</td>
<td>CLAYTON</td>
<td>1</td>
<td>2</td>
<td>1</td>
<td>1</td>
<td>*</td>
<td>2 45</td>
</tr>
<tr>
<td>Silver</td>
<td>DAVID TAIT</td>
<td>DARK PEAK</td>
<td>3</td>
<td>3</td>
<td>2</td>
<td>*</td>
<td>2</td>
<td>34</td>
</tr>
<tr>
<td>Bronze</td>
<td>BRIAN SCHOFIELD</td>
<td>TODMORDEN</td>
<td>*</td>
<td>5</td>
<td>4</td>
<td>*</td>
<td>1</td>
<td>31</td>
</tr>
</tbody>
</table>

## Male Vet 60

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Club</th>
<th>L-M</th>
<th>PEN</th>
<th>S</th>
<th>B-P</th>
<th>R-D</th>
<th>SED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gold</td>
<td>PETER NORMAN</td>
<td>WREXHAM</td>
<td>1</td>
<td>1</td>
<td>*</td>
<td>1</td>
<td>1</td>
<td>* 38</td>
</tr>
<tr>
<td>Silver</td>
<td>ROSS JAQUES</td>
<td>CLAYTON</td>
<td>*</td>
<td>2</td>
<td>1</td>
<td>*</td>
<td>2</td>
<td>1 30</td>
</tr>
<tr>
<td>Bronze</td>
<td>JOHN DEARDEN</td>
<td>HELSBY</td>
<td>2</td>
<td>3</td>
<td>*</td>
<td>5</td>
<td>*</td>
<td>23</td>
</tr>
</tbody>
</table>

## Ladies Open

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Club</th>
<th>L-M</th>
<th>PEN</th>
<th>S</th>
<th>B-P</th>
<th>R-D</th>
<th>SED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gold</td>
<td>ANGELA BRAND-BARKER</td>
<td>KESWICK</td>
<td>*</td>
<td>2</td>
<td>1</td>
<td>*</td>
<td>1</td>
<td>6 78</td>
</tr>
<tr>
<td>Silver</td>
<td>JOANNE Prowse</td>
<td>KEIGHLEY</td>
<td>8</td>
<td>3</td>
<td>2</td>
<td>5</td>
<td>*</td>
<td>2 72</td>
</tr>
<tr>
<td>Bronze</td>
<td>LYNN THOMPSON</td>
<td>KESWICK</td>
<td>9</td>
<td>5</td>
<td>5</td>
<td>4</td>
<td>3</td>
<td>* 67</td>
</tr>
</tbody>
</table>

## Lady Veteran

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Club</th>
<th>L-M</th>
<th>PEN</th>
<th>S</th>
<th>B-P</th>
<th>R-D</th>
<th>SED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gold</td>
<td>JOANNE Prowse</td>
<td>KEIGHLEY</td>
<td>3</td>
<td>1</td>
<td>1</td>
<td>2</td>
<td>*</td>
<td>2 42</td>
</tr>
<tr>
<td>Silver</td>
<td>KAREN SLATER</td>
<td>KEIGHLEY</td>
<td>1</td>
<td>4</td>
<td>*</td>
<td>3</td>
<td>3</td>
<td>3 40</td>
</tr>
<tr>
<td>Bronze</td>
<td>LYNN THOMPSON</td>
<td>KESWICK</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>2</td>
<td>38</td>
</tr>
</tbody>
</table>

## Teams

### Men Open

GOLD: BINGLEY 45 (Matthew Whitfield, Ian Holmes, Robert Jubb, Steve Hawkins, Mark Kinch, Robin Lawrence, Colin Moses & Dave Horsfall)

GOLD: BORROWDALE 45 (Mark Roberts, Gavin Bland, Jim Davies, Simon Booth, Jonny Bland, Andrew Davies, Martin Holroyd & Andrew Schofield)

BRONZE: AMBLESIDE 34 (Mark Rigby, Nick Fish, John Atkinson, Roger Bell, Mark Fleming, Simon Stainer, Chris Rhodes, Stuart Shuttleworth, Ben Evans, Dan Duxbury & Steven Savage)

### Veteran Men

GOLD: KENDAL 45 (Phil Clark, Billy Proctor, Andrew Beck, David Houlsworth, John Reeve, Hugh Symonds, Mike Walsh, Duncan Overtorn, Paul Tuson, Alan Miller & Philip Whiting)

SILVER: HORWICH RMI 38 (Graham Schofield, Steve Jackson, Steve Moran, Brian Walton, Brent Brindle, Alan Sweatman, Jeff Holloway, Tony Hesketh & Dave Woodhead)

BRONZE: CUMBERLAND FELL RUNNERS 36 (Willie Bell, Andy Beatty, Harry Jarrett, Rob James, Richard Unwin, Richard Baker & Steve Holliday)

### Ladies Open

GOLD: KESWICK 45 (Angela Brand-Barker, Lynn Thompson, Liz Cowell, Louise Osborn, Jane Jones & Debbie Thompson)

SILVER: KEIGHLEY & CRAVEN 39 (Fredi Tate, Elizabeth Tomes, Karen Slater & Joanne Prowse)

BRONZE: CLAYTON 37 (Vanessa Peacock, Wendy Dodds, Katy Thompson, Kath Wallis, Alison Smith & Beverley McWilliam)

### Key

- L-M = Long Mynd 15th Feb
- PEN = Pendle 4th April
- S = Sailbeck 10th May
- B-P = Buckden Pike 20th June
- R-D = Royal Dockray 27th June
- SED = Sedburgh Hills 16th August

RANKING IS CALCULATED ON SCORES IN UP TO FOUR RACES. IF FOUR RACE SCORES ARE USED THEN THEY MUST INCLUDE ONE RACE AT EACH DISTANCE.
SEAA CHAMPIONSHIP

S.E.A.A. Fell Race Championship 1998 was incorporated in the Breidden Hills Fell Race (October 1998). This race is a little tougher, now firmly entrenched in the October calendar. Although the early part of the weekend was wet and windy, race organiser, Stuart Cathcart, had arranged a fine, crisp, sunny morning - ideal for fell running. Many thanks to Stuart for allowing the South to use his race.

Result: The S.E.A.A. Fell Race Championship this year the ladies did not contest - see you all in 1999.


Note for 1999

For the first time in recent history this championship will be held in the South. There will also be a new format.

The Isle of Wight Fell Race Series have kindly allowed us to incorporate the S.E.A.A. Championship in their three races. See F.R.A. Calendar.

Sam D. Kirkpatrick

ISLES OF WIGHT FELL RACING CHAMPIONSHIP SERIES

ISLE OF WIGHT FELL RACINGS

Most wins best results of ten en out of ten

1. M. Mills 0/35 HolmeP 22.16
2. C. Daniels 0/45 MEkeys 26.48
3. S. Pegg 0/45 EGrinstT 26.58

VENDOR HORSESHOE

1. G. Doubtly Ryde 56.22
2. J. Lowden 0/40 Worthing 56.58
3. A. Brown 0/40 Worthing 57.14
4. D. Tibbals EGrinstT 57.39
5. P. Fooks HolmeP 58.06
6. D. Grubb Reading 58.11
7. D. Kearn Compton 58.27
8. P. Fooks HolmeP 58.41

LADIES

1. M. Mills 0/35 HolmeP 69.29
2. C. Daniels 0/45 MEkeys 80.26
3. S. Pegg 0/45 EGrinstT 80.56

WROXHALL ROUND

1. G. Doubtly Ryde 1.35.50
2. P. Fooks HolmeP 1.37.25
3. A. Brown 0/40 Worthing 1.38.11
4. D. Tibbals EGrinstT 1.41.12
5. D. Kearn Compton 1.41.15
6. P. Fooks HolmeP 1.43.16
7. A. Cass 0/50 Ryde 1.44.25

LADIES

1. M. Mills 0/35 HolmeP 69.29
2. C. Daniels 0/45 MEkeys 80.26
3. S. Pegg 0/45 EGrinstT 80.56

VETERANS O/60

1. T. Laybum MKeynes 68.55
2. M. Callow MEkeys 82.04

VETERANS O/50

1. A. Cass Ryde 60.14
2. G. Barrrow Worthing 67.20
3. C. Barnett MEkeys 71.27

VETERANS O/60

1. T. Laybum MKeynes 22.57
2. M. Callow MEkeys 26.57

VETERANS O/70

1. D. Gummage WAC 36.19

SEAA CHAMPIONSHIP

S.E.A.A. Fell Race Championship 1998 was incorporated in the Breidden Hills Fell Race (October 1998). This race is a little tougher, now firmly entrenched in the October calendar. Although the early part of the weekend was wet and windy, race organiser, Stuart Cathcart, had arranged a fine, crisp, sunny morning - ideal for fell running. Many thanks to Stuart for allowing the South to use his race.

Result: The S.E.A.A. Fell Race Championship this year the ladies did not contest - see you all in 1999.


Note for 1999

For the first time in recent history this championship will be held in the South. There will also be a new format.

The Isle of Wight Fell Race Series have kindly allowed us to incorporate the S.E.A.A. Championship in their three races. See F.R.A. Calendar.

Sam D. Kirkpatrick

ISLE OF MAN FELL RUNNING LEAGUE 1998

Best results out of ten en out of ten

1. T. Rowley 8pts
2. D. Young 11pts
3. P. Kane 12pts
4. I. Ronan 15pts
5. P. Cain 21pts
6. B. Walker 27pts
7. R. Stevenson 34pts
8. D. Corrin 36pts
9. R. Callister 46pts
10. R. Moughton 52pts

VETERANS O/60

1. D. Young 6pts
2. P. Cain 10pts
3. R. Stevenson 18pts
4. D. Corrin 19pts
5. R. Moughton 27pts
6. R. Callister 28pts

VETERANS O/50

1. D. Young 6pts
2. D. Corrin 10pts
3. R. Callister 13pts
4. S. Moylan 19pts
5. I. Chystal 26pts
6. J. Wright 29pts

LADIES

1. B. Walker 6pts
2. R. Hooton 11pts
THE 32ND GALE FELL RACE
Lancashire
CS/4.5m/800ft 25.10.98

The 32nd edition of the Gale fell race was run appropriately enough in very wet and windy conditions. I dropped Corns off at the White Horse Inn on Blackstone Edge, kitted out with full thermals, waterproofs and a bag of flags. By the time I got to the Gale Inn, where I had set up registration and organised the car parking, she was visibly shaking with cold as she made her way to the warm car and brisk of hot coffee. Jamie Dore set off with his yard brush and did a great job, clearing the wet leaves and dirt from those notoriously slippery steps, as well as scooting a load of needles from the track and lifting about half a bunchedweight of wooden pallets which someone had dumped in the factory yard. Thanks Jamie.

Seven times winner and former record holder, Colin Robinson, amongst the seventy runners on their way, then stood out in the drizzle, which was accompanied by occasional spells of bright sunshine in order to record numbers with his wife Brenda - eight times a winner at the event - and Rockclade's "man of the year". Joe Salt with his trusty stopwatch.

Mark McGlency was first to touch the wall of the Whitehouse, the day after answering a late call to anchor Bingley Harriers in the National six stage road relays at Sutton Park, Birmingham. However, his hopes of glory were dashed as Steve Culshaw powered down over the fast descent to win by ten seconds in twenty six minutes and sixteen seconds and lead his club to victory in the team race.

Carol soon got warmed up after her route marking session, turning to the top in fourth place overall, but was usual, the man who was in her group. More primoing herself up for the increasingly difficult exercise of avoiding a good scalping !

Only eleven men managed this feat, the latter, Chris Speight obviously having felt the benefit of an extra hour's warm up.

Mark McGlency was first to touch the wall of the Whitehouse, the day after answering a late call to anchor Bingley Harriers in the National six stage road relays at Sutton Park, Birmingham. However, his hopes of glory were dashed as Steve Culshaw powered down over the fast descent to win by ten seconds in twenty six minutes and sixteen seconds and lead his club to victory in the team race.

Carol soon got warmed up after her route marking session, turning to the top in fourth place overall, but was usual, the man who was in her group. More primoing herself up for the increasingly difficult exercise of avoiding a good scalping !

Only eleven men managed this feat, the latter, Chris Speight obviously having felt the benefit of an extra hour's warm up.

The 32nd edition of the Gale fell race was run appropriately

CS/4.5m/800ft 25.10.98

One hundred and thirty runners entered, which was a record turnout. No records were broken with the going on the soft side to good; the weather was fine. So too was the Beer

THE 32ND GALE FELL RACE
Lancashire
CS/4.5m/800ft 25.10.98

The 32nd edition of the Gale fell race was run appropriately enough in very wet and windy conditions. I dropped Corns off at the White Horse Inn on Blackstone Edge, kitted out with full thermals, waterproofs and a bag of flags. By the time I got to the Gale Inn, where I had set up registration and organised the car parking, she was visibly shaking with cold as she made her way to the warm car and brisk of hot coffee. Jamie Dore set off with his yard brush and did a great job, clearing the wet leaves and dirt from those notoriously slippery steps, as well as scooting a load of needles from the track and lifting about half a bunchedweight of wooden pallets which someone had dumped in the factory yard. Thanks Jamie.

Seven times winner and former record holder, Colin Robinson, amongst the seventy runners on their way, then stood out in the drizzle, which was accompanied by occasional spells of bright sunshine in order to record numbers with his wife Brenda - eight times a winner at the event - and Rockclade's "man of the year". Joe Salt with his trusty stopwatch.

Mark McGlency was first to touch the wall of the Whitehouse, the day after answering a late call to anchor Bingley Harriers in the National six stage road relays at Sutton Park, Birmingham. However, his hopes of glory were dashed as Steve Culshaw powered down over the fast descent to win by ten seconds in twenty six minutes and sixteen seconds and lead his club to victory in the team race.

Carol soon got warmed up after her route marking session, turning to the top in fourth place overall, but was usual, the man who was in her group. More primoing herself up for the increasingly difficult exercise of avoiding a good scalping !

Only eleven men managed this feat, the latter, Chris Speight obviously having felt the benefit of an extra hour's warm up.

The 32nd edition of the Gale fell race was run appropriately

CS/4.5m/800ft 25.10.98

One hundred and thirty runners entered, which was a record turnout. No records were broken with the going on the soft side to good; the weather was fine. So too was the Beer

THE 32ND GALE FELL RACE
Lancashire
CS/4.5m/800ft 25.10.98

The 32nd edition of the Gale fell race was run appropriately enough in very wet and windy conditions. I dropped Corns off at the White Horse Inn on Blackstone Edge, kitted out with full thermals, waterproofs and a bag of flags. By the time I got to the Gale Inn, where I had set up registration and organised the car parking, she was visibly shaking with cold as she made her way to the warm car and brisk of hot coffee. Jamie Dore set off with his yard brush and did a great job, clearing the wet leaves and dirt from those notoriously slippery steps, as well as scooting a load of needles from the track and lifting about half a bunchedweight of wooden pallets which someone had dumped in the factory yard. Thanks Jamie.

Seven times winner and former record holder, Colin Robinson, amongst the seventy runners on their way, then stood out in the drizzle, which was accompanied by occasional spells of bright sunshine in order to record numbers with his wife Brenda - eight times a winner at the event - and Rockclade's "man of the year". Joe Salt with his trusty stopwatch.

Mark McGlency was first to touch the wall of the Whitehouse, the day after answering a late call to anchor Bingley Harriers in the National six stage road relays at Sutton Park, Birmingham. However, his hopes of glory were dashed as Steve Culshaw powered down over the fast descent to win by ten seconds in twenty six minutes and sixteen seconds and lead his club to victory in the team race.

Carol soon got warmed up after her route marking session, turning to the top in fourth place overall, but was usual, the man who was in her group. More primoing herself up for the increasingly difficult exercise of avoiding a good scalping !

Only eleven men managed this feat, the latter, Chris Speight obviously having felt the benefit of an extra hour's warm up.

The 32nd edition of the Gale fell race was run appropriately

CS/4.5m/800ft 25.10.98

One hundred and thirty runners entered, which was a record turnout. No records were broken with the going on the soft side to good; the weather was fine. So too was the Beer

THE 32ND GALE FELL RACE
Lancashire
CS/4.5m/800ft 25.10.98

The 32nd edition of the Gale fell race was run appropriately enough in very wet and windy conditions. I dropped Corns off at the White Horse Inn on Blackstone Edge, kitted out with full thermals, waterproofs and a bag of flags. By the time I got to the Gale Inn, where I had set up registration and organised the car parking, she was visibly shaking with cold as she made her way to the warm car and brisk of hot coffee. Jamie Dore set off with his yard brush and did a great job, clearing the wet leaves and dirt from those notoriously slippery steps, as well as scooting a load of needles from the track and lifting about half a bunchedweight of wooden pallets which someone had dumped in the factory yard. Thanks Jamie.

Seven times winner and former record holder, Colin Robinson, amongst the seventy runners on their way, then stood out in the drizzle, which was accompanied by occasional spells of bright sunshine in order to record numbers with his wife Brenda - eight times a winner at the event - and Rockclade's "man of the year". Joe Salt with his trusty stopwatch.

Mark McGlency was first to touch the wall of the Whitehouse, the day after answering a late call to anchor Bingley Harriers in the National six stage road relays at Sutton Park, Birmingham. However, his hopes of glory were dashed as Steve Culshaw powered down over the fast descent to win by ten seconds in twenty six minutes and sixteen seconds and lead his club to victory in the team race.

Carol soon got warmed up after her route marking session, turning to the top in fourth place overall, but was usual, the man who was in her group. More primoing herself up for the increasingly difficult exercise of avoiding a good scalping !

Only eleven men managed this feat, the latter, Chris Speight obviously having felt the benefit of an extra hour's warm up.

The 32nd edition of the Gale fell race was run appropriately
FFORDD Y BRYNIAU
West Glamorgan
BM/9m/2000ft 11.98
Last year’s Welsh Champion, Julian Bass, made local knowledge count as he held off Allan Whalley in a sprint finish.
Bass led Whalley through all three checkpoints with the Pudsey & Bramley runner looking composed on his shoulder. Before the final climb, Bass opened up a slight lead which Whalley quickly covered on the incline before having to give best to his rival on the run to the finish.
Claire Knox produced a fine performance to win the ladies’ race and hacking a minute off Lucker Creek’s reaching eight year old record of 67:28.

Aly Morgan
1. J. Bass
2. A. Whalley
3. I. Jones
4. M. Tabor
5. P. Holder
6. C. Perkins
7. S. Bleas
8. C. Knox
9. R. Ruddie
10. G. Parsons

VETERANS O/40
1. M. Tabor
2. G. Parsons
3. S. Jones
4. M. Lucas
5. J. Griffiths

VETERANS O/50
1. P. Parry
2. P. Williams
3. T. Jones
4. R. Jones

LADIES
1. F. Parry
Cardiff
2. C. Knox
Cardiff

SHEPHERDS SKYLINE FELL RACE
Lancashire
BM/6m/1150ft 7.11.98

On Saturday 7 November, 20:00pm start. Weather dry and bright.
It was all going so smoothly until..... One runner bust his ankle coming off the Pike. Thanks to ALL those people - both the marshals and runners who acted as good samaritans and gave up their race to help out in what could have been a nasty situation.

Last year we asked all runners to carry a windproof top be­cause the weather was so foul. Twenty one decided not to and were excluded from the results (you could say they were disqualified). So, with such balmy (for November) conditions underfoot prevented records from tumbling. A

Well, about the race. A super entry of two hundred and nineteen runners had quality throughout, and only the wet conditions underfoot prevented records from tumbling. A

Judith Wood, Rossendale at Shepherds Skyline
Photo: Steve Bateson

DUNNERDALE FELL RACE
Cumbria
AS/5m/1800ft 7.11.98
1. B. Banks
2. L. Gabborn
3. N. Sharp
4. M. Amor
5. D. Houlsworth
6. P. Lowe
7. S. Stainer
8. J. Hey
9. M. Walsh
10. C. Valentine

LADIES
1. C. Greenwood
2. M. Tabor
3. A. Styan
4. L. Best
5. M. Amor

JUNIORS
1. L. Barker

VETERANS O/60
1. S. Oldfield
2. P. Taylor

VETERANS O/55
1. S. Oldfield
2. P. Taylor

JUNIORS U/12
1. I. Banks
2. D. Shepherd
3. M. Addison
4. R. Anderson
5. L. Wilkinson

JUNIOR RACE U/10
1. A. Rutherford
2. B. Page
3. K. Biddle

VETERANS O/60
1. S. Oldfield
2. P. Taylor
3. D. Woodhead
4. R. Crossland
5. N. Kirkbright

SHEPHERDS SKYLINE FELL RACE
Lancashire
BM/6m/1150ft 7.11.98

On Saturday 7 November, 20:00pm start. Weather dry and bright.
It was all going so smoothly until..... One runner bust his ankle coming off the Pike. Thanks to ALL those people - both the marshals and runners who acted as good samaritans and gave up their race to help out in what could have been a nasty situation.

Last year we asked all runners to carry a windproof top because the weather was so foul. Twenty one decided not to and were excluded from the results (you could say they were disqualified). So, with such balmy (for November) conditions underfoot prevented records from tumbling. A

Well, about the race. A super entry of two hundred and nineteen runners had quality throughout, and only the wet conditions underfoot prevented records from tumbling. A

Judith Wood, Rossendale at Shepherds Skyline
Photo: Steve Bateson

DUNNERDALE FELL RACE
Cumbria
AS/5m/1800ft 7.11.98
1. B. Banks
2. L. Gabborn
3. N. Sharp
4. M. Amor
5. D. Houlsworth
6. P. Lowe
7. S. Stainer
8. J. Hey
9. M. Walsh
10. C. Valentine

LADIES
1. C. Greenwood
2. M. Tabor
3. A. Styan
4. L. Best
5. M. Amor

JUNIORS
1. L. Barker

VETERANS O/60
1. S. Oldfield
2. P. Taylor

VETERANS O/55
1. S. Oldfield
2. P. Taylor

JUNIORS U/12
1. I. Banks
2. D. Shepherd
3. M. Addison
4. R. Anderson
5. L. Wilkinson

JUNIOR RACE U/10
1. A. Rutherford
2. B. Page
3. K. Biddle
The ladies order at the top was the same as the finish with Carol a good three minutes clear of Louise Osborne with Helen Johnson of Ilkley trailing by thirty seconds. Behind these came the veterans Peacock and Prowse, battling through the heather to begin the final descent back to the mud in Cloughs beck bottom, which saw Vanessa get the better of Jo Prowse, this year’s British and English Veteran Champion, finishing twelve seconds behind two minutes ahead.

Paul Sheard extended his lead to almost one minute by the finish over the ‘in-form’ veteran Steve Oldfield, with McCash winning his battle with Wallis for third spot. Peter Lyons had an excellent race to claim the over fifty prize finishing in twelfth place overall from his team mate Ken Taylor (twenty third).

England veteran Roger Brewer of Clayton sadly missed the start, on what was a record run to the fell line which showed the spirit of the day, bringing runners together to support this race raising funds for Candlelighters. He then joined at the back of the field two hundred yards into the race swanning his way through the one hundred eighty four strong field to finish in a creditable eighteenth place, which considering the procession through the mud was quite a feat.

The presentation had a few hiccups but these will be sorted next year, and results envelopes will be there. Carol and Paul should sleep better after both winning single titles, their only problem on the day was how to get them home? This was solved by, who else? Roger Moor, Roger and his van (Bondmobile) who delivered as usual.

Barry, Karen and helpers would like to thank all that came to make a brilliant fell running day. Ninety six juniors, one hundred and eighteen seniors, pie and peas, super raffle, tea, coffee served all day, the mud and the bottom-line! we raised two thousand and five hundred pounds on the day.

The race was won by Barry and Karen Slater with Barry finishing in an impressive forty six seconds from the relatively experienced Kevin (Roger) Rogan the summit marshal, received enough tea, coffee served all day, the mud and the bottom-line!....we raised two thousand and five hundred pounds on the day.

 Barb, Karen and helpers would like to thank all that came to make a brilliant fell running day. Ninety six juniors, one hundred and eighteen seniors, pie and peas, super raffle, tea, coffee served all day, the mud and the bottom-line! we raised two thousand and five hundred pounds on the day.

For the Senior Race, Steve Oldfield led the race out of the village closely followed by England’s Cross Country Champion, Lee McCash, of Pendle A.C. Mike Addison, Sheard and Wallis.

The first half mile saw Sheard and Oldfield draw clear with McCash and Wallis in close order behind, Carol Greenwood once again showing her brilliant climbing abilities nestled in her heather with Sheard pulling out a one hundred yard lead over McCash and Wallis in close order behind, Carol Greenwood extending her lead to thirty seconds with both athletes challenging and passed before the summit by Mike Wallis.

Kevin (Roger) Rogan the summit marshal, received enough Bond jokes and comments to last the rest of the year, and would appear again on their next year. There was obviously no similarity to the real thing as the girls all past by without so much as a glance at his Golden Gun.
TOUR OF PENDLE
Lancashire
AL/17m/425ft 14.11.98

Rob Jebb and Mark Horrocks had been discussing the record and decided to have a go at it together and try for one of them to beat it. They had a good clear day just missing it by one minute and twenty four seconds. Robs winning time being the third fastest over the course, the other two times both attributed to Dave Cartridge, his record was set in 1988.

Congratulations to Rob Jebb, the second time he has won. Congratulations to Vanessa, the second time she has won. Special mention must go to the winners of the male over forty fives, fifty fives and sixties, who posted excellent times, only one minute and twenty four seconds. Robs winning time being the third fastest over the course, the other two times both attributed to Dave Cartridge, his record was set in 1988.

CAROL McNEILL

Carol McNeill, again took the Ladies title. Carol held a competitive over forties category. Phil Grimes won a competitive over forties category.

Steve Oldfield won the Cop Hill Race for the second successive year, on a superb day for running. Steve won by a margin of one minute over Ian Greenwood who passed Melthons Andy Whitworth on the second lap of the Cop.

Carol Greenwood, again took the Ladies title. Carol held a margin of four minutes over Kath Drake. Some excellent performances were passed in the veteran categories. Phil Grimes won a competitive over forties category.

COP HILL FELL RACE
West Yorkshire
BM/7m/900ft 15.11.98

Steve Oldfield won the Cop Hill Race for the second successive year, on a superb day for running. Steve won by a margin of one minute over Ian Greenwood who passed Melthons Andy Whitworth on the second lap of the Cop.

Carol Greenwood, again took the Ladies title. Carol held a competitive over forties category. Phil Grimes won a competitive over forties category.

Special mention must go to the winners of the male over forty fives, fifty fives and sixties, who posted excellent times, only two weeks after running the New York City Marathon.

Martin S

1. S. Oldfield BDIA 44.43
2. I. Greenwood Clay 45.58
3. A. Whitworth Melt 46.21
4. P. Grimes O/40 Hudds 46.37
5. S. Eldridge O/40 Lic 46.46
6. C. Seddon O/40 How 46.55
7. D. Garley Stock 46.55
8. C. Greenwood Bing 48.07
9. R. Harbshester O/40 Holm 48.53

Veterans O/45

1. R. McArthur Melt 50.27
2. J. Mitchell L’wood 50.51
3. S. Brand Barracuda 51.08
4. M. Radford Spen 52.41
5. K. Whittaker Sadd 56.14

Veterans O/50

1. R. Freeroll Holm 50.55
2. G. Breeze Skyrac 51.45
3. S. Sanders BDIA 53.06
4. C. Drake Spen 55.57
5. J. Turner Ely 57.03

Veterans O/55

1. T. Cock Holm 56.24
2. B. Mcdonald FRA 62.33
3. J. Wilson Sale 66.37

Veterans O/60

1. J. Taylor Melt 55.23
2. K. Bannsford HolmV 59.26
3. D. Bannsford HolmV 63.49

First Intermediate

1. G. Johns Holm 25.51

Junior

1. H. Yates Holm 12.08
2. K. Knight Melt 12.57
3. Z. storr Holm 13.04

Ladies

1. C. Greenwood Bing 48.07
2. K. Drake Spen 52.33
3. L. Macdon Holm 53.05
4. A. Dennison BDIA 54.41
5. L. Whittaker Sadd 55.55
6. W. Barnes Barns 56.42
7. S. Sanders BDIA 61.09
8. J. Wallis Melt 64.50

GIGGLESWICK SCAR
North Yorkshire
BM/6m/800ft 21.11.98

This race was at first put on as an event to tie in with the FRA ‘do’ the same evening. The Settle Scramble should also have been held on the same day but had to be cancelled. By the time the Scramble was cancelled the Giggleswick Scar route had already been formed as we did not want to run two races on the same side of the valley. Unfortunately there is much more true fell to be had on the North Eastern side, therefore it was decided to ‘bill’ the Gigg. Scar Races as suitable for runners wanting to try fell racing for the first time. This worked well with runners turning up from as far away as London - total entry was one hundred and fifteen, which we were pleased with as a first running.

The route has a slight downhill start through fields followed immediately by a stiff four hundred and fifty foot climb to the top of Gigg. Quarry. The course then umbrellas across the limestone that is Giggleswick Scar towards the eventual turning point at Feizor Thwaite. Runners were robbed of the usual fine views of the Three Peaks which were obscured by mist all day. From the turning point its flat fast running leading back to the side of the Quarry to the final descent to finish in the Settle Middle School Ground.

As usual many thanks to all who helped and runners for turning up. Three hundred and fifty pounds was raised for school. Castlebury Sports of Settle were trophy sponsors.

Andy Hassett

1. R. Hope How 30.23
2. A. Black Clay 30.46
3. S. Blakeck Ren 31.09
4. A. Waterworth Clay 31.17
5. N. Leigh Alt 31.26
6. A. Ramondello Fylde 31.30
7. N. Percival Settle 31.58
8. S. Bottomley E. Yorks 33.01
9. M. Proctor Clay 32.03
10. P. Aird BDSD 32.05

Ladies

1. V. Miegrenve Eryn 39.34
2. D. Hennings Ross 40.44
3. C. Preston K&C 42.55
4. D. Walker Kend 43.47
5. D. Bailey Kend 44.03
6. K. Robertsott Oshley 44.44
7. M. Heanu Pudsey 44.57
8. L. Marsella Kend 46.54
KIRKBYMOOR FELL RACE
Cumbria
BM/8m/1600ft 22.11.98
1. J. Atkinson Amble 51.10
2. C. Donnelly Eryri 51.15
3. T. Warrer Muncie 51.23
4. S. Oldfield O/40 Brad/Aire 52.16
5. M. Walsh O/40 Kend 57.03
6. A. Life Clay 57.06
7. R. Crossland O/40 Brad/Aire 57.26
8. G. Thorpe Amble 58.27
9. P. Tuson Amble 58.34
R. Sewell O/40 Kend 59.55
VETERANS O/50
1. A. Turner Clay 63.55
2. R. Bell Amble 64.35
3. J. Lacew Amble 64.56
VETERANS O/60
1. T. Smith Unatt 71.05
LADIES
1. D. Thompson O/40 Kesw 71.28
2. A. Plant O/40 Unatt 75.06
3. M. Smith O/40 Kend 83.16
4. L. Lynsay O/40 Unatt 83.33
5. E. Pears Amble 84.12

HEXAMSHIRE HOBBLE
Northumberland
CM/10.5m/1220ft 6.12.98
A glorious sunny morning greeted the record field of seventy one competitors participating in the sixth Hexamshire Hobble, run from Allendale Town to the south west corner of Northumberland. Hard frost and a covering of snow resulted in slippery conditions underfoot, with the added hazard of bogs under the thin layer of frozen ground. Despite the conditions Northumberland’s flying policeman, Shaun Scott, produced yet another record breaking run: Shaun’s victory capping a magnificent year’s running, including eight outright fell race victories, a successful Bob Graham Round and fourth Briton in the New Year’s running, including eight outright fell race victories, a successful Bob Graham Round and fourth Briton in the New Year’s running.

RIVOCK EDGE HILL RACE
West Yorkshire
BM/10m/1500ft 29.11.98
Thanks to all runners who participated in the race, around £3,500 was raised for charity - chiefly children’s one - in the seven years of the Rivock race. This year’s profit will go to local Scouts who do a grand job marshalling every year and who, again, had a busy day helping casualty. Jo Prowse, off the hill. Jo suffered a sprained ankle, cuts and gashes and needed a trip to hospital. “She was back home in the evening with her feet up and with a glass of wine in her hand” says husband, Lawrie. Thanks again to all competitors and to all helpers, especially Jeanie Hastings and Sue Weedon. Remember - without this unruly army, there would be no race.

Kevin Henderson
1. M. Hornsby Clay 65.14
2. S. Greaves P&H 65.31
3. G. Oldfield P&K 65.59
4. G. Devine P&K 66.09
5. P. Dobson Leeds 66.24
6. R. Lawrence Bingley 66.47
7. G. Schofield HolmEP 68.08
8. A. Whalley P&K 69.27
9. J. Heffordley Ilk 70.25
10. C. Valentine Kesw 71.20
VETERANS O/40
1. G. Schofield Horw 68.08
2. P. Whiting Kend 72.32
3. R. Hamilton Ilk 73.39
4. P. Butcherwood Clay 73.55
5. B. Kerr Ilk 74.05
VETERANS O/45
1. N. Pierce Ilk 73.03
VETERANS O/50
1. P. Lyons Ross 72.47
2. S. Moss Spennymoor 75.06
3. G. Howard Ilk 77.47
4. G. Breaze Skyrac 79.39
LADIES
1. H. Johnson Ilk 80.10
2. V. Peacock O/40 Clay 81.45
3. T. Whitaker Sadle 85.32
4. L. Ball O/40 V Str 86.07
5. A. Lewis Ilk 91.19
6. R. Geoch O/40 Ilk 93.09

Giggleswick Scar - winner Lady Victoria Maygret (Eryri) Photo: Peter Hartley

BOLTON BY BOWLAND
Lancashire
CM/8m/800ft 6.12.98
A very heavy course was transformed by a hard overnight frost to give much firmer but still tough conditions, for the one hundred and fifty runners for this annual Bowland outing.

Mark Horrocks in good recent form led for the first couple of miles but was then caught by course record holder Shaun Livesey and newcomer from the border Paul Dobson. These two were to break away in the second half of the course and thereunder a ding dong battle ensued, with Paul just getting ahead of Shaun down the hill to the finish. Carol Greenwood had her usual win, but for once didn’t break the record.

A profit of three hundred and fifty four pounds was presented toward the funds of the village hall. Thanks to all who helped either in the field of the kitchen, and all the farmers who allowed us to run over their land.

Roger Dewhurst
1. P. Dobson LdsCty 46.73
2. E. Livesey Chorley 46.75
3. M. Horrocks Clay 46.55
4. G. Schofield Bow 47.26
5. A. Lodge Horw 47.37
6. B. Cole RM 47.41
7. T. Sweeney Bow 47.50
8. C. Coldhaw Horw 48.39
9. C. Seddon Horw 48.44
10. C. Valentine Kesw 49.16
VETERANS O/40
1. G. Schofield Bow 47.26
2. G. Hulme Chorley 49.52
3. C. Shuttleworth Preston 50.53
4. P. Bommer Clay 51.13
5. P. Butterworth Clay 51.18
VETERANS O/45
1. G. Breaze Skyrac 53.12
2. B. Rawlinson Ross 53.21
3. G. Howard Ilk 55.20
4. J. Nuttal Clay 55.36
5. G. Fielding Ross 57.11
VETERANS O/50
1. G. Breaze Skyrac 53.12
2. B. Rawlinson Ross 53.21
3. G. Howard Ilk 55.20
4. J. Nuttal Clay 55.36
5. G. Fielding Ross 57.11
VETERANS O/60
1. R. Jaques Clay 57.49
2. J. Barker Clay 60.43
LADIES
1. C. Greenwood Bing 52.16
2. L. Hayles H’Fax 52.18
3. C. Life Clay 53.50
4. C. Wright Horw 64.24
5. J. Rowinson Ross 66.17
6. L. Bostock Clay 66.37
7. J. Hindle O/40 Clay 66.37
8. J. Smith O/40 Bing 68.49

Photo: Peter Hartley
by Pete Bland Sports.

record holders and seven-times winners, Clayton-le-Moors.

home with Martin Peace twenty-eighth on the leg, giving them

unwell after the first mile and struggled from then on to come

last minute, you can still field a strong team and so it proved.

year took the title for the second time by the narrow margin of

being Bingley, Pudsey & Bramley and Rossendale) and this

this the 15th annual running of the event, which was sup­

marshals and timekeepers who were stationed at regular inter­

agreed with this and returned to the clubhouse in greater num­

a grandstand view of the finishing tunnel. Runners clearly

An innovation in the last couple of years has been the advent

behind in third.

Clayton's fine team effort saw them home some two and a half

get on terms and pulled back nearly two minutes. However,

when last year's winners, Kendal, made a strong effort to

mance holding fifth place in the race proper until the last leg

Clayton-le-Moors Veteran's team first competed in 1987 and

managed to come home in fourth overall.

There was a new name on the ladies' trophy for the second year

Pudsey & Bramley comfortably beating course

VETERANS 0/60

LADIES

VM/11m/1400ft 13.12.98

LADIES

entry for Halifax Harriers' immensely popular 50-mile Cal­

December 12 - get your entries in early!

Pete White

1. Clayton 'A' 5.58.18
2. Pudsey & Bramley 'A' 6.00.38
3. Craig Peak 'A' 6.04.14
4. Bingley 'A' 6.08.48
5. Keighley & CA 6.19.27

VETERAN TEAMS

1. Clayton 'A' 6.22.14
2. Kendal Vets 'A' 6.24.48
3. Rossett Vets 6.54.47

LADIES

1. Pudsey & Bramley 7.39.00
2. Clayton Ladies 7.46.00
3. Dark Peak 7.46.23

FIRST MIXED TEAM

1. Holme PP 7.22.20

SIMONSIDE CAIRNS FELL RACE

Northumberland

BM/11m/1400ft 13.12.98

Conditions on the fell were a bit heavy, but times were still
good on a changed and slightly tougher course.

First fell race and a win for student Matt Townend plus the
girls shoes, Colin Donnelly held off his challengers and built up a
success. Despite working a night shift and forgetting his fell

BM/11m/1400ft 13.12.98

The fourth running of the David Staff Race saw one hundred
and forty five entries which was less than previous years, but
with the support of David Crown Points, approximately two hundred pounds was made.

The money will be donated to the heart charity C.R.Y in
David's memory. All entrants received T-shirts.

T. Taylor

1. P. Dalvon Leeds 33.30
2. S. Oldfield 0/40 BigA 33.57
3. P. Thompson Unatt 34.42
4. M. Lee Bingley 35.02
5. D. Garley Stock 35.02
6. P. Desville Kinder 35.38
7. R. Crossland 0/40 BigA 35.55
8. M. Mattson 0/40 Has 36.04
9. S. Bottomley Eccles 36.24
10. D. Cummings Shett 36.30

VETERANS 0/45

1. J. Hope AtchRus 37.21
2. A. Brochkie Penn 40.01
3. R. Ashcroft Darwen 42.32
4. D. Hummer Acc 43.14
5. R. Russell Clay 43.15

VETERANS 0/50

1. J. Hepple Woodhead 42.50
2. G. Large N Vets 44.13
3. D. Wood N Vets 45.52
4. I. Ranceffle Wesh 49.01
5. F. Wood Horw 49.52

VETERANS 0/65

1. J. Davlin FRA 46.16
2. J. Mitchinson RonHill 46.20
3. M. McDonald FRA 46.40

VETERANS 0/80

1. J. Barker Clay 45.34
2. R. Moulding B'burn 48.17
3. G. Arnold Preston 49.12

LADIES

1. C. Greenwood B'ngh 37.06
2. C. Jones Lostock 46.09
3. H. Sandlands N'burgh 47.55
4. J. Darbyshire Horw 48.12
5. J. Hastain Darwen 50.02
6. S. Gildon 0/40 Darwen 51.11
7. S. Holding 0/45 Darwen 53.08
8. K. Key 0/45 B'burn 53.46

INTERMEDIATES

1. M. Huxley B'burn 37.35

DAVID STAFF MEMORIAL FELL RACE

Lancashire

BS/5m/900ft 13.12.98

The fourth running of the David Staff Race saw one hundred
and fifty five entries which was less than previous years, but
with the support of David Crown Points, approximately two hundred pounds was made.

The money will be donated to the heart charity C.R.Y in
David's memory. All entrants received T-shirts.

G. Taylor

2. T. Wylie Unatt 1.22.02
3. J. Dickson 0/40 Tyne 1.22.11
4. C. Valentine Kezw 1.23.19
5. W. Hennan NewcUni 1.24.16
6. B. Jacobsson Tyne 1.24.26
7. R. Hall 0/45 Blyth 1.24.30
8. M. Broadhurst 0/40 Tyne 1.24.41
9. C. Nichol Unatt 1.24.49
10. B. Harrison NewcUni 1.25.17

VETERANS 0/55

1. R. Dawson NFR 1.39.59
2. L. Stephenson Kend 1.40.43
3. K. Turnbull Blyth 1.42.58

VETERANS 0/65

1. R. Hayes NFR 1.44.38
2. P. Winter Morp 1.54.29

VETERANS 0/60

1. R. Mitchell Teviot 2.02.54

LLYN ELSI RACE

Gwynedd

BS/5m/750ft 19.12.98

Reasonable weather and a good turnout especially by the veteran classes ensured that this year's Llyn Elsi Race was a
success. Despite working a night shift and forgetting his fell
shoes, Colin Donnelly held off his challengers and built up a
lead that enabled him to negotiate the tricky final descent
comfortably.

Angela Brand-Barker won the Ladies event and other
creditable performances were provided by Don Williams
apparently untroubled by this car accident injury earlier in the
year. John Pope 'the Father of Welsh running' completing the
course at seventy years old.

I have registered a date for the 1999 event but will be handing
over the organisation of the race to any interested club or
individual before then - volunteers please!

Del Davis

1. C. Donnelly 27.43
2. J. McQueen 27.52
3. G. Williams 28.33
4. E. Roberts 31.11
5. G. Owen 0/40 31.12
6. J. Breton 31.13
7. P. Evans 31.14
8. A. Hayes 0/40 31.23
9. H. Mathews Int 31.37
10. D. Williams 0/50 31.57

VETERANS 0/60

1. A. Jones 45.13
2. J. Carson 45.29

LADIES

1. A. Brand-Barker O/35 33.22
2. J. Lloyd 34.49
3. E. Dunston 0/35 38.14
4. R. Metcalfe 38.29
5. V. Musgrove 0/40 38.38
6. A. Dennelly 40.08
7. S. Ellis 40.09
8. J. Jones O/35 40.31

Photo: Peter Hartley

Calderdale Way Relay - Leg 6 mass start

Pete White

1. Clayton 'A' 5.58.18
2. Pudsey & Bramley 'A' 6.00.38
3. Craig Peak 'A' 6.04.14
4. Bingley 'A' 6.08.48
5. Keighley & CA 6.19.27

VETERAN TEAMS

1. Clayton 'A' 6.22.14
2. Kendal Vets 'A' 6.24.48
3. Rossett Vets 6.54.47

LADIES

1. Pudsey & Bramley 7.39.00
2. Clayton Ladies 7.46.00
3. Dark Peak 7.46.23

FIRST MIXED TEAM

1. Holme PP 7.22.20
STOOP RACE - THE 8TH WONDER
West Yorkshire
AS/5m/800ft 20.12.98

There are supposedly Seven Wonders of the World, but British
and English champion, Ian Holmes, could well be the eighth
wonder after sweeping to victory in the 9th Stoop Fell Race.
His domination of the event is likely to be unsurpassed, and
the only blot on the annual trophy is the name of Allan Whil­
ey, who skillfully beat Holmes in the inaugural race in 1990.
The 33 year old actually recorded the third fastest time ever,
and within half a mile of the start had left the two hundred and
eight strong field to fight out the minor positions. "The con­
ditions were good, with the ground mostly frozen, but by
return it was broken up by the ascending runners, which
caused a few headlong falls" Holmes commented before dash­
ing off to the Bingley Harriers annual bash in Harrogate.
Hence his booty of prizes, selection box, biscuits, Christmas
cake, jar of 'celebrations' ad n more importantly a copy of Stil­
nes Little Helpers

VETERANS O/40
1. S. Oldfield BradAire 29.40
2. G. Schofield Horw 30.18
3. J. Butler Kly 30.39
4. J. Peake MDC 32.34
5. C. Shuttleworth Preston 32.47

VETERANS O/50
1. K. Taylor Ross 32.17
2. B. Rawlinson Ross 33.16
3. S. Oldfield BradAire 33.51
4. G. Breeze Skyrac 34.59
5. T. Knowles Kly 35.00

VETERANS O/60
1. M. Molyneux St.Bedes 40.37

LADIES
1. T. Ambler O/35 Ilkley 35.19
2. L. Lazen Helm 35.43
3. W. Barnes Barns 37.36
4. R. Dorrington Abbey 38.05
5. E. Barclay Ilk 38.11
6. S. J. Holkinson O/35 Preston 38.53
7. A. Wilson Fellan 40.00
8. M. Holmes Fellan 41.02

INTERMEDIATES
1. G. Payne Ilk 34.05
2. F. Rynar H’fax 38.12

JUNIOR U/16 BOYS - TWO MILE RACE
1. M. Smith Horw 5.28
2. S. Hounslow Kly 5.47

JUNIOR U/16 GIRLS - TWO MILE RACE
1. S. Oldfield 0/40 Brad/Aire 25.21
2. N. Biddle H’fax 26.34
3. K. Doherty H’fax 26.41

VETERANS O/50
1. M. Mahoney St.Bedes 40.37

FELLDANCER WHINBERRY
NAZE DASH
Lancashire
BS/4.5m/800ft 26.12.98

This race has seen several route changes over the years, this
being run on the original course first used in 1979.
Mike Short won the first two events held; his times being over
a minute and a half faster than this years race.
Oxenhope Stoop to Top of Stairs, which negotiates the far
side of Haworth Moor, is twenty one, and is fast becoming a legen­
dary part of the area. It now features a new route that will
prove a challenge for even the fittest of runners.
A major change was the inclusion of the Bronte Moorland, a
section that was cut due to water collecting butts. The recognised ‘King of Haworth
Mill’ Paul Holmes used his better road speed to overcome Mark Hor­
nels. This section has seen several route changes over the years, this
being run on the original course first used in 1979.
Mike Short won the first two events held; his times being over
a minute and a half faster than this years race.
Oxenhope Stoop to Top of Stairs, which negotiates the far
side of Haworth Moor, is twenty one, and is fast becoming a legen­
dary part of the area. It now features a new route that will
prove a challenge for even the fittest of runners.
A major change was the inclusion of the Bronte Moorland, a
section that was cut due to water collecting butts. The recognised ‘King of Haworth
Mill’ Paul Holmes used his better road speed to overcome Mark Hor­
nels. This section has seen several route changes over the years, this
being run on the original course first used in 1979.
Mike Short won the first two events held; his times being over
a minute and a half faster than this years race.
Oxenhope Stoop to Top of Stairs, which negotiates the far
side of Haworth Moor, is twenty one, and is fast becoming a legen­
dary part of the area. It now features a new route that will
prove a challenge for even the fittest of runners.
A major change was the inclusion of the Bronte Moorland, a
section that was cut due to water collecting butts. The recognised ‘King of Haworth
Mill’ Paul Holmes used his better road speed to overcome Mark Hor­
nels. This section has seen several route changes over the years, this
being run on the original course first used in 1979.
Mike Short won the first two events held; his times being over
a minute and a half faster than this years race.
Oxenhope Stoop to Top of Stairs, which negotiates the far
side of Haworth Moor, is twenty one, and is fast becoming a legen­
dary part of the area. It now features a new route that will
prove a challenge for even the fittest of runners.
A major change was the inclusion of the Bronte Moorland, a
section that was cut due to water collecting butts. The recognised ‘King of Haworth
Mill’ Paul Holmes used his better road speed to overcome Mark Hor­
nels. This section has seen several route changes over the years, this
being run on the original course first used in 1979.
Mike Short won the first two events held; his times being over
a minute and a half faster than this years race.
Oxenhope Stoop to Top of Stairs, which negotiates the far
side of Haworth Moor, is twenty one, and is fast becoming a legen­
dary part of the area. It now features a new route that will
prove a challenge for even the fittest of runners.
A major change was the inclusion of the Bronte Moorland, a
section that was cut due to water collecting butts. The recognised ‘King of Haworth
Mill’ Paul Holmes used his better road speed to overcome Mark Hor­
nels. This section has seen several route changes over the years, this
being run on the original course first used in 1979.
Mike Short won the first two events held; his times being over
a minute and a half faster than this years race.
Oxenhope Stoop to Top of Stairs, which negotiates the far
side of Haworth Moor, is twenty one, and is fast becoming a legen­
dary part of the area. It now features a new route that will
prove a challenge for even the fittest of runners.
A major change was the inclusion of the Bronte Moorland, a
section that was cut due to water collecting butts. The recognised ‘King of Haworth
Mill’ Paul Holmes used his better road speed to overcome Mark Hor­
nels. This section has seen several route changes over the years, this
being run on the original course first used in 1979.
Mike Short won the first two events held; his times being over
a minute and a half faster than this years race.
Oxenhope Stoop to Top of Stairs, which negotiates the far
side of Haworth Moor, is twenty one, and is fast becoming a legen­
dary part of the area. It now features a new route that will
prove a challenge for even the fittest of runners.
A major change was the inclusion of the Bronte Moorland, a
section that was cut due to water collecting butts. The recognised ‘King of Haworth
Mill’ Paul Holmes used his better road speed to overcome Mark Hor­
nels. This section has seen several route changes over the years, this
being run on the original course first used in 1979.
Mike Short won the first two events held; his times being over
a minute and a half faster than this years race.
Oxenhope Stoop to Top of Stairs, which negotiates the far
side of Haworth Moor, is twenty one, and is fast becoming a legen­
dary part of the area. It now features a new route that will
prove a challenge for even the fittest of runners.
A major change was the inclusion of the Bronte Moorland, a
section that was cut due to water collecting butts. The recognised ‘King of Haworth
Mill’ Paul Holmes used his better road speed to overcome Mark Hor­
nels. This section has seen several route changes over the years, this
being run on the original course first used in 1979.
Mike Short won the first two events held; his times being over
a minute and a half faster than this years race.
Oxenhope Stoop to Top of Stairs, which negotiates the far
side of Haworth Moor, is twenty one, and is fast becoming a legen­
dary part of the area. It now features a new route that will
prove a challenge for even the fittest of runners.
A major change was the inclusion of the Bronte Moorland, a
section that was cut due to water collecting butts. The recognised ‘King of Haworth
Mill’ Paul Holmes used his better road speed to overcome Mark Hor­
nels. This section has seen several route changes over the years, this
being run on the original course first used in 1979.
Mike Short won the first two events held; his times being over
a minute and a half faster than this years race.
Oxenhope Stoop to Top of Stairs, which negotiates the far
side of Haworth Moor, is twenty one, and is fast becoming a legen­
dary part of the area. It now features a new route that will
prove a challenge for even the fittest of runners.
A major change was the inclusion of the Bronte Moorland, a
section that was cut due to water collecting butts. The recognised ‘King of Haworth
Mill’ Paul Holmes used his better road speed to overcome Mark Hor­
nels. This section has seen several route changes over the years, this
being run on the original course first used in 1979.
Mike Short won the first two events held; his times being over
a minute and a half faster than this years race.
Oxenhope Stoop to Top of Stairs, which negotiates the far
side of Haworth Moor, is twenty one, and is fast becoming a legen­

wine glasses to make the nights festivities swing. The tables in the 'Old Sun' cocked under the weight of the prize list, with at least the first forty men, all twenty two ladies plus according to you, regarding junior, they were allowed to pick off the table, but were accompanied to party with. To the officials among you, regarding juniors, the tables in with at least the first forty men, all twenty two ladies plus with an injury, leaving Alison leading. A late surge from Alice Bedwell on the final section gave her the race. In the ladies' field, things were somewhat different with Karen Cook. The first six runners in fact remained as they were over with an injury, leaving Alison leading. A late surge from Alice Bedwell on the final section gave her the race. In the ladies' field, things were somewhat different with Karen Cook. The first six runners in fact remained as they were over

### VETERANS O/40

<table>
<thead>
<tr>
<th>Placement</th>
<th>Name</th>
<th>Age</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>A. Bedwell</td>
<td>54</td>
<td>48.24</td>
</tr>
<tr>
<td>2</td>
<td>M. Rigby</td>
<td>61</td>
<td>50.41</td>
</tr>
<tr>
<td>3</td>
<td>A. Taylor</td>
<td>60</td>
<td>50.50</td>
</tr>
<tr>
<td>4</td>
<td>G. Schofield O/40</td>
<td>75</td>
<td>50.50</td>
</tr>
</tbody>
</table>

### LADIES

<table>
<thead>
<tr>
<th>Placement</th>
<th>Name</th>
<th>Age</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>I. Clinch</td>
<td>55</td>
<td>56.17</td>
</tr>
<tr>
<td>2</td>
<td>A. Taylor</td>
<td>55</td>
<td>56.17</td>
</tr>
<tr>
<td>3</td>
<td>G. Schofield</td>
<td>75</td>
<td>56.17</td>
</tr>
<tr>
<td>4</td>
<td>J. Dorrington</td>
<td>71</td>
<td>56.17</td>
</tr>
</tbody>
</table>

### NINE STANDARDS FELL RACE

**Cumbria**

<table>
<thead>
<tr>
<th>BS/5.5m/750ft/1.1.99</th>
</tr>
</thead>
</table>

**Tor-Ovenden Fell Race**

West Yorkshire

<table>
<thead>
<tr>
<th>BS/8m/1200ft 2.1.99</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. A. Bedwell</td>
</tr>
<tr>
<td>2. J. Rafferty</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>BS/750m/1000ft 27.12.98</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. A. Bedwell</td>
</tr>
<tr>
<td>2. J. Rafferty</td>
</tr>
</tbody>
</table>

### GUISBOROUGH WOODS HILL RACE

**Cleveland**

<table>
<thead>
<tr>
<th>BS/5.5m/750ft/1.1.99</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. P. Lowe</td>
</tr>
<tr>
<td>2. C. Shipley</td>
</tr>
<tr>
<td>3. P. Backby</td>
</tr>
</tbody>
</table>

**North Yorkshire**

<table>
<thead>
<tr>
<th>BS/5.5m/750ft/1.1.99</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. P. Lowe</td>
</tr>
<tr>
<td>2. C. Shipley</td>
</tr>
<tr>
<td>3. P. Backby</td>
</tr>
</tbody>
</table>

### CAPTAIN COOK'S HILL RACES

**North Yorkshire**

<table>
<thead>
<tr>
<th>BS/5.5m/750ft/1.1.99</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. P. Lowe</td>
</tr>
<tr>
<td>2. C. Shipley</td>
</tr>
<tr>
<td>3. P. Backby</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>BS/750m/1000ft 27.12.98</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. A. Bedwell</td>
</tr>
<tr>
<td>2. J. Rafferty</td>
</tr>
</tbody>
</table>

### GUISHBROO HILL RACE

**Cleveland**

<table>
<thead>
<tr>
<th>BS/5.5m/750ft/1.1.99</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. P. Lowe</td>
</tr>
<tr>
<td>2. C. Shipley</td>
</tr>
<tr>
<td>3. P. Backby</td>
</tr>
</tbody>
</table>

**North Yorkshire**

<table>
<thead>
<tr>
<th>BS/5.5m/750ft/1.1.99</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. P. Lowe</td>
</tr>
<tr>
<td>2. C. Shipley</td>
</tr>
<tr>
<td>3. P. Backby</td>
</tr>
</tbody>
</table>

### GUISHBROO WOODS HILL RACE

**Cleveland**

<table>
<thead>
<tr>
<th>BS/5.5m/750ft/1.1.99</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. P. Lowe</td>
</tr>
<tr>
<td>2. C. Shipley</td>
</tr>
<tr>
<td>3. P. Backby</td>
</tr>
</tbody>
</table>
SALTWELL Harriers Fell Race
County Durham
BS/5.5/9500 7.7/98
Fifty runners enjoyed another delightful evening on the fells above Stanhope, supported very ably by a dozen grave diggers mansions behind the arch-stones. This year's race went well, with the weather this dirty dozen, Bob Johnstone, who led the field up to the first climb. Collier Law. With renewed enthusiasm for a bit of a run, Bob was bobbing when that second fumble was no flash in the pan. Shaun Scott was repeating the packing push of Everett, Thompson, Smith and Green, which managed to change position by the centre-most confidently situated in the middle of the bum to the foot of the last ascent to the finish. The last ascent of 500m over 600 metres had the will to win of the past. This year was no exception. Even with the vocal support of his grave diggers, Bob Johnstone succeeded to the pressure of the in form Scott with 400 metres to go.

SALTYFORD Harriers Fell Race
County Durham
BS/5.5/9500 7.7/98
Fifty runners enjoyed another delightful evening on the fells above Stanhope, supported very ably by a dozen grave diggers mansions behind the arch-stones. This year's race went well, with the weather this dirty dozen, Bob Johnstone, who led the field up to the first climb. Collier Law. With renewed enthusiasm for a bit of a run, Bob was bobbing when that second fumble was no flash in the pan. Shaun Scott was repeating the packing push of Everett, Thompson, Smith and Green, which managed to change position by the centre-most confidently situated in the middle of the bum to the foot of the last ascent to the finish. The last ascent of 500m over 600 metres had the will to win of the past. This year was no exception. Even with the vocal support of his grave diggers, Bob Johnstone succeeded to the pressure of the in form Scott with 400 metres to go.

SALTYFORD Harriers Fell Race
County Durham
BS/5.5/9500 7.7/98
Fifty runners enjoyed another delightful evening on the fells above Stanhope, supported very ably by a dozen grave diggers mansions behind the arch-stones. This year's race went well, with the weather this dirty dozen, Bob Johnstone, who led the field up to the first climb. Collier Law. With renewed enthusiasm for a bit of a run, Bob was bobbing when that second fumble was no flash in the pan. Shaun Scott was repeating the packing push of Everett, Thompson, Smith and Green, which managed to change position by the centre-most confidently situated in the middle of the bum to the foot of the last ascent to the finish. The last ascent of 500m over 600 metres had the will to win of the past. This year was no exception. Even with the vocal support of his grave diggers, Bob Johnstone succeeded to the pressure of the in form Scott with 400 metres to go.

SALTYFORD Harriers Fell Race
County Durham
BS/5.5/9500 7.7/98
Fifty runners enjoyed another delightful evening on the fells above Stanhope, supported very ably by a dozen grave diggers mansions behind the arch-stones. This year's race went well, with the weather this dirty dozen, Bob Johnstone, who led the field up to the first climb. Collier Law. With renewed enthusiasm for a bit of a run, Bob was bobbing when that second fumble was no flash in the pan. Shaun Scott was repeating the packing push of Everett, Thompson, Smith and Green, which managed to change position by the centre-most confidently situated in the middle of the bum to the foot of the last ascent to the finish. The last ascent of 500m over 600 metres had the will to win of the past. This year was no exception. Even with the vocal support of his grave diggers, Bob Johnstone succeeded to the pressure of the in form Scott with 400 metres to go.

SALTYFORD Harriers Fell Race
County Durham
BS/5.5/9500 7.7/98
Fifty runners enjoyed another delightful evening on the fells above Stanhope, supported very ably by a dozen grave diggers mansions behind the arch-stones. This year's race went well, with the weather this dirty dozen, Bob Johnstone, who led the field up to the first climb. Collier Law. With renewed enthusiasm for a bit of a run, Bob was bobbing when that second fumble was no flash in the pan. Shaun Scott was repeating the packing push of Everett, Thompson, Smith and Green, which managed to change position by the centre-most confidently situated in the middle of the bum to the foot of the last ascent to the finish. The last ascent of 500m over 600 metres had the will to win of the past. This year was no exception. Even with the vocal support of his grave diggers, Bob Johnstone succeeded to the pressure of the in form Scott with 400 metres to go.

SALTYFORD Harriers Fell Race
County Durham
BS/5.5/9500 7.7/98
Fifty runners enjoyed another delightful evening on the fells above Stanhope, supported very ably by a dozen grave diggers mansions behind the arch-stones. This year's race went well, with the weather this dirty dozen, Bob Johnstone, who led the field up to the first climb. Collier Law. With renewed enthusiasm for a bit of a run, Bob was bobbing when that second fumble was no flash in the pan. Shaun Scott was repeating the packing push of Everett, Thompson, Smith and Green, which managed to change position by the centre-most confidently situated in the middle of the bum to the foot of the last ascent to the finish. The last ascent of 500m over 600 metres had the will to win of the past. This year was no exception. Even with the vocal support of his grave diggers, Bob Johnstone succeeded to the pressure of the in form Scott with 400 metres to go.

SALTYFORD Harriers Fell Race
County Durham
BS/5.5/9500 7.7/98
Fifty runners enjoyed another delightful evening on the fells above Stanhope, supported very ably by a dozen grave diggers mansions behind the arch-stones. This year's race went well, with the weather this dirty dozen, Bob Johnstone, who led the field up to the first climb. Collier Law. With renewed enthusiasm for a bit of a run, Bob was bobbing when that second fumble was no flash in the pan. Shaun Scott was repeating the packing push of Everett, Thompson, Smith and Green, which managed to change position by the centre-most confidently situated in the middle of the bum to the foot of the last ascent to the finish. The last ascent of 500m over 600 metres had the will to win of the past. This year was no exception. Even with the vocal support of his grave diggers, Bob Johnstone succeeded to the pressure of the in form Scott with 400 metres to go.
realise his mistake in time. Charging hard, he found himself in a
gully close to the Eagle Rocks and was committed to drop into the
Glen. Meanwhile, McNeilly kept to his pre-race plan and was now
on a direct line for the Quarry, preferring to drop in to it rather than
taking the Black Stairs route.

At forty nine minutes, McNeilly was through the Quarry gate and
into the forest heating for Dockard. McGonigle was approaching
with only the swift 60 to 70 mph of the Glen Hill, while
Ervine was a minute behind the up the Glen. McNeilly's superior flat
speed believed him to have caught the finish line to set a new record
of 57.99, with McGonigle only 21 seconds behind. It was a close
run thing given that the two runners had chosen different routes for
both the climb and descent over the roughest of ground with a lot
of route choice.

Dameon Brannigan produced the fastest descent of the day to finish
fifth in 59.54, posting an incredible 16.38 from the top of Steve
Dockard to Donard Park via the Black Stairs (including 11.23 to the
stile as the top of the forest) and without a parachute!!

Annie Sandford won the ladies' race in 83.11. It was disappointing
to see only two ladies participating.

First Veteran over 50 was past winner, Jim Patterson, in sixth place
overall. First Veteran over 40 was Peter Howie. First Veteran over
55 was George Geddis, while first Veteran over 60 was John Dea-
non.

The team race was won by Newcastle AC for the eighth year in a
row.

Fourteen runners were inside Jim Rooney's race record of 68.00
which dates back to 1950 when the race was last run in this format.

Spare a thought for Daniel Hughes, the sixteen year old, who
took up running later and started sixteen minutes after the rest and ran
most of the race in isolation (and he had never been up Donard
fell leg).

Marking the turners in, McNeilly set the early pace and was
warned!!

Graham Patten set the early pace and was

Dominic Franklin

1. Rotherham Harriers 1:11.49
2. Holmfirth Harriers 1:12.02
3. East Cheshire Harriers 1:15.50
4. Bredbury & Crompton 1:17.09

Veterans

1. Rotherham Harriers 1:11.49
2. Holmfirth Harriers 1:12.02
3. East Cheshire Harriers 1:15.50
4. Bredbury & Crompton 1:17.09

Ladies

1. L. J. Floyd Eryri
2. A. Donnelly Eryri
3. S. Farrar Eryri

CROSS KEYS ROAD AND FALL RELAY

Lancashire

2 x 3 mile Road/2 x 2.5m Fell 29.8.98

A field of eighty three teams of four runners took part in the six-
teenth Cross Keys Road and Fell Relay. The event has four legs,
alternating between a hilly 3 mile road leg and a scenic 2.5 mile
fell leg.

The conditions were ideal for the event - overcast but pleasantly
warm, I think the runners welcomed the river crossings on the
wooded section.

Rotherham Harriers had an excellent day, taking both the overall
and a new Over 50s' record, while the ever-consistent
Callister, with two-times winner, Rowley, set­
turned out to be the race winning move. The race finish went right
along the Laxey hills, including the climb of Snaefell, crossing the "TT"
seafront.

Included in the line-up was defending champion, Gary Sumner, the
Island track star, Paul Clarke, made a rare but successful outing
for the annual Laxey Horsehose Fell Race, his other only venture on the
hills being the "KnoK-Dhu Classic" in Ireland back in April.

It was a stroll on Snaefell that the race split with Clarke, Keith
Callister and current fell champion, Tony Rowley, opening up an
outcome to the hilltop to win the annual Laxey Horsehose Fell Race, his
only other venture on the hills being the "KnoK-Dhu Classic"
in Ireland back in April.

Paul Rodgers

1. D. Neilly N'castle 55.09
2. D. McGonigle N'castle 55.30
3. J. Ervine Ballyd 56.16
4. N. Carty N'castle 57.38
5. D. Brannigan N'castle 59.34
6. J. Patterson Albert 60.25
7. G. Wear N'castle 62.60
8. D. McKinnon N'castle 63.39
9. P. Howie Lune 63.44
10. S. Laffite NOW 64.43

Veterans

1. P. Howie Lune 63.44
2. B. Dickie N'castle 75.17
3. B. Bishop NOW 75.83

Veterans 60

1. K. Quinn N'castle 65.34
2. D. McKay Albert 68.27
3. J. Maney AC 70.41
4. W. Killett AC 71.27

Veterans 55

1. J. Patterson Albert 60.25
2. J. Sloan AC 68.20
3. J. Hoyes Ballyd 69.19
4. Donaldson AC 74.21

Ladies

1. A. Sandford Ballyd 53.81
2. P. O'Hara BARF 115.02

CROOK PEAK RACE

Somerset

As/3m/800FT 26.8.98

1. A. Bickersall GWR 19.10
2. M. Drinkwater Horw 19.37
3. P. Gebbett Notts 19.45
4. C. Hallen Bristol 19.59
5. O. Johnson DelP 20.22

Veterans

1. C. Kelly Wells 21.11
2. R. Hart Weston 23.43
3. A. Ashworth Dursley 23.24

Veterans 50

1. R. Hart Weston 22.11
2. T. Lewis Dursley 24.46
3. P. Snelling Weston 23.27

Ladies

1. D. Hodgesider 0/40 Wells 25.14
2. A. Hurford Bristol 25.52
3. J. Hallen Bristol 28.03

Y MNYDD

Gwynedd

26.8.98

A very good turnout for this year's race. The day started with rain
but turned out to be a good night when the sun came out and dried
the ground up a bit.

Judith Fraser-Williams

1. G. Williams Unatt 27.10
2. D. Shepherd Eryri 29.12
3. P. Pilbrow Unatt 29.21
4. D. Whiteside Eryri 29.24
5. I. Jones Eryri 29.27
6. P. Evans Unatt 29.58

BOUNDARY STONE BLAST

Cheshire

BM/6m/850ft 30.8.98

Malcolm Fowler won the second running of the Boundary Stone
Blast. Held at Kettleswitch, conditions were warm and sunny al-
though the course was very bouncy in places after all the rain we
have had. I think the runners welcomed the rivers crossing on the
course.

There were no new records this year as the course had to be altered
slightly from last year.

Alan Boothby

1. M. Fowler Staff 43.12
2. D. Ganyle Staff 43.16
3. N. Bassett Staff 43.36
4. L. Taggart Buxton 44.03
5. L. Forrester Buxton 45.13
6. T. Haggersac Stock 45.15
7. P. Sheard GMPolice 45.46
8. C. Greenwood Buxton 46.15

Veterans

1. T. Haggersac Stock 45.15
2. P. Sheard GMPolice 45.46
3. A. Williams Staff 49.05
4. S. King Unatt 49.56
5. P. Shaginstaff Unatt 50.34

Ladies

1. C. Hakes P&P 50.17
2. P. Spivey Buxton 50.45
3. G. Corless M/CYMCA 52.07
4. P. Topping HopeV 52.27
5. W. Hartley P&P 57.40

LAXEY HORSEHOSSE FELL RACE

Isle of Man

AM/11.75m/2000FT 30.8.98

John Patten, who was runner-up to the hilltop to win the annual Laxey Horsehose Fell Race, his other only venture on the
hills being the "KnoK-Dhu Classic" in Ireland back in April.

Included in the line-up was defending champion, Gary Sumner, the
Rossendale man making a most welcome return to our shores.
Aiming for back to back victories, the course itself is based around the Laxey hills, including the climb of Snaefell, crossing the "TT"
course at Woolsey Corner, eventually returning back to the Laxey seacfront.

It was on the slog of Snaefell that the race split with Clarke, Keith
Callister and current fell champion, Tony Rowley, opening up an
outcome to the hilltop to win the annual Laxey Horsehose Fell Race, his other only venture on the
hills being the "KnoK-Dhu Classic"
in Ireland back in April.

While the ever-consistent Brenda Walker secured the ladies' title.

Phil Cain

1. P. Clarke ManxH 1:45.11
2. K. Callister MFR 1:45.13
3. T. Rowley ManxH 1:45.23
4. P. K Asson ManxH 1:52.58
5. D. Young MFR 1:53.00
6. G. Sumner Ross 1:53.34
7. C. Cain Nith 1:54.58
8. P. Butlerry Holm 1:55.03
9. N. Jewell MFR 1:57.20
10. R. Stevenson Westerns 2:00.37

Veterans 40

1. P. Cain Nith 1:54.58
2. P. Butlerry Holm 1:55.03
3. J. Quinn Kend 1:56.20
4. R. Stevenson Westerns 2:00.37
5. P. Young MFR 1:53.00

Veterans 50

1. D. Young MFR 1:53.00
2. D. Corrin Wrex 1:53.25
3. R. Callister MFR 1:53.40
4. S. Moynihan MFR 1:59.14
5. J. Crystall Lochaber 2:27.22

Ladies

1. P. Walker Nith 2:00.37
2. R. Hoonon Nith 2:15.13
3. A. Goodall Unatt 2:39.25
ON TOP OF THE WORLD
BRITISH VETERANS

AT THE ANNUAL ‘DO’

CHAMPION MALCOLM PATTERSON
FLANKED BY DAVE NEILL AND DAVE HOULSWORTH

1999 ‘DO’: SATURDAY 30th OCTOBER
VENUE: SHAPWELLS HOTEL, KENDAL
4 COURSE MEAL

DETAILS:
Dave and Eileen Woodhead, 166 Hainworth Wood Road,
Keighley, West Yorkshire BD21 5DF
Tel: 01535 669100
CONGRATULATIONS HORWICH RMI

WILL THEY BE TOP JUNIOR BOYS & GIRLS TEAMS IN 1999?
FIND OUT AT THE JUNIOR 'DO' ON 14th NOVEMBER
AT SKIPTON

DON'T FORGET EXCLUSIVE FRA T-SHIRTS TO FIRST 10 BOYS & GIRLS IN EACH AGE CATEGORY
The View from the Back

Fell runners spend a good deal of time focussing on going forwards into adversity as fast as possible in the hope that it will stop sooner. So naturally fell runners concentrate their attention on those who manage to stop earlier than the rest. I have never understood why this should be. You see it makes sense that makes someone who spends less time on any one fell run more interesting than those of us who take longer? I think it is time for us to turn our attention more to view from the back of the pack.

We slower runners have more time to savour the experience than our quicker colleagues do. We have more time to appreciate the good things in fell running. You meet a better class of person, they hold gates open instead of rushing through giving no thought to the runner behind, they chat, usually extremely briefly, they find time to smile. Shared adversity does that.

On the other hand runners with unendurable characteristics are stuck with you for longer. Have you ever been quick enough to have the misfortune to be followed by a heavy breather? What is it about their bronchioles that needs to stimulate an orgasmic gong when half way up Ingleborough? Perhaps the technique helps work up a fitting climax of speed by the end of the race? Sometimes I meet the same person in the pub after the race and they seem quite agreeable, but I can't help thinking that I know what their significant other (donkey?) has to put up with on Friday nights. Perhaps the neighbours do too.

Fell running is an admirable sport in many ways, not least in the even-handed manner it treats the sexes. There appears to be very little discrimination against women, same course (usually) same challenge, same rules. Admireable. Most women are slightly slower at the game than most men. It follows, therefore, that at the back of the field, there are slightly more women than men. So I often find myself surrounded by members of the fairer sex. Now I don't know whether you chaps at the front of the pack busy working your Walshe of the last are aware of this, but the ambience at the back of the pack can sometimes be very pleasant. By that I mean the smell at the back is often not as, shall we say, industrial as it can be at the front. Grunting my way up Pen y Ghent recently I noticed an agreeably female perfume pass me by. More by luck than effort I overtook and was rewarded by a similar fragrance. Near the top and nearer to a bad attack of rigour mortis, (or so it seemed at the time) the same scent. Too tired to look up, I knew who it was anyway.

However it does not do to assume the same of all my fellow competitors. In a similar state of near terminal exhaustion, a similar waft of pleasant perfume proved to be a snare and delusion on Hutton Roof. Looking up this time revealed a person of indeterminate gender with an arm action resembling Dame Edna's and a rolling gait that looked as if it had just walked off one of Her Majesty's war canoes. Now that time I did run faster.

One of the disadvantages of consistently poor performance in fell running is that your mates are likely to be better runners than you. This leads to entirely foreseeable consequences.

"How many runners were there in today's race?" asks some innocent tourist in the pub afterwards. "Ask him" says my mate indicating me. "Ask him where he came, that'll tell you how many ran today." Which is why I never look at the results board.

There are, of course, ways of fixing mates who lower themselves to that level of post-race banter. Here's how. First, you need a bit of luck, next a small, almost intimate fell race like the Langstrath in Borrowdale for example. The key thing is that not too many people should be seen to be warming up. "What time does it start?" asks my mate. "7.15" you lie. "Right then, time to warm up." Now because he's a big roughly-toughy and believes in all this sport science stuff, pre-race stretching, bending, lactate thresholds, raising cardiovascular rates, VO2 max. and all that, he's off down the track to get focussed. With just a bit of luck, he's at least out of sight and ear-shot when at two minutes to seven when we are called together for the start of the race. He still came fifth. So far it's worked only once. He's got his own copy of the Fell Runner's fixture list now.

Slowcoach
Ian Simpson

You're doing all right. Keep going." A pat on the back sent me on my way. I turned off the road and started the long slog up Ingleborough. The pontoon crossing was stamina-sapping. I could not move fast enough to keep warm so I put a top on.

The welcome sight of the summit check-point gradually appeared out of the mist. A female marshal called out, "Look at those shorts!" Then came shouts of "Follow those shorts!" I suppose the 'simulated flames' in red, yellow and black did brighten up the proceedings somewhat. Minutes later I almost parted company with the said shorts when they became impaled on a bolt-head at the top of a stile. This necessitated my reversing up the stile to retrieve them. Another mishap on the descent was due to a lack of communication between brain and legs. I came out of the resulting forward roll unscathed.

It was with great relief that I passed under the Settle-Carlisle Railway again, knowing I was virtually home ... but not dry! A quick glance at my stopwatch told me I was going to achieve my target-time so long as I stayed on my feet.

No sooner had I crossed the finish line, in 4.14, than my hand was shaken several times and my back patted again. I was soon to discover I had even finished in the first half of the field. My feeling of euphoria was not diminished by the attack of rigour mortis, (or so it seemed at the time) the same scent. Too tired to look up, I knew who it was anyway.

Having been advised to eat during the race, I decided to consume some Kendal mint cake on the lower slopes of Whernside. I avoided choking but many morsels were violently ejected.

The ascent of Whernside was cruel ... and dark choking but many morsels were violently ejected. The welcome sight of the summit checkpoint Two down, one to go!

On the descent the heavens opened, with driving rain turning to hailstones. I soon became soaked to the skin. Once again my spirits were raised by cheers and shouts from familiar faces, whose owners looked as bedraggled as I felt. As I collected my water-bottle, a banana was thrust into my hands with the words: "How are you feeling?" "I'm absolutely knackered."

Richard Titchmarsh

SUPERVERET NEWCOMER

At last the moment of truth had arrived. I had just registered for the 1998 Pace Three Peaks Race as a 'superveret newcomer'. Less than an hour was left before the start after many anxious weeks spent trying to avoid the big misfortune to be followed by a heavy breather? What is it about their bronchioles that needs to stimulate an orgasmic gong when half way up Ingleborough? Perhaps the technique helps work up a fitting climax of speed by the end of the race? Sometimes I meet the same person in the pub after the race and they seem quite agreeable, but I can't help thinking that I know what their significant other (donkey?) has to be.

Some of my training had been in the company of folk who had run the race at least twice. They assured me that my training schedule - based on those for London Marathons - would stand me in good stead. My only speedwork based on those for London Marathons - would result in going forwards into adversity as fast as possible in the hope that it will stop sooner. So naturally fell runners concentrate their attention on those who manage to stop earlier than the rest. I have never understood why this should be. What is it that makes someone who spends less time on any one fell run more interesting than those of us who take longer? I think it is time for us to turn our attention more to view from the back of the pack.

The ascent of Whernside was cruel ... and dark choking but many morsels were violently ejected. The welcome sight of the summit checkpoint Two down, one to go!

On the descent the heavens opened, with driving rain turning to hailstones. I soon became soaked to the skin. Once again my spirits were raised by cheers and shouts from familiar faces, whose owners looked as bedraggled as I felt. As I collected my water-bottle, a banana was thrust into my hands with the words: "How are you feeling?" "I'm absolutely knackered."

Richard Titchmarsh
Grand Raid Spectacular! - Rob Howard

The Isle of Reunion has some of the most spectacular mountain scenery I have ever seen and there is a race which traverses the island taking in all the best bits called La Grand Raid. It is one of the best organised events of its kind, with a thousand volunteers offering food and drink, massage and medical aid, and bags of encouragement every few kilometres along the whole spectacular course.

All of which makes reports from the recent world cup of poor organisation and a disappointing setting very baffling. It sounds like the island did itself no favours when staging the event and worse, that the teams were on the edge of some stunning terrain, and never got to see it. So, let’s set the record straight about Reunion, forget about the World Cup and look at the Grand Raid.

The island is just South of Mauritius in the Indian Ocean, is about 40 miles across, extremely mountainous, volcanic and rises to just over 10,000 feet. It is a French department so almost all the visitors and most of the population of 600,000 are French and the island is virtually unknown in the UK. (The French have been keeping it to themselves and I don’t blame them.) The down side is that the outer rim of the island is heavily populated, built up, and prone to huge traffic jams, which is not what you expect from a tropical island. However, the interior is magnificent and the Grand Raid takes full advantage of this.

The course crosses the island from Cap Mechant in the South East to the capital St. Denis in the North, starting with the Volcano Piton de la Fournaise (2632m) and then passing through 3 huge cirques called Cilaos, Mafate and Salazie. The distance is 126km and the climb 8000m, but even these figures give no real idea how tough it is. The winners usually take 16 hours (an average of around 12 minutes/mile) and the time limit is 60 hours as many of the 1500 competitors walk the course, spending 2 nights sleeping at aid stations where beds are provided.

The start is at 4am but it is anything but sleepy. Entertainment from bands and dancers helps build the atmosphere in a floodlit sports field and the runners pass through kit checks to be given a number with their photograph and name on. (A nice touch this, as all along the course spectators and marshals call out your name.) As the tension builds wild mask dancers, stilt walkers and fire eaters entertain the crowd and flaming torches line the palm fringed road along which the runners set off to begin the 26km ascent of the Volcano.

The path is a gully which climbs at an unremitting gradient, passing through increasingly sparse forest to emerge in the dawn light on the rim of the volcano which was erupting for most of last year (though it posed no great danger and you could walk safely up to the edge of the new lava flow). It is on an immense scale, approaching that of the Hawaiian volcanoes, and the track runs along the rim for several kilometres before crossing plains of jagged volcanic rock and sand. It may be early in the morning but the intense heat is soon bouncing back from the rock and at this early stage some runners are already in trouble from setting off too fast and dehydration.

A long descent and a crossing of the Plaines des Cafres follows and ahead looms the jagged profile of the islands main mountain group, topped by Pitons des Neiges at 3070m. There are long sections of forest to come, a narrow ridge above a ravine a thousand metres deep, short ladders on steep sections, and then it gets exciting with the crossing of the first of the 3 cirques. At the Kerleguen checkpoint (which like several others is placed and stocked by helicopter) all seems well, but it is on the edge of an awesome drop into Cilaos. In the next 4kms the switchback path drops 1000m and if the afternoon cloud has not filled the cirque an equally punishing climb up the other side is in sight.

This leads up to the Col du Taibit, a notch among a series of rock towers which leads straight into the Cirque Mafate, which is the only one of the three not accessible by road. It is mercifully at a higher altitude than the others so that the drop into it is not so quad destroying but there is no let up in the roughness of the path. Most of the route is on the GR R2 footpath, but it is continuously broken underfoot throughout its entirety.

Next is the Col des Boueufs then it is back on the roller coaster to descend into the Cirque Salazie, the last of the three, where there is a major aid station at the village of Grand Ilet (where Trefor Jones retired). This is one of several places where hot food and beds are available, and these stations are manned continuously over two days by enthusiastic volunteers.

There is a good reason to take a rest here, too, as the climb to Roche Ecrête, which comes at the 100km mark has an average gradient of 32% over 5k and there are hand rails much of the way. For those able to lift their heads the view back over the lush vegetation and shattered rock formations of the cirque, framed by the walls of Piton des Neiges, is spectacular. This is the last major climb as the tracks now lead down to the finish in the stadium at St. Denis.

This years winner was Cleo Libelle in 17 hours 45 minutes, a slower time than expected, partly as the leaders were misdirected, and also because the course was even more difficult than those in recent years. Half of the crowd seemed to run round the track to the winning line with him, and he was greeted by a mass of press and TV cameras as the volume of the bands and wild gyrations of the...
dancers reached fever pitch. The party would carry on throughout the night and through most of the next two days until the last official finishers hobbled in just before the 60 hour limit. They were received with as much excitement and as many cameras as the winners, a fitting end to one of the world’s great mountain races.

I hope to organise a small group of British runners to this year’s Grand Raid - if anyone is interested contact me at 27a The Oval, Stoney Stanton, Leicester LE9 4JS.

Spectacular backdrops in the forest

MOUNT KINABALU or KARAOKE?

Consider first the pleasure of hot sprints and cold beers, snorkelling or scuba, jungle treks and friendly folk. Then mix in a little pain in the form of a serious mountain race, covering 13 miles and close on 7000ft of climb and descent and you have the best of Borneo. Alternatively there’s always the karaoke bars of Kota Kinabalu.

The race up and down Mount Kinabalu has been billed as “The toughest mountain race in the world.” This could be argued, Wasdale, Peris and Jura springing to mind and of course Laggan, but this only qualifies if a) Borrowdale has been raced the day before and b) every effort has been made to get to the start in time. However, Kinabalu is without doubt a very tough and unique race.

Starting at 6000ft in tropical jungle the race ascends rapidly up 1000’s of steps of varying heights and widths, up a number of wooden ladders and finally on to massive granite slabs at 13500 ft. Turning around at the summit, as opposed to continuing and plummeting 1.5km into Low Gully seems a good idea, but the descent back down the steps is rough, technical, unrelenting and potentially lethal, which makes it a highly suitable race for British fell runners. (NB the women’s race follows the same course but unfortunately does not summit, turning instead at 11500ft).

The shocking part of all this, particularly for British runners, is that not only is it a good tough race but there is considerable money to be had, particularly if you can make it into the top three, even if you don’t a placing in the top ten will see you right in Walshes for a year or two.

Now we may struggle to make much of an impact on the World Mountain Trophy, but give a British fell runner a real mountain race and it’s a different story. Last year’s British team in the men’s race took the top three places with Angela Mudge claiming third in the women’s race. This year a returning British team discovered a more competitive international field including Italian Bruno Brunod (Skyrunning World Champion), Frenchman Roux Regis (11th at Reunion), in form three times winner Saligan, a posse of Gurkhas and a host of others from around the world. The result saw Ian Holmes pushed all the way to the finish to take winning honours (vast amounts of cash, tribal head gear!, fame, etc.) in a new record time of 2hrs 42.07 sec, while Simon Booth, Jim Davies and Mark Rigby tumbled back from the summit to finish 4th, 5th and 7th respectively, with Bruno Brunod in 2nd and Saligan in 3rd.

Next year sees the World Mountain Trophy move to Borneo to be run around a hilly (but not very) jungle course. Three laps at speed will prove a tough test and with so many fast folk about it is hoped that the Mount Kinabalu race a week later will have an even larger and more competitive international field. However two more different races would be hard to find and it will be interesting to see how many of the World Trophy runners line up at the start the following weekend.

For those considering experiencing some of the pleasure and pain that Borneo has to offer under their own steam (watch out for possible flight deals) there is on offer the chance to race the World Cup course in the open category one weekend (just a training run) while keeping a wiley eye on the summit heights of Borneo’s real mountain race for the following weekend.

If you go – good luck.  

Jim Davies

Relaxing in the spa afterwards - clockwise from top left - Simon, Jim, Mark, Ian
Lest any reader might be gaining the impression that long competitive days and weekends in the Lakes all have successful endings, resulting in knackered yet satisfied customers zooming back down the M6 with proud tales to tell, it might be pertinent here to redress the balance, by referring to days when this was clearly not the case. Only a fool would take the mountains lightly, even in days of fair summer weather. When the elements prove inclement and/or when you are quite clearly not up to the task for a host of reasons (fitness, illness, injury, inexperience etc.), then the time to withdraw gracefully. The fells deserve the highest respect and are quite capable of humbling even the fittest and most capable of our fraternity.

This message was first pressed home to me when, attempting to walk up to the Glyders on a Welsh 3,000s recce in wet conditions, I fell on the slippery rocks hurting my back in the process, and was forced to beat a hasty retreat by getting son Duncan to drive me home. In my first Lakeland Classic - the Ennerdale - I lost concentration thinking I had cracked the hardest part by reaching the summit of Pillar .... and then proceeded to get lost. I have since been back to put that right with three successful completions and the Wainwright drawing of Searth Gap signed by the legendary Joss sits proudly on my wall! I passed my baptism in Mountain Marathons on the Range of the Awful Hand and The Devil’s Bowling Green in the 1986 Galloway KIMM, but then hit trouble in the 1989 KIMM in the Howgills. Partnering JB, I broke an ankle but still unwittingly and stupidly carried on to the end of the first day. Ending up in plaster was a salutary lesson but I still retain some fond memories in the rosy glow of retrospect. You must have a sense that long competitive days and endings, resulting in knackered yet satisfied customers zooming back down the hill, they days would become too traumatic as I thought to write about the adventures which had more satisfactory outcomes for me.

My stories of other epic Boys’ Own adventures which had more satisfactory conclusions. It has always been easy to produce accounts of days which ended successfully but surprisingly not as traumatic as I thought to write about.”

Itself and maybe his two years in Saudi have made him even more appreciative of the mountains is usually enough in context. Like me, to be in the mountains is usually enough in itself and maybe his two years in Saudi have made him even more appreciative of this. As he says: “The mountains are going nowhere, they’ll still be here next year.” What we have to do is to ensure that we are also!

So there you have it then. The chapter I wasn’t going to write has now been written and clearly puts in better context my stories of other epic Boys’ Own adventures which had more satisfactory conclusions. It has always been easy to produce accounts of days which ended successfully but surprisingly not as traumatic as I thought to write about the ‘downs’. One thing is for sure:- if you succeeded ever time you stepped out on the hill, he days would become too commonplace to recall. Occasional humility is good for us all and also serves to heighten the euphoria felt at the end of days when all goes well. What was it that Kipling wrote about those twin imposters?

Nev McGraw
FRA Safety and Navigation Courses at Elterwater

a special "THANK YOU" to KEN LEDWARD

These courses are now well established at Elterwater (September) and Kettlewell (April) and have gone through one or two name changes. However, the content has remained very much the same over the many years (perhaps 14 years) since Peter Knott and Ken Ledward ran the first course based at Elterwater on behalf of the FRA.

Peter passed the course over to me a couple of years ago. It was nice to see him back this last September as an instructor. Thanks for accepting the invitation and might you be tempted back next September?

Ken hung on, always threatening to give it up but never quite managing to do so. I have it from him that he definitely will not re-appear next September to instruct. A combination of age (is he really that old?), business commitments at that time, a feeling that younger people should be taking his place (where are they?) and a wealth of other fell running interests are combining to keep him away.

And immediately life opened up. I could sit still and take my mind a run over well known fells on unknown routes. Mr Turnbull writes with adventurous walkers in mind but loses little time in giving the game away "One of the worst things in hillwalking is walking up hills." This Turnbull chap is not your run of the mill guide book writer. And that is only the second paragraph. After that we are away into a series of routes suitable for adventure loving back packers - or as Mr T is himself - a bivy bag kipping fell runner. Routes are broken down into walking days but the narrative makes it plain that he did it lots of Day Units linked together with a snooze on some pine needles at the end.

So first you should buy this book because it opens up new perspectives on the Lakes - which you probably thought you knew quite a bit of. There is a walk across the Lakeland runs and events; a route round Ten Tarns that is on my Easter break list plus day walks and reflections on things like Eskdale and England's Eiger (Scafell) and Borrowdale rain. (Actually you should buy it first because a good fell runner wrote it - if you want any more fell running books then you should buy the ones that are around!!) (And help fellow members of the FRA and SHRA.)

You should buy it next because Mr T's spirit is infectious - by the New Year I was combing Birmingham mountain shops for a good bivy bag to emulate our hero's exploits. (My New New Year's Resolution - to spend more time asleep on pine needles.) His spirit of just going for it will delight, reassure and motivate all fell runners. Here he is on the B- which I've always seen as only suitable for the Heroes of the FRA. Not so for Mr T. For him it is just (!) "the correct challenge for the ordinary hillrunner." I admit the BG chap was the first thing I turned to - indulge your obsessions - feed the rat! But after that I roamed freely leaping from chapter to Day walk to occasional article, inwardly yahooing as I went.

Sitting in Waterstones it looks like a coffee table Lakes book - this is presumably so it will presumably pull in the punters but tame it ain't. It's a real box of delights. And enough challenges to fuel the New Year. I'd hung on to it all Christmas day and it got me through the day and well into Boxing Day. The thinking fell runners literary Crumpet.

You should then buy it because Mr T's spirit is infectious - by the New Year I was always seen as only suitable for the Heroes of the FRA. Not so for Mr T. For him it is always seen as only suitable for the Heroes of the FRA. Not so for Mr T. For him it is

"A navigation course? which way"
"Over there"
"Where?"
"Kettlewell and Elterwater"
"When?"
"Look"

Kettlewell 16th, 17th, 18th April
Mrs Margaret Batley
10 Greenfield Avenue
Guiseley
Leeds
LS20 8HG

Elterwater 24th, 25th, 26th September
Lyn Eden
99 Harewood Road
Harrogate
HG3 2TJ

FRA Fell Running Courses for 1999

LONG DAYS IN LAKELAND - BY RONALD TURNBULL

- A Review

And so it's Christmas. Not much training can be done. Everyone is sitting round - eating too much. Just going out for a few miles is frowned on. No Gyms open even to do a bit of cross training - just sit down and look at your presents - the new OS Lake District Yellow maps - only not much space to open them out. Into the flatness of our misery ( I was in the South as well) arrived Ronald Turnbull's Long Days in Lakeland.

And immediately life opened up. I could sit still and take my mind a run over well known fells on unknown routes. Mr Turnbull writes with adventurous walkers in mind but loses little time in giving the game away "One of the worst things in hillwalking is walking up hills." This Turnbull chap is not your run of the mill guide book writer. And that is only the second paragraph. After that we are away into a series of routes suitable for adventure loving back packers - or as Mr T is himself - a bivy bag kipping fell runner. Routes are broken down into walking days but the narrative makes it plain that he did it lots of Day Units linked together with a snooze on some pine needles at the end.

So first you should buy this book because it opens up new perspectives on the Lakes - which you probably thought you knew quite a bit of. There is a walk across the Lakes from the Howgills to Ennerdale: a brilliant run and scramble around the area, linking all the best scrambles; some great evocations of Lake District; a brilliant run and scramble - to spend more time asleep on pine needles. (Actually you should buy it first because a good fell runner wrote it - if you want any more fell running books then you should buy the ones that are around!!) (And help fellow members of the FRA and SHRA.)

You should buy it next because Mr T's spirit is infectious - by the New Year I was combing Birmingham mountain shops for a good bivy bag to emulate our hero's exploits. (My New New Year's Resolution - to spend more time asleep on pine needles.) His spirit of just going for it will delight, reassure and motivate all fell runners. Here he is on the B- which I've always seen as only suitable for the Heroes of the FRA. Not so for Mr T. For him it is just (!) "the correct challenge for the ordinary hillrunner." I admit the BG chapter was the first thing I turned to - indulge your obsessions - feed the rat! But after that I roamed freely leaping from chapter to Day walk to occasional article, inwardly yahooing as I went.

Sitting in Waterstones it looks like a coffee table Lakes book - this is presumably so it will presumably pull in the punters but tame it ain't. It's a real box of delights. And enough challenges to fuel the New Year. I'd hung on to it all Christmas day and it got me through the day and well into Boxing Day. The thinking fell runners literary Crumpet.

You should then buy it because it challenges you to apply your mind to create similar delights - just as his Across Scotland on Foot (Another book to acquire, devour and inwardly digest) contains 108 routes - 8 ways outlined and the other 100 are left to you.

Just get out there and buy it.

Then Just get out there.

Mike Fry

"A navigation course? which way"
"Over there"
"Where?"
"Kettlewell and Elterwater"
"When?"
"Look"

Kettlewell 16th, 17th, 18th April
Mrs Margaret Batley
10 Greenfield Avenue
Guiseley
Leeds
LS20 8HG

Elterwater 24th, 25th, 26th September
Lyn Eden
99 Harewood Road
Harrogate
HG3 2TJ

FRA Fell Running Courses for 1999
Easter '99

under F.R.A. rules
Certificate T-Shirt and Mug for all finishers

3rd April
RACE
&
NON-COMPETITIVE WALK

5th April
‘CASTLE TO CASTLE’ WALK
(non-competitive)
(26.5 miles)

THE MANX
MOUNTAIN MARATHON

SPECIAL INCLUSIVE PACKAGE DEALS!
FOR FURTHER INFORMATION

TONY ROWLEY
4, POPLAR CLOSE
ONCHAN
ISLE OF MAN

01624 674968

EASTER '99 OFFICE
FREEPOST CHERRY ORCHARD
PORT ERIN
IM9 6AN

FREEPHONE 01800 6344321

CHERRY ORCHARD TRAVEL LTD. REGISTERED OFFICE; STATION ROAD, PORT ERIN, IM9 6AN
They FELL In Love

A bleary wintery day was the setting for the bride of the fells to marry author and cartoonist extraordinaire, Bowland's very own felldancer met the creator of Mr. Burrows, the Fell Running Mole, and various other feats of artistic endeavour. They were wed on their very own doorstep in a simple yet windy ceremony.

The invites were distributed far and wide to club members with specific dress code instructions to wear the traditional orange and green, regardless of the time of year and the weather forecast.

On April 11 we abandoned children and set off to the Nick of Pendle. Meeting with several over Molelanders and Bowland Wives we set about the task of persuading the non hilly types that Aprontul Hill, in the distance and cloud was not too far away and in fact a very reasonable place to be wed.

Several moans later we arrived windswept and wet to join a small party at the summit of the hill for a ceremony to 'outshine' all others. We eagerly awaited the arrival of the bride and groom ascending the summit in fell running gear from opposing sides. Once we'd worked out who was who, and who were innocent passers-by (the victims of numerous lenses) we clapped the ascending couple onto the summit and into a warm embrace, Simon in bog black and Sarah in snow wedding white.

Simon's father conducted the service which comprised of speeches, a blessing and an exchange of rings, followed by numerous photos and videoing around the summit cairn. A dozen or so Bowlanders wore their loud cheerful club vests, once again appearing en-masse in odd places as they do all season. This time it was not a club championship race but there was a good turnout as usual.

For the past few years I've run in the series of races Dave Woodhead promotes from Haworth; even though it's always a joy to (eventually!) finish a race, Dave has always organised some goodie to the competitor when he flings himself/herself over the 5 bar gate at the end! This year we've had beer, a Sorreen malt loaf, chocolate etc. This is appreciated by me (and the family!) as I stagger back to the car in hurricane winds or hail! He's going one step better for the final race of the century this coming year - a special beer brewed just for the race!

Entries for Dave's races seem to grow every time.

In the autumn I was at the "sold out" Ian Hodgson Mountain Relay in the Lakes. This must be the only event in the UK where every runner for every team had turned out. Surely it was not for the race itself ... no, again it was for the catering! The smell of bacon was in the air when we arrived, tables groaned with chocolate cake - not a wrapper, corporate logo, or tamper proof device in sight. All homemade, everything under 50p. Everything gone at the end. The catering must have taken more money than the race entries!

All this goodwill to runner's bodily health is extending to the prizes too. Now I know we all have heart attacks when seeing the cost of an entry to a 10k (about £5) and with fields of up to 800 runners and sponsors on board, someone must be making a healthy profit. But don't you feel cheated in being given another medal, mug or t-shirt (if very lucky!).

Take the scenario on a £2/£3 fell race. I've done a few this year - and it's getting round which ones to enter, just for the wide prize distribution at the end. The clubs up the Calder Valley must vie with one another. The prizes on this year's Stoodley Pike race included 9 packs of toilet rolls, much beer and I'm sure I saw a flute! It makes for a really good atmosphere in the pub at the end.

It's not as though this is just limited for the fastest in each category, I have become a recipient for nearly coming last - a huge boost to all those tail enders. The trouble is that when you now vie with one another to be nearest the back!

At the moment I am in discussion with Club members to draw up a list of races that must fulfil the following criteria; a: it must be affordable; b: it's got to be an interesting course; c: the likelihood of coming last; d: is there any food at the end, and is it any good? e: is there a freebie at the end - can I eat or drink it? f: is the prize list extensive and entertaining?

Someone tells me that the race at Hutton Roof has the best catering in the country - see you there!

PS. Race organisers: just spread the word around about your catering and extensive prize list, stand back and watch runners flock in!

M. Saville

Editor's Note: Wound here, it's the Wound Wither Wood Welay Wace wot's famed for wassail, ale, snap and a good crack! (Ad!!)

Chris Reade
A beginning for Lawrence and Wendy Dodds

A TORRIDON ROUND

-Lawrence Sullivan

2.00am at the Coire Mhic Nobuil car park. 30 secs to the off. Dark, damp, cold - I feel terrible, no sleep, ate too much last night, no enthusiasm for the task ahead, just negative thoughts draining all energy. 10 secs to go, adjust the head torch, 4, 3, 2, 1 "Get moving" said Wendy and we trotted off into an uncertain inkiness ahead. I had the idea of doing a circuit had slowly developed over a few years until three years ago the final plan was in place. During a visit in '97 the weather forbade an attempt but now at the end of May '98 the omens were good. The circuit visits eight distinct hills (I shall stick to the Scottish custom and call these imposing mountains "hills"), which do not form part of a large massif or tops on a long ridge i.e. they stand alone and you have to descend right to the base before tackling the next one. Access presents no difficulty as most of it is in the Scottish National Trust and we were well outside the deer-stalking season for the rest. My one worry, the nature reserve on Meall a Ghiubhal, was dispelled after visiting the Reserve Centre at Kinlochewe the year before and being assured by the resident warden that my planned route would be in order.

My support consisted of Wendy Dodds who offered to accompany me on the hills, carry supplies and even miss out some hills if the pace was too fast (it wasn't), Jane, my wife, who would meet us at various places with food and hot drinks, and my younger daughter Audrey, husband Alastair and baby Jenna. A very small support team for such a trip but with the great advantage of flexibility implicit in a "low key" attempt.

The weather forecast 24 hours earlier dictated the decision to go for Wednesday May 27th.

Making good time we started up the steep upper slopes of Beinn Alligin and into the dark misty gloom of morning. Driving mist and drizzle kept us company along the summit ridge until eventually we started on the descent to the traverse path below the Horns of Alligin then down rock steps to where Jane was waiting. A very welcome cup of tea, but not much sympathy, dragging her out at this time of morning etc., etc., etc. Anyway she took our torches, Wendy collected the drinks bottle and we were off up Beinn Dearg, an unrelentingly steep slope where we threaded our way between dripping crags and I tried not to think about how bad I felt especially as we had only just started. However we got to the top a few minutes up on schedule, and in thick mist and rain set off for the Tower, a series of cliffs blocking the ridge. Jane and Wendy had recce'd this route two days previously and it really paid off. From the top Wendy led the way down the cliffs via a series of rock chimneys, exposed but not difficult. Once clear I ran off in a fit of exuberance, but in spite of "You're going too far east" I went too far east and missed the descent gully. We struggled down rock outcrops and deep heather, got back on route, waded the river and found Jane in Coire Mhic Nobuil at the lochan as planned. Meanwhile the rain had stopped and amazingly the top of Liathach came clear above the mist; a magnificent sight, all sharp peaks and cliffs, but worryingly a hint of snow on the highest point. Jane and Wendy enjoyed themselves at my expense as they told me off about missing the descent gully, after all it was I who had shown them which one it was only three days ago etc., etc., etc. 6.00am, cold, still feeling bad and nagged by two women! At least we were still on schedule and set off up Liathach fortified by more food.

The steep upper slopes seemed to go on and on forever, the mist and rain had returned but, much to my surprise, we topped Muillach an Rathain bang on schedule in just one hour after leaving Jane. The wind had risen and being a north easterly was depositing specks of snow but we ran easily, down to the Fasarinen Pinnacles and the start of the traverse path. There is much controversy over this route; is it easier over the Pinnacles or along the path? Both very exposed, both requiring extreme care but the path was sheltered from the north east wind and I had been along it before without difficulty. Parts of it are undercut and beginning to break away, not a happy thought, with the next stop being Glen Torridon a long way below. Eventually we completed the traverse and came out from the protection of Am Fasarinen to be met by an icy blast and driving snow. The highest point on Liathach is Spidean a Choire Leith an elegant peak of sharp quartzite boulders which by now had a covering of snow, no joke in fell shoes. Progress was very slow, and for the first time we fell behind schedule. But now for the descent to Coire Dubh Mor. I picked my way very gingerly back the way we had come, making use of our previous footprints. It was not the descent route I had intended but until we got below the snow it was just too dangerous to launch off onto the direct route over some small cliffs. Eventually we were below the snow, ignored a tempting strip of gravel leading downwards into the mist and cliffs of Coire na Caime and opted instead to traverse a boulder field and get back to the crest of the north west ridge. Negotiating this toterring collection of coffee table sized boulders seemed to take forever but at last we were clear and on our way down. The north west ridge looks delightful from a long way off but close to it is mostly loose scree and sandstone cliffs and I was much relieved when we...
got down to the Coire Mhic Fheurchair track without mishap.

We were now 30 minutes behind schedule and somewhat drained by the difficulties since starting up Spidean a Choire Leith. However we picked up the path into Coire Mhic Fheurchair and got started on the ascent of Ruadh Stac Mor, the first and highest of the tops on the Beinn Eighe ridge. Thick mist on top yet again but at last we were running, the sky started to brighten, the mist lifted at times and we moved more easily along a rocky ridge which became a wonderland of great cliffs plunging down to sunlit lochs and rivers below, and a view of distant hills, some snow covered. More exposed rock, more scrambling but what a spectacular place.

Descending from Creag Dhubh, the last top on the ridge, is easier to the right as it avoids hidden cliffs below and there is even grass at times between the scree runs. It was here that I had my only accident of the day. Moving off the crest of the ridge I slipped, hit a boulder and rolled over with very painful messages coming from my right thigh. It was bruised beneath a long graze and I felt sick. Groggily attempting to run on I was told in no uncertain terms to sit down and wait a few moments. However the heartening sight of Alastair signalling below soon got me going and we arrived at the col below Meall a Ghiubhais to a warm welcome. Audrey and Alastair had carried supplies and Jenna all the way up to the col and found a tiny shelter. At last a sit down rest. Soup and rice pud have never tasted better and to add to the good cheer Jenna smiled and gurgled happily in her rubber duck, small and light enough to carry. It gave a cheerful squeak every time I went into my bumbag.

Meall a Ghiubhais was soon behind us, then the long descent into Glen Grudie and the river to cross. The river crossings were a major worry as Glen Grudie particular is uncrossable after heavy rain even with rope support. I have seen it in spate, a great roaring mass of white water but today a gentler sight as we waded easily across. Steeple up Beinn an Chearcaill, picking up time all the way, superb views in the ever-improving weather, then after all that detailed planning my one big mistake. There is a narrow gully just to the north of the top which leads down through the usual collection of Torridon cliffs until easier ground and the crossing of the river in Strath Lungard. Jane was supposed to meet us there with more food and drinks. No sign of her. Shouts and hollers. Still no sign. We went to the top of various moraines, no use. This is remote, rough country; what could have happened to her? Ever more ingenious and lurid ideas were forthcoming but nothing plausible.

Wendy and I pooled our remaining supplies and felt we could just about manage. Not a patch on tea and rice pud but not much choice in the circumstances. Let me say right away that it was all my fault. In the frenzy of organisation yesterday Jane asked me to point out where she should wait in Strath Lungard and I jabbed at the map with one hand while sorting out piles of food with the other. "No, mark it with this pencil" she said and not taking enough care I drew a circle 1/2 a mile downstream from where I had intended. I will draw a veil over the discussions the ladies had about me on this subject the following day.

So we set off up Beinn an Eoin, our last but one hill. One of my major concerns was my fitness as I had missed 6 weeks at the start of the year due to an injury and then with just two weeks to go had gone down with a sore throat and cough. Consequently the steep 2000ft ascent of Beinn an Eoin was one I had been dreading. To my amazed delight it was my best climb of the day and came easily, well up on schedule. I'll never understand this game! We were even honoured by a visit from two golden eagles which circled above us, appropriately enough as Beinn an Eoin translates as "Hill of the Birds".

A comfortable grassy descent led us to the track below Beinn Dearg and Beinn Alligin. The extra effort affected me more than it affected Wendy and the loss of time was worrying but with four miles to go, all easy downhill, I realised it really was in the bag at last. "I have dreamed of this" I said "bounding and running joyfully down to the finish". "I think we had better just walk joyfully down," said Wendy. Lower down we met the track. I paid a quick visit behind a boulder and emerged to see Wendy going like a rocket towards the bridge. I set off at full bore, caught her up but couldn't keep the pace going "Are you in a big hurry for some particular reason?" I asked. This had the desired effect and we ran down together to a wonderful welcome and much relief to see that Jane was there. Even the midges came out in their thousands to show their affection in the usual way.

It must be obvious from this account that I could never have got round without such wonderful and cheerful support, particularly Wendy's, and looking back at the hills felt a wave of gratitude for all the help from everyone including the good wishes of various people who couldn't be there. Wendy handed me the time card; it showed 19 hours 16 minutes. And the duck was still able to squeak.

The last few strides
The ‘Wainwrights’ in seven days - the ‘easy’ way

Allan Miller

I was given the full set of Wainwright’s Lakeland Guides for my thirteenth Christmas, and assiduously set about ticking them all off on frequent escapes from the flat surroundings of Liverpool. It was my equivalent of trainspotting, and I’ve been a sad ‘ticker’ ever since. But as I left the summit of Slight Side one snowy February evening in 1984, my final summit under my belt, I felt mixed emotions, as I’d achieved my goal, but then - what next? Later that same year, I successfully completed a Bob Graham round, which gave me a taste for longer trips in the hills.

I read with interest of Chris Bland’s and Joss Naylor’s attempts at all the Wainwrights in a week. I could never aspire to the dizzy heights of commitment and stamina - and luck - needed for such a feat, but I felt that a more modest approach, to do each book separately in a day, should be within my grasp. I intended to travel alone, in general, to avoid the organisational problems involved in arranging support - I like to just go! I wasn’t averse to company, however, and only actually did four of the books completely solo.

Because I was travelling alone, I had to devise circular routes, although I did use a bike at the start or finish on a couple of occasions to minimise road-walking, and was grateful for help with transport on a couple of others.

The Northern Fells
- 13,000ft 44 miles 12.5 hours

An ‘easy’ one to begin with, or so it seemed from a cursory glance at the map. Appearances can be deceptive, though, as obscure little outliers can add miles to the journey.

I parked below Dodd at about 8am, then ran up the forestry track on a steamy jungle morning. The weather cleared as I ran out along the Long Side ridge, munching a banana and drinking in the views to Bassenthwaite below. Then came a slog over Skiddaw, a long drop to Braintree, contour to Little Man, over Lonscale Fell and down to Latrigg. A dodgy, I thought; 9 done in 4 hours. The next group proved a little tougher, over Mungrisdale Common to Blencathra, right down to Souther Fell then back up again for Blanderdale Crags.

By Carrock Fell I was feeling pretty dehydrated, as it was a dry summer, with only a few slimy trickles for water. Still; I was heading in the right direction at last, towards the car, so I trudged on - High Pike, Knott, way over for Great Calva, down for three savage climbs - in my current state - over Great Cockup, Meal Fell and Great Sca Fell. I goaded myself with curses to keep going, just a couple more hills to go... unfortunately, the final one was Binsey, detached from the main fells by several miles. After that, it was a simple but exhausting walk back to the car. I reached the pub at Bassenthwaite after last orders, but they took pity on me and sold me a much-needed pint of lemonade and a Mars Bar.

The Central Fells
- 11400ft 40.5 miles 14 hours

My first attempt was a disaster. I started from the northern end, running south over the High Seat ridge, and had arranged to meet my wife at Greenup Edge, the hub of a number of side-trips to subsidiary summits. I lost my map at some point during the run south, then, after a rest-stop, discovered I’d left my copy of Wainwright’s Central Fells, with its record of my youthful ascents, by a boulder in a field of identical boulders. I searched, but never found it, and that was the end of that.

The second attempt seemed doomed to failure also. I awoke to pouring rain, but decided to go for a run anyway. Heather drove me to St. John’s-in-the-vale, windscreen wipers on double-speed, I went over High Rigg, Raven Crag and the boggy ridge south from Bleaberry Fell to Arnboth Fell in the pouring rain, and I was drenched by Watendlath. I stopped for a cup of tea and a sandwich at the farm, the only visitor in a sodden, dripping landscape. But, gradually, the day improved, and by Greenup Edge, had turned glorious. I began to curse the heat as I toiled up Tarn Crag on the way from Helm Crag, having chosen the direct route between them.

A passing walker made some snivty reference to my lack of gear on Sergeant Man, as the clouds were beginning to reappear, but I said nowt. A tough little run over the Langdales followed, then the gradually descending ridge east, over Silver How and a final pull up Loughrigg - the climb from High Close, normally runnable, was a crawl, but then it was a quick run down into Ambleside for a pint and a phone call to the missus to pick me up.

The North-Western Fells
- 15,500ft 41 miles 15 hrs

My friend Jim Whitling was staying for the weekend. Knowing him to be a strong walker, I suggested having a crack at the North-Western Fells. "In a day?" he said. "Oh, why not?". We left a car in Grange, then drove to the northern end of the section, and rose above the morning mists and onto Sale Fell. The mist quickly burned off under the rising sun, as we revealed in the conditions and ticked our way south towards the higher fells. This book is particularly tricky to derive a sensible route for, as the possibilities and permutations seem endless. We went over Grisedale Pike, Hopegill Head and Whiteside, then down to the shores of Crummock at Lanthwaite.

Disappointingly, there was no ice-cream van, so we went on, unrefreshed, to Rannerdale Knots and back up into the hills, over Whiteless Pike and Wandope to Grasmoor. After a bite to eat, we ran down the ridge to Causey Pike, then north for Barrow and Outerside, before heading back over Ard Crags and Knot Rigg, and onto the final stretch round the final two-thirds of the Newlands Horseshoe. Jim was going well, despite his earlier misgivings, though when I suggested, on High Spy, that it was as good as over, he said "I’ll let you know!". We arrived back at Grange with just Castle Crag to do. Jim had had the foresight to leave a head-torch in the car, and we did Castle Crag by its light, solemnly shook hands and returned to the car through the autumn chill.

The Western Fells
- 19,000ft, 49 miles 17.5 hrs

I parked the car at Ennerdale Scout Camp, then cycled round to Loweswater in the dark, chased by farm-dogs and hooted at by owls. I hid the bike in a small wood, then snuck through farmland in the half-light and out onto Low Fell. After mopping up this and Fellbarrow, I crossed over to the main Loweswater fells, and had a good run in the morning sun over these hills.

The Western Fells form what is effectively a Greater Ennerdale Horseshoe, and, being largely ridge-walking, makes a less contrived trip than some of the other books. At High Stile, the first walkers from the valley began to appear. I had the smug satisfaction of 6 hours and 10 summits already completed. I went on over the Gables, with just a short detour to Seat Brown, and on round the Mosedale Horseshoe. The problems start when one gets to Wasdale Red Pike and, with Haycock so near and yet so far, one has to descend, first to Yeawbarrow and then to the valley bottom, before commencing the unremittingly steep and rough climb up Middle Fell, a mere 1908ft but seeming twice that in the afternoon sunshine. Then a long traverse to Buckbarrow, up interminable slopes to Seatallan, then another 2 miles and 1000ft before, finally, Haycock is reached.

There remained the small matter of following the ridge out to Lank Rigg, with
Jim Whitling and I stumbled heroically through the sun setting behind the Isle of Man, then Grike and Crag Fell before returning to the car, retrieving the stashed bike and heading home. Long, tiring, and pointless to many, but it remains one of my best days in the hills.

The Eastern fells
- **18,600 ft 55 miles 18.5 hours**

A few running friends at work had become interested in the book-a-day idea, so my attempt on the Eastern Fells was done in company with Vince Devlin and Bryan Hardaker. We parked under Great Mell Fell at 3.30am, and ran over the northern outliers of the group. At that time of the morning, the wildlife was out in force, and we’d seen a badger, fox, deer and hedgehog by the time we made Gowanbarrow Fell. We went well over the good running down the northern Helvellyn ridge, and were greeted on Helvellyn itself by a surprise - a group of scouts, brewing up refreshments to sell as a fundraiser. We were their first customers! We left our gear on top while we went down for Nethermost and Dollywaggon, then on over Castycam, down to the foot of Sheffield Pike then over this and Glenridding Dodd to Glenridding.

The long detours to take in outliers had taken their toll, and, by the time we had our rest stop in Glenridding, Bryan was feeling the strain. He hung on gamely up the hot climb over Arnison Crag, but decided to give it best on Birks. Vince and I carried on, over Saint Sunday Crag, Fairfield and then on over the intricate route south to Low Pike. Every summit seems to have an outlier on this section, entailing much descent and ascent from the main spine. Vince was leaving me in descent, but I was passing him on the climbs, so we managed to stick more or less together as we took in the final dispiriting section, down into Rydal then over Nab Scar to Greatrigg Man, then the long sweeping descent from Stone Arthur to The Swan, where we were met by Bryan at 10.30pm.

The Far Eastern Fells
- **17,000 ft 54 miles - 19 hours**

This was the scene of my greatest number of failed attempts. On one occasion, I never got further than 5 feet from my bed - I smacked my foot on the open wardrobe door as I stumbled to get ready in the dark, and the resulting 5p-sized hole put paid to that attempt! On another occasion, Jim Whitting and I stumbled heroically for 30 miles in continuous rain and gales, to be met by a surprised Vince on High Street, where we called it a day.

Finally, though, Vince and I set out early one May for our successful assault. We left one car under Hallin Fell, then drove round to Mardale. Conditions weren’t promising as we made our way round the Kentmere Fells - a biting cold wind sapped the strength, but the summits came fairly easily underfoot, and by the time we got to Limefitt Park at 8:30am, we had a good tally of 14 tops under our belts. Only 21 to go! By the time we reached High Street, the pivot of the walk, we’d only just reached my previous furthest point, and still had 25 miles left. The northern section proved tough; once again, the detours to take in subsidiary summits were psychologically demanding, and the relatively short climb up Place Fell seemed about as much as I could manage. I couldn’t give in so close to the end, though, so I somehow kept going over the valley-level descent of Beda Fell to Martindale then back up into the northern High Street fells, over Loadpot Hill and Bonscale Pike, and a final struggle up the normally benign slopes of Hallin Fell in the near-dark, to the boom-box accompaniment of party kids parked at the Hause.

The Southern Fells
- **21,000 ft 55 miles 21 hours**

I saved the toughest book till last. I had one failed attempt, when I’d cycled in the wee small hours from Hardknott to Wasdale, then ran over The Screes, Scafell and Bowfell before aborting and returning to the car. I turned up at work at 9am, to the amusement of my colleagues, having had no sleep and six hours in the fells. I took a slightly different approach for the next attempt, where I started off over Hard Knott Fell at 1am, before heading south over Harter and Green Fells. Crossing the Duddon Valley at about 4am, I fell into a waist-deep bog, which was a definite low point. My spirits were lifted on Dow Crag by the rising sun, and the sight of every fell group but mine in thick cloud. A stiff breeze helped me on my way as I ran over the Coniston group.

I’d hidden breakfast by the Coniston road on the drive out, and ate it in the morning sun on top of Black Fell. It was a very pleasant walk over Lingmoor Fell, with Little Langdale a hive of haymaking activity. I returned to the higher fells via Pike O’Blisco, and then over the Bowfell group to retrieve a bag of food I’d placed on Rossett Pike the day before (OK, I cheated!). Then commenced the worst section, a long, long descent over Glaramara to Rosthwaite Fell, before an equally long climb back up - a round trip of about 10 miles from Esk Hause, for a measly three tops. There remained a trip over the highest fells of all, and Broad Stand, before the final long, tiring anti-climactic run over The Screes to finish on Whin Rigg at about 10pm. From Whin Rigg, I had to get back to the car at Hardknott - another 3 fell miles then a 7-mile road walk. I wished I’d left a bike somewhere, but finally reached the car at 1am, 24 hours after setting off, then rather stupidly - drove home. That drive was an epic in itself, white lines turning into snakes as I fought that dream-state familiar to many who have trudged up Newlands at about 11pm after their long day in the hills! I then lay wide awake in bed, too stiff and tired to sleep!

Colleagues smirk; friends shake their heads; even Wainwright himself would not be impressed - the hills are strictly for leisurely enjoyment, in his view, and what possible pleasure could there be in charging round them like an idiot? But of course there’s a point, if it brings pleasure; these days were some of the best - certainly the most memorable - of my life. Pottering about is enjoyable too, but there’s a satisfaction in going too far which is only discernible to a peculiar few.

So, the whole lot in seven consecutive days, then? I don’t think so!
The Great Lakeland Trail Race

The inaugural GLTR was a three-day mountain race taking in all four of the Lake District’s 3,000’ peaks (Helvellyn, Scafell, Scafell Pike and Skiddaw) totalling about 85 miles with 20,000’ of ascent (and descent, of course!). Overnight gear was transported by campsite busses so only light day packs were necessary. It was to be three days of truly memorable running.

The first day’s route was from Dockray, near Ullswater, to Dunnerdale via Helvellyn. After a typical Perratt start (ie. too fast!) due to a superb, runnable path nearly all the way up, I found myself half an hour up on schedule at Helvellyn summit before plunging down an awful steep, rocky path to Wythburn at the foot of Thirlmere. The manic descent gave my quads such a shock that they didn’t recover for a week! The next leg was up a lovely valley eventually degenerating into bog and tussocky grass and my only low point of the event, missing my wife and even my regular mountain running partner. (I much prefer to run with someone with whom to share the highs and lows of long-distance mountain running.)

After eventually getting to Ore Gap (between Bowfell and Esk Pike) still ahead of schedule it was now more or less down hill all the way. The route to Cockley Beck wasn’t bad but the last bit down Dunnerdale to the finish was something else. It looked a wonderful run down beside the river from the map but it was really uneven in places and I was so tired that I even walked some flat bits. I eventually finished spot on schedule! Then followed an afternoon and evening of carbo-loading (via the well-known technique of ‘stuffing your face!’) and chatting... mainly about fell running!

Day Two dawned bright and sunny. The first leg was a really nice wooded run over to Styhead Tarn and up Aaron Slack to Windy Gap (aren’t some of those names wonderful?) between Great and Green Gables. Then a nice runnable bit down beside a stream to Black Sail Youth Hostel, walking up to Search Pass (runnable except that it was hot and not a competitive race so I wimped!) then...

... a manic descent down the other side to Buttermere. I think it only took about five minutes but the guy I was with at the time (a real, roughly-toughy Yorkshire fell runner) still got about a minute ahead of me! He wasn’t particularly fast on the flat, though, so I soon caught up with him along the edge of Buttermere and we ran in together, attracting some strange looks from passers-by. A very pleasant afternoon of sunbathing, chatting and, of course, serious carbo-loading followed. This campsite even had a shower in which 20p gave enough time to wash both body and kit!

The final day dawned with low cloud but what a day’s running it was to be. Over the Coledale fells to Brathwaite, all runnable apart from one steep haul up to a col, flat (really flat!) over the Derwent floodplain to the foot of Skiddaw and then the haul all the way up. On the open fellside it was pretty cold with wind, rain and very low visibility. I was wearing thermal top, windshirt, shorts and fell shoes and got some rather strange looks from walkers in full waterproofs, fleece jackets, walking boots and woolly hats! While I was hurting down the other side a shrill, surprised Lancashire voice even loudly exclaimed: “He’s wearing shorts!”

The descent down to Threlkeld was reasonably runnable but the quads were most definitely pleading to be put out of their misery! Then followed a really nice few miles along the old railway line (and a frustrating few minutes trying to cross the A66 because I missed the turning underneath). The final leg followed the Old Coach Road back to Dockray (including overtaking a bunch of mountain bikers: very satisfying!) and the end of one of the best day’s running I have ever had.

It was a superb event and well worth getting stuck in Bank Holiday traffic on the way there. (It took me 6+ hours to drive up but only 5 back.) I recorded the fastest overall time of 15 hours but no one ran it all and a few people walked most of it. I thoroughly recommend it to anyone who likes long-distance hill running and/or walking.

This year this event will be known as the Great Lakeland Challenge and will be held on May 1st. Details can be obtained from Joe Faulkner, Manor Barn West, Deepdale, Patterdale, CA11 0NS (SAC please).

Garry Perratt. Axe Valley Runners.

INJURED?

SHIN SPLINTS, ACHILLES TENDON, ANKLE, KNEE, HIP, FOOT AND LOWER BACK, PAIN.

Limb dysfunction affects more than half the population and is highlighted during sports causing painful symptoms. Using the latest dynamic diagnosis techniques direct from the U.S. in our unique gait laboratory, analysis of the running/walking style isolates the pathological movement which enables accurate diagnosis and treatment.

MODIFYING AN ABNORMAL GAIT WILL NOT ONLY ALLEVIATE SYMPTOMS BUT ALSO IMPROVE YOUR RUNNING STYLE

ANDREW D STANLEY BSc (Hon) PodM, SRch, MChS.
State Registered Podiatrist

Appointments - 01729 825900

REBOUND (Settle) Ltd, THE SIDINGS, CAMMOCK LANE, SETTLE,
NORTH YORKSHIRE BD24 9RP
Animal, vegetable or mineral? Actually it’s a bit of all three as this is about fit men and women (animal) running themselves senseless (vegetable) in pursuing their dreams and, just possibly, a bit of silverware in recognition (mineral). Anyone who takes up long distance running for fame or reward is seriously badly advised but out little sport has, for a long time, singled out one particular achievement each year and recognised it with the presentation of the FRA Long Distance Award. Many may regard this as incidental to mainstream fell-running but to me, and I hope to others actively involved in the long distance scene, it is something cherished to strive for representing the approval and recognition of an achievement by ones peers. 1998 has thrown up some interesting dilemmas with regard to the long distance award and I want to use this as an opportunity to start a debate about some of those issues. How we award the trophy, what criteria are to be used, who is eligible and so on? I feel passionately about my sport and, because of that, I have strong views. What is needed, however, is that we balance the views of all those who have an interest. It may be that the consensus is for things to carry on as they do now. That’s fine but it will still have been worthwhile to look at other options. This debate will only fail if no-one bothers to engage in it or cares any more about the award itself.

If you care about this, read what follows and write to me with your own thoughts before 15th April so that I can collect the "evidence" and draw some conclusions to be summarised and published in the next issue:

Mark Hartell, Cobblestones, Old Barnhill, Broxton, Nr Chester, CH3 9JL
Or for the technologically minded, mhartell@figroup.co.uk

How should the award be made?
At the moment, a form of committee operates. People on the committee are determined by Martin Stone and represent current exponents of long distance exploits, those who have done big things in the past and those like Fred Rogerson and Paddy Buckley who have been closely involved with the sport over many years.

Committee members are sent details of the achievements shortlisted for consideration and have, in the past been given guidance on how they should score or compare different ones.

Is this the only fair way to determine the award? the current system is time consuming and requires a lot of effort from Martin Stone - chasing articles, sending out details, chasing responses etc. Are there any alternatives?

What criteria should be involved?
This is really a debate about what qualities we are trying to encourage or reward. Things like innovation, self reliance, determination all come into this as do the "hard numbers" aspects of the achievement in terms of miles run and feet climbed. Unlike the championship where there is a clear winner, long distance achievements will always be different in nature and difficult to compare. Is it important that we have a "system" so that everyone considers the achievements in the same way. I think it is but what should the categories be and what are their relative priorities. Think about the next generation of achievements and what your instinct says about which is the "greater" achievement, then try to analyse why you think that way. If one person runs 31 Munros in 24 hours in the same year that someone else solo a Winter Ramsay round or if someone knocks 15 minutes off Billy’s record of 13hrs 54mins for the Bob Graham in the same year that a new route of 90 miles and 33,000 feet is accomplished in the NW hghlands linking Torridon, Fisherfield, An Teallach and the Fannichs .....who wins then?

Hard Numbers - miles covered and feet climbed. How do we take account of the terrain?

Record - are absolute records important. Is it more meaningful to set a record for the Bob Graham (where many may have tried) than for a run only accomplished once before?

Innovation - are we serious about rewarding new ideas or is there a feeling that the natural lines have all been done, that rounds in less famous mountain areas will lead to a Leicestershire 24 hour round. Does that matter?

Self reliance - do we want to reward the solo runner or those with minimal backup? Certainly any of the big 24 hour rounds (Lakes 78, 30 Munros) are unlikely to be done this way.

Determination - is it a good thing if someone succeeds after earlier failure. It is an admirable quality but does it "score points"?

Entertainment value - should the quality of the write-up be assessed. It’s the only way those who weren’t there get to find out and can act as the source for inspiration to others but should runners be assessed on their literary abilities?

What achievements should be eligible?
Or, more pertinently, what should not? The award is simply titled the “Long Distance Award” but it is the FRA Long Distance Award and so we might think that it should only go to fell-running achievements. This would rule out Martin Moran and Simon Jenkins for their traverse of all the 4000 metre Alpine peaks in 63 days. An achievement which captivated the imagination of many and undoubtedly utilised many of the principles so essential to success at long distance - speed, travelling light and being prepared to assess risks. Similarly it may rule out the fantastic achievement of Dave Sleath who knocked over 5 hours off the record for the non-motorised three peaks traverse (Snowdon, Scafell Pike and Ben Nevis, cycling in between). I think that any achievement including mountain/fell running should be eligible but must be assessed against the same criteria and must be largely or entirely non-motorised. This would rule out Adrian Belton and his 24 hour traverse of the summits of Britain and Ireland and it would rule out any form of racing over established routes such as running up and driving between the 3 peaks.

It seems sensible to stipulate that for an achievement to be considered, there needs to be enough written about the achievement for it to be properly assessed. Surely, encouraging people to spend just a couple of hours writing up the achievement they toiled for thousands of hours to attain can only be a good thing. It gives the rest of us something to read on the long winter evenings and ensures that what has gone before is properly recorded for those who come after.

Performances in events have not to date been considered but should they be? - Mark Seddon has just won the Karrimor for the 6th time in a row which is a fine - continued overleaf
achievement but would anybody have considered giving the award to Jos 20 years ago when he won 9 Ennerdale races? I don’t think so. What is long distance anyway, could a new Skye Ridge record (about 4 hours) be considered - I think not, should the fastest traverse of the Scottish 4000 ft mountains, cycling in between (about 12 hours) count - I think not. If not, then it’s not a great leap to the fastest Bob Graham (13hrs 54) - would breaking that record be worthy? - I think not. If not, then it’s not a great leap to the fastest Bob Graham round on his 4th attempt at the age of 66 last year. That is a fantastic achievement for a man of 66 but the standard BG round sees around 40 successful attempts every year.

Should ladies be considered just because they are ladies? Nicky Lavery completed a Bob Graham in winter but this was the second one (Alison Crabb being the slightly controversial first). Ladies have won or been in contention several times for outright achievement irrespective of gender - Anne Stentiford for her overall record on the Welsh Classical Round, Helene Diamantides for 3 rounds in one summer - so do they need special consideration? I don’t think so. Should an achievement overseas be considered - Helene and Alison for their run from Everest Base Camp to Kathmandu, for example. If that is allowed, what about an achievement in Britain but by a foreigner (what if Reinhold Messner were to come over and solo the first winter Ram say Round?)

Finally, in a "quiet" year, should the award be made irrespective of the calibre of achievement and is this fair to those who come "second" in a year of superlatives? I hope this provokes enough thought to prompt a letter.

---

**Martin Stone’s Long Distance News Summary**

There is nothing to report so far this Winter although I believe plans are afoot to tackle a sub 24 hour Winter traverse of Ramsay’s Round in the Lochaber region of Scotland. Of the three “National” 24 hour mountain rounds - Bob Graham, Paddy Buckley’s Welsh Classical Round and Ramsay’s Round, a 24 hour Winter traverse of Ramsay’s Round has as yetproved elusive despite about half a dozen attempts over the past 10 years. It is without doubt, potentially, the most serious of the three routes in view of the height, snow & ice conditions and precipitous nature of many parts of the route - not to be undertaken lightly!

Do please keep sending me details of long runs for the record books and so that you may be considered for the 1999 Long Distance Award.

**LONG DISTANCE AWARD 1998**

The panel of long distance ‘enthusiasts’ voted for Yiannis Tridimas who completed an inaugural round of 47 peaks, 72 miles and 24,000 feet in the Meirionnyd area of North Wales. The award was presented to Yiannis at the FRA Annual Dinner Dance last November by Jon Broxap, who still holds the 10 year old Scottish Munros record for his 80 mile traverse in the Chuanie/Affric area of 28 Scottish Munros in 1988.

I keep a register of Long Distance Individual Fell Records and rely on those who set new records to keep me informed by supplying a schedule of times and a short article about their run. 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 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 1997 to 30th April 1998 and it was presented to Mark Hartell, whose achievement in June 1997 marked a milestone in the history of Lakeland and was very close to the heart of the Bob Graham Club. At his 3rd attempt and in far from ideal weather conditions he undoubtedly completed the run of the decade by increasing the Lakeland 24 Hour Record from 76 to 77 Peaks with the addition of Catstye Cam.

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 1998/99 award should be sent by June 1999 to:

Mr Fred Rogerson, Tethers End, Lindeth, Windermere. Cumbria - Tel 015394 44586
GET A GRIP!

- lightweight fell, cross country and orienteering shoe
- emphasis on comfort and grip, with a unique sole design
- anatomical shaped footbed and durable Cambrelle lining
- hard wearing, low water retention and quick drying VELON upper material

Specifications include:

- superior comfort
- specially designed sole with moulded protective toe band
- top quality EVA midsole for long life cushioning
- U. K. sizes 4 - 14 (including ½ sizes)
- R. R. P. STILL ONLY £ 49.99

FELLDANCER

Now available at leading outdoor and running shops, or contact
27 St. James St., Bacup, Lancs., OL13 9NJ
Tel./Fax (01706) 878738

THE ULTIMATE FELL SHOE
MULTI TERRAIN TRAINERS
(Illus. left to right)
- New Balance RX Terrain £49.95
- Grid Jazz 2 I £59.95
- Asics Gel Roc £49.85
- Brooks ASR Light £49.95
- Grid Jazz Trail £59.95

JACKETS
(Illus. left to right)
- All Extremely Water Resistant and Breathable
- RUNNING BEAR BEARFLEX Hydrophic fabric inc. Bum bag Special Offer £39.95
- KARRIMOR Lightweight, breathable, weatherite windshell, folds into own bum-bag £49.95
- RON HILL - DELFY 2000 waterproof breathable fabric £69.95
- Also without taped seams £59.95
- NB: these jackets are uni-sex

OTHERS
- THERMAL RUNNING TOP Superb very high wicking, warm and windproof. Cycle version also available with rear pockets. S, M, L, XL Offer £24.95 (rrp £39.95)
- RUNNING BEAR AER SHIRT High wicking running top. Colours Grey, Purple, Red and Blue. Short or long sleeve. S, M, L, XL Offer £12.95
- VIGA HIGH VISIBILITY TOP Flamescent long sleeve, breathable £12.95
- RUNNING BEAR COTTON LYCRA TIGHTS With side flash. Black with trim in Red, Blue, Yellow S, M, L, XL Offer £9.95
- FLEECE JOG BOTTOMS With zip pockets S, M, L, XL Offer £16.95
- RON HILL TRACKSTER - TREKS Colour Teal S, M, L, XL Offer £18.95
- RON HILL TRACKSTERS Navy/Black S, M, L, XL Offer £9.95
- SAUCONY WINTER TIGHTS Warm, high wicking S, M, L, XL Offer £16.95
- KARRIMOR BUM BAG including 2 water bottles £19.95
- RUNNING BEAR SOCK 70% Wool Offer 3 pairs for £9.00

We can show you a few bargains, but we have plenty more plus a comprehensive range of Fell and Multi-terrain Shoes from leading manufacturers