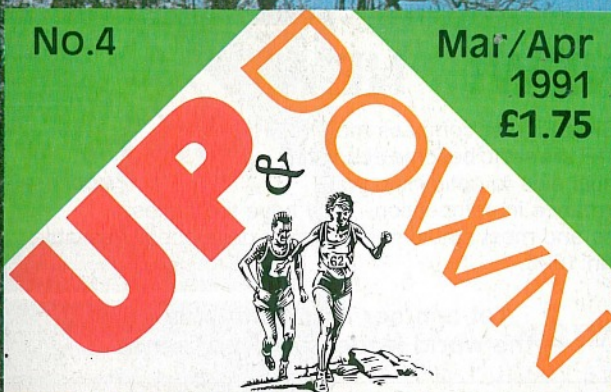
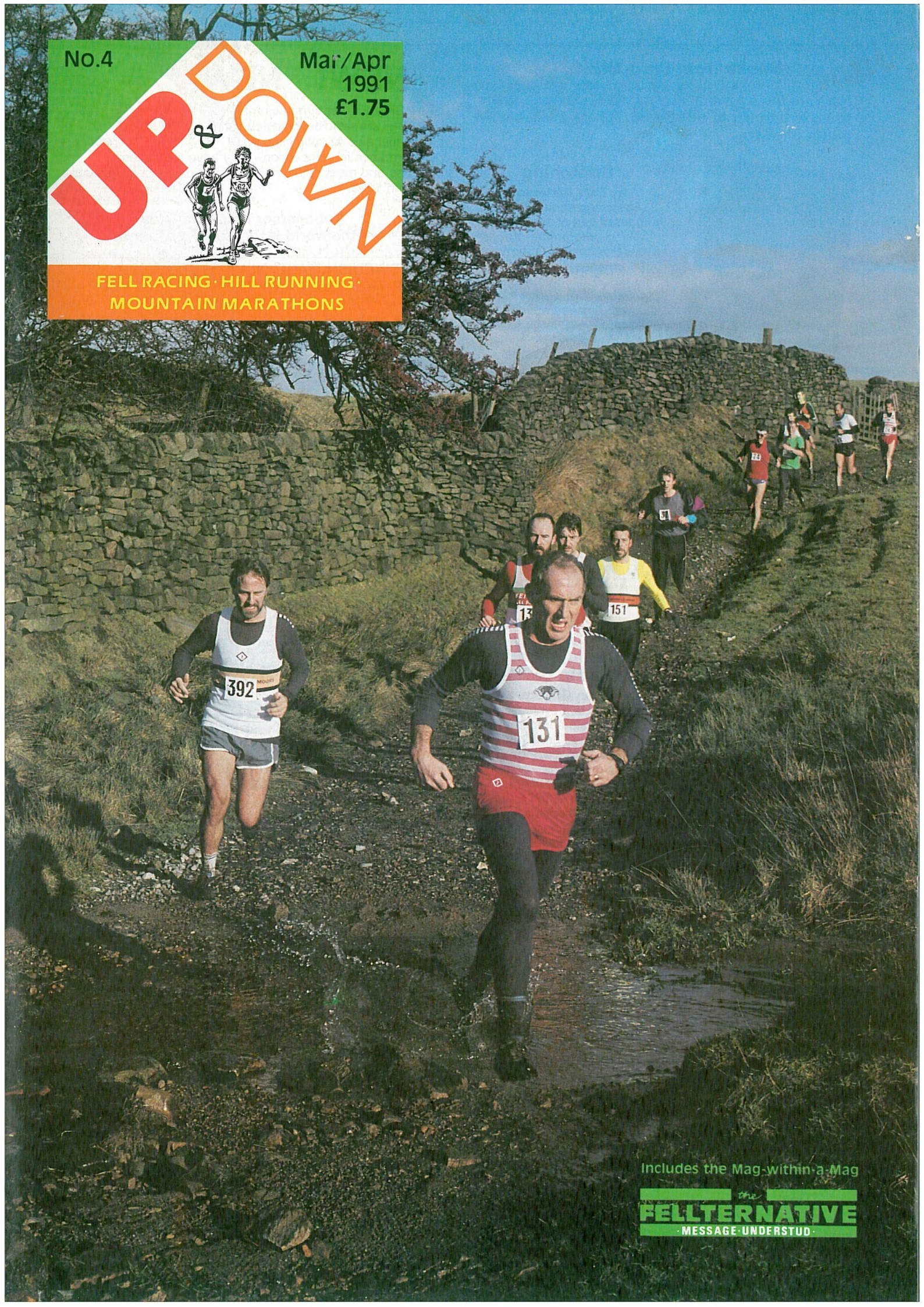


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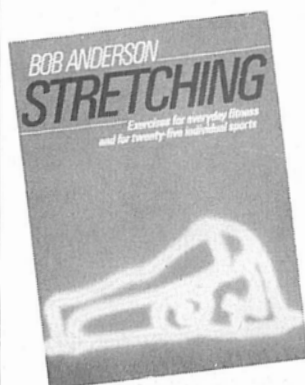


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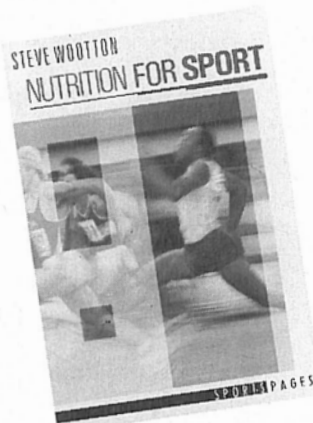


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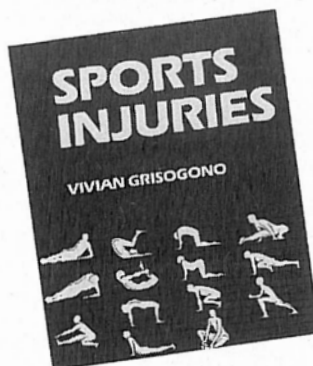


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Volume 1 Number 4
March/April 1991

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Cover Photo: Boulsworth Fell Race, Colne,
Lancs on January 12th (Peter Hartley)

Contents Photo: Start of the U/14 Race at
the Stanbury Splash (Woodhead)



Welcome Boost for Welsh Peaks Race

by Bill McCann

After a 20 year history of rising and falling popularity the Welsh 1000 metres Peak Race is back this year to the classic route line that dictates its appeal to mountaineers and fell runners alike.

Access problems in the central section through the Ogwen valley have always been a major headache for the organisers and, in recent years, have forced the route into such contortions as to make that section entirely artificial and unsatisfactory.

The Gorphwysfa Club, who took over race organization at short notice immediately before last year's event, appear to have overcome landowner objections and negotiated a line that should meet the approval of all competitors by taking them across the valley in virtually a straight north-south line between the high land of the Carneddau and the Glyders.



Welsh 1000m start at Aber 1984

Gorphwysfa are confident also that they have eliminated the problems of results gathering and dissemination which marred the prize-giving ceremony last year and occasioned some critical letters to *Up & Down*.

Prizes this year cover men, women, vets and super vets and, for those who do not fancy the whole 4 peak, 20 plus miles from Aber to Swowdon, there is a shorter 'open' race starting from Ogwen.

Only 19 fell runners entered the first race in 1971. Jos Naylor won in 3h 37m in 1972 and subsequent start lists

frequently ran into hundreds.

It is to be hoped that the route and organisational improvements will return this testing event to that scale of popularity, which is surely no more than it deserves.

Surprise Rift at Keswick

On the eve of the Gulf War land offensive, Wednesday 16th February, fell stalwarts Keswick AAC were shocked to receive two resignations from the club. The resignations came from club secretary Dave Wilkinson and committee member Billy Bland. Since that date Mike Fanning, James Bulman, Billy's wife Ann and nephew Gavin have also joined the ranks of the defectors.

Reason for the departures is said to be lack of agreement over the future direction of the club, but at a well attended extraordinary general meeting of the club a vote of confidence was given to the remaining committee.

After the vote, club chairman Pete Skelton commented, "The feeling is that we are very sorry to lose all these members, especially Billy and Dave, who have given sterling service in their club posts and in fell running generally. They would all be welcome back at any time, no matter what the outcome of their resignations."

Meanwhile the breakaways have applied to the Northern Counties A.A.A. and the F.R.A. to affiliate a new club, Borrowdale Fell Runners. The new club is already moving to squash rumours that member-



Gavin and Billy Bland, winners at Keswick's Gategill promotion in 1990.

ship will be by Billy Bland's invitation only. This is not true, one of the founders says. "The club will be just like any other club with open membership for all abilities."

A.W. Remembered

by Dave Woodhead

On 20th January, Alfred Wainwright, or "A.W.", whose guides to the Lakeland fells are treasured by walkers and fell runners alike, died at the age of 84. His books of the Lakeland Fell series are recognised classics and many a time before and after races, or after running a new fell, I have studied the routes and terrain captured so poignantly by his hand.

Fittingly his ashes are being scattered next to Inominate Tarn, near the rocky summit of Haystacks, his favourite fell.

Typical of A.W. are his comments at the end of the book *Fellwandering*:

"That day will come when there is nothing left but memories. And afterwards, a last long resting by the side of Inominate tarn, on Haystacks, where the water gently laps the gravelly shore and the heather blooms and Pillar and Gable keep unfailing watch. And if you, dear reader, should get a bit of grit in your boot, treat it with respect. It might be me."

Remember this when you race round here in the Ennerdale or Buttermere Horseshoe races. Give a thought to a character who brought the fells to life in so many living rooms, in cities, towns and valleys alike. His spirit will live on for many years.

Junior Championship Changes

The 1991 Saddleworth fell race now to be held on a Wednesday evening so John Taylor in charge of the F.R.A.'s junior championship has had to replace this event with the Lattigg race which is on July 7th, incorporated with the Skiddaw event. Another change is that the Wharfton Dash is now on July 14th and not as previously advertised in

Scots Plan Way Forward

The Scottish Hill Runners Association has published a strategy document indicating the way forward for the sport in the 1990's. Building upon the increasing popularity of the sport it has set down priorities for development which encompass:

- More encouragement for young athletes, including training and coaching in hill running and navigation techniques.
- Staging an international hill race including races for juniors and women in Scotland to broaden international competition and experience.
- Publishing a set of environmental guidelines, agreed with landowners and environmental bodies, which should form the basis for organising all hill races in Scotland.
- Establishing one organising body which is directly in contact with runners, hill race organisers, land owners and other interested bodies and which participates with other similar organisations in the development of British hill and fell running.
- Requiring hill race organisers to obtain only one permit for a race which includes insurance provision and publicity in a calendar but which requires certain safety and environmental practices to be complied with.

The SHRA hopes that the report will lead to a reappraisal of the way hill running is administered in Scotland. SHRA Convener Matt Ogston said "This report has been produced in consultation with all interested parties — runners, race organisers, landowners, environmental bodies as well as the various athletic clubs and associations. What has been very apparent is that there is a great deal to be achieved if the people who organise and control the sport can be closely in touch with those who have an interest in it.

"The Scottish Hill Runners Association has established a great deal of goodwill with landowners and race organisers and would like to see a devolution of responsibility from the Scottish Amateur Athletic Association and Scottish Women's Athletic Association to enable the sport to be better managed.

"The success of Scotland's international teams over the past few years and particularly of the women's team in 1990 has shown what potential there is in Scotland. With careful management Scotland can build for future success now through the nurturing of young talent and the establishment of an international race on home territory."

The SHRA are seeking to hold discussions on the proposals in the report with the SAAA, SWAAA and the Scottish Sports Council.

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NEWS

the F.R.A. fixtures calendar. This change, courtesy of Frank Sykes, now, gives a more balanced structure to the title chase with two races each month.

This is how the English Junior/Intermediate championship now looks:
12th May Buttermere Sailbeck
18th May Simon Seat
15th June Buckden Pike
23rd June Mount Famine
7th July Latrigg (Skiddaw)
14th July Wharnton Dash
4th August Latrigg
31st August Mount Skip

Low cost Physiotherapy

Do you pay to visit a physiotherapist more than twice a year? If so, writes in Martin Stone of Dark Peak FR, you should consider joining NPS - the Nationwide Physiotherapy Service.

Under NPS, you pay a fixed subscription, currently £39 per year, and for this you or your family can receive up to 30 treatments by any suitably qualified physiotherapist of your choice. No need to wait ages for NHS treatment and no need to soldier on for months with a chronic injury in the hope that it will heal itself. The scheme is not new - more than 100,000 families nationwide are already covered.

For more details send an sae to **Martin Stone, 12 Moorlands, 103 Garstang Road, Preston, PR1 1NN. Tel: 0772 562395.**

N. Ireland champ Adrian Philpott (see p.20)



Norman Irvine

Norwegian Races

A 2-day Mountain Marathon has been pencilled in for Northern Norway next summer. The event will go ahead if sufficient preliminary interest is shown from Britain, France, Italy and Switzerland. The event will follow normal MM format with about 55-60km total distance and will take place on a date yet to be decided sometime during August/September 1992. Venue will be in the Mo i Rana - Sandnessjoen area, quite easy to reach by plane or train.

Another possible race in the same area and time period is the "Seven Sisters" race, a monster 5 hour challenge which involves climbing seven separate peaks.

If even vaguely interested please send name and address for full details when available to **Jan Buvik, N-8646 Korgen, Norway.** An indication of the most convenient dates would also be appreciated.

Gone Racing

by Neil Shuttleworth

Chris Brasher, pioneer orienteer and fell runner, Reebok shoe distributor and ADT London Marathon Director among many other claims to fame, has just bought Mountain Master, a race horse. The horse is aptly named because Brasher lists his love of mountains as his first recreation in *Who's Who*

— ahead of orienteering and social running.

Mountain Master will race over the "sticks" like its owner did when he struck gold at the 1956 Olympics at Melbourne. According to a news item in *Racing Post*, the punters' journal, Brasher proposed to Shirley, his wife, at Market Rasen. "That was 33 years ago."

Czech Offer

In the last issue we published an article on running in Czechoslovakia. We've now received a detailed list of races in that country, road as well as cross-country and hill races.

Oldrich Cepelka, who sent the list, says that local runners are keen to make contact with their fellows from other countries. Brits will be cordially welcome for both running and non-running holidays and Czech runners will be happy to act both as hosts and personal guides. "Just let us know what and when would be interesting for you", writes Oldrich. Oldrich also invites British runners to seek new pen-pals in Czechoslovakia.

Send *Up & Down* an sae in the first instance for a copy of the fixture list, or write to **Oldrich Cepelka, Gagarinova 769, 460 07 Liberec 7, Czechoslovakia.**

Climbathon

Further to our piece on the Borneo "Climbathon" last issue, anyone interested in

WORLD CUP TRAINING WEEKEND

Saturday May 11th & Sunday May 12th 1991

Lancashire

Would you rise to the challenge of international fell running?

Come along to this training weekend and hear about the international scene and about the 1991 World Cup Mountain Races which will be held in Zermatt, Switzerland — in the shadow of the Matterhorn — on September 7th & 8th. Any English athlete (male/female/senior/junior aged 15-20) interested in gaining selection for the England World Cup teams is invited to attend.

The weekend will provide an opportunity to meet the managers, to study the details of the World Cup races themselves, to hear about the

selection procedure which will apply and the selection races which will take place in June and July. Experienced international fell runners and coaches will give talks, and offer practical guidance on how to train and prepare for the big races. Then there'll be plenty of opportunity to train with others on (and off) the fells — a local race can be incorporated for those itching to compete — and time also to relax and discuss ideas informally.

The organised part of the weekend will be from Saturday lunchtime to Sunday afternoon. Some accommodation available for the Saturday night if required.

For further details, contact:

**Malcolm Patterson, 60 Thomas Street, Lees, OLDHAM OL4 5BT.
Tel: 061-624 7892**

PHOTOGRAPHS

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Nearing Lad Law in the Boulsworth Race. No 155 is Vincent Whitehead.

possible participation this year, and taking up the offer of reduced air fares, should write to MAS, 191 Askew Road, London W12 9AX.

Living Ladies

by Suse Coon

Martin Hyman of Livingston has written in about the results of the Ian Hodgson relay given in the last issue. The record for the 2nd leg by the ladies was cited as 47.24 by Carol Walkington & Judy Makinson.

The Livi ladies who have run in mixed teams have run faster every year since 1987, the fastest time being achieved by Ann Curtis & Joyce Salvona in 44.52 in 1988. The team came 15th and although they were a mixed team, Ann and Joyce are very definitely ladies.

MM Jackets

Our mountain marathon feature on Wendy Dodds and Sue Walsh's kit at the recent Karrimor event rightly emphasised the importance to this team of their waterproof jackets, but the kit list inadvertently missed these very important items. The garments in question were North Face Gore-tex jackets.

Up the Stairs

The 'Niesentreppen' in the

Swiss Alps is thought to be the world's longest staircase - 11,674 steps rising 5,344 feet in 2.1 miles of concrete, wooden and metal steps, through tunnels, over bridges, and along precipices.

Last summer the locals of the tiny village of Niesentreppen, at the staircase's foot, organised the first edition of an annual race up the steps. It was won by Christian Aebersold, a medical student and a past member of Switzerland's World Mountain Running Cup squad in 52 minutes 26 seconds, an average of 223 steps per minute.

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Record Update

An update of Scottish records for the book *Race You to the Top* is available. Send an sae to Suse Coon, Ballencrieff Cottage, Ballencrieff Toll, Bathgate, West Lothian, EH48 4LD

Just Blew 'Em Away

Young Emily Coon, whose photo we feature on p37, came back from a club training session recently and announced they'd done a fart hill wreck session. Sounds about right!

WELSH WATER'S RESERVOIR RELAY

(In association with Mynyddwr De Cymru)

Easter Monday, 1st April 1991

Mountain relay in 7 stages
around 7 of Welsh Water's Reservoirs
in the Brecon Beacons

Total mileage approx 47 miles Total ascent
approx 8000ft.

Marshalled route. Open & Mixed Team Categories
Detailed pack on entry. £10 per team.

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RACES

WALSH WINTER HILL CLASSIC Rivington Barn, Nr. Horwich, Lincs

Category 'A' Medium, 11 miles/2700 feet
Sunday 25th November 1990

MASOCHIST OR IDIOT?

Whoever likes this type of terrain is a masochist, for it is just plain impossible to avert one's eyes from the *terra firma* without either going head over heels, or ending up knee deep in a swamp-like waterlogged hole surrounded by ungainly tussocks. A swear box on route would have surely swelled the coffers of the 'Children In Need' fund by millions. But still fell-running is full of masochists (or idiots), since the 400 limit was well over-subscribed, with the re-arranged start at Rivington Barn athrong with 'hardy' vest and shorties, or 'sensible' thermal and tighters, on a cool clear autumn day.

Up the serious end it wasn't until the last checkpoint that the race really began with first Paul Sheard making the break from a half dozen strong group, to be followed by Holmes and Whalley; the regular runners having shown the way around Winter Hill were now lost for speed. Sheard looked a winner, but Holmes died a thousand deaths misjudging the finish and allowing 'Boff' Whalley to motor past on the last uphill.

Do the prize-winners stumble and fall like us lesser mortals or have they some secret way of trudging this desolate wasteland of Lancashire moor? Obviously by the time our studs make their mark, up to 600 feet have gone before, but was it ever going to be easy?

If that was not enough organisers Horwich R.M.I. Harriers and in particular Tony Varley made sure you hated Winter Hill even more with a



On the early ascent near Rivington Pike

severe climb through the Chinese gardens, more akin to the North face of Everest in the last mile. With re-routes like this will numbers go down?

On that line, will the droves of runners who train over the route, kindly give it some serious thought. The race faces a major problem because of this thoughtless exercise. North West Water do not mind the race at all: it is these weekend and evening jaunters who insist on tromping the race route that are endangering it. Remember 7 years ago the Winter Hill Classic did not exist, so where did the runners train then? Obviously not over the race route, so vary your route, and keep the Winter Hill Classic race safe.

Seymour Hills

Leaving the summit of Winter Hill with its totem to modern life.

- O.S. Sheet 109 Manchester
Start Finish Field at rear of
Rivington Barn 635145
- 1 Stream lunch 647139
 - 2 Smithills Shooting Hut 671135
 - 3 Track junction 677151
 - 4 Track Road Junction 663146
 - 5 Knoll 663159
 - 6 Winter Hill Tigr 465m 659149
 - 7 Stream Junction 646155
 - 8 Stream Junction 647139

Follow flagged route to finish.

This unusual bridge is a land-mark, in the Chinese Gardens

Pam Matthews, Horwich, with Doves Cote Tower on the skyline.



Walsh Winter Hill Results

1 Paul Sheard	P&B	1-24:33	21 John Hope	AchilleR.	1-31:24	166 S. Watson(v40)	V.Striders	1-50:46
2 Allan Whalley	P&B	1-24:57	25 John Nixon	AchilleR.	1-33:01	181 Julie Harold	Horwich	1-52:38
3 Ian Holmes	Bingley	1-25:37	32 Stuart Furness	Blackburn	1-34:23	194 K Thompson(v35)	CLeM	1-54:38
4 G. Schofield	Blackburn	1-25:55	33 Jeff Winder	Calder V.	1-34:43	208 Jo Schrieber	P & B	1-56:32
5 Wilf Brindle	Horwich	1-26:14				= C. Greenwood	Calder V.	1-56:32
6 Bob Ashworth	Rossend.	1-26:30	Vets 0/50					
7 Pete Irwin	Rossend.	1-26:50	82 Norman Matthews	Horwich	1-42:22			
8 Ray Rawlinson	Rossend.	1-26:58	101 Fred Gibbs	U/A	1-44:16			
9 Chris Lyon	Horwich	1-27:22	104 J Whitter	Wigan P.	1-44:38			
10 Andy Schofield	Rochdale	1-27:31	Vets 0/55					
11 Paul Stevenson	P&B	1-28:01	120 Barry Thackery	D.P.F.R.	1-45:57			
12 T. Hesketh(v40)	Horwich	1-28:09	174 George Brass	CLeM	1-51:49			
13 Colin Valentine	Keswick	1-28:20	218 Bill Rodgers	Horwich	1-57:55			
14 Willie Gaunt	P&B	1-28:46						
15 Mike Falgate	P&B	1-29:00	Teams					
16 Dave Woodhead	Horwich	1-29:19	1 Pudsey & Bramley 1,2,11,14,15 43					
17 Adrian Selby	Bolton	1-29:30	2 Horwich RMI 5,9,12,16,20 62					
18 Paul Turner	Bolton	1-29:36	3 Rossendale 6,7,8,30,39 90					
19 Steve Breckell	Blackburn	1-29:46	4 Bolton U.H. 17,18,28,49,60 172					
20 F. Loftus(v40)	Horwich	1-30:44						
Vets 0/40			Ladies					
12 Tony Hesketh	Horwich	1-28:09	108 Kath Drake	Spenboro	1-44:53			
20 Frank Loftus	Horwich	1-30:44	121 Janet Kenyon	Lostock	1-46:11			
			52 Sue Niedrum	LeedsUn.	1-49:42			

Junior 15-17 years 5 1/2m/1000'			
1 N. Matthews	Horwich	31-43	
2 Jonathan Taylor	CLeM	32-00	
3 Brendan Taylor	Rossend.	33-35	
4 Robert Hope	Horwich	35-16	
5 M. Moorhouse	Salford	35-36	
6 Chris Harwood	Horwich	37-27	

Junior Under 15 2 1/2m/600'			
1 Andrew Sellers	Lostock	11-02	
2 Danny Hope	Horwich	11-18	
3 A Prendergast	Chorley	11-52	
4 John Gamsey	Lostock	11-54	
5 Wes Jones	Lostock	12-01	
8 K Prescott	Chorley	13-15GIRL	
9 L Turner	Chorley	13-24GIRL	
11 Rebecca Beesley	Horwich	14-56GIRL	



Woodhead

Stile in style: Len Farnsworth, one of only five runners to have completed every 'Cow Pat' Run — see report below.

BOLTON-BY-BOWLAND FELL RACE Bolton-by-Bowland, Nr.Clitheroe, Lancs.

Category 'C' Medium, 8 miles/800 feet
Sunday 1st December 1990

KATH'S A YEAR-ROUND WINNER

West Yorkshire housewife Kath Drake marked up another triumph at this Lancashire gem, aptly nick-named the 'cowpat run' to add to her impressive collection. Out of near a hundred starts which have included x-country, road, track and of course fells, Kath has run out a winner 56 times. Just for good measure Kath, 30, has earned an England vest in the marathon discipline, finishing 7th in the hot windy conditions of the Isle of Crete.

By contrast this race is best described as an old fashioned x-country event and it was on the only serious climb that Kath caught and passed a fast-starting Janet Kenyon. From there the Spenboro' harrier stormed round and only narrowly failed to better Maureen Laney's 1987 time by 6 seconds. One position and 3 seconds ahead was Richard Barker, who recorded his third O/50 title.

Having the race previewed in *Up & Down*, paid dividends with a record 160 converging on the picturesque village. A very open race was forecast with no renowned superstars being enticed to participate. Debutant Chris Lyon, 35, had his own ideas, also pulling away on the initial climb, as did the lady in red.

Behind Lyon a trio contested the runner-up spot with Andrew Jenkins and Kevin Wright storming onto the upper village green with a mere second the difference. The other part of the trio was engineer, Leon Hutchinson, 41, who with 1 1/2 miles to go, found the last few flat wet fields very demanding, but did manage to hold on to the veterans' award from a fast closing John Nixon.

1 Chris Lyon	Horwich	46-47	16 Steve Taylor	Preston	49-27	Juniors	
2 Andrew Jenkins	Preston	47-12	17 Keith Sturdy	CLeM	49-30	43 Andrew Sellers	B.A.L/stck 53-36
3 Kevin Wright	Kly H.R.	47-13	18 Mark Wightman	CLeM	49-34	53 Daniel Valovin	U/A 54-49
4 L. Hutchinson(0/40)	CLeM	47-26	19 Bob Mitchell(0/45)	CLeM	50-03		
5 John Nixon(0/40)	Achille R.	47-50	20 David Wright(0/40)	CLeM	50-09		
6 Dave Woodhead	Horwich	47-54					
7 Jeff Emmott	Kly H.R.	47-59	Vets 0/40 other than above				
8 Graham Cunliffe	CLeM	48-03	28 Jeff Newsam	CLeM	51-30		
9 Gary Damiani	Spenboro	48-29	31 Barry Crewsden	Blackburn	52-01		
10 Dave Orth	U/A	48-36					
11 R. Hargreaves(0/40)	CLeM	48-37	Vets 0/50				
12 Mick Addison	CLeM	48-38	51 Richard Barker	Red Rose	54-43		
13 Shaun Addison	CLeM	48-40	56 Ross Jacques	CLeM	55-07		
14 Andy Wrench	T/morden	49-03	81 Harry Manning	CLeM	58-11		
15 Rick Wallis	Mas. Fur.	49-12					
			Ladies				
			52 Kath Drake	Spenboro	54-46		
			69 Janet Kenyon	BA.Los.	56-33		
			77 Carol Greenwood	Calder V.	57-39		
			80 V. Brindle(0/35)	CLeM	58-04		
			90 Lynne Waring	Skipton	59-52		
			102 Kathy Gott	CLeM	60-58		
			118 Amanda Isdale	U/A	63-12		



W.S. Bateson

Digging in on the initial climb at Bolton-by-Bowland, with Dave Scott to the fore.

"Come on in, the water's lovely!": post-race washing the Bolton-by-Bowland way.



W.S. Bateson

Organiser Paul Ratcliffe commented, "A surprise turnout, twice as many as last year — the race preview in *Up & Down* obviously had an effect. Seems a great day's sport was had, but apologies for the queueing at the early stiles. I shall endeavour to iron them out for next year". Well, we know what he means!

Seymour Hills

Seymour Hills



Scott M. Hunter

IMAGINE, BEATEN BY A FAIRY!

10 UP & DOWN MARCH/APRIL 1991

Whinbery Naze Dash Results

1	G. Schofield	Blackburn	27.00
2	Rob Jackson	Horwich	27.12
3	Ian Holmes	Bingley	27.15
4	Mark Aspinall	Rossend.	27.27
5	Steve Jackson	Horwich	28.10
6	T. Hesketh(v40)	Horwich	28.16
7	Martin Peace	Bingley	28.21
8	John Hope(v40)	AchilleR.	28.23
9	Pete Pollitt	Bolton	28.26
10	Mervyn Keys	Rossend.	28.35
11	Kev Gaskell	Horwich	29.20
12	Shuan Addison	CLeM	29.23
13	Gary Devine	P&B	29.30
14	Ken Taylor(v40)	Rossend.	29.40
15	H. Waterhouse	Saddlew.	29.51

16	Dave Nuttall	CLeM	29.56
17	Mick Addison	CLeM	29.58
18	M. Cuddy	Glossopd.	29.59
19	Dave Beels	Rochdale	30.09
20	Albert Sunter	Horwich	30.10

Vets 0/40

6	Tony Hesketh	Horwich	28.16
8	John Hope	AchilleR.	28.23
14	Ken Taylor	Rossend.	29.40
15	H. Waterhouse	Saddlew.	29.51
21	Peter Lyons(o45)	Bury	30.16
22	Keiran Carr(o45)	CLeM	30.19
23	Jimmy Eaton	Rossend.	30.23

Vets 0/50

61	Tony Eckersley	Saddlew.	33.11
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73	Barry Thackery	D.P.F.R.	34.19
86	Pete Duffy	Aberdeen	35.20

Teams

- 1 Horwich R.M.I. 2,5,6 = 13
- 2 Rossendale 4,10,14 = 28
- 3 Clayton-Le-Moors 12,16,17 = 45

Ladies

108	Lynn Warin	Skipton	37.26
111	Di Fleming(v35)	Rossend.	37.42
137	Jane Bugler	Oldham	39.43
145	Julie Keys	Rossend.	41.19
147	E. Woodhead	CLeM	41.23
148	S. Fell(v35)	Rossend.	41.29
149	Tanya Henry	U/A	41.51

GUISBOROUGH WOODS HILL RACE

Belmangate, Guisborough, Cleveland

Category 'B' short, 5¾ miles/1000 feet
27th December 1990

NOT SO GRAND NATIONAL

Around 70 starters lined up for the Christmas Guisborough stakes, on a three-lap course where 16 trees felled by 80 miles per hour gales turned the otherwise good going into a steeplechase, lying across the course like Beechers Brook, The Chair and the Canal Turn.

Mandale's Marco Cara and British fell champion Gary Devine were first to show, setting the pace with a steady gallop through a 'frosting' of snow which aided the picture postcard effect. Cara shifted gear around the 3 mile mark, having caught Devine at the quarry. Mandale also had the lady winner with orienteer Sheila Wright also making it look easy despite the unadvertised fences. Meanwhile the rest of the field rode roughshod over, under and around the stricken trees as Guisborough's local Grand National took its toll on the new Christmas present running togs.

D.T. Menace

1	Marco Cara	Mandale	38-16
2	Gary Devine	P&B	39-20
3	Allan Whalley	P&B	39-33
4	Willie Gaunt	P&B	40-03
5	N. Preston	Rich & Zet	40-13
6	Sean Purkis	Rich & Zet	40-48
7	Pete Connor(v40)	Mandale	40-56
8	K. Wood	Saltwell	41-24
9	Fred Smith	Saltwell	41-43
10	Snowman		42-09
11	Derek Fielden(Jun)	Mandale	42-10
12	Jamie Smith	P&B	42-20
13	T. Mortlock(v40)	Rich & Zet	42-32
14	S. Backhouse	Loftus	43-02
15	C. Pennington(Jun)	Mandale	43-08
16	Brian Roberts	Mandale	43-27

Other Vets 0/40

22	Colin Todd	Harrogate	45-50
25	Chris Woodall	Cleve/Mount.	46-18
31	D. Middleton	N.Aycliffe	46-54
34	D. Smith	N.Aycliffe	47-22
38	Barry Warrington	F.R.A.	48-55

Vets 0/50

39	Ray Stevenson	Mandale	49-05
43	Dave Noble	C.L.O.K.	50-14

GUISBOROUGH WOODS HILL RACE



(Not to scale)
(Many trails not marked)

Key

- F.P. Forest Trail
- Route
- Ascent
- Descent
- Undulating
- F.C. Father Christmas
- Deciduous
- Coniferous

Junior Races: 1 lap
Senior Races: 3 laps

Marked Course.

58	F. Lupton	Whitby	56-07
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Ladies

33	Sheila Wright	Mandale	47-10
51	Jo Schreiber	Leeds Un	52-07
63	Joan Nicholson(v35)	Rowntrees	59-19
64	K. Blakey	Cleve Tri	62-00
66	J. Williamson	S.M.C.	71-00

Junior Race

1	Jame Woodall	Mandale	14-56
2	Chris Hine	Mandale	17-21
3	J. Hine	Mandale	19-21
4	S. Hine	Mandale	23-48
5	L. Mageean	Mandale	23-49

ROWBOTHAM'S ROUND ROTHERHAM RUN

Sponsored by Phoenix Roofing, Wath Brinsworth, S. Yorkshire

Category 'C' Long, 48 miles
29th December 1990

48 MILER ENDS IN A SPRINT

A dead heat sprint was the dramatic finish after 7 hours plus to this ultra x-country event, with Caroline Boyd and Sylvia Watson crossing the line in joint 7th overall. It was eyeball to eyeball stuff. As Watson commented, "After 48 miles a sprint is not constructive but no way was I going to be beaten in the last field".

In fact it was this newcomer to the event, a doctor's receptionist in Leeds, who dictated the pace establishing a 3 minute gap by Maltby (23 miles), with Rotherham Marathon winner Boyd and 100km champion and 1989 winner Hilary Walker timed together behind. After a minimal feed stop, they gave hot pursuit to Watson, but while Walker found herself unable to sustain the pressure, Boyd,

36, caught her rival at 31 miles. From there it became a case of no quarter given or taken. Although Watson, 43, admitted her adversary seemed much more determined and stronger, even if her road shoes caused numerous slips and slides and did not seem the correct footwear in the circumstances, the Valley Strider hung on to share victory.

Retaining his grip on the men's race, Terry Edmondson, was half an hour slower than in 1989, reflecting the heavy conditions. Filling 2nd and 3rd were newcomers John White and Graham Dingley, with the latter's strength and stamina pulling him through from 6th at halfway. LDWA-style there was also a walkers' event and

Ian Purrow and Stephen Holland of Burnley led the walkers home with times of Harthill/10 miles in 2½ hrs, Maltby/23 m in 6hrs, and the finish in 12-02-16.

The weather conditions were excellent, with even a full moon when the 32 walkers departed at midnight. It was on Friday that a thunderstorm caused the heavy conditions, and alas washed away the environmentally friendly sawdust which marks the route. Competitors do have available a two colour Wainwright-style' diagrammatic map for their use. The round constitutes roughly the Rotherham boundary, and involves mostly a wide

variety of rural terrain, being devised by Rotherham Harriers secretary Ralph Rowbotham during the steel strike of 1979. The race's inauguration came in 1984 with 20 competitors, and has grown to 99, including 14 ladies in 1990. All finishers receive a memento mounted on wood, a certificate, and of course can sample the variety of food available en route and at the finish, which takes the form of rice pudding, soup, stew, hot and cold drinks, sandwiches, Christmas/fruit cake, etc... anything carbohydrate in fact.

Henry Marston, organiser

1 Terry Edmondson	Wigan	6-46-01	15 Chris Skaife	Sheffield	7-57-35
2 John White	E.London	6-50-43	16= Simon Lund	U/A	7-59-02
3 Graham Dingley	Burton	6-54-35	= Simon Laporte	100km	
4 Kevin Marshall	100km	6-56-28	18 David Simpson	100km	8-09-36
5 Jon Whitehead	E.Hull	7-08-13	19 Graham Ives	100km	8-16-30
6 Geoff Oliver	100km	7-12-33	20 Mike Milmoie	Forres	8-20-52
7= Caroline Boyd	Rotherham	7-12-37	No Vets marked on results		
= Sylvia Watson	V.Striders				
9 Mick Marsters	Rotherham	7-23-59			
10 Hilary Walker	Serpentine	7-34-51			
11 Philip Tolley	Burton	7-39-23			
12 Paul Jepson	Rotherham	7-51-57			
13 Paul Bream	Wallsend	7-52-03			
14 Norman Grimley	Rotherham	7-54-32			

Teams

1 100km 4,6,16 = 26
2 Rotherham 9,12,14 = 35
3 100km 18,19,31 = 68
4= Rotherham Ladies 7,42,53 = 102

Ladies

7= Caroline Boyd	Rotherham	7-12-37
= Sylvia Watson	V.Striders	
10 Hilary Walker	Serpentine	7-34-51
24 Jackie Gibbs	Diss A.C.	8-49-24
31 Mary Howarth	Steel City	9-32-40
42 Sharon Nixon	Rotherham	10-04-44
47 Cathy Crilley	Serpentine	11-41-25

Team

Rotherham (Boyd,Nixon,June Harney) = 102

NINE STANDARDS FELL RACE

Kirkby Stephen, Cumbria

Category 'C' Medium, 8miles/1800feet
New Years Day 1991

BORDER RAIDERS



The nine cairns above Kirkby Stephen that give the Nine Standards race its name.

Glasgow based orienteer Steve Nicholson ran extremely well to head an influx of raiders in this race. Conditions were tough with a strong wind and rain meeting the 54 hardy souls who had assembled at noon in the Market Square.

Nicholson finished the out and back course to the line of cairns which overlook the town from the Pennine skyline, only 7 seconds shy of Holmfirth's John Taylor's 1989 record.

None of the first 6 were from Cumbrian clubs

1 Steve Nicholson	Slow	55-55	14 Andrew Taylor	Springfield	64-04	24 Andrew Philipson	Gosforth	68-09
2 P. Holdsworth	ASPTT	56-56	15 Steve Cliff	Liv.Pem.	64-13	25 Y.D. Tridimas	U/A	68-18
3 Paul Hague	Livingston	57-43	16 Dave Richardson	Kendal	64-32	28 Mike Green	Stockport	69-04
4 W. Ramsbotham	Livingston	58-32	17 Peter Davenport	Howgill	64-54	Vets O/50		
5 Steve Barlow	Horwich	58-45	18 L.Stephenson(v40)	Kendal	65-51	40 Colin Brown	Mercia	76-37
6 David Moseley	Sale	59-33	19 David Jones	Borderl	66-31	45 John Newby	T/morden	82-39
7 Mike Walsh(v40)	Kendal	59-44	20 John Gallacher	Kendal	67-26	Ladies		
8 John Hooson	Holmfirth	60-44	Vets O/40			26 Ruth Pickvance	Kendal	68-34
9 Richard Unwin	CFR	60-55	7 Mike Walsh	Kendal	59-44	30 Yvette Hague	Livingston	69-40
10 C. Giltrow-Shaw	CleM	61-37	12 Marlin Hudson	Kendal	63-40	42 D. Varney(v35)	Kendal	79-50
11 A. Humphreys	Oxford Un.	61-39	18 Les Stephenson	Kendal	65-51	49 Kath Cameron	Howgill	88-58
12 M. Hudson(v40)	Kendal	63-40				51 Annette Kelly(v35)	Bolton	89-23
13 David Brass	Teesdale	63-57						

CHASE TRIG. POINT RACE

Broc Hill car park, Cannock Chase, Staffordshire.

Category 'C' Medium, 15 miles/1500 feet

5th January 1991

VANISHING ACTS IN THE FOREST

On visiting a wet and very windy 7th Chase Trig. Point Race the comments from a Northern visitor on the 15 mile/1500 event over Cannock Chase are interesting.

"I was very disappointed with the course, being mostly on paths and forest tracks. Also seeing runners vanishing down forest rides did not help, although to be fair the organisers have done their best with the beautiful and scenic area available. Otherwise it was faultless, even down to the endless supply of tea/coffee and sandwiches afterwards."

With over 160 starters the event was as exciting as ever, with a breakaway of 6, including two previous winners Jon Forster and Dave Troman in the thick of it with three other regulars Palmer, Pugh, Cadman and newcomer Andy Trigg. Different route choices to Castle Ring and from Brereton Spur, to Moor's Gorse saw Troman ahead. Pulling

away up Marquis's Drive, by the last checkpoint he was 1½ minutes clear and went on to win comfortably. Mercia with 4 runners in the breakaway were always likely team winners and with 3 to count student Jon Forster was the bridesmaid in this case. Local housewife Christine Kilkenny on her debut at the Chase, pulled away from her rivals shortly after the off, and was always a winner. Previous winners Helene Diamantides, 1989, and Roz Clayton last year, never showed their potential, and it was left to Elaine Statham (45) of Stone M.M. to take runners up spot with Angela Gearse 3rd, Helene 4th and Running Bear's Ann Stentiford 5th.

The finish clock took a gremlin on board, after the first 10, unfortunately causing times after that to be lost, hence the results given below.

Chris Crag

1	Dave Troman	Mercia	1-28-45
2	Stephen Palmer	Mercia	1-30-03
3	Nick Pugh	T.B.O.K.	1-31-39
4	Paul Cadman	Mercia	1-33-32
5	Andy Trigg	Glossopd.	1-33-42
6	Jon Forster	Mercia	1-36-03
7	Mark Seddon	Glossopd.	1-37-19
8	Ian Morris	Telford	1-37-29
9	Tim Mayfield	Erewash V.	1-37-39
10	Mike French	Staffs.	1-38-55

Vets 0/40	
11	Trevor Longman Huncote
16	Pete Axon Stone M.M.
22	K. Walkulewicz Cannock
23	Lou Badger Stone M.M.
27	Richard Hyman Mercia

Teams	
Mercia 1,2,4 = 7	
Erewash V. 9,18,21 = 48	

Stone M.M. 16,23,31 = 70

Ladies	
56	C. Kilkenny Cannock
64	Elaine Statham(v45) Stone M.M.
85	Angela Gearse U/A
95	H. Diamantides Ambleside
108	Ann Stentiford Macclesf.
122	Roz Clayton D.V.O.
131	Alison Wright Macclesf.

Chase Trig Point
organiser Richard Day,
showing his style at the
Cardington Cracker.

O.S. Sheets 127 Stafford &
Telford, 128 Derby & Burton Upon
Trent.

Start/Finish Checkpoints Broc
Hill car park 973200

1. Trig Point 199m 994180
 2. Moors Gorse junction A460 023151
 3. Trig Point Castle Ring 043129
 4. Trig Point 207m Brereton Spurs 039152
 5. Moors Gorse junction A460 023151
 6. Trig Point 194m Chase Rd 981182
- Navigation required between checkpoints.

BOULSWORTH HILL RACE

Herders Arms, near Colne, Lancs.

Category 'B' medium, 6½ mile/1200 feet

12th January 1991

HANDS, KNEES 'N' BUMPS-A-DAISY!

Despite snow lying on the frost hardened moorland, and a definite nip in the air, a fine sunny day greeted a record 224 runners for this circuit of the impressive arc of Boulsworth Hill, brainchild of Nelson newsagent Duncan Thompson. The trig. point of Lad Law, 1679 feet, is the aim, after a slightly downhill start into Smithy Clough Beck crossing. But it is the last 200 feet climb which is most remembered and dreaded — hands, knees and finger nails are used to pull, tug and man-or lady-handle yourself up this tussock ridden near vertical green cliff. Mind you the finish is strategically positioned here to the rear of the Herders Arms, which offers a warm friendly welcome, excellent beer in the brews of Beamish and Tetley, coffee, traditional pub grub (pie and peas, £1.10) and the usual post-race atmosphere. After the race comes a value for money prize-giving, with us lesser mortals well catered for with numerous spot prizes.

After the big field had wet its collective feet in the

beck, it was Gary Devine, 24, who strung out the multi coloured vests on the tussocky terrain, and by the track skirting the foot of the main hill he was 70/80 yards ahead. Flying past the marshal cost him the lead, but after a chorus of yells, he quickly turned and recovered. By the summit trig. he was to the fore again with Graham Schofield for company. A furious tussle ensued with Devine, a winner here in 1988, ascending the 'cliff' 30 seconds ahead. Further back Kath Drake and Carol Greenwood (nee Haigh) also had a real head to head, until Kath's strength and stamina made its mark on the main ascent.

One of the entertainments at Boulsworth seems to be the crowd which gathers to command views of the last climb, with continual chants like "Not far now, dig in!", "Sprint! They're catching you!" "Come on, Fred, jog it!" After 6½ miles don't they think that we would sprint, give it a go, jog etc. if only we could.

Billy Boulder

Boulsworth Hill Fell Race Results

1	Gary Devine	P & B	48-54
2	Graham Schofield	Blackburn	49-25
3	Chris Lyon	Horwich	49-55
4	Jeff Emmott	K.H.R.	50-25
5	Kevin Wright	K.H.R.	50-45
6	Dave Orth	CleM	51-01
7	K Johnston	Ryhope	51-28
8	Duncan Thompson	Calder	51-38
9	Dave Woodhead	Horwich	51-54
10	Graham Kirkbright	P & B	52-13
11	James Hawksley	Kendal	52-16
12	Pete Pollitt	Bolton	52-21
13	Andrew Schofield	Rochdale	52-31
14	Martin Seddon	Glossopd.	52-34
15	Brian Stevensen	P & B	52-37
16	R. Hargreaves(v40)	CleM	52-55

17	Ken Taylor(v40)	Rossendale	53-04
18	Chris Giltrow-Shaw	CleM	53-14
19	Rupert Leggett	Horwich	53-44
20	Pete Orr	Preston	53-47

Vets 0/40		
16	Roger Hargreaves	CleM
17	Ken Taylor	Rossendale
21	Bob Mitchell	CleM
27	Peter Lyons	Bury
33	Jack Holt	CleM
37	Andy Churchill	CleM

Vets 0/50	
58 Roger Bell	Ambleside

86	Laurence Sullivan CleM	60-22
106	Ron Hill CleM	62-03

Vets O/60		
209	Eric Frost	CleM 80-12
214	Alan Ball	CleM 82-50

Ladies			
85	Kath Drake	Spenboro	60-16
111	Carol Greenwood	Calder	62-27
118	Linda Lord(V35)	CleM	63-07
126	Elaine Wright	Ambleside	64-05
141	Amanda Isdale	U/A	66-01
163	Jane Buglar	Old/Roy	69-20
166	Joan Nicholson(v35)	Rowntrees	69-41

DID YOU KNOW...

Boulsworth Hill claimed several lives in the 18th/19th century, so much so that this led to a new attraction at remote moorland inns. Innkeepers would display the dead on their bars for the customers pleasure. So good for trade was this 'laying out' that rewards were offered for finding bodies for display. Boulsworth's lost and lonely byways were notoriously good hunting ground especially after heavy snow. After doing Boulsworth's race possibly a few runners feel like being laid out!!

Checkpoints O.S. Sheet South Pennines (outdoor leisure 21)

Start Below Herders Arms 947387
Wall corner 948382
Stream/ford on track 924367
Lad Law 517m, 1679' 929356
Track/Path 935373
Then back via wall corner 948382
Finish Rear of Herders Arms 947389

Terrain consists of track and rough moorland, very tussocky near wallcorner, with a total of 4 stream crossings. The last climb is a hands and knees affair up a sadistic 200' climb.



Steve Hughes



Philip Shepherd

MICKLEDEN STRADDLE
Crookland Wood Bridge, nr Langsett, S. Yorkshire

Category 'New' (BM), 8 miles/1150 feet
3rd February 1991

MICKLEDEN'S LIMIT

134 runners eventually tromped the covering of snow over Crookland Wood Bridge with the Little Don River flowing sweetly below, though well over twice that number had kept first-time organiser Kevin Dent's phone red hot the previous week. However, in this National Trust conservation area, where access is a major problem a limit of 150 had been set. Considering the route this was a wise idea since it is doubtful if the Cut Gate or Cart Gate track gently ascending firstly Hingcliff Common then Mickleden Edge before emerging on Howden Edge, could take anymore. To pass was a difficult task, with the cairned path, serpentine through peatmoor and dodging the groughs before breaching the snowy vastness of High Peakland upon Howden Edge at 1700 feet.

Denby Dale's own Mike Egner was happy to show the way over to Outer Edge trig. (1776 feet)

before the stakes of the Derwent Watershed marked the route, with Dave Woodhead in close attendance and Peter Webster and Matthew Innes 10 yards adrift respectively. Thankfully the terrain was frozen, and although potentially ankle crunching was not too hazardous. In milder weather the Watershed would be typically stamina sapping, soggy and treacle like peat, yuk!!

Into the Little Don for the umpteenth time, accountant Webster, 34, duly took advantage of leader Woodhead's mishap of not following the flags, and stormed along the valley to his first ever fell success. Not an outstanding course seemed the opinion of several runners, in that one expected a real stiff climb somewhere, which just never materialised, otherwise a promising start to a new event.

Seymour Hills

Eileen Denby of Derby Dale strings a few fellas along over Hingcliff Common in Mickleden Straddle.

1	Peter Webster	Saddlew.	52-02
2	Dave Woodhead	Horwich	52-22
3	Mike Egner	Denby D.	52-50
4	Mathew Innes	Holmfirth	52-52
5	A. Churchill(v40)	CLeM	53-11
6	Richard Griffiths	Holmfirth	53-43
7	Martin Seddon	Holmfirth	53-52
8	P. Crowden	DPFR	54-00
9	Peter Buttery(v40)	Denby D.	54-17
10	D. Cartwright(v45)	Penistone	54-35
11	Simon Harradine	Tadcaster	55-13
12	Ralph Barker	Denby D.	55-39
13	Steve Ward	Saddlew.	56-03
14	Dave Hinchcliffe	Dewsbury	56-14
15	Mike Meynsner	Denby D.	56-32
16	S. Robinson(v40)	Denby D.	56-53

17	Don Powell(v40)	Saddlew.	57-03
18	Roger Bradley(v40)	Holmfirth	57-16
19	Colin Todd(v40)	Harrogate	57-20
20	Paul Powell(v45)	Holmfirth	57-24

Vets 0/40 other than above			
21	Robert Innes	Stocksbridge	57-31
24	Carl Wright	Barnsley Tri	57-50
27	Edward MacKenzie	Barnsley	58-16
29	Jon Straker	Hallam	58-26
31	Russell Bangham	Holmfirth	58-41

Vets 0/50			
49	Terry Eckersley	Saddlew.	61-20
62	Leslie Osgathorpe	Wigginton	62-40
93	Peter Newsome	Kly HR	66-01

Team Mens	
1	Holmfirth 4,6,7,18 = 35
2	Denby Dale 3,9,12,15 = 39

Ladies		
54	Carol Greenwood	Calder 62-00
63	Jill Town	Denby D. 62-48
84	Sylvaine Boler(v35)	Penistone 64-55
92	Anna Jorgensen	Penistone 65-55
101	Eileen Denby	Denby D. 68-57
105	J Seale	Hallam 70-17
113	Eileen Woodhead	CLeM 72-29

Team Ladies	
1.	Penistone
2.	Denby Dale

O.S. Sheet 110 Sheffield and Huddersfield
Start/Finish Crookland Wood Bridge 197005
Checkpoints 1. Path x-roads 186962
2. Outer Edge Trig. 1776' 177969
3. C.P. Boundary 175979
4. Porter of little Don River 179995

CALDERDALE WAY RELAY

Clay House Park, West Vale, nr Halifax, W. Yorks

50 miles/6000 feet
6th January 1991

PUDSEY STORM TO HAT-TRICK

This event, the seventh staging of the race, was cancelled at short notice in December by police demand, due to the wintry conditions. The morning of the re-scheduled race, saw high winds still prevail, and this element greeted competitors on the first two legs with brick-wall type conditions, making times slow.

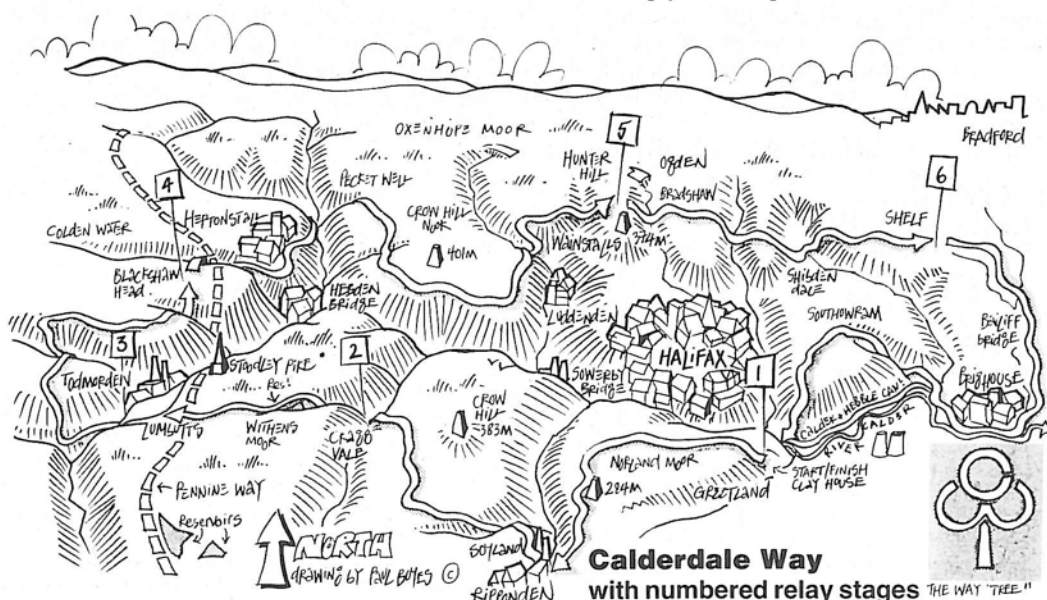
But as 80mph winds gusted across mainland Britain, Leeds-based club Pudsey & Bramley had

the strength and stamina to overcome all in their way. Mind it was not just the cold gale force winds which caused them concern; the Lancashire outfit of Rossendale had by Blackshaw Edge built up a mighty lead of 6 minutes and were looking to have a firm grip on the trophy. Over the next 10 mile leg things were to change dramatically. The wind on their backs, and chomping on the bit, Maitland and Devine simply flew in pursuit of Irwin and Davis,

Rochdale ladies descend the 240 steps towards Cromwell Bottom on leg 6 of the Calderdale Relay.



Woodhead

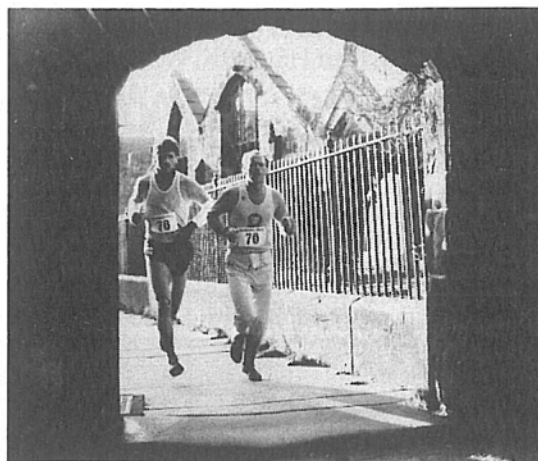


Calderdale Way
with numbered relay stages

taking the hilltop hamlet of Heptonstall, Pecket Well, Midgley Moor and the standing stone of Churn Milk Joan at a breeze. By the checkpoint above Wainstalls P&B's claret and gold vests were ahead by 29 seconds, and from there built winning margins of 1-37 and finally 3-29 by the finish. Rossendale comfortably took second besides being the only other team to break 6 hours.

In the ladies race Clayton-Le-Moors had no cause to worry after an excellent run by Maureen Laney and Cheryl Cook on the initial leg, bringing them to Cragg Vale, 28th overall, 13 minutes up on Rochdale. The team, although in a league of their own amongst the women, then steadily dropped back on overall placing to finish 50th. Behind Rossendale appeared to take command after leg 2, with Bingley ladies 3rd and Clayton 'B' 4th. Due to the slow times, mass starts were common, and it was Bingley ladies who stole it on the last leg by a mere 41 seconds and 1 overall place to the better.

No penalties for short cutting were dished out this year, although there were many non specific



Peter Hartley

The Halifax team passes Heptonstall Churchyard.

cannot be good for the event's reputation and employing marshalls around the full 50 miles is not practical and should not be necessary. A special mention to Sportsfeed for their generous assistance



Peter Hartley

Left: Gary Devine (left) and Jack Maitland set off for Pudsey & Bramley on leg 4, 29 seconds behind Rossendale. Their club mate shows the results of his efforts on the previous leg.

complaints, especially on leg 2 where Stoodley Pike MUST be visited. Please remember by short cutting you are in effect cheating yourselves as well as upsetting other runners and landowners. This

with prizes and to everybody who aided and abetted the event.

Dave Woodhead/Andrew Wimpenny



Peter Hartley

2. Bob Ashworth/Ray Rawlinson 58-54 Rossendale
3. Simon Brophy/William Styan 34-28 Holmfirth
4. Jack Maitland/Gary Devine 1-01-03 P&B
5. Paul Stephenson/Paul Daccus 51-53 P&B
6. Mike Falgate/Richard Pallister 1-04-28 P&B

Ladies

- | | |
|----------------|----------|
| 50 Clayton | 7-41-08 |
| 74 Bingley | 8-32-45 |
| 75 Rossendale | 8-33-26 |
| 78 Clayton B | 8-56-09 |
| 82 Rochdale | 9-34-05 |
| 83 Halifax | 9-42-28 |
| 84 Baildon | 9-58-28 |
| 85 Holme Pierr | 10-13-03 |

Fastest Legs

1. Maureen Laney/Cheryl Cook 1-30-19 CleM
2. Linda Lord/Carol Walkington 1-19-42 CleM
3. Tina Lewis/Maureen Ashton 48-18 CleM
4. Wendy Dodds/Vanessa Brindle 1-22-30 CleM
5. Alison Lee/Judy Makinson 1-08-54 CleM
6. Mary Green/Helen Morrell 1-29-28 Bingley

- | | | | |
|---------------------|---------|------------------|---------|
| 1. Pudsey & Bramley | 5-53-50 | 9. Clayton Vets | 6-26-13 |
| 2. Rossendale A | 5-57-19 | 10. Calder | 6-31-38 |
| 3. Holmfirth A | 6-06-28 | 11. Macclesfield | 6-40-21 |
| 4. Clayton A | 6-10-20 | 12. Clayton B | 6-42-02 |
| 5. Bingley A | 6-17-48 | | |
| 6. Rochdale | 6-20-44 | | |
| 7. Rossendale B | 6-23-22 | | |
| 8. Bolton | 6-24-28 | | |

Fastest Legs

1. Pete Livesey/Mark Aspinall 1-15-07 Rossendale

Below left: Follow-my-leader along the skyline above Hebden Bridge.

Saddleworth 'A' runners Bob Waterhouse and Don Powell set out on legs.



Woodhead

COLIN'S PEACE INITIATIVE

Asking a few delicate questions of various race organisers 8 years ago, and being told "Just try organising a race, it's not that easy", brought about the birth of the Splash as it's known locally. At first it was run in conjunction with Stanbury Village

vigour Ponden Kirk, a near house wall with a heathery growth. Over the normally very wet/boggy and tussocky run to the Trig., Donnelly closed, but expended a great deal of energy in doing so. From the Trig, the course is unbelievably fast and it was Donnelly who used this to good effect to romp up the quarry face with over a minute in hand over his old college pal. He thereby rewrote another of Peace's records, since in July last year he improved the Heathcliff & Cathy Canter record, after Peace claimed it unbeatable. The moral to the story is NEVER DARE Colin Donnelly. Peace's old record was broken by the first 5, himself included, from a field that numbered a record 395.

Retaining her Field & Fell Trophy, Kath Drake improved her old mark but was shadowed throughout, by first Julie Harold and then Ruth Pickvance. After the final climb out of Slade Beck Kath finally managed to breakaway from the latter's attentions.

Equalling our English record of 44 ladies was slightly disappointing — we were after the British record of 58 held by Scotland's Carnethy '5'. Remember every lady gets a tin of biscuits, and this year even had a choice off the table as well. Reference this, our prize table is akin to a market stall, being 20ft long, which gave the first 100 finishers choice of wares or eats. Then out came the much loved spot prizes, after which the race is nicknamed the Soreen Maltloaf run. The speciality of the race is boxes and boxes of fruit, wholemeal, honey and bran loaves so generously donated by Warburtons Soreen, enabling lesser mortals to taste the joys of winning a prize. The Splash's motto is '£1 to run, lots of fun; oodles of prizes is no surprises'.

Darby & Joan
(alias Dave & Eileen)



Tamara Hird (Keighley HR) and Mark Grice (Todmorden) head out of the quarry.

O.S. Sheet Outdoor Leisure 21, South Pennines
Start/Finish Disused Quarry 024364
1. South Dean Beck 001359
2. The Height 993363
3. Ponden Beck 986365
4. Trig. 444m 978357
5. The Height 993363

Return via outward route to finish top of quarry face. Terrain; fast track, bracken bankings, 3 beck crossings, hands and knees up Ponden Kirk otherwise fairly easy.

Up the quarry face to the finish comes Mick Addison (Clayton)

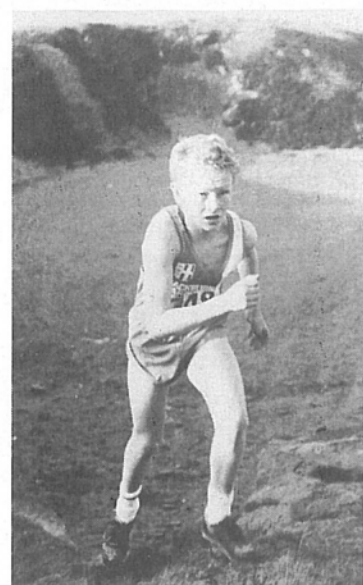


Gala, but with numbers rising each year, car parking became paramount hence Penistone Hill.

Our inaugural evening event was in fact over the old Gala route, which the locals said took 20-25 minutes. Jack Maitland out-sprinted Paul Crewe in 9 minutes odd, flabbergasting the village residents. Something longer was required, so the pan-handled-shaped course was created. The 'pan' has remained the same, although the start/finish venue has moved 3 times to accommodate the event's growth.

In the near perfect conditions of this year, a fast time was anticipated and Colin Donnelly was made to graft by Maitland who attacked with

1	Colin Donnelly	Eryri	43-09	Rec	U/18's		
2	Jack Maitland	P&B	44-05		98 Robert Hope	Horwich	53-18
3	Andy Peace	Bingley	44-29		113 Bruce Elsworth	Kly HR	54-10
4	Gary Devine	P&B	45-59		127 Chris Harwood	Horwich	55-02
5	Ian Ferguson	Bingley	46-12		Vets O/60		
6	Allan Whalley	P&B	46-29		217 Bill Fielding	Leeds C.	60-19
7	Martin Crewe	Bingley	46-33		273 Colin Rushdon	Wesham	63-17
8	Greg Hull	Leeds C.	46-38		Teams		
9	Colin Valentine	Keswick	46-41		1 P&B 2,4,6,13 = 25		
10	Andy Schofield	Rochdale	46-44		2 Bingley 3,5,7,21 = 36		
11	Micah Wilson	Hallam	46-47		3 Rochdale 10,15,24,35 = 84		
12	Brian Horsfall	Holmfirth	46-57		Ladies		
13	Graham Kirkbright	P&B	47-01		144 Kath Drake	Spenboro	55-50
14	Willie Gaunt	P&B	47-04		156 Ruth Pickvance	Kendal	56-27
15	Andy Maloney	Rochdale	47-07		179 Julie Harold	Horwich	57-42
16	Dave Orth	CLeM	47-15		191 Carol Greenwood	Calder	58-24
17	Martin Roscoe	Leeds C.	47-37		203 Linda Lord(v35)	CLeM	59-07
18	John Hope(v40)	Achille R.	47-52		205 Jill Teague(v35)	Bingley	59-16
19	L. Hutchinson(v40)	CLeM	48-08		230 Lynn Warin	Skipton	60-46
20	Bob Toogood(v45)	DPFR	48-25		Teams		
Vets O/40 other than above					1 Bingley 6,10,19 = 35		
27	Ken Taylor	Rossend	49-00		2 Horwich 3,16,40 = 59		
39	Andy Churchill	CLeM	49-37		3 Todmorden 29,31,33 = 93		
43	Barry Mitchell	CLeM	49-51		Junior Race U/16, 2 laps around Penistone Hill 2 mile		
46	Dennis Quinlan	Bingley	50-00		1 Nick Brougham	Todmorden	10-32
48	Geoff Newsam	CLeM	50-07		2 Robert Jebb	Bingley	10-40
60	Pete Jebb	Bingley	51-07		3 John Wilson	CLeM	10-44
Vets O/50					4 Caroline Whitem	Todmorden	11-34
93	Norman Matthews	Horwich	52-46		5 Helen Shaw	EPOC	12-52
107	Norman Bush	Kly H.R.	53-33				
155	Bram Sprakes	DPFR	56-24				



U/14 winner Stuart Robinson of Blackburn

U/14 lap around Penistone Hill, 1 mile			
1	Stuart Robinson	Blackburn	5-32
2	Daniel Ford	Bingley	5-35
3	Victoria Wilkinson	Bingley	5-47 Girl
4	John Hart	U/A	5-49
5	Gareth Hird	Kly HR	6-11
12	Dawn Chapman	Todmorden	7-11 Girl
14	Nicola Chapman	Todmorden	8-22 Girl

Time for Some Answers

It's very pleasing this month to be able to answer some of your letters "Fell running's going downhill fast," they say, but David West of Tyne & Wear says that on descents 'I tend to be a lot slower than some people who seem to be sprinting downhill', and he would like some advice on 'descending steep ground'. Similarly, Steve Houghton of Halifax complains: 'What's the secret? I get passed by droves on steep descents!'

I feel particularly well qualified to advise on descending the fells having progressed from absolutely pathetic to just poor! Good descenders find poor descenders hard to understand and usually say things like, "Just let yourself go" or more abusive remarks like, "Don't be a fairy!". I hope you will find some of the following more helpful:

Leg Strength

1. Leg strength (more accurately, muscular endurance and power rather than absolute strength), muscular elasticity, leg speed, balance and confidence are all key factors, their significance varying between different athletes. Think how you might improve these qualities for yourself — and try some of the ideas below.

2. There are lots of ways of improving leg strength — concentrating on long climbs if you are lucky enough to have them handy; hill reps over different distances and gradients, including walking very steep hills (worth practising as steep, fast walking has quite different demands on the leg muscles than running); biking; repetition training on the flat (good for developing power, getting you out of the 'steady plod routine'); as well as hill climbs, hill descents over varying gradients and terrain but not tarmac because of injury risk — not only for strength but relaxation and skill; exercises using body weight or weights (eg I use 'piggy-back' paired half-squats in the circuit session I organise) — a particularly useful station on a multigym is the leg press, if it has one, on which you can not only press the weight but deliberately 'brake' the weight on its return, simulating the 'braking action' sometimes required in descending (like bounding and hopping exercises this also improves 'elastic' strength).

3. Try to avoid undue braking whilst descending. This may mean varying stride length from short, fast steps to striding out and 'bounding'.

4. Try not to tilt the head forward, a common mistake of poor descenders which leads to a sense of imbalance and makes you feel as if the gradient is steeper than it is. Keep your head up and back, 'looking down your nose' at where you are putting your feet — better still a step or two further forward (your brain should have registered the next, immediate step without you needing to watch it land — glancing even further down the track is a good habit too).

5. If dodgy ankles are your problem make sure you have close fitting studs. You might try strengthening exercises using either foot weights or strapping an alternative weight to your foot and doing pointing/pulling, sideways and rotational exercises. Also, try taping — if only for one or two short fells; it may increase your confidence enough to dispense with it later.

6. Do not run 'flat out' to the top as you may well be 'legless' on the descent, especially if you do not

race frequently.

I'm reluctant to suggest the details of any particular session as these should vary according to your fitness and strengths/weaknesses. But avoid going straight into some of the more dynamic exercises I suggest or injury could result.

B. Woltering of Stretford has other concerns. He asks three questions:

'1 Some runners seem to go on for ever and never get any injuries. Fell running especially has special risks and puts special demands on runners' bodies. How do they stay injury free?

2 A medical advisor once said warm up plus warm down should account for an extra 50% of the time spent running. I tend to enjoy longer runs so a 2 hour run = 1 hour of exercises. For most people this is not practised, not realistic? Comments?

3. Could you suggest a realistic warm up/warm down routine for the following: a 10 mile hilly run with a climb of 300 metres; a 15 mile fell/mountain run with a climb of 700 metres?

The question on running injuries suggests that fell runners might be more likely to get injured than other types of runner. It is my experience that the opposite is the case — road and track runners are more likely to get injured. Soft tissue injuries, to muscles, tendons and ligaments are more likely on hard, unvarying surfaces like tarmac than on variable, softer cross-country and fell terrain.

All runners can limit the risk of these injuries by a few obvious precautions like varying the running surface, avoiding sudden changes in type and volume of training, wearing supportive, well-cushioned shoes etc. Should you feel to need more it is a good idea to work on muscular strength, mobility and flexibility. Fell runners are prone to particular injuries, to the ankle especially (see Paul Sharples' articles in previous issues of 'Up & Down'). And falling over doesn't do a lot of good! But adequate training and conditioning to the fells should greatly reduce most injury risk.

Warm-up Routine

As to warm-up and cool-down, the medical advisor you refer to is clearly not a fell runner! Few fell runners do any preparation for training and most do very little warm-up for racing. For most people there is very little need to warm-up for steady runs — gently easing into the run will suffice. The exception is if you know you have a potential 'problem' in some part of your body it may be advisable to massage, modestly exercise and stretch the area for a few minutes before jogging off.

However, warm-up is desirable before races or very intense training. It takes about 20 minutes of easy running to get the body efficiently using oxygen, and if you feel a little stiff or tired the warm-up increases mobility and readiness for 'the off'.

The main purpose of the cool-down is to begin removing some of the waste products of intense racing — but few people bother. And it is more relevant to short to medium track and road races than fell races. That apart you'll probably feel too knackered and be more inclined to head for the bar!



Runners let themselves go at the recent Mickleden Straddle.

Our training expert DENNIS QUINLAN, answers some of your letters this month, starting with some suggestions to improve your descending.

DON'T BE SHY about writing to Dennis for advice or with any questions or comments about this page. Dennis has a wealth of experience at your disposal.

Correspondence to Dennis Quinlan, Bingley Sports, 4 Chapel Lane, Bingley, West Yorkshire, BD16 2NG. Tel: 0274 563348.

Enclose sae if you require a direct reply.



Easter in the Isle of Man: Ken Taylor leads John Reade and Pete Irwin up Elfin Glen from Ramsey.

Race Previews: Easter 1991

Make Mine a Bunny...!

Easter bunny or chocolate egg? The choice is yours. And so is the choice of fell races for the Easter holiday weekend. There's something for all tastes and no excuse to be a couch potato. Will it be a short 'B' 3 miler, a medium 'B' 9 miler, or will you go the whole hog and attempt the classic long 'A' of the 30 mile Manx Mountain Marathon. Read on and take your pick.

This One's Man-Sized!

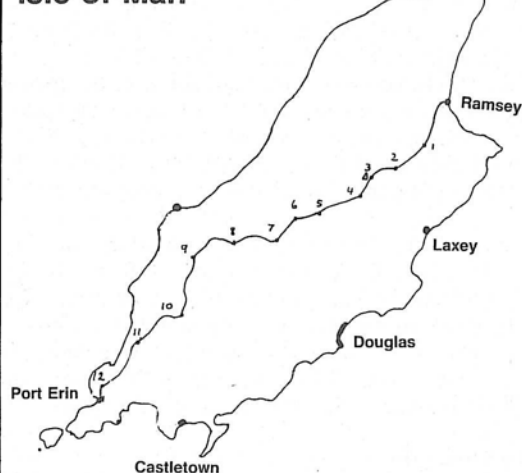
The Manx Mountain Marathon (M.M.M.)'s route follows the spine of the Isle of Man for more or less the whole length of this beautiful and enchanting island. Man is some 33¼ miles in length by 12 miles wide, has a coastline that stretches for some 80 miles and when you arrive after crossing the Irish Sea you always feel as if you're visiting foreign parts. In this setting the marathon is a must for any runner seeking a journey of endeavour, reward and fulfilment.

The race runs from north to south. A double range of hills stretches obliquely across the island from the start in Ramsey to Port Erin in the extreme south west. Along the way the route takes in 12 mountain summits.

Geologically Man is similar in rock type and structure to the mountainous regions of Cumbria and North Wales – volcanic and metamorphosed rocks of Silurian age, but the rock only occasionally outcrops and mainly the terrain is good short grass with a limited variation of ankle grabbing heather only on the slopes of Carryghan, Colden and the ascent of South Barrule.

North Barrule (1854 feet) is the first objective, a shapely peak standing sentinel over Ramsey, the summit gained by the quaintly named Elfin Glen. A ridge traverse follows to Clag Ouyr (1808 feet). The Manx names are survivors of the gaelic Manx language that was once the island's native tongue. Snaefell, at 2036 feet the island's peak, is the next summit to be visited, and on a clear day the whole

Isle of Man



Manx Mountain Marathon			7.	Slieau Ruy	1570 ft
Checkpoints			8.	Beary Mt	1020 ft
				St. Johns	
1.	North Barrule	1854 ft	9.	Slieau Whuallian	1094 ft
2.	Clag Ouyr	1808 ft		Garey Gate	
3.	Snaefell	2036 ft	10.	South Barrule	1586 ft
4.	Peny Pot	1790 ft	11.	Cronk ny Arrey Laa	1433 ft
5.	Carraghan	1640 ft	12.	Bradda Cairn	787 ft
	Injebreck			Bradda Head	
6.	Colden	1599 ft		Port Erin (Finish)	

island from the Point of Ayre in the north to the Calf of Man in the south is spread out before you like a map. Not only the island: Manxmen talk of the Five Kingdoms visible from Snaefell England, Scotland, Ireland, Wales and of course Man itself. There is little time to ponder; the route onwards beckons.

At 18 miles with another five peaks behind you reach St. John's. But it's tough from here on so most runners say that this is but the halfway point



Start of the Manx Mountain Marathon in 1983.

of the race. So make a drinks stop here near the artificial mound, Manmade one might say, which rises 12 feet and each year plays host to the ancient ceremony of proclaiming the island's laws on old Midsummer's Day, July 5th.

By now you are in the south – green pastures and not so lofty peaks. Do not be misled, this is where the race really begins. Sliaeu Whuallian (1094 feet) and its steep ascent via the forestry plantation boundary, and South Barrule (1586 feet) and that clinging heather both take their toll from the weary and heavy-legged. Crunch time comes at the ascent of Bradda Cairn, a seemingly laughable 787 feet from Fleshwick Beach, but a true man – or woman – killer of a climb where even the winners will be bushed as they stumble up here.

New Welsh Event – No Joking Matter!

A new event is being added to the calendar this Easter, a team relay in the Brecon Beacons area to be known as Welsh Water's Reservoir Relay, to be held on Monday April 1st.

It sounds a good'un and as the name implies it's getting substantial aid and financial backing from Welsh Water plc. What, I hear you say: fell running getting dosh from a water authority? On April Fools' Day? Yes, absolutely true, this is straight up and no leg-pull and if you don't believe us ring the organiser who is John Brooks of the M.D.C. (Mynyddwr de Cymru) club on 0633 440067. The guys at the *The Fellternatiave* will surely never recover from this one!

The race is a seven stage relay

with legs, which are to be run solo, ranging from 5 ½ miles to 9 miles, to give a total length of 47 miles and 8000 feet of ascent. The course circumnavigates seven of Welsh Water's reservoirs in the Beacons area. The route will be well marshalled, race transport will be laid on and there'll be lots of prizes, both team and individual including for mixed teams (4 men/3 women). The organisers are also able to provide floor-space type accommodation before and if necessary after the race. The fee's just £10 a team. Entries should be sent as soon as possible to John Brooks, Nant y Gleisiad House, White Hart, Machen, Gwent, NP1 9QP; telephone number as above.

The doorway of Tilner Tower on the headland is the final checkpoint. Take care following the broken cliff path, with the sea crashing against the cliff foot 700 feet below. At last the finish is in sight.

The challenge conquered, time for recuperation. A welcome pot of tea is available in the Bradda Glen Cafe; refreshments too, and later the prize-giving and knees up – if your thighs, calves and tendons will permit.

Originally the M.M.M. was conceived as a walk, but soon became popular with athletes. Now in its 22nd year the event is well-established even though fields tend to be on the small side, typically 30-odd, but almost always including a mainland contingent. Entry is available in three classes: Elite with a target time of sub 5 1/2 hours, Standard – 5 1/2 to 7 1/2 hours, and Walkers upwards to 10 1/2 hours with this class non-competitive. The race has reverted to Easter Saturday making travel arrangements, particularly the return to the mainland easier, than when it was run on the Monday. So if you fancy a short sea trip followed by an enjoyable runner-cum-tourist weekend the Manx M.M. is decidedly worth a crack. For more details get in touch with the indefatigable organiser of many year's standing A.C. (Arthur) Jones, 97 Silverburn Crescent, Ballasalla, Isle of Man. Tel: 0624 822286.

Up the Pike

In complete contrast in numbers, scenery, distance, origin and almost every other classification but perhaps enjoyment is Horwich's dash up the Lancashire landmark of Rivington Pike with its noted tower. The tower, standing 1192 feet above sea level, was erected in 1733 and in common with other race summits such as Ingleborough, Pendle, Penrith, Dufton, Halifax's Beacon and more, was the site of a signal beacon at the time of the Spanish Armada.

The race route is some 3 3/4 miles from Lever Park Avenue on the outskirts of Horwich to the tower and back and the runners actually climb about 750 feet. The route has been established since 1954 when the local club of Horwich R.M.I. (Railway Mechanics Institute) Harriers took over responsibility for the event and is shorter than the original, possibly professional, race(s) dating back to at least 1893.

It's not especially a hardened fell runner's course: it contains a tarmac start and finish, paths and farm tracks and little fell as the word is strictly defined. But fell shoes are advisable and in wet conditions just about a must. As a fell runner be sure to take advantage of the slippery ground conditions and pass those road runners on the descent with their Torvill and Dean impersonations.

The tradition and history of the race bring it esteem found only at a handful of other races. It can be mentioned in the same breath as Burnsall, Ben Nevis or the Three Peaks. The whole route is lined each year with spectators with the summit tower surround by a mass of folk with binoculars, cameras and encouragement. Just try and walk the last steep outcrop: not possible, for the crowd's enthusiasm carries you up around this most visited and well-loved landmark even if your legs do not. It may only be a 16-25 minute run, but it seems an age before the tree-lined avenue is reached once more. The finish is in sight and you have conquered a fell classic.

A galaxy of star performers have passed this way: Ron Hill, Dave Cannon, Harry Walker, Jeff Norman, Pete Ravald and John Wild to drop but a



Peter Hartley

handful of famous names. The record is Wild's and has now stood for 10 years, the exact time that Ron McAndrew's time stood before the R.A.F. man broke it. Wild's time was 15.53, shaving a not inconsiderable margin of 37 seconds off McAndrew's record and meeting a challenge posed in a race advert in *Athletics Weekly*. The advert read '10 years is a long time – can the record not be beaten?'

Another decade has now passed so now the question can be posed again. Perhaps the answer lies at the feet of local hero Paul Dugdale or of Bashir Hussain, Shaun Livesey, Andy Peace or the formidable Colin Donnelly who has expressed an interest. Attend, and have the honour of running in a race in which history may be made.

Rivington Pike 1986: runners approach the turn on the final climb.

Back Way Round

Our third Easter classic is the Rossendale Fell Race with its tussocks, tracks and rolling hills, which are always wet and arduous.

Both date and route have changed several times over the years – the race once went through Rawtenstall town centre and down a subway, still a talking point, but after this the route became more or less settled. Up to this year that is: for the Rossendale Harriers organisers have picked up on a suggestion articulated a few months ago in the *Fell-tentative* section of our magazine to shake up race routes and add a bit of variety. So this year the traditional route will be followed backwards, then next year the route will revert, and so on. Either way round it's a good day's sport and that, as they say, is the bottom line!



Peter Hartley

Rossendale Fell Race: this year the climb from Naden Reservoirs will be a descent.

Dates: March 30th – Manx Mountain Marathon, 30 miles/8000 feet; Pebart Rivington Pike Race, 3 1/2 miles/750 feet. March 31st – Rossendale Fells Race, 13 miles, 2700 feet. See fixture pages for details.

N. Ireland News by Brian Ervine

Busy first Half

Competition in the coming season in Northern Ireland is centred on the nine race N.I. Championship and the eight events of the mid-week Mourne Hill and Dale League. A lot of the activity takes place in the first half of the season, with 15 races taking place between April and July.

There is one change to the N.I. Championship from last year with a new event in Larne in County Antrim replacing the now overgrown Knocklayd event which will not be taking place. This will be the Knockdhu race (4 1/2 miles/1400ft) which will be or-

ganised by Larne AC and is the first fell race to be held in the area. It promises to be a good short category "A" race, involving two laps up and down an escarpment.

All-Ireland Championship

The All-Ireland and Inter-provincial Championship will take place on Carrauntoohill, Ireland's highest peak at 3414ft, in County Kerry on Sunday 2nd June.

The All-Ireland championship used to be decided over a three race series until last year when a single race format was

opted for, also incorporating a team challenge between Ireland's four provinces.

The Carrauntoohill course (8 1/2 miles/3500ft) is steep and rocky with some impressive ridge running and is one of the finest races in Ireland. Adrian Philpott (yes, that man again!) is the defending champion and Ulster are the current interprovincial champions.

Ladies and Juniors

This year ladies and junior championships are also planned in an attempt to en-

courage participation.

Northern Ireland had a ladies team at the World Cup for the first time last year, and the junior men have always performed well at the World Cup, but until now very few have turned out regularly to compete on the hills. Also with many of the "regulars" now in the veteran ranks, the shortage of younger runners taking up the sport is evident.

The championships look likely to be supported again this season by Anderson Industrial Doors, who also sponsor the Mourne Mountain Marathon.

Adrian Philpott dominated the championship last year and as it looks unlikely that anyone will be able to stop him taking his third successive title, the main battle may be for the runner-up position.

Survey

Does Running Damage Your Joints?

Unless you are fortunate — and wealthy — enough to own a Rolls Royce then the chances are that the older your car and the more miles it has done, then the greater will be the wear of the moving parts. You can accelerate the wear by doing more miles per year and for some parts, by driving your car harder especially in adverse conditions. Is this scenario now beginning to sound familiar?

Osteoarthritis (joint degeneration) is generally a disease of old age. X-ray changes of osteoarthritis become more common with age and almost everyone over the age of 70 has some degree of X-ray change in the knees whether or not they have symptoms. Many people, both medically qualified and the public, think of osteoarthritis as a simple wear and tear phenomenon occurring as a result of over-use. However, there are a number of reasons why this belief is not entirely correct. For example, there is often a strong family susceptibility to cer-

tain types of osteoarthritis and it may affect joints that are not over-loaded or over-used such as those in the fingers. Does walking the dog (classed as moderately active) for 50 years constitute overuse? What is the evidence, if any, that very active people get premature and excessive wear of the bone and cartilage?

Past Surveys

There are two ways of looking at this question in runners. The first is to survey groups of veteran runners and compare these to an age and sex matched group of non-runners. A number of such studies have been performed looking at groups such as the 50-Plus Runners Association in America and Finnish ex-middle-distance runners with non-runners. No difference in joint damage was seen between the groups. However the big problem with these surveys is that runners who have developed osteoarthritis during their career will have stopped running and therefore will not be included in the comparison - a sort of natural selection.

The second method is a way round this and necessitates identifying groups of people who were running at some time in the past and then making contact with them all. This has been done in North America with varsity runners (comparing them to varsity swimmers), in this country in ex-football players and in Switzerland in a group of long-distance track runners and orienteers. The first two of these surveys again found no increased problems of joint wear but the Swiss runners were found to have more osteoarthritis of the hips than non-runners. It must be said that the Swiss athletes had particularly high mileages averaging over 98 kilometres per week. So it would appear from these surveys that runners are not particularly

PHILIP HELLIWELL and AMANDA ISDALE had this question in mind when they made a survey of participants at the 1988 Haworth Hobble. Here are their findings.

Above and below:
Haworth Hobble 1990





Runners at Bronté Bridge in the snow in 1987.

more likely to develop osteoarthritis. However, it would be preferable to be able to establish if athletes were damaging their bones and joints now rather than look at them in their old age. For this reason we decided to carry out a study on participants in the 1988 Howarth Hobble.

Urine Samples

To try and look at this problem directly we measured a biochemical 'marker' of cartilage damage which is excreted in the urine. As the 90 or so people who participated will remember, urine samples were collected immediately before and immediately after the 33 mile run. These urines were then deep frozen and sent to Aberdeen for analysis. Theoretically, if the event caused cartilage damage in the leg joints then we would have seen an increase in the level of the 'marker' in the post-event urine samples, but apart from a few cases (of whom your editor was one) there was no difference in the levels of biochemical 'marker' before and after the event. This was reassuring.

On current evidence it seems likely that fell running, providing mileage is not excessive, is unlikely to be associated with premature osteoarthritis. There is, however, a notable exception to this general statement. If for any reason a joint is injured the process of degeneration is accelerated. The evidence for this is clear from such injuries as, for example, a twisting of the knee causing cartilage tears. However, it is not entirely clear what degree of injury is necessary. For example, could a severe ankle sprain or even recurrent ankle sprain be thought sufficient an injury? Other studies have shown that ligamentous slackness around the joint is liable to lead to osteoarthritis and this may, in some cases, have resulted initially from an injury (eg. turning the ankle).

Ankle inversion injuries have recently been discussed in this magazine by Paul Sharples. It is probably one of the commonest injuries a fell runner receives. Wendy Dodds surveyed all entrants to

the 1979 KIMM asking about ankle injuries. She received 165 replies of which 52 reported recurrent ankle sprain and 59 a single ankle sprain. Some of these people had been out for up to nine months following the initial injury and it was clearly a cause of some concern to a good number of athletes. Often runners went to extraordinary lengths to either prevent the injury happening again or in the treatment of the original injury. Walkers wearing boots were affected as well as runners wearing shoes. How many of these people will develop subsequent osteoarthritis of the ankle has yet to be shown, but there is clearly a great need for further investigation of this problem combined with a professional approach to prevention and treatment.

In some ways the analogy of the joints to the car was unfair, but if your joints are treated properly then they will behave rather like a Rolls Royce and not wear out. Only in the unfortunate circumstances of injury and possibly as a result of insufficient treatment, may accelerated wear occur.

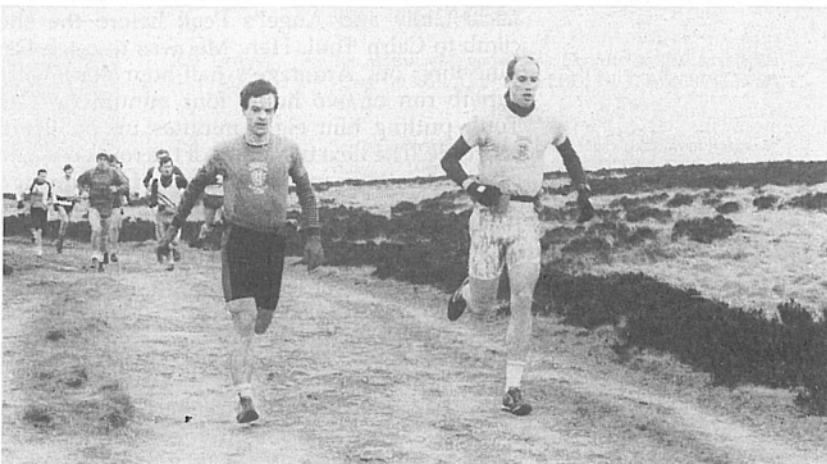
On the Bright Side

On the bright side there are some advantages to running. It is not as hazardous as many contact sports and can be enjoyed to a much older age as many entrants to races throughout the season will attest. Now science tells us that long-distance athletes live longer: a recent survey of participants in the Dutch 11 Cities Ice-skating Tour (distance 200 km) were found to have a longer life span than the average non-athlete. Perhaps it was just a secondary effect, since athletes are known to have lower blood pressure, less excess weight and in general they smoke less, but it is still an encouraging report.

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No problem here
for 1989 winners
Paul Mitchell and
Dave Horsfall. (Bingley)



W.S. Bateson

Cairngorm 4000's —

A Record for the Breaking

While not everyone can spare sixty-six days to chase Hugh Symonds' record for the Scottish Munros or even fancy their chances on the Scottish Bob Graham — Charlie Ramsey's Round — at least one long distance Scottish hill record is there for the taking, or at least attempting, any day of the summer. Even the navigation is hardly a problem with most of the route being on well trodden paths. Does the shortness of the route not make it a sufficient challenge? Surely twenty-five miles and eight thousand feet of ascent are worth

serious consideration!

The Cairngorm Four Thousands — a tour of Braeriach, Cairn Toul, Ben Macdhui and Cairngorm, itself — is one of the classic hill walking and winter ski touring routes in the Highlands. In 1967 the late Eric Beard decided to run it, setting a time of four hours and forty one minutes for the first recorded time for the round. It was twelve years before Beardie's record was broken by Aberdeen's Mel Edwards' time of four hours thirty-four minutes and eight seconds remains unchallenged. Will

EWEN RENNIE
reviews a long
distance record that
looks due for a fresh
challenge.

Cairngorm 4000's (Cont'd)

1991, after another gap of twelve years, be the time it finally falls?

For those who fancy their chances, and for those who just fancy a long run in the hills without the processions of the Three Peaks, Ennerdale or Borrowdale here is an account of Edwards' run and the recognised route. Aspiring record breakers should note that Mel has a 2h18m marathon to his credit and that he finished second in the Cairngorm Hill Race only nine days before his record breaking run!

Glenmore Lodge

The route starts from Glenmore Lodge taking the forest path and then the chairlift road before dropping off right to the bridge over the Allt Mor and past the reindeer reserve heading for the Chalmain Gap. At this point Edwards was running on his own chasing orienteering international Dave Armitage who was carrying extra supplies to supplement Mel's bumbag. With the boulders of the Chalmain Gap safely navigated (tackling them early is one of the principle reasons for favouring an anti-clockwise round) the next target is the Sinclair Hut in the Lairig Ghru. Edwards timed himself at just over forty-eight minutes to the Hut before heading south-east on up Sron na Lairage, the first big climb leading to Braeriach. At the top of Braeriach Mel grabbed a glass of orange from one of his waiting supporters before setting off in pursuit of Dave Armitage. He was timed at one hour twenty-nine minutes to Braeriach, seven minutes up on Beard's schedule.

From here the route skirts the Falls of Dee, Pinacle Gully and Angel's Peak before the short climb to Cairn Toul. Here Mel was to catch Dave cancelling out Armitage's half-hour start with a superb run of two hours four minutes to Cairn Toul, putting him eight minutes up on Beard's schedule. The next two miles of the route see a descent of two thousand feet followed by a similar ascent as one goes into and then out of the Lairig Ghru. Mel shows his age by describing the drag up Ben Macdhui as like a fight with Joe Frazier after one with Ali but at least the route up the side of



Ewen Rennie

Record-breaker Mel with his son, Myles. Will Myles be the one to break dad's record? In about 2010!

Tailor's Burn allows one frequent cold refreshing drinks!

Another well placed supporter fed Mel a drink and glucose tablets as he rested at the Macdhui cairn after three hours fourteen minutes of continuous effort — now nine minutes up on Beard's schedule. A three minute break for rest and recuperation on Ben Macdhui were to prove insufficient as the climb from Cairn Lochan to Cairngorm reduced Mel to a walk. Forty-four minutes after leaving Ben Macdhui Mel reached the summit of Cairngorm with Dave Armitage, his work done, now dropping back. Mel's time of three hours fifty-eight minutes still left him five minutes up on Beardie's schedule (but now losing time to it).

Fresh Pacers

From here the route is down via the Ptarmigan restaurant cutting the corners off the winding road route to the car park above the Allt Mor and then back via the outward route to Glenmore Lodge. For those seeking the record Mel recommends a fresh pacer for this last section from the Ptarmigan whilst those only seeking a nice day out parking the car at 985074 will save three miles and a little bit of climbing!

In 1988 Mel was one of the pacers when his club-mate Kath Butler set the current ladies record for the route of six hours forty-four minutes and fifty-eight seconds. Rumour has it that Kath's husband, Eddie, will be one of those making an attempt on the men's record in 1991.

Welsh Update — with Huwcyn Hack

Shon to Rescue

The Trefriw Mill Race in Snowdonia's Conway valley has in recent years been organised by the local Joint Services command. Not this year, due to 'lack of resources' and the Gulf's demand for personnel.

However all is not lost thanks to local orienteer Shon Scheltinga who's kindly accepted responsibility for the race this year. So this 13m/3250' Long Category race will take place on June 9th.

Points North

Possibly arising from last year's embarrassment at

Trefriw when a fair number of local runners went wildly astray, local club Eryri Harriers organised a day's mountain navigational skills course at Capel Curig. It proved to be very much in demand, especially by the ladies who turned out in hordes. I suspect that some of those on the course will now have learnt to take their compass with them rather than leave it in the car for weight reduction or streamlining purposes!

Double Take

Talking of calendars, is anyone wondering which Welsh race to do on September 21st? Elidir Fawr and the Peris Horseshoe races, both put on by Eryri Harriers, were init-

ially organised for the same day but all has now been resolved by moving the Elidir Fawr race a week forward to September 14th.

Apparently the confusion resulted from the varying number of Saturdays in any one month! If you believe that you'll believe anything but at least the poor marshal on the Elidir Fawr summit, a checkpoint common to both races, won't have a nervous breakdown.

World Cup Doubleheader

For those contenders who perhaps are not too serious about the World Cup trial race in Snowdonia in mid-July, there

is an opportunity to do a low-key run in the vicinity on Saturday 13th July, the day before the trial race. This will be a short 2 1/2m/800' race held at Penmachno, south of Betws y Coed. Details from Sian Parry, Tan Lan Bakery, Betws y Coed.

Like the Trefriw Mill race and Welsh Water's reservoir relay race this event does *not* appear in the F.R.A. fixture booklet. It will of course be listed in *Up & Down*.

Here is another late fixture addition:

April 3
N.Wales
Cat 'CS'

Llyn Parc Foot Race
5m/800' from Pont-y-Fair car park, Betws-y-Coed. 18.45hrs.
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Ref.

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Field & Fell Fixtures

M.C. = Marked Course O.R. = Obvious Route
N.S. = Navigational Skills L.K. = Local Knowledge
E.O.D. = Entry On Day
Refr = Tea, Soup, Roll etc included (where known about)

March

- 10** Lancs 'AL' **Calder Valley** 14m/3600' from Gala Field, GR 009263, Burnley Rd, Mytholmroyd. 11.00hrs. Over 17. £2.50 EOD. Also 15-U17 race, 3m/1000'. £1 EOD. 11.05hrs. Tel: J. Winder 0422 883600. N.S./L.K.
- 10** Leics 'CM' **Charnwood Hills** 12m/1500' from Martin High School, GR 547093, Link Rd, Anstey. 11.00hrs. Over 17. £3.50 EOD. Tel: K. Vickers 0533 708212 M.C.
- 10** Scot 'AM' **Criffel Hill** 7m/1800' from The Square, New Abbey, Dumfries. 13.00hrs. Over 18. £1.50 EOD. Tel: R. Austin 0557 31092 M.C.
- 16** W. Yorks 'BL' **Haworth Hobble** 33m/4400' from Community Centre, Haworth. 08.00hrs. Over 16. (one must be over 18) £10 per team of 2 (FOOD GALORE) by 24th Feb to B. Milner, 66, Skipton Rd, Silsden, Keighley, W. Yorks, BD20 9LL. Tel: 0535 653846 L.N./N.S.
- 16** W. Yorks Relay **Ian Roberts Memorial Fell/Road Relay** 2-4m road & fell from Narsden Cricket Club, off A62. 14.00hrs. £5 EOD by 13.30hrs per team of 4. Tel: R. Futtrell 0484 686415. M.C. Junior/Youths/Ladies teams welcome.
- 17** Cumbria 'AM' **Black Combe** 10m/3000' from Brockwood Park Holiday Est, Whitcham Valley, Millom. 11.00hrs. Over 18. £2 EOD. Tel: K. Nixon 0229 716491 N.S./L.K.
- 23** Lancs 'AM' **Fiendsdale** 9m/2600' from Fell Foot, Nr, Chipping. 11.00hrs. Over 18. £1.50 by 14th Mar to B. Jackson, 1 Park Walk, Preston, PR2 4PA. Limit 160. N.S./L.K.
- 23** Scot 'AS' **Chapelgill Hill** 1½m/1400' from Glenholm, Nr. Biggar, Strathclyde. 15.00hrs. £1 EOD. Also Junior race. Tel: R. Wall 08994 399. O.R.
- 24** Scot 'CM' **Bank of Scotland White Caterthun** 11½m/700' from Brechin, Tayside. 13.00hrs. £3 EOD. Details — A. Young, 11 Gellatly Place, Brechin, Angus. M.C./O.R.
- 24** Derbys 'AL' **Don Morrison Memorial Edale Skyline** 21m/4500' from Edale Village. 10.30hrs. Over 18. £2 EOD. Tel: T. Foley, 0742 307673. N.S./L.K.
- 24** N. Ire Relay **Rostrevor-Newcastle Relay** 20-2 x fell, x road, from Rostrevor Village. 12.00hrs. £8 per team of 4, EOD. Tel: B. Ervine 0846 665476. N.S./L.K.
- 30** I.O.M. 'AL' **Manx Mountain Marathon** 30m/8000' from Market Square, Ramsey. 09.15hrs. Over 17. £2.00 by 23rd Mar to A. Jones, 97 Silverburn Cres. Ballasalla, Isle of Man. N.S./L.K.
- 30** Lancs 'BS' **Pebart Rivington Pike** 3½m/750' from Lever Park Ave, Horwich. 15.00hrs. Over 16. £2 EOD. Tel: P. Schofield, 0204 694831 O.R.
- 31** Lancs 'BM' **Rossendale** 13m/2700' from Marl Pits Sports Stadium, Rawtenstall. 11.30hrs. Over 15. £1.50 EOD. Details P. Warner, 5 Haigh Hall Close, Ramsbottom, Lancs BL0 9QH. N.S./L.K.

April

- 6** Lancs 'AS' **Pendle** 4½m/1500' from Barley Village Hall, Barley, Nr. Burnley. 14.00hrs. £1.50 EOD. Over 17. Tel: S. Bateman 0282 65522. M.C.

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Dave Woodhead (0535) 669100
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Field & Fell Fixtures

- 7** Cumbria
'AM' **Kentmere Horseshoe** 12m/3300' from Kentmere Village Hall. 13.00hrs. £1.50 EOD. Over 18. Also U/18 race, 6m/1900', 13.30hrs. £1 EOD. Tel: Pete Bland Sports, 0539 731012. N.S./L.K.
English Championship event
- 7** S. Wales
'AL' **Llanbedr to Blaenavon** 14m/4500' from Llanbedr Village. 13.30hrs. Registration at Blaenavon Leisure Centre 11.30 to 12.30. £3 EOD includes meal. Over 18. Tel: Dr. G. Buffet 0495 791454. N.S./L.K. Welsh Championship event.
- 7** N. Ire
'AS' **Slieve Muck Novice** 3½m/1400' from Crocknafoela Wood. 14.00hrs. £2 EOD. Tel: B. Irvine 0846 5476. M.C. Ineligible if won a NIFRA Championship race.
- 7** N. East
'BM' **Gisborough Moors** 12½m/2400' from Guisborough Rugby Club. 12.00hrs. Over 18. £2.50 by 13th Mar to D.J. Parry, 14 Lycium Close, Marton Manor, Middlesbrough, Cleveland TS7 8RS. Tel: 0642 324069. Limit 600 M.C.
- 11** N. Ire
'AS' **Moughanmore** 3m/1500' from Deers Meadow. 19.30hrs. £2 EOD. Over 18. Tel: B. McBurney 082 064260. M.C.
- 13** Cumbria
'AS' **Grisedale Grind** 4m/1600' from Whinlatter Visitors Centre, Thornthwaite. 14.00hrs. £1.50 EOD. Over 18. Also U/18 race, 13.15hrs. £1 EOD. Tel: P. Skelton 0900 826981. M.C.
- 13** Lancs
'CM' **Wardle Skyline**. 7m/1000' from Wardle Square, Rochdale. 14.00hrs. £2 EOD. Over 15. Tel: A. Buckley 0706 70516 (after 18.00hrs) M.C. Note-car parking is at Wardle High School.
- 13** Scot
'BS' **Craig Dunain Hill** 6m/900' from Queens Park, Inverness. 15.00hrs. £2 EOD. Details — P. Garner, 8 Tower Court, Westhill, Inverness. M.C.

WELSH 1000 METRE PEAKS RACE (The Snowdonia Summits Marathon)

Saturday 1st June 1991

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- 18** N. Ire
'CS' **Castlewellan** 4½m/850' from Dolly's Brae, Castlewellan. 19.30hrs. £2 EOD. Over 16. Tel: B. McBurney 082 064260. M.C.
- 20** W. Yorks
'New' **Mickleden Straddle** 8m/1150' SORRY HAS BEEN ALREADY RUN ON 3rd FEB
- 20** N. Wales
'AM' **Moelwyn Peaks** 9½m/2500' from Dolawel Playing Fields, Blaenau Ffestiniog. 14.00hrs. Over 18. £3 EOD. Also U/18 & U/14 races, 14.05hrs. £1.50 EOD. 4 mile. Tel: T.W. Owen 0766 831335. N.S./L.K.
- 20** Scot
'AS' **Screel Hill** 4m/1300' from the Forestry Car park, 200 yards along the Gelston Rd off the A711. 13.00hrs. £1.50 EOD. Over 15. Tel: D. Milligan 0556 3061. M.C. Scottish/British Championship race.
- 20** Scot
'CM' **Ben Rha Hill** 7½m/800' from Reay Golf Club, Reay, Thurso. 14.30hrs. £3 EOD. Details — D. Lyall, Morven View, Weydale, Thurso.

The wolfpack! The leaders at Winter Hill

W.S. Bateson





Peter Hartley

Boulsworth '91: 2nd lady Carol Greenwood of Calder Valley uses all fours to clamber out of Turnhole Clough, with company behind.

- 21** Derby 'AM' **Kinder Downfall** 10m/2150' from Hayfield Cricket Club. 11.30hrs. Over 16. £3 by 2nd April to N. Kirk, 79 Church Rd, New Mills, Stockport, SK12 4PF. Limit 400. Also U/16 race. 11.15hrs. 50p EOD. 5m/600' Hayfield Championship Counter.
- 23** I.O.M. 'AM' **Snaefell** 5m/1900' from Bungalow, T.T. Course. 19.00hrs. Over 17. 50p EOD. Also 15-17 years race 19.00hrs. Details, I. Callister, Ballagill, Glenneedle, Peel, Isle Of Man. O.R.
- 24** N. Ire 'AS' **Cave Hill** 2m/750' from Belfast Castle. 19.30hrs. £2 EOD. Tel: I. Taylor 0232 662929. O.R.
- 27** N. Wales 'AS' **Myndd Mawr** 4m/1300' from Bronyfoel Primary School, Y Fron, Caernarfon. 12.00hrs. £1.50 EOD. Over 16. Also U/12 & 12-16 years race. 2m/600'. 12.05hrs. 50p EOD. Tel: Dewi Tomas 0286 830142. M.C.
- 27** Derby 'AS' **Shining Tor** 6½m/1900' from Errwood Sailing Club, Goyt Valley. 13.30hrs. Over 15. £1.50 EOD. Tel: A. Hulme 0625 529874. Partially M.C.
- 28** N. Yorks 'AL' **Three Peaks Race** 23½m/4500' from Playing Fields, Horton-in-Ribblesdale. 11.00 hrs. Over 18. £3 by 23rd March on Official form only. Yvonne Shirley Hodgson, 197 Hall Lane, Horsforth, Leeds, W. Yorks. LS18 5EG. Tel: 0532 585586. Limit 500. N.S./L.K. Refr.
- 28** Scot 'AL' **Four Tops Hill** 14m/5100' from Leisure Centre, Fort William. 11.00hrs. £4 EOD. Details E. Campbell, Kisimul, Alma Rd, Fort William. N.S.
- 30** S. Wales 'BM' **Penttyrch Hill** 7½m/1700' from Penttyrch Rugby Club, Mid-Glamorgan 19.00hrs. Over 17. £2 EOD. Tel: J. Gough 0222 891721. M.C.

ORGANISERS!

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May

- 2** N. Ire 'AS' **Hen/Rocky** 3½m/1500' from Hen car park. 19.30hrs. Over 16. £2 EOD. Tel: B. McBurney 082 064260. M.C./O.R.
- 4** Cumbria 'AM' **Coniston** 9m/3500' from the Institute, Coniston. 11.15hrs. Over 18. £2.50 by 20th April to N. Matthews, High Beck, Milldam, Coniston, Cumbria, LA21 8HD. Limited 400. N.S./L.K. Also 12-18 years race. 11.00hrs. 4m/1500'. M.C.
- 4** Lancs 'BM' **Ravenstones** 10m/1250' from Tanners Waterside Mill, Greenfield, Oldham. 14.00hrs. Over 18. £1.50 EOD. Tel: D. Whittam 0457 876378. Apart of Saddleworth 3-day event, other races 7m & 9m road races.
- 4** N. Ire 'AM' **Slieve Bearnagh** 7m/2650' from near Fofanny Dam, GR 293296. 14.00hrs. £2 EOD. Tel: D. Watson 03967 78423. O.R.
- 4** Scot 'AL' **Stuc A Chroin** 13m/5000' from Ben Sheann Hotel, Strathyre. 13.00hrs. £2.50 EOD. Over 18. Tel: G. Coppock 08774 605. M.C. Ceilidh. British/Scottish Championship.
- 5** Scot 'New' **Hill of the Faeries** 3m/1500' from Strathyre. 12.00hrs. £1 EOD. Tel: G. Coppock 08774 605. M.C.
- 6** Cumbria 'CS' **Penrith Beacon** 4m/500' from Market Square, Penrith. 14.30hrs. £1.50 EOD. Over 14. Also U/14 race. 14.30hrs. 50p EOD. 1½mile. Tel: R.J. Kenyon 0768 64728. Partially M.C./O.R. Carnival
- 6** S. Yorks 'BS' **Penistone Hill** 6½m/1050' from Penistone Recreation Ground, Nr. Sheffield. 15.00hrs. Over 16. £2 EOD. Also 11-16 race. 2½m. 14.00hrs. £1 EOD. Tel: D. Cartwright 0226 763469. M.C.
- 6** Lancs 'BS' **Wray Caton Moor** 6m/1000' from Wray, Nr. Lancaster. 14.45hrs. Over 17. £1.50 EOD. Also U/17 race. 3m/500'. 50p EOD. 14.50hrs. Tel: P.J. Edge 05242 21626. M.C./O.R. Lune Valley Grand Prix event.
- 11** Lancs 'BS' **Belmont Winter Hill** 4½m/1000' from Black Dog, Belmont, Bolton. 13.00hrs. Over 16. £1 EOD. Tel: M. Kelly 0204 81450. M.C. Village Fair.
- 11** Scot 'AM' **Ben Lomond Hill** 9m/3192' from Rowardennan. 14.30hrs. Over 19. £4 includes meal by 25th April to J.W. Mc. Innes, 'Morambi', 20 Kilmahew Ave, Cardross, Dumbarton, G82 5NG. Tel: 0389 841799. M.C. Refr.
- 11** N. Wales 'AM' **Moel Eilio** 8m/3000' from Llwyn Celyn Youth Hostel, Llanberis. 13.00hrs. Over 18. £2.50 EOD. Tel: D. Glass 0286 870280. M.C. Refr.

Field & Fell Fixtures

11-12 N. Yorks 'BL' **Fellsman Hike** 60m/1100' from Ingleton to Threshfield, 09.00 hrs. Over 16. £11 — incl. Food Galore — to Fellsman Hike, P.O. Box 30, Keighley, W. Yorks, BD21 3EP. N.S./L.K. Limit 450.

12 Cumbria 'AM' **Buttermere Sailbeck Horseshoe** 9½m/4200' from Buttermere Village. 13.00hrs. Over 18. £3.50 by 5th May to D. Hughes, Hallsteads, Gosforth, Cumbria. Tel: 09467 25366. N.S./L.K. Northern Counties Championships, Also Lancs, Cheshire, Cumbria & Southern Champs. U15-U18 race 3½m/1700', £2 EOD, 13.15hrs. Junior English Event. Refr.

12 Lancs 'BM' **Darwen Moors** 11m/1800' from Brinscall Sports Centre, Nr. Chorley. 11.00hrs. Over 18. £1.50 EOD. Tel: K. Robinson 0254 773802. Partilly M.C.

15 Lancs 'AS' **Blackstone Edge** 3½m/1200' from Lydgate Inn, Littleborough. 19.30hrs. Over 15. £1.50 EOD. Tel: K. Shand 0706 70080. M.C.

15 Staffs 'AS' **Caradoc Classic** 3½m/880' from the A49, Nr. Battlefield, Church Stretton, Shropshire. 19.00hrs. Over 15. £2 EOD. Enter at Church Stretton School. Tel: S. Daws 0952 433747. M.C.

15 Scot 'AS' **Dumyat Hill** 5m/1250' from Stirling University. 19.00hrs. £1.50 EOD. Details P. Bilsborough, Sports, Union, Stirling University Stirling. M.C.

18 Lancs 'BM' **Darren Jones Clougha Pike** 7m/1400' from Sports Field, Quernmore, Nr. Lancaster. 15.00hrs. Over 15. £1 EOD. Also U12; 3m, 14.15hrs. 12-15 years 5m/800', both 50p EOD. Tel: H. Ball 0524 64416. M.C.

18 Scot 'AM' **Goatfell** 8m/2866' from Ormidale Park, Brodick. 14.15hrs. Over 18. £3.50 EOD. Also 12-17 Years race 4½m, 14.00hrs. Tel: C. Turbett 077086 427. O.R.



Entries are invited to the

30th ANNUAL FELLOSMAN HIKE

Organised by
Keighley Scout Service Team

60 Miles High Level Traverse
of the Yorkshire Dales
— Ingleton to Grassington
11th & 12th May 1991

Start 9.00hrs prompt, 11th May
For further details and entry form send see to:
THE FELLOSMAN HIKE
PO Box 30, Keighley, West Yorks BD21 3EP

18 N. Yorks 'AS' **Simons Seat** 3½m/1350' from Howgill Farm, Nr. Barden Tower, GR 065593. 15.00hrs. Over 15. £2 by 11th May to P. Gaines, 53 Coal Hill Lane, Farsley, Leeds, LS28 5NA. Limit 250. Tel: 0532 565007. M.C. English Championship Event Senior & Junior.

18 N. Ire 'AL' **Spegla Skyline** 12m/4500' from Spegla car park, Mourne Mountains. 12.00hrs. Over 18. £2 EOD. Also U18 race, 6m/2000'. Tel: J. Hayes 0247 872802. N.S./L.K. N. Irelands Championship Event.

18-19 I.O. Skye 'O' Type **Rock & Run Mountain Marathon**, from Sligachan, Isle Of Skye. £18 per team of 2 on official form ONLY by March 31st, SAE to M. Bagness, R & R.M.M, 4 Cheapside, Ambleside, Cumbria, LA22 0AB. Tel: 05394 33660 (daytime only). N.S.

19 S. Wales 'BS' **Cwm Nant-Y-Groes** 7m/1500' from Cwm Nant-y-Groes, Nr. Abertillery, Gwent. 14.00hrs. Over 18. £2 EOD. Tel: J. Sweeting 0495 752961. M.C.

19 Cumbria 'AM' **Fairfield Horseshoe** 9m/3000' from Rydal Hall, Nr. Ambleside. 13.00hrs. Over 18. £2 EOD. Tel: T. Walker 0539 726578. N.S.

19 Scot 'AS' **Power of Scotland Kaim Hill** 3½m/1250' from Fairlie. 14.00hrs. £1.50 EOD. Over 16. Details — A. Rodman, 9 Thirdpart, West Kilbride, Ayrshire. M.C.

21 Lancs 'BS' **Two Lads** 4m/800' from Bridge Inn, Horwich. 19.30hrs. £1.25 EOD. Over 15. Also 9-14 years, 19.00hrs, 1½m, 50p EOD. Tel: J. Hope 0204 691460. Partially M.C.

22 Scot 'CS' **Kinnoull Hill** 4m/800' from Branklyn, Perth. 19.00hrs. £1 EOD. Details — G. Duncan, 22 Wilson St, Perth. M.C.

23 N. Ire 'AS' **Lough Shannagh Horseshoe** 4m/1700' from Spegla Rd car park. 19.30hrs. £2 EOD. Over 18. Tel: B. McBurney 082 064260. M.C.

25 I.O. Jura 'AL' **Bens Of Jura** 16m/7500' from Craighouse. 10.30hrs. Over 18. £4.50 by 1st May on OFFICIAL FORM ONLY to D. Booth, 18 Allergill Park, Upperthong, Holmfirth, HD7 2XH. N.S./L.K. Ceilidh.

25 Lancs 'BM' **Hutton Roof Crags** 7m/1300' from Hutton Roof Village Hall, Nr, Kirkby Lonsdale. 14.30hrs. £1.50 EOD. Over 17. Tel: I. Rooke 0468 71156. M.C. Country Fair.

26 Lancs 'BS' **Great Hameldon Hill** 6m/1100' from Peel Park School, Alice St, Accrington. 11.30hrs. £2 EOD. Over 16. Also 12-U/16 years. 11.00hrs. 3½m. Tel: A. Macaulay 0254 385433. M.C.

26 Lancs 'AS' **Wharmon Dash** 2m/600' from Churchill Playing Fields, Greenfield. 15.00hrs. £1.50 EOD. Also 12-17 years 15.00hrs. £1.50 EOD. Tel: E. Sykes 0572 870459. M.C. Country Snow. Junior Championship.

27 Lancs 'CM' **Bentham Gala 10 Hill** 10m/800' from Higher Bentham Playing Fields, 14.30hrs. £1.50 EOD. Tel: G.K. Robertson 0468 61285. M.C.

28 Cumbria 'New' **Coniston Water Festival** 8m/3000' from the Sun Inn, Coniston. 19.00hrs. £1.50 EOD. Over 16. Also U/16. 2¼m/750'. 50p EOD. Tel: D. Wilkinson 09667 297 before 20.00hrs. N.S.

June

1 N. East 'BM' **Alwinton** 14m/2500' from Rose & Thistle, Alwinton. 11.30hrs. Over 18. £1.50 by 25th May to R. Scott, 3 Linden Way, Ellington, Morpeth, NE61 5EY, Tel 0670 860002. N.S. Also 6m/1100', 11.45hrs. Over 15 & 10-14 years, 12.00hrs, 1m, Entry FREE. M.C. Refr.

1 Cumbria 'AL' **Duddon Valley** 20m/6000' from the Newfield Inn, Seathwaite. 11.30hrs. £3 EOD. Over 21. Also 18-21 years. 11.00hrs. 11m/3000. £3 EOD. Tel: M.B. Jones 0229 716613. N.S./L.K.

1 Cumbria 'AS' **Langdale Gala** 1½m/650' from Chapel Stile. 15.00hrs. Over 17. Entry FREE. Also U/9, U/12, U/14, U/17 — ¾ mile. Tel: N. Walker 09667 317. M.C.

1 N. Yorks 'AM' **Pen-Y-Ghent** 5½m/1500' from Horton-in-Ribblesdale. 15.00hrs. £1.50 EOD. Over 18. Also 15-17 years same race. Tel: H. Atkinson 0535 6046715. O.R.

1 N. Wales 'AL' **Welsh 1000 Metre** 23m/8000' from Aber Foreshore to Snowdon summit. 10.00hrs runners, 8.00hrs walkers. Over 18. £3.50 by 13th May to Mrs. C. Middleton, 31 Cherry Tree Ave, Leicester Forest East, Leicester, LE3 3HP, Tel: 0533 395425. Also 15-18 years 11.30hrs. Start at GR 658603 to Snowdon Summit. Bus from Llanberis to start at 09.00hrs. N.S./L.K.

1 Scot 'AS' **Glengoyne Gallop** 2m/1200' from Glengoyne Distillery, Blane field. 13.00hrs. £1 EOD. Details — A. Campbell, 189 Clevedon Rd, Glasgow. O.R.

2 Lancs 'BM' **Edenfield** 7½m/1600' from Edenfield Cricket Club, Nr. Bury. 12.30hrs. £1 EOD. Over 17. Tel: K. Smith 061 7972498. M.C. — not last year.

2 Scot 'BS' **Scolty Hill** 5m/800' from King George Park, Banchory. 14.15hrs. £1.50 EOD. Over 17-men/Over 15-ladies. Also Junior race same. Tel: E. Dunster 0224 733085. M.C.

2 Scot 'AM' **Aonach Mor Hill** 10m/3500' from Fort William. 12.00hrs. £5 by 20th May to E. Campbell, Kisimul, Alma Rd, Fort William.

8 Cumbria 'AL' **Ennerdale Horseshoe** 23m/7500' from Ennerdale Scout Camp. 11.00hrs. Over 21. £3.50 by 1st June to C. Ford, 15 Snowden Ave, Cleator Moor, Cumbria. Tel: 0946 813192. N.S./L.K. Refr.

ENTER EARLY — DON'T BE LATE

8 Mid-Wales 'BL' **Man v Horse v Bike** 22m/4000' from The Square, Llanwrtyd Wells. 11.00hrs. £10 on official form by 1st June to G. Green, Neuadd Arms Hotel, Llanwrtyd Wells, Powys, LD5 4RB. Tel: 0591 3236. M.C. £1100 to runner(s) who beat the 1st horse.

9 Cumbria 'AS' **World Cup Selection Races** (Ladies & Junior men). Arant Haw 4m/1510' from People's Hall, Sedburgh. 12.00hrs — Junior Men; over 15 on 1st Jan and under 20 on 31st Dec. 13.00hrs — Ladies race. £2 by 3rd June to P. Bland, 34A Kirkland, Kendal, LA9 5AD. Tel: 0539 731012 (work); 0539 821688 (home). M.C.

15 I.O. Arran 'AL' **Glen Rosa Horseshoe** 13m/5500' from Brodick Castle. 12.00hrs. Over 21. Limit 100. £3 on OFFICIAL form only SAE please to D. Freeman, 26 Murray Estate, Lamlash, I.O. Arran, KA27 8NS Tel: 07706 597. L.K./N.S. (Includes meal)

Always enclose a stamped addressed envelope when writing for details. Note that fuller details of many of the fell races listed above may be found in the annual fixtures calendars published by the Fell Runners Association and the Scottish Hill Runners Association and sent to members. Also that details of certain popular fell races likely to be oversubscribed have been omitted from the above list at the request of the FRA Fixtures Secretary. Enquiries about membership of the FRA should be sent to Pete Bland, 34a Kirkland, Kendal, Cumbria, and of the SHRA to Alan Farnigham, 13 Abbotslea, Tweedbank, Galashiels, TD1 3RE.

Back to the Treadmill!

Most days during Midwinter, Superstud returned from the hills at dusk, blasted out of his mind by the incessant southwesterly gales, beard iced-up, toes and fingers numbed to the bone. Rebellious voices began to mutter inside that numb skull: "There must be something better than this!" And then, just as the clamour of incipient sanity became almost unbearable, an invitation dropped on the mat: "Fitness Appraisal, Tuesday at 5. Be there if you dare".

Thus it was that Tuesday found Superstud approaching the hallowed portals of the Sports Hall, casting sheepish glances over his shoulder to make sure he wasn't recognised. "Er, fitness appraisal" he whispered to the receptionist, trying to avoid the inevitable smirk of incredulity. And so he shuffled down ill-lit corridors – and into the portals of Valhalla!

Instruments of Torture

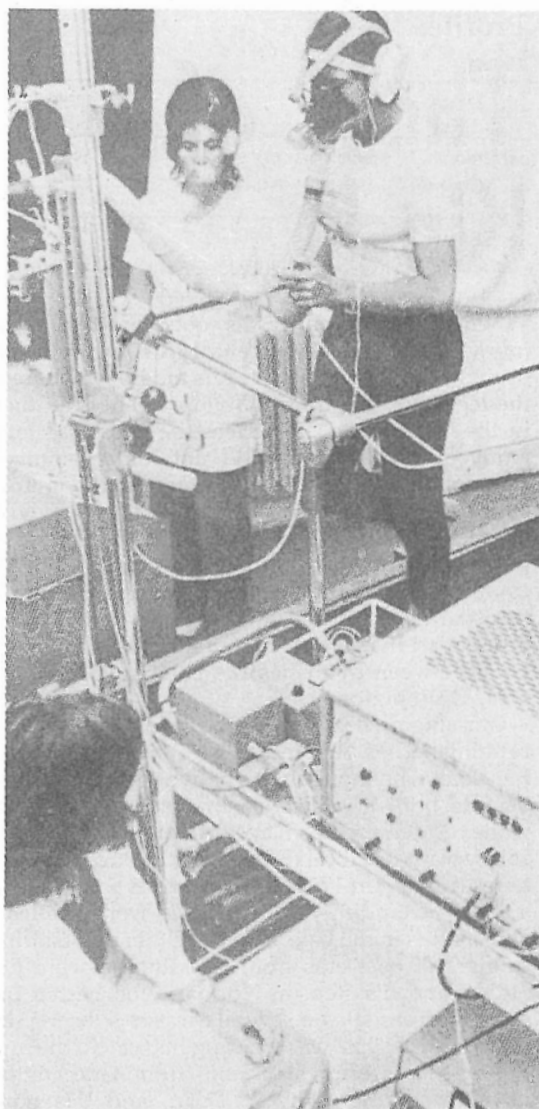
Nothing in the outerworld could have prepared him for the horrible apparition that greeted his eyes. The hall in which he stood vanished in the distance into mists of steam, arising from a hundred sweating corpses. Each was mounted on some gleaming instrument of torture: pedalling, hauling, rowing, heaving, stretching... At one machine a latter-day Icarus was flexing outstretched elbows in a vain attempt to fly; at another a grimacing fiend appeared doomed for ever to haul on weights and wires, dragging his torso into untold contortions; at a third, an anguished wretch in leg irons heaved and groaned as in the last throes of a fatal ague. And there was more... but Superstud fled the hideous spectacle, his heart thumping, eyes glazed over tongue dry as sandpaper – and collapsed against the escape door which bore the legend "Appraisal centre: knock before entering".

The thud of Superstud's collapse brought a kindly response "Enter!", and he found himself in a homely otherworld of sanitised furniture and quietly-purring computers. "Well" said the benign host, despairingly, "I suppose we'd better go ahead with it. Off you go and change." And, sporting trainers and club vest, Superstud felt a different person. Especially when told he was going to be run to exhaustion on a treadmill. And that it would only take fifteen minutes. "Bloody cheek – I'll show 'em – I'll keep 'em here 'til midnight!"

The treadmill was fine – first walking pace, then winding up to a jog, 12 kph, calculated from Superstud's boasted 10k time. "Now the breathing tube: we measure your respiration rate and use of oxygen" "What – with that snorkel thing in my mouth?" "Yes, all the time – you shouldn't feel any resistance". "OK, let it roll". "I'm starting the clock now. Please wave when you've almost had enough: we need a final thirty second sample."

The first three minutes were a doddle. The nose-clip pinched, the mouthpiece filled up with saliva, Superstud focussed on the calming picture fixed to the wall ahead. "People do four-minute miles on these things, you know – there's no air resistance." Superstud mumbled that he was feeling plenty of resistance, but it came out like "murg hurg slurp".

"Now I'm increasing the gradient to 2½%"; and now the adrenalin starts flowing: uphill at last. Ex-



Up & Down's secret correspondent 'SUPERSTUD' has been having his assets appraised!

Another willing victim of the 'Oh-too-Max!' machine.

cept that we aren't going anywhere. Three minutes of this, steady breathing, no problems. And so to 5%, and still going strong.

Nine minutes into the test and the gradient is up to 7½%. Uncanny how hard work this is, considering it's still at sea level. A gripping moment of realisation: when the gradient steepens, you're supposed to run slower – but here we kept to this incessant 12k pace. Struggle to swallow the spit. Perspiration. Breathing more laboured.

Faster than the Ben

Twelve minutes and the gradient went up again, and now the agony was really pouring on. Oxygen-starved brain made one last calculation: 12 km and 4000 ft/hour – this is a lot faster than the front runners on Ben Nevis! Now the signal! – but could he keep it up for another half-minute? He could and did; the gradient eased; the treadmill slowed to walking speed and nausea mingled with relief in Superstud's ravaged frame.

Stepping off the treadmill, he was assaulted by another wierd sensation – the floor of the room was moving! An earthquake? –no, just the body's balance mechanism playing tricks. As Superstud took a welcome shower, the analysers and computer pondered his fate. Eventually they disgorged a plot of oxygen usage against power output, peaking on the 7½% gradient.

"Your VO₂ max puts you in the elite class" chortled the appraiser, somewhat bemused, "What on earth does someone of your antiquity do for exercise?" "Oh, the occasional hill plod" murmured Superstud, basking in new-found confidence. "Can you give me any training tips?"

Profile:

Three of a Kind

Up & Down profiles the HAWKINS BROTHERS of Grassington — Mick, Steve and Graham.

When fell running traces its roots it does so in the knowledge that over a century of tradition has brought the sport to where it is today. Nowhere is the legacy of this tradition more keenly felt than in the Yorkshire Dales. Here the sport has long enjoyed great popularity not only amongst runners themselves but also amongst the layfolk of the Dales. At races run in conjunction with village gala days or sports meetings knowledgeable crowds of thousands can line the courses. Two of the great fell running venues of this tradition, Kilnsey and Burnsall, lie just a few miles apart in Upper Wharfedale and roughly halfway between them lies the chief village of the area, Grassington.

Grassington has always produced its share of fell running heroes. A noted early runner was Thomas Metcalfe, who though not a native of Grassington — he was born at Hawes — enjoyed great success while resident in the village. Metcalfe who worked as a servant to a local doctor, won at Burnsall three times running in 1907-08-09, the 1908 win being in a then outstanding record time, as well at Kilnsey and at races in the Lake District. Other outstanding runners of past eras from Grassington were Jim Stubbs and his stepson Norman who bested the great Bill Teasdale on several occasions during the time that Teasdale was working his way to the top. More recent runners of note from Grassington have been the Whyte, Dean and Hawkins brothers, and it is the Hawkins brothers Mick, Graham and Steve — whom this article profiles. In

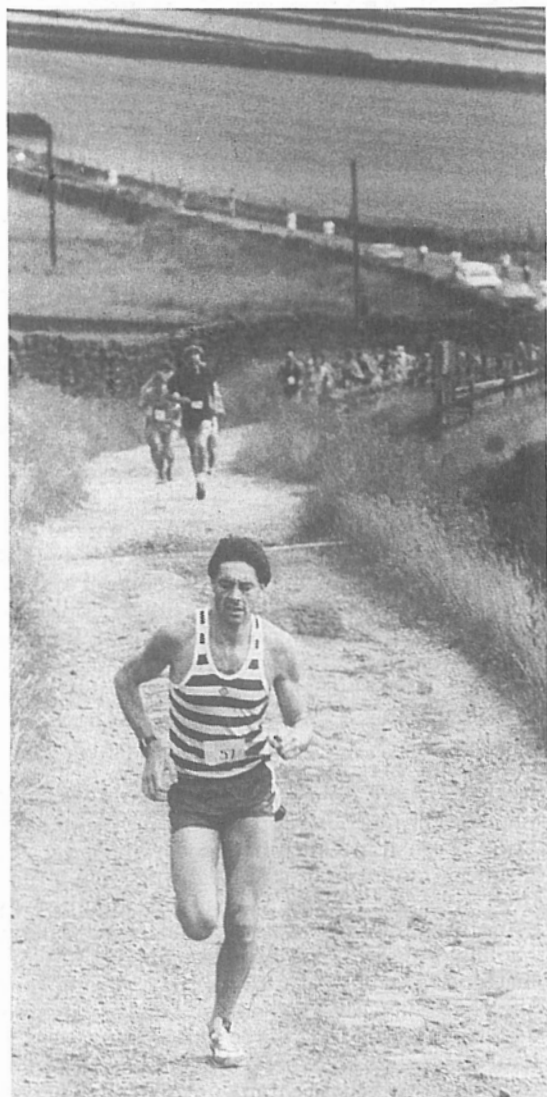


Photo — Courtesy Kighley News

Mick Hawkins leads at Stanbury 1985.

early age from a background that included participation in school sports and village life activities such as 100 yards, teacake racing, obstacle racing and so on. The lads were inspired in this by the running successes of a fourth older brother, David, as well as by the friendly nature of open fell racing that is highly conducive to junior participation.

Jubilee Debut

Mick and Graham both made fell running debuts at the special 1977 Grassington Jubilee event. They finished 1st and 3rd respectively in the junior race separated by another local Stephen Dean. From this successful start Mick particularly enjoyed much early success. Following the one-off Jubilee event he placed 2nd at the Grasmere Juvenile Guides Race and 3rd at Ambleside, but also won at Kilnsey, Malham and Gargrave amongst others that summer. Victories the following summer included setting a new record at the junior Kilnsey Crag race of 8 minutes 15.6 seconds for this classic of the professional circuit, involving a breathtaking scree descent off the 500' crag.

It was through the support of Stephen Dean's parents, Peter and Pauline that much of this early success was achieved. The Deans recognised that if their son could finish second in Lakeland events to the late Phil Robinson, then Mick too was an outstanding prospect. So they provided transport for Mick as well, of course, for their own son Stephen, for which Mick acknowledges great thanks.

Mick's apprenticeship at senior level began in 1979 with 5th at Grasmere, 4th at Ambleside Malham and Kilnsey and 3rd at nearby Hebden.



Sedburgh Open Fell Race with Steve Hawkins to the fore in his 'pro' days.

their record of participation, their successes on the fell and their present aspirations in the sport, the brothers represent a microcosm of what fell running is about, the relationship of open to amateur fell running, and the relationship of fell running as a whole to the rest of organised athletics.

As might be expected of Dales lads all the Hawkins brothers were drawn into fell racing at an

All of these races were won by outstanding Lakeland runner and reigning open champion Fred Reeves of Coniston. 1980 saw Mick's results improve with several runner up placings to Reeves, and then rising star Kenny Stuart of Threlkeld as well as victories at Hebden and Crosby Ravensworth.

1982 proved to be the first of Mick's championship years when his fell running talent blossomed to full maturity. Reeves had left the open ranks to seek reinstatement as an amateur at the end of 1981 and Stuart was to follow months later, but Mick's performances over the next three seasons proved he would have been able to win the crown against any contenders as he triumphed three times in the Northern Sports Promoters annual championship. Mick acknowledges that Kenny brought the sport on tremendously and was obviously the one to aim for and though Mick never doubted his own abilities Kenny's reinstatement did provide a spur for Mick to become champion.

Gave Up Football

Mick's decision to concentrate on the fells meant his stopping playing football as a forward for Grassington United throughout the winter. Competing in over 40 races between May and September little other training was required so his average mileage in the mid-80's as a pro was 25/30 miles a week, including runs over local fell courses, two laps per session, and a weekly grass track session of 10x400m. Later as an amateur Mick realised that this would not be enough for the differing demands and to regain the strength that football had once brought he started in early 1986 training twice a day, upwards of 60 miles a week. He was coached by Dennis Quinlan from 1986 to 1988, and since then by steeplechase coach Gordon Surtees who coached Dave Cannon when he transferred his talents from fell to road.



Graham Hawkins leads at Kettlewell 1989

Who's Who At a Glance

	MICK	GRAHAM	STEVE
Name:	Christopher Michael Hawkins	Graham Mark Hawkins	Steven Andrew Hawkins
D.o.B.	24-10-61 Grassington	25-02-64 Grassington	10-04-67 Skipton
Occupation:	CDT Teacher at Aireville County Secondary School, Skipton	Self-employed Plumber	Self-employed Drystone Waller
Status:	Married to Ginette with baby daughter Tara, 9 months	Single	Engaged to Claire with son Liam, 2
Height:	5'11"	5'10"	6'0"
Weight:	10st 10lb	11st 7lb	10st 10lb
Fell Racing Debut:	Grassington Jubilee Event, 1977	Grassington Jubilee Event, 1977	Hebden Sports, 1979
Present Athletic Status:	Amateur — reinstated 1985 (but now races on track — see main text). PB for Steeplechase is 8.37.12	Professional — Guides Racer	Amateur — reinstated 1987 Races fells.
Best Fell Racing Season:	BOFRA Champion 1982-83-84	4th BOFRA champs 1989. BOFRA vests 1988-89	Joint BOFRA Champ in 1986. World Cup Vest as a junior (amateur) in 1987.
Favourite Races:	Kilnsey, Burnsall, Braemar 'anything runnable'	Kilnsey, Muker, Loweswater, Kettlewell	Kilnsey, Burnsall, Fairfield, Three Shires
Ambitions:	To break into world level on the track (steeplechase)	To win at Kilnsey To win BOFRA title.	To gain senior England vest.

Mick's three year 'reign' as a pro included triple victories at the Braemar Games (the Queen's retreat) where he edged out Stuart's record by 2 seconds which was very pleasing since Stuart was always better over the longer distance races (25 minutes) as well as Burnsall and Kilnsey. The 1984 Grasmere race was a significant win too: Mick says he would have turned amateur two years earlier than he did had he won this race, the cream of professional running, before.

'I had to win that', he says. "I could not class myself a worthy champion otherwise." And it was important too to become the first Yorkshire (and Craven) winner there.

Mick rates his finest pro performance to have been 1982 at the famous Kilnsey Crag race, in which his time of 7 minutes 35.8 seconds broke Stuart's record by an incredible 10 seconds, leaving such notables as Tommy Sedgwick, Roger Gibson and Graham Moffat in his wake. Before the race Mick had trained 15 times over the route so knew every foot fall.

For good measure while a pro, Mick also won many track races, including the prestigious Powderhall mile in 1985 and with it a solid gold medal which he rates highly.

In 1985 Mick decided to seek new challenges by following in Reeves' and Stuart's footsteps to the amateur ranks, joining first Skipton A.C. and then



Steve wins at Burnsall 1988, two years after brother Mick's triumph.

Three of a Kind (Cont'd)

Bingley Harriers. Having won the professional title three times there was, Mick says, nothing left to prove. He'd won 38 out of 40 races in 1984 and racked up 7th and 8th victories at Hebden and Crosby Ravensworth respectively.

"I wanted to represent my country which could not be achieved as a 'professional'. I enjoyed my time as a 'pro': no two ways about it winning gives you confidence and I was also treated like a celebrity."

Steeplechase

Since turning amateur Mick's ambition has been realised in three spheres – road running, track and X-country – but not on the fells. Though he did run a few races, his results generally reflected a waning interest in the sport. In fact he did not enjoy amateur fell races, only victory at Burnsall in 1986 providing the element missing from the 'pro' days, crowd and spectator participation. Call him a glory merchant if you will but running your typical amateur race scarcely compares with running in front of a cheering crowd of 10,000.

As a track runner that element is back with the highlight of his career so far being selected for to steeplechase for England at the 1990 Commonwealth Games in New Zealand, a dream come true. He reached the final but finished a disappointing 13th, unluckily last, though he was lying 7th until he blew with a lap to go.

In his track career so far Mick has also run in the 3000m European indoors, won the Northern steeplechase title twice, the inter-counties, won a silver and bronze in the U.K. champs and a bronze in the A.A.A. champs with his P.B. of 8 minutes 37.12 seconds.

Mick says, "I am still very enthusiastic towards running and feel that there is still a lot of room for improvement, especially in my steeplechase technique which may yield 15-20 seconds. I would like to break into world level for three or four years, then maybe return to road racing and possibly the marathon. A return to my fell running roots? Maybe one day if I am not past it by then."

It is interesting to compare Mick to the youngest of his brothers Steve. Like Mick, Steve enjoyed success during his time as a pro, then sought reinstatement. However, unlike Mick, Steve continues to run the fells. This he does with success, winning an England junior vest a couple of years ago and having ambitions to repeat this feat as a senior.

Steve reckons his first fell race was probably Hebden Sports in 1979 as a twelve year old, but despite this early start he never had the same amount of success that Mick enjoyed. One success as a junior was winning at Burnsall from the present day open champion, John Atkinson. In 1983 he finished runner-up to fellow Guides racer Richard Drinkall at Pete Bland's junior Butter Crag race at Grasmere, who also had his measure at Kilnsey. But the tables were turned at Kettlewell when, as the two recrossed the River Wharfe, Drinkall fell leaving the way clear for a satisfying success, the more so since the race is promoted by his brothers. A week after he won Burnsall U/17's, but since the U/17's raced with seniors it was his second place overall to Mick beating Steve Carr that meant the most.

Moving up to the seniors in 1984 Steve chased Mick home several times including Grasmere, Kil-

nsey, the Hawkswick Dash, Kettlewell and Burnsall. He repeated this placing at Grasmere the following year, this time to Highlander Duncan Gillies, with Carr third. At Kilnsey a week later, Carr led from Colin Schofield at the top of the crag, only for Steve to take off down the 20ft rock face of the chimney in true Hawkins style and gain a decisive victory. BBC TV cameras were there to record the event for *Look North "Places"* and Harry Gratton did the voice-over:

"...As they turn at the top, Steven calls on all his experience to win the race. Down the crag he has not given up and it is where he makes his challenge, moving from 3rd to 1st. Steven is almost home – but there is still the notorious chimney to negotiate, a sheer drop of over 20 feet which almost spells disaster. After bouncing down the chimney, Steven carries on as if nothing has happened. Desperately tired, he is assured of a warm welcome as a local hero..."

'Bouncing down the chimney' in fact had to be seen to be believed. Steven actually slipped virtually the full length of the chimney yet emerged seemingly unscathed.

1986 was the year that Steven really made his mark. He chased the new champion Steve Carr home on seven occasions but he also defeated Steve at Grasmere, Malham, Kettlewell and Embay. At Grasmere he became the second youngest winner at only 19, and also English hill champion



The brothers at Burnsall 1990

after being runner-up the previous two seasons, leading home the 48 starters in 13 minutes 25.78 seconds in front of a 15,000 crowd. The Sharpaw race at Gargrave was another good race, since he won the Yorkshire hill title and also broke brother Mick's record by 22 seconds.

"Must have been a short course!", grunts Mick!

At a rearranged Kilnsey (due to Hurricane Charlie), Steve showed John Atkinson the way home in 8.03, but with doubt over the correct placing of the finish line. With no show or crowd, the atmosphere was not the same. Waiting around just for the race Steve felt immense pressure build up. Normally on show day he would have been up at 6 o'clock milking then cleaning, followed by getting the cattle ready for showing, leaving little time to get nervous before the race.

Even Stevens

A real nip and tuck season ended with Steven sharing the Guides championship with his namesake Steve Carr. Midway through the season though Steve had already decided to follow his brother into reinstatement. One reason was to better himself as a runner. Hugh Symonds, one of the top amateurs, had run at the open Moorcock show, had won, been banned and then sought reinstatement. Steve realised that there were many more runners of Hugh's standards in the amateur ranks and that that was where the competition was.

"Pro running gives you a false sense of achieve-

ment. In a way it's OK round here, but shown on a wider scale you get the true perspective."

Steve's first amateur outing was the British championships Blisco race in Langdale in April 1987. Finishing 17th at least proved the "false sense" theory, although to be fair he had been sidelined with a kidney inflammation from November to February.

"I could not handle the speed at which they climbed, but on reflection some of the names around me such as Paul Dugdale, Mark Rigby, Dermot McGonigle, etc. proved who the better runners are."

The next outing, Simon's Seat was a vast improvement, 2nd, 3 seconds down on Gary Devine but ahead of Livesey and Blisco winner Maitland, all inside the old record.

With performances like this Steve became the first of the brothers to gain an English vest, qualifying for the U/21 team for the World Cup at Lenzerheide, Switzerland. He collected both individual and team silver medals, finishing only 13 seconds behind the Italian winner Lizzoli. A great end to the season.

Beaten in Championship

The initial goal for 1988 was the English intermediate championship but Steve did himself no favours by participating in the senior Chew Valley race (13m/2000ft) only to become another novice to fall victim to the dreaded tussocks, peat and mist of this potential fell runner's nightmare. Not recovered, Steve missed Pendle and interest in the championship waned, but towards the end of the season Steve decided to give it another go, only to lose to Holmfirth's John Taylor by a single point. The Blake and Latrigg, international selection trials, were his other aim but although he ran well either side of these races with wins at Clitheroe and Saddleworth as well as afterwards at Burnsall, he had nothing to give at the trials a total disaster.

The following year, 1989, Steve returned to Ambleside sports, competing in the amateur Rydal Round where once he would have run the pro Guides race. He descended triumphantly from the high ridges of Fairfield with the added bonus of winning a colour TV set. This and winning at Ingleborough finally changed his attitude to climbing, at last proving to himself, as he led by over a minute at the summit fort, that he possessed that ability.

That year's Burnsall climaxed in one of the most exciting finishes on record. Steve reached the flag-bedecked crag, 23 seconds behind clubmate Andy Peace, but launched himself into a typical headlong descent over the heather and rocks which ultimately proved to be the fastest on record apart from Dalzell's disputed 1910 time. With 60 yards to go Steve actually took the lead, but a supreme effort 10 yards from the finish by Peace snatched victory by a mere second in 13.28.

1990 saw Steve race only three times because of recurring kidney problems but he hopes to back for 1991. His favourite amateur races are Burnsall, along with Fairfield, Sailbeck and the Three Shires, "mainly because I enjoy running that distance, but also because of the fantastic scenery up there." Despite the missed 1990 he has eyes on a possible England vest and the British or English titles. "But that depends on the long races named, if it's an Ennerdale or Wasdale type then forget it". In fact the English races named are Borrowdale and Langdale so hopefully we can follow Steve's progress with interest.

In contrast to elder brother Mick and younger brother Steve, Graham Hawkins, the middle of

the three has remained true to traditional fell running code of his native dales. Though an early starter he was a late developer athletic-wise, achieving some good results as a junior, though never shining as his brothers did. 2nds, 3rds and 4ths were his best marks though he did scalp Steve on a few occasions.

Upon entering the senior ranks, rival Steve always had the measure and Graham found the going hard, mostly finishing in the teens positions. Part of the answer lay in Graham's lack of training between races so with training in 1985 improvement was assured. Competing for the first time in the Kendal Sports Winter League in 1985/86 he gained 4th overall, improving his mileage to 40/50 per week. 3rd Hebden, 4th Kilnsey in his fastest ever of 8/50, Wasdale 5th, Ambleside and Cray 6th were some of the fruits of this training and the 1986 Guides review described him along with Brian Ryecroft as the two most improved runners of 1986.

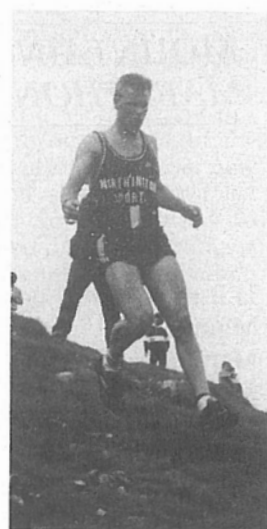
Renewed increases in mileage brought renewed benefit, not only consistency, along string of 3rds, 4ths and 5ths, but the highlights of '87, back to back victories within the space of five days at Kettlewell and Loweswater. "After winning at Kettlewell I must have been full of confidence, and beating the likes of Roger Gibson and Steve Carr over a steep fell course felt good."

Kilnsey that year was a thriller. Graham led into the trees on the scree climb, but then losing confidence allowed the pack to close. Off the top over-eagerness caused him to miss the path allowing Steve Carr and Colin Schofield into the chimney first. "Having slipped off the path, I mentally gave up in the race; I'd blown it. But John Atkinson proved the race was far from lost." In fact in the chimney Atkinson used both Graham and Schofield as stepping stones to negotiate the chimney to set up the most exciting finish on record at the race. Coming from behind Atkinson beat Carr by the thickness of a vest, as the BBC2 cameras rolled to record it.

1988 saw Graham progress from 6th to 5th overall in the B.O.F.R.A. championship despite back problems caused when lifting an old cast iron bath when working. He also gained a vest for the international match against the Scots at Innerleithen.

Graham added speedwork twice a week with hills and fartlek during the winter of 1988/89, totalling about 40/50 miles a week. During the summer this was reduced and included more fell running. At Lowgill among the North Bowland Fells he up-

Cont'd on p.46



Another shot of Graham leading at Kettlewell.

ACKNOWLEDGEMENTS

Thanks to Mick, Graham and Steve for being interviewed. Thanks also to Bill Smith for the use of original material.

Mick leads at Grasmere in one of his 'pro' championship years.



Courtesy — Lancashire Evening Post

Trevor Batchelor

Wild Places — Should They Be Left Alone?

Is it right for Mountain Marathons to visit sensitive areas such as Skye, asks **ANDY DYTCH** of the Scottish Hill Runners Association?

I am writing on behalf of the Committee of the Scottish Hill Runners Association, with regard to the environmental impact that our sport has on the hills of Britain. Increasingly over the past few years, there are numerous examples of disagreements and discussions on the impact created by runners. In the English Lakes, the National Trust have voices concern about routes etc. and this is now starting to happen in Scotland.

However, while normal races do inevitably have an environmental impact, it is probably Mountain Marathons that have a much greater impact.

This is due to:

(i) The large numbers of competitors which easily exceeds any single hill race, for example in the Karrimor and the Rock and Run.

(ii) The fact that competitors are spread over hillsides taking their own particular desired line to the next checkpoint. This goes directly against the feelings of a large number of environmental agencies in Scotland who feel that the best way to limit damage is by keeping people to paths and avoiding spreading impact across hillsides.

(iii) The fact that competitors are in an area for a significant period of time with an overnight camp can and does lead to pollution and disturbance. For example, there are still a number of competitors who do not take everything out which they take in. In the 1990 KIMM, for example, I saw plenty of evidence of plastic bags, Mars bar wrappers etc. One disturbing rumour I heard of last year's Rock and Run was that an orienteering control was found still in place a number of weeks after the event.

Inevitably, these sort of impacts do create concerns but with proper management by the organisers and runners some of these impacts can be mini-

mised. However, I feel that there is increasingly a trend for these events to go into much more remote and sensitive areas, in particular this year's Rock and Run Mountain Marathon in Skye. On this account I would pose a number of questions. Should these areas be used for organised events when the impact cannot necessarily be controlled? Perhaps there is a responsibility on organisers and competitors to question whether places like the beautiful and wild area between Red and Black Cuillin of Skye should have hundreds of people running all over it during two days in May 1991, even excluding the safety issues of crossing the main ridge. Should these areas be left for the people who want to visit and see these places informally by walking, running and climbing?

Why can't other less remote and sensitive areas be used for these types of events when it is not necessarily the seeing and experiencing of the beauty of these areas that is the priority of the runners, but to cover ground quickly and accurately. Certainly in the Mountain Marathons I have entered over the past ten years, many of the views are missed as one concentrates on map, compass and the ground in front.

Inevitably, there is a big responsibility on organisers and runners alike to consider these sorts of questions, when hill running generally and mountain marathons in particular are becoming more popular. Interestingly of the 20 Environmental Agencies consulted by the SHRA in the formulation of its environmental guidelines, the majority stated that it would be desirable to limit events in sensitive areas. Perhaps we should all take these considerations on board so that the sport keeps its credibility in everyone's eyes throughout the 1990's and wild areas stay wild.

Andy Dytch
on behalf of the Committee of
the Scottish Hill Runners

Rock & Run's Reply

I read with interest the letter submitted by Andy Dytch on behalf of the Scottish Hill Runners Association, and as the principal organiser of the RRMM I would like to deal with the points of his letter as they arise.

Andy may be correct that there are now considerable problems in dealing with the various landowners in the Lakes and Scotland for some events; however we as yet have not had any problems with landowners concerning our event. I think that much of our success in obtaining areas for the RRMM is due to our relaxed and flexible approach to organisation, good course planning and an entry limit of 500 teams.

As far as the RRMM is concerned I disagree that competitors have a greater environmental impact because they are spread over mountain areas. I feel that it is the fact that 'O' type events do take many diverse routes which makes them less damaging than the single line of runners of a hill race. Sensitive areas of flora and fauna can be marked as 'out of

bounds' and we can successfully plan routes to avoid them. We have worked closely with the NCC to this end on all of our events. As a case in point the National Trust in the Lake District share the view that 'O' style events and MM's cause less damage to ground vegetation than fell races.

I was however very concerned when Karrimor used Kinloch Rannoch for last year's event because many of the points I have just made are blown away by the sheer weight of numbers entering the KIMM. (The KIMM has an entry of approx 3000, 3 times the entry of the RRMM). With so many competitors on each course 'Crocodiles' are inevitable causing significant erosion and disturbance as well as making laughable the 'O' style principals of route choice and navigation. Also the policy of withholding the location of the event until the last minute must cause major upset to the local community. Our policy has always been to tell as many people as possible well in advance then any problems can be sorted out before the crowd descends.

Andy Hyslop of Rock & Run.



Rob Howard

Battle of the Bags

We've already featured Robert Saunders' as-small-as-a-bottle-of-Pepsi Jetpacker tent and Mountain Equipment's lighter-than-a-pint-of-milk Dewline sleeping bag. Now comes another bag, this one hardly bigger than a British passport. This is the Mountaincraft Microlite bag. Mountaincraft is the own label brand of YHA Adventure Shops, the 14-strong chain that was the recent subject of a £3million management buyout.

The Microlite is a 2-season bag with a filling of down and its inner and outer fabric made of Pertex. Pertex is a proprietary nylon fabric that is claimed to be windproof and water repellent whilst being lightweight and soft. Its construction also encourages any condensation from body



YHA's Mountaincraft Microlite. moisture to wick away through the weave, thus maximising comfort. The resulting bag, exclusive to YHA Shops, weighs in at 650 grams and is priced at £99.95.

Specialist Tent Show

If you're visiting the Lake District over May Day Bank Holiday Weekend, you'll have the chance to visit Tentex '91.

This is a specialist exhibition of lightweight mountain tents with this year no fewer than 12 manufacturers exhibiting. The tents will be pitched in the grounds of

Brockhole visitor centre, Windermere. As an exhibition it's just that - the tents will not be on sale so you can compare and contrast at leisure. Most of the manufacturers will have representatives on hand to provide information and advice.

The show runs from 4th-6th May, 10am to 5pm each day. Admission is free and there are various side shows and entertainments to boost your interest.

Karrimor Pick Goretex

Clayton-le-Moors based outdoor equipment firm Karrimor are changing the material they use in their top waterproof breathable clothing ranges. They have signed a licensee agreement with W.L. Gore and Associates and are henceforward using the well-known Goretex fabric in all such garments.

The use of Goretex is a

change of direction for Karrimor who for the past five years have used rival fabric Sympatex. Goretex has had its share of criticism in the past but Gore's say that new technical standards coupled with their "Guaranteed to keep you dry" standard have slowed garment returns from thousands annually to "tens".

For their part Karrimor say they are "buying into expertise" and emphasise the technical support that Gore's offer. Summing up the deal, Karrimor Managing Director Mike Parsons says "Teaming up with Gore-tex...will be a very important factor in helping us achieve our goal of garment sales growing to equal rucksack sales within three to four years".

Newcastle-based Berghaus, who claim market leadership in Gore-tex garments for the last 15 years, say they are unworried. "We do not feel that the entry of another player will significantly affect us".

The KIMM is one of the most important events in the country and as such I would hate to see it run out of areas, or disrupt the confidence of landowners generally in Scotland. If the KIMM is to continue for another 23 years someone is going to have to make tough decisions about its present lumbering form.

Andy is correct about the litter left at midway camps by some competitors. The RRMM has suffered from this problem to a certain extent and we have made strenuous efforts to make sure every scrap of rubbish is collected. I am amazed that supposedly environmentally aware groups of people do manage to leave rubbish at mid way camps, and any one caught trying to dump rubbish at this years RRMM will be disqualified on the spot. However, the state of the midway camp is in the end the responsibility of the event organisers.

The allegation that a control was found several weeks after last years RRMM is probably true. As we have a very small organizational team it does take us some time to collect all the far flung controls although I don't see this as a problem as most of them are in secluded sites and you would have to

be very lucky to come across one, and we do collect them all eventually.

As far as using Skye for this year's RRMM I think that on past performances we are justified in using the area. Also I would question that Skye is any more valuable to us as a beautiful and wild area than say Galloway or Northumberland. Surely these areas must attract equal respect regardless of topography. However I am aware of the unique nature of the Skye hills and a lot will depend on the conduct of competitors as to whether we use similar areas in Scotland in the future.

The safety aspect of holding an event on Skye is of course of great concern to us. We probably have the greatest experience of any event organisers in planning safe courses in tough areas and we are confident that we can achieve this on Skye. We also consider the margin of safety to be far greater on MM's because of the equipment each team must carry and that every one has a map and compass, which is more than you can say for most fell races. Having said this, competitors and organisers must realise that there is an element of risk in any mountain running event and accidents are bound to happen occasionally regardless of how carefully the event is planned.

SHRA has made some very pertinent points which should be carefully considered and we should not be so self-assured as to think that we have a divine right to hold events in Wilderness areas and that the format of such events should remain unchanged for the sake of tradition.

Andy Hyslop
RRMM Organiser

● An honest response but this one will run and run. Put at its most simple, enjoyment of the countryside does imply some use of it, or should we be content to read about the countryside in walking, climbing, biking, etc magazines while we mountain marathon up and down city lift shafts? Next month we hope to hear from Jen Longbottom of Karrimor.

Midway camp departure.
Have they packed their litter out?



Rob Howard

MULTI- EVENTS

'Yachtee' Races Pull in the Sponsors



Home town winner:
Universal Hartbeat of
Hamble won the 1990
Universal 500 Race.

Events that combine running with other outdoor activities have become more and more popular over the last few years. Not only amongst competitors either. These usually high profile events have attracted substantial commercial sponsors too. The Jennings Mountain triathlon is one obvious land-based example but perhaps the most headline grabbing of all these multi-discipline events have been the combined yachting and running races.

First in the field and now well over a decade old was the Three Peaks Yacht Race. Its cousin the Scottish Island Peaks Race has reached its ninth edition and this year starts on the 17th May from Oban. Previously sponsored by Karrimor, from last year it has attracted high profile national sponsorship from Invergordon Distillers Group plc who produce Bruichladdich single malt whisky on Islay. It is Bruichladdich's name that is now included in the race title.

The event involves teams of five, including at least two experienced fell runners, and starts with a five mile run from Oban to Gallanach and back from where the yachts then proceed to Salen on Mull. Then it's a 20 mile run up and down Ben More, before heading off to Jura where the runners have to conquer the imposing Paps of Jura. Finally the teams head south round the Mull of Kintyre to Arran and Goat Fell.

As in all these races berths for runners are scarce but if you don't ask you won't get. We give the race control address below, but it has been known for runners waiting on the dockside at Oban to get a passage. If, as most probable, you are left on the dockside, you can always go to Arran yourself and run the Goat Fell Race - it's the same weekend.

Universal 500

Later, in August, is the Universal 500 race which is the south coast's answer to all this Scottish activity. The idea for this was born on the return trip south following the 1988 Three Peaks race. Jane Robson, a keen participant in this kind of event as well as being a past British orienteering champion and a past winner of the (Yorkshire) Three Peaks Race, takes up the tale:

"Our team, 'Universal Alien' had thoroughly enjoyed the race, finishing in fourth place. Enthusiasm and post-race spirits were high, but the log journey from Fort William back down south was still daunting and arranging for delivery of the boat back to the Hamble always a complicated and time-consuming business. A spontaneous decision came from us all - create our own race on the south coast which is, after all, the home of British sailing!

A committee, led by our skipper John Harding was formed; ideas and logistics were exchanged and gradually the format for the race emerged.

Our promotional logo is 'a hard race in the soft south', intended to encourage 'tough northerners' to visit and sample our not quite so soft coastal paths. Passing through old smuggling coves and active fishing villages, these paths are rocky and undulating and offer some challenging and fast running. The passage across the Channel to

Alderney offers the chance of a spot of sunbathing on deck whilst encountering basking sharks and schools of dolphins alongside yachts! Arrive on Alderney at the correct time and duty-frees can be bought!

A unique feature of this race is the incorporation of the Royal Marines Endurance Course at Lympstone. This is the second run of the race, run by at least three of the crew and is an entertaining 10 mile run encompassing two miles of 'obstacles'. These, which are normally 'yomped' by tough Royal Marine personnel on training wading through a pool of cold river water around 5 feet deep in places and so cold (according to our skipper) that the pain from those parts not normally submerged reaches as far as the very top of competitors' heads, rendering them quite genuinely 'light headed'. Following this, there are a number of underground tunnels, though which competitors crawl, sometimes wet, sometimes muddy, sometimes wet/muddy, and always stoney (knee pads are recommended). Total immersion follows as competitors are pushed and pulled by their team-mates through an underwater 6 foot tube, within which the incumbent is unable to help him or herself and is totally dependent on team mates pushing and pulling. This is definitely not for sufferers of claustrophobia! Wet and bedraggled the runners then return to the Marines base at Lympstone, through a finish line and then run a further mile or two to the banks of the River Exe, collect their dinghies and run up to half a mile to the waiting yachts before heading off for Alderney.

So That's Fun!

Above all this race is a lot of fun. 'Yachtees' and runners combine to form lively, competitive teams and a chance to sample each others' sport. The culmination of the event is the post race party where stories can be exchanged, any remaining energy danced away and a lively time is had by all.

This year's Universal 500 (it takes its name from Universal Shipyards on the Hamble) starts on Saturday, 24th August and further information can be obtained from Abigail Williams on 071 629 5002 or Barbara Toe on 04895 74272.

Race control for the Bruichladdich Islands Peaks Race is Barbara Mills, 5 Seafeld View, Kinghorn, Fife, KY3 9TG. Tel: 0592 890408.

Universal 500 runners (l. to r.) Giles Redpath, David Mitchell, John Harding, Jane Robson.



Part of the Royal Marines
Endurance Course at
Lympstone.



FOXDALE'S FLIER

Opening the Manx fell league this 2 mile course is set in West Baldwin Valley, one of the most picturesque areas of our small Island. The out and back route climbs to the only checkpoint at Carraghyn summit, 1640; before a very rapid descent back to beside Injebreck reservoir the start/finish point.

Due to work commitments on his farm near Foxdale, Keith Callister "the Foxdale flier", only competes in the winter. Usually on top form by January, this proved the case here, for after a slowish start he turned first, and returned with a thirty seconds advantage. Tony Rowley, starting to show good form after a break from athletics took second, with former fell champion fireman Tony Varley third, and determined to regain the title he last held in 1989.

Richie Stevenson

1. Keith Callister	Manx AC	18.00	5. Dave Young(v40)	Manx FR	19.50	9. Richie Stevenson	Manx FR	20.49
2. Tony Rowley	Manx FR	18.30	6. Dave Corrin(v40)	Manx AC	20.05	10. Ian Callister	Manx AC	21.16
3. Tony Varley	Manx FR	18.47	7. Paul Curphey	Boundary	20.31	13. Peter Corlett(v40)	Manx AC	22.00
4. John Crellin	Manx AC	19.38	8. Stuart Temple	Manx FR	20.48			



The 'Foxdale Flier' (Keith Callister) wins another race.

CREG-NY-BAA FELL RACE

Brandywell, TT Course, Isle of Man

Category 'A' Medium, 10 miles/2700'
2nd February 1991

TWO MINUTE CHASE

Unfortunately the wrong starting time was printed in the local press, so a number of runners arrived slightly late. So the very cold weather made little impact on these as they gave chase to the rest of the field, heading towards the first checkpoint.

Pre-race favourite Keith Callister was one of the above, and the question posed was could 2 minutes be pulled back on the likes of Stephen Hull and Tony Rowley. By the half-way point, a couple of hundred yards separated Hull and Rowley, with Callister rapidly improving his position. The final

ascent of Carn Y Gerjoil saw a narrow lead for late comer Callister, which he managed to maintain to the finish despite a spirited attempt by Hull to snatch victory. Rowley was 3rd, some 5 minutes adrift of the leading pair, but a comfortable 4 minutes ahead of road specialist Paul Curphey. Veteran Dave Corrin turned the tables on Dave Young who beat him at Carraghyn, these taking 5th and 6th respectively.

Richie Stevenson

1. Keith Callister	Manx AC	1.17.58	5. Dave Corrin(v40)	Manx AC	1.27.59	9. Dave Bawden	U/A	1.39.14
2. Stephen Hull	Manx FR	1.18.04	6. Dave Young(v40)	Manx FR	1.31.20	10. George Hull	Manx FR	1.39.25
3. Tony Rowley	Manx FR	1.23.00	7. M. Cowbourne(v40)	Manx FR	1.38.14	12. Stephanie Quirk	Wertern	1.40.28
4. Paul Curphey	Boundary	1.27.11	8. Mark Bridson	U/A	1.36.46			

O.S. Sheet 95 Isle of Man
Start/Finish Brandywell 390858
1. Mullagh Ouyr 398862
2. Snaefell 391887
3. Footbridge 384874
4. Beinn-y-Phott 381861
5. Carraghyn 368848
6. Brandywell 390858
7. Mullagh Ouyr 398862

PENMAENMAWR FELL RACE

Fairy Glen Hotel, Penmaenmawr, N. Wales

Category B Medium, 12miles/1415feet
17th November 1990

MAITLAND'S 'MISTY-RY' — TOUR

Not many North Wales fell races attract such large fields as this popular end of season event. It could be thought of by some critics as a very tough X-country, since no significant 'tops' are visited; but then X-country races do not need navigational skills as proved to be essential in the very misty conditions encountered by the 200 odd runners.

Amongst the leading group of three was Scottish Triathlete Jack Maitland, 28, (did someone say he used to be a fell-runner?), but due to the bad visibility he was not going to be tempted into leading. That role fell to 25-year-old Hefin Griffiths and ever improving local Gary Rees Williams who between them managed the tricky route, although across the open wet moorland from checkpoints 2 to 3 suddenly walls appeared to have moved uphill! Compensatory moves here corrected the error, with no real damage being done, although the chasers did close the gap slightly. Once the route became more obvious Maitland spurred away, with Griffiths and Williams giving spirited chase, to finish in that order.

A number of other runners were unfortunate

either with their sense of direction or with whom they followed, with several visiting the Conwy Valley to the east or Llanfairfechan to the west. In fact the last runner back took a possible record of 4 hours for the 12 mile trek. Eryri's Geoff 'confident' Clegg was one of the wayward band, managing to take his merry following over uncharted terrain; all the more interesting since at the start he was seen giving instruction on the best routes!

Who else but Del Davies, 46, finished first O/40, despite also some waywardness the moor. For the ladies, Welsh teacher Stel Farrar won but Halesowen's. Geraldine Cudworth was hard on her heels obviously not wanting to join the lost brigade. Due to illness local Penmaenmawr star Emlyn Roberts could not compete, and not surprisingly his record of 66 minutes was never in any danger. A celebration to mark the fell-running season's end was undertaken by certain competitors at the Fairy Glen Hotel which lasted very late, with everyone able to locate the bar; no N.S. or L.K. required here.

Eilir Evans ►

WALES

O.S. Sheet 115
Caernarvon & Bangor
Start/Finish Fairy Glen Hotel 744766
1 Llangelynin (old church) 751737
2 Cae Coed (lane junction) 732715
3 Penmaen Quarry 704751

Penmaenmawr Results

1	Jack Maitland	P & B	1-17-59
2	Hefin Griffiths	Hebog	1-18-07
3	Gary R. Williams	Eryri	1-18-08
4	Rick Cudworth	Halesowen	1-18-22
5	Russell Owen	Eryri	1-18-30
6	Del Davies(0/40)	Hebog	1-19-37
7	Alex Morgan	Halesowen	1-19-43
8	Phil Jones	Eryri	1-19-57
9	Chris Jones	R.W.F.	1-20-27
10	Paul Stott	C.H.M.C.	1-20-31
11	Philip Marsh	TAH.F.R.	1-20-42
12	Andrew Knock	Halesowen	1-20-43

13	R. Skinner(0/40)	N.W. Police	1-21-16
14	Philip Jones	Eryri	1-21-48
15	Ian Sanderson	U/A	1-21-52
16	Gordon Manson	Oswestry	1-21-57
17	I. Wynn Jones	Blaenau	1-22-51
18	M. Jones(0/40)	Hebog	1-23-12
19	H. Stansfield(0/40)	Eryri	1-24-40
20	Neil Hindle	Altincham	1-28-40

Ladies			
49	Stel Farrar	Eryri	1-39-58
52	G. Cudworth	Halesowen	1-40-18
100	Susan Taylor	Eryri	1-55-56
114	S. Williams(0/35)	Colwyn Bay	1-59-26

Vets 0/40 other than above

21	Tommy Potts	Oswestry	1-28-46
24	Mike Blake	Eryri	1-31-10

Junior race 4 mile

S. Lewis Rydal	26-32
T. Williams Rydal	28-12 Boy
Karen Pratton Willaston	35-00 Girl
K. Carlisle U/A	38-14 Girl

SCOTLAND

ELRICK EIGHTSOME RELAY

Elrick Hill, Tyrebagger, Aberdeen

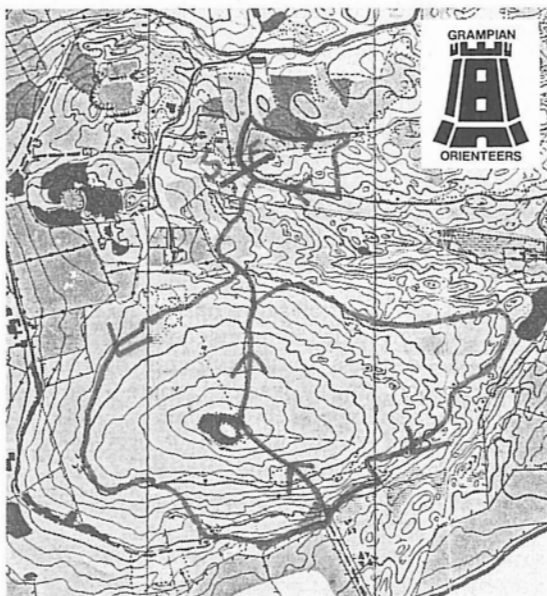
TWELVE TIMES EIGHT

3x3½miles and 675feet
Saturday 24th November 1990

Ewen Rennie



Rob Taylor (Metro RRC) leads Dave Armitage (Aberdeen) in the Elrick Eightsome. Armitage went on to catch and pass Taylor but the Metro team had the last laugh.



Although there has always been a very enjoyable informal relay after the Meldon Race, the Scottish hill running clubs have never had the chance to test their prowess against each other in a head-to-head relay format until this year. Race organiser, Ewen Rennie, provided a stiff little figure-of-8 course with two hard climbs (and this wasn't just the concrete steps at the bottom!).

Twelve teams lined up to contest the inaugural event. The short loop in the forest saw Rob Taylor from Metro Road Runners establish a useful lead but round and over the hill orienteering international, Dave Armitage, running for the promoting club Aberdeen AAC, showed the style for the rougher country to overtake Taylor. The longer eastward loop before tackling the hill again saw the lead seesaw until the steps where Armitage's orienteering skills again proved decisive. At the change-over it was Aberdeen by 19 seconds from the Metros with the Lynx Lunatics (a local social team) third just ahead of another group of Aberdeen AAC members running under the banner of Kirkhill Foresters. On the second leg Aberdeen's new hill running sensation, mountaineer Robert

Durran, turned in the second fastest time for the stage despite his glasses misting up on the descent! This was enough to give Aberdeen a thirty second lead over Metro as the third stage began. However further down the field Hunter's Bog Trotters new recruit, Simon Axon was turning in the fastest leg of the day to move them up from fifth to third. Leg three and Aberdeen's team selection which had spread their elite over five different teams was finally to prove their undoing. Occasional hill runner, Fraser Clyne, running for city rivals Metro struck the first nail into Aberdeen's coffin as he returned the second fastest time of the day to steer Metro home by almost a minute. Colin Farquarson continued the Bog Trotters charge to move them up from third to second whilst Aberdeen's own social side, the Foresters, also overtook their A-team before the end. Further down the field Lynx Pack coach, Mel Edwards, anchored his veterans team to victory in fifth place just ahead of his younger charges. With only one ladies team turning out Metro Ladies were almost assured of victory as long as no-one got lost. Well they certainly tried hard eventually finishing thirty minutes behind the last men's team!

Ian Fumit



Waiting for the last runner back.

Route
Start with clockwise lap in forest, then over to hill for figure of 8 (westside first). Then straight back to finish.

1. METRO 71m 52s
R. Taylor 23-45 (2); S. Willox 24-43 (2;48-28); F. Clyne 23-24
2. HUNTER'S BOG TROTTERS-A 72m 51s
M. Thomas 25-52 (5); S. Axon 23-08 (3;49-00); C. Farquarson 23-51
3. KIRK HILL FORESTERS 74m 33s
E. Butler 25-04 (4); F. Duguid 24-20 (4;49-24); A. Aitken 25-09
4. ABERDEEN AAC-A 76m 57s
D. Armitage 23-26(1); R. Durran 24-32 (1;47-58); T. Kerr 28-59

5. LYNX VETS 78-05s
D. Grubb 25-57 (6); I. Fraser 26-07 (5; 52-04); M. Edwards 26-01
6. LYNX LUNATICS 78m 15s
G. Yule 24-58 (3); A. Henderson 27-30 (6;52-28); N. Kilner 25-47
7. HUNTER'S BOG TROTTERS-B 78m 32s
J. Mackay 26-14 (7); J. Farquar 26-17 (7;52-31); B. Maher 26-01
8. ABERDEEN AAC-B 80m 59s
D. Shepherd 28-21 (8); D. White 28-20 (8;56-41); D. Massie 24-18

9. ABERDEEN PLODDERS 87m 40s
A. Leiper 29-12 (9); G. Ramsay 29-47 (9;58-59); D. Leiper 28-41
10. METRO MARAUDERS 88m 26s
J. Black 29-38 (10); M. McKendrick 29-48 (10; 59-26); A. Woodcock 29-00
11. HUNTER'S BOG TROTTERS-C 91m 39s
J. Wright 32-15 (11); J. Mackay 29-37 (11;61-52); P. Fox 29-47
12. METRO LADIES 121m 58s
A. Orme 36-31 (12); H. Black 48-39 (12;85-10); S. Bennett 36-48

EL-BRIM-ICK HILL RACE

Elrick and Brimmond Hills, Tyrebagger, Aberdeen

3 miles, 750 feet
Sunday 23rd December 1990

CAPED CRUSADER

Lack of pre-race publicity restricted the field for the second running of this event. Nonetheless the line-up included last year's winner, Eddie Butler, Bennachie winner, Niall MacDonald and orienteering international, Dave Armitage, amongst others. Right from the off Aberdeen club-mates. Butler and Armitage forced the pace but 'Metro-man', otherwise known as Peter Jennings of Metro RRC stayed with them all the way seemingly unhindered by his flowing cape despite the strong cross wind or the outward journey. At the finish Butler had some fifty yards on the red-caped crusader with both of them inside Butler's record from last year. Armitage in third place was only nine seconds outside the old record and well clear of Niall MacDonald who finished fourth.

Both ladies were inside Alison Cassell's record

from last year with Linda Bain eclipsing both the old record and the challenge of her club mate, Bing Kerr. However given the fact that she was carrying her bath brush and wearing a wrap round towel Bing was pleased with dipping inside the old record.

With prizes to 44% of the runners, including best fancy dress to Bing Kerr and second veteran award to Peter Fraser, his first ever prize — race organiser, Ewen Rennie showed that it is still possible to reward effort despite charging less than the cost of a pint even without a sponsor.

In the hope of attracting a larger field, and to give wife Janet the chance to thaw out between officiating at events Ewen plans to put the next running of the El-Brim-Ick Dash back to March 1992.

U.P. Hill

1 Eddie Bulter(v40)	Aberdeen	21.23 Rec	7 A Newlands	Coasters	23.35	13 P Noble	Metro	28.43
2 Pete Jennings	Metro	21.34	8 Matt Ogston	Westerl.	24.16	14 Peter Fraser(v40)	Aberdeen	29.28
3 Dave Armitage	Aberdeen	21.50	9 M Thomas	H.B.T.	24.38	15 Alan Fulton	Aberdeen	30.02
4 Niall MacDonald	Metro	22.38	10 P Foy	H.B.T.	26.05	16 T Duchess Kerr(v40)	Aberdeen	30.33
5 Steve Cassells	Metro	22.59	11 Douglas Leiper	Aberdeen	27.12	17 A MacKay(v40)	Metro	34.44
6 Brian Millar	Harrogate	23.30	12 Linda Bain(Lady)	Aberdeen	27.14 Rec	18 Bathtub Kerr(Lady)	Aberdeen	34.50

GREENMANTLE DASH

Broughton Brewery, nr Biggar, Scotland

Category 'A' Short 2 miles/650 feet
2nd January 1991

DASH IT ALL MAITLAND

Despite torrential rain and gales four day before the race, the river was only a foot deep — if you found the right bit. The terrain was surprisingly firm and with the wind behind for the ascent of Ratchill, the conditions allowed Jack Maitland at last to beat his 1984 record and make it 5 out of 9 wins. From a gentle start John Hampshire accompanied Maitland, but once the climb steepened so did Maitland's pace. His plan was to relax once he had the lead safe, but coming along the road he twigged that the record was within reach or was it the opening of a bottle of Old Jock? Either way, his sprint finish was something Linford Christie would have worried about, never mind the Wilkinsons (not related) who found themselves a clear 100 yards adrift.

But enough of the racing. The Greenmantle Dash is all about fun and 182 folk including the usual invasion from Leeds University came to



John Dennison (Livingston) shepherds his lads home.

enjoy themselves. For a few locals and youngsters, the Dash is their first or only Hill race. Among the celebrities were the usual transexual, a pair of Hawaiian belly dancers, 2 green horrible Ninja Westerlands Turtles and Rab C. Nesbitt no less!

Suse Coon



A smile on the face of Dick Wall despite the cold.

1. Jack Maitland	Leeds	15.00	Juniors		
2. John Wilkinson	Gala	16.25	32. Neil		
3. Neil Wilkinson	Man Un.	16.28	Mendrum(u19)	Corstorphine	19.40
4. Greg Hull	Leeds Un.	16.47	61. Ellyot Lorimer(u15)	Duns	22.16
5. Adam Ward	ESPC	16.52	83. John Coon(u13)	Bathgate	23.31
6. A. Farningham	Gala	17.02	84. H. Hutchinson		
7. Sandy Bennet	Westerl.	17.15	(u17)	ESPC	23.44
8. John Hampshire	H.B.T.	17.19	140 Glen Shiel(u11)	U/A	31.10
9. Shug Ilgunas	Livingston	17.21	Teams		
10. D. McGonigle	Shett	17.26	1. Leeds Uni.	20pts	
11. Des Crowe	Shett	17.37	2. Livingston	49pts	
12. Hayden Lorimer	H.E.L.P.	17.44	Ladies		
13. Steve Conway	Livingston	17.48	45. Jane Robertson	Westerl.	20.55
14. Rab Brown	H.B.T.	17.53	60. Lorna Boyd	Livingston	22.13
15. Phil Davis	Leeds Un.	17.57	69. Karen Hog(v35)	Penicuik	22.53
16. Neil Raitt	Mandale	18.03	84. D. Campbell		
17. Shane Green	Leeds Un.	18.12	(u17)	Livingston	23.44
18. Tom Mendrum	Corstorphine	18.20	96. Gail Balfour(u15)	Livingston	24.21
19. Jim Knox(v40)	Teviotdale	18.25	97. P. McAdam	Westerl.	24.22
20. Charlie Walton	U/A	18.30	Other juniors		
Vets O/40			129 Emily Coon(u11)	Bathgate	27.46
22. Jim Knox	Teviotdale	18.25	149 F. MacFarlane	Bathgate	35.09
22. Robin Morris	Carnethy	18.44	(u13)		
27. Scott Balfour	Livingston	19.13			

O.S. Sheet 72 Upper Clyde Valley
Start Broughton Brewery 111361
Top of steep climb 125366
Finish Greenmantle Hotel 113364

Emily Coon of Bathgate, the first minor U/11.



TWENTY YEARS AGO

by BILL SMITH

April 1971

Saturday, April 3rd

Kendal AC's rising star Dave Cannon, who was already an established short race specialist, won the Pendle Fell Race for the second year running. The course then covered 6½ miles with 1,250 feet of ascent, with the Bay Horse Inn at Roughlee serving as the race venue. A short road run from here led to a long cross-country section alongside Pendle Water, via White Hough, to Ings Farm, beyond the road-crossing above Barley. A direct assault on Pendle's 'Big End' was then made, returning from the summit by the same route, though such a descent would not be practical these days due to the large number of competitors which could lead to confusion and perhaps accidents between climbers and descenders.

Rochdale's Trevor Proctor was the pace-setter on the outward cross-country run, but once the fell was reached, the 1969 runner-up Harry Walker (Blackburn Harriers) moved strongly into the lead and jogged all the way to the summit. Cannon was close behind him

... but Dave Cannon surged on to win.



Paul Livesey



Pendle 1971: Trevor Proctor (above) sets the pace from a field which includes 22 year old Harry Walker (no18)...

here, however, and immediately plunged into the lead with a typical headlong descent. Walker surged to the front on the milder slopes beyond, but Cannon took him once more approaching the road-crossing and thereafter pulled away to a 12-second victory in 42.01, 29 seconds adrift of Peter Hall's never-broken record of 41.32, established in the 1964 race. Colin Robinson (Rochdale) was 3rd, Pete Waddington, a Barnoldswick lad representing Liverpool Harriers, 4th and Trevor Proctor 5th.

Saturday, April 10th

Ron McAndrew, a former Horwich RMI Harrier then representing Reading AC, gained the second of his three consecutive victories in the Rivington Pike Fell Race and set a record of 16.30 which was to remain unbroken till John Wild (RAF Cosford) made his impact on the fell racing scene ten years later. (Altrincham's Alan Blinston had set the previous record of 16:47.8 in the 1967 race.) Conditions couldn't have been better and

McAndrew led to the tower, but then managed to lose a shoe coming down, which he speedily recovered. Despite this little mishap, his finishing time was still almost half-a-minute faster than that of runner-up Dave Slater (Skyrac), who in turn was chased home by Cyril Leigh (Salford), Dave Cannon, Ron Hill (Bolton) and Harry Walker. Slater, incidentally, was to set a couple of long-standing records himself, his 1977 Barnoldswick and 1981 Eldwick Gala times still being cited in the FRA's fixture handbook.

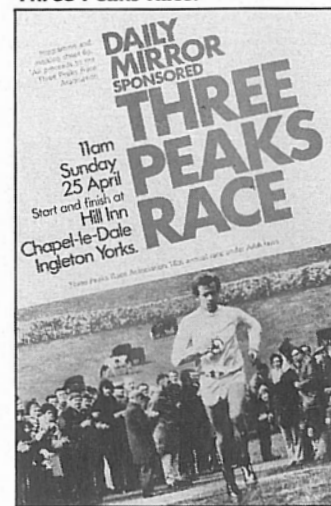
Sunday, April 25th

A warm, clear, sunny day saw Jeff Norman (Altrincham) score the second of his six consecutive victories in the Three Peaks Race, which up to 1974 was run from the Hill Inn at Chapel-le-Dale, and slice 4 minutes 8 seconds off Mike Davies' three-year-old record into the bargain. Colin Robinson, Harry Walker and Richard Grice (Harrogate) were Jeff's early rivals, but only Robinson was still in with

a chance by the time Ribbleshead was reached. However, Norman was a minute clear at Whernside summit, the last of the three to be climbed, and finally won by 3.06 with a time of 2.36.26. Walker took 3rd place, a further 4.33 in arrears, with Pete Watson (Pudsey & Bramley) 4th and Dennis Weir (Manchester AC) 5th, while Grice eventually faded to finish 23rd. Rochdale, Kendal and Bingley had the strongest teams, and 193 finished out of 214 starters.

A new record was also set in the junior race up Whernside in which Dave Cannon reduced his Kendal clubmate Andrew Ladro's 1969 mark by 2.02 with a 36.23 clocking. Richard Belk (Airedale) came 2nd: 39.15 and Ray Rawlinson (Clayton-le-Moors) 3rd: 39.51. Belk's future father-in-law (or was it his father?) gave me a lift from the race to Skipton and on the way told me that he had watched the junior race and saw Cannon come down off the ridge long before the normal turn-off point, descending over much rougher ground. 17 finished out of 19 starters.

Programme for the 1971 Three Peaks Race.



the FELLTERNATIVE

· MESSAGE UNDERSTUD ·



Steve Batson

Messrs- GRABBIT, FLOGGIT, FENCE-IT and CASH, licensed land brokers, seen here asset-stripping at Whinberry Naze- Coming your way soon..... UNLESS...

"Since time immemorial the public has walked freely over this moorland," declared RA chairman Geoff Eastwood at a rally in the national park on Forbidden Britain Day. He urged the park committee to reject the landowners' attempts to restrict traditional freedoms. "It must firmly say 'no' to these mad demands. We expect nothing less than to continue to walk in peace on land which has always been open."

"The time has gone when landowners could issue unreasonable edicts and expect the public humbly to obey. I refuse to be ordered off this land. I have long walked here and shall continue to do so," added RA vice-president David Rubinstein.

"I personally am unable to comprehend how I could be accused of 'trespassing' on a moor. It really is beyond my understanding. I have walked freely on the Alps, in the Tuscan hills, in the Appenines, Norway, Denmark, Holland, and many other places. How can I be accused of trespassing, on a moor, all alone!"

Fay Godwin

As an ordinary, and not very active, member of the Ramblers' Association I have spent years lamenting the state of footpaths, and saying "They ought to do something about it". Deciding that I ought to do something about it has made me realise how long everything takes, and how many letters and phone calls are needed. But seeing the improvements to what I now think of as "my" footpath has convinced me that the effort is worthwhile.

Diana Sharwill



WHAT CAN WE DO - OWT OR NOWT?



► OK, so everyone feels strongly that the countryside is there to be enjoyed by everyone; but that right can be threatened and limited. So, what can we do about it? Here are a few ideas...

A) NOTHING

- *Put your head in a bog and hope for the best
- *Hope that other people will sort it out for you
- *Have a good moan when your favourite race is affected, but do nothing

Advantage: Easy.

Disadvantage: Bang go your running grounds.

B) GET ORGANISED

- *Take an interest in access issues, get informed, know your rights nationally and locally
- *Support national campaigns/protests with work and money, and get your clubmates to join you
- *Lobby the FRA and support it's work on our behalf. Speak to Committee members, write to UP & DOWN and the FELLRUNNER
- *Join an organisation, like The Rambler's Association (it's current campaign is against privatisation of forests). Address: 1/5 Wandsworth Road, London SW8 2XX
- *If you discover an obstruction, write to the planning officer of the local authority concerned. They have an obligation to secure and mark Rights of Way

Advantage: Effective, hard to argue against, interesting and satisfying.

Disadvantage: May be time-consuming, takes effort.



C) DIRECT ACTION

- *Ignore access restrictions to open land which are based solely on financial gain - e.g. Shooting, water companies, forestry. Prosecution for trespass are very rare unless actual damage has occurred. The Ramblers Association organise trespasses; also, see Selwyn Wright's letter (elsewhere in this issue) regarding the FRA's position.
- *Run little-used footpaths in your area to keep them open.
- *Deal with illegal obstructions across footpaths by carrying wire-cutters if needs be - many walkers' groups do this as a matter of course.
- *Remove "Beware of..." signs placed solely to intimidate.
- *And of course, the easiest form of direct action - keep to the country code, and act responsibly!

Advantage: Quick, immediate and gives a sense of personal involvement. Shows our presence and concern on the fells.

Disadvantage: Can antagonise landowners, making life difficult for race organisers.



► We asked Selwyn Wright, FRA Secretary, to enlarge on the Association's responses to land access questions. Here is his reply:

"The broad aims of the Association are really twofold - to keep the fells open for fellrunners and at the same time to preserve them for future generations. These aims do sometimes conflict and when that happens I think that most of us are happy to put the future ahead of our immediate gratification. One example which springs to mind is the re-routing of the Fairfield race to avoid the Nab Scar zig-zags and so diminish erosion.

The denial of access for commercial reasons is another kettle of fish altogether and we have indeed been in contact with the Ramblers' Association and with the British Mountaineering Council in particular over the water privatisation fiasco. We opposed the sell-off by writing to the Minister and by urging members to write to their MP's (Fellrunner June 1989).

Writing a letter or two might sound a bit 'naff' but we're really still waiting for the fall-out from privatisation. If any races or individual access become threatened then we'd very much like to know. So far we're not aware of any problems. In fact off-hand I can't think of any races which have disappeared because of commercial access difficulties.

We've not discussed as a Committee militant campaigns such as mass trespasses, but given the strength of feeling I'm sure that if the need ever arose then the Association would support that kind of action.

Another threat is the National Parks Review Panel which is currently considering all forms of sport within the Parks. I wrote to them last June setting out our environmental policy (Fellrunner Sept 1990). To date there are no moves to limit fellrunning in the parks. Again, if the situation changes, then will be the time to act. As far as smaller scale access problems are concerned we have to rely on members or race organisers to let us know.

To sum up I would say that the problem of commercial interests stopping access does not seem to have come up yet. I can only say that if the need does arise then I am sure that the Association will react strongly. "

*Commercial interests may not yet have affected races directly, but for many years large tracts of mountain and moorland have been 'off-limits' for general access - for racing, running, walking or otherwise - for purely commercial reasons. For example Alphin Pike on the old Chew Valley course, the hills and forests of Bowland in Lancashire, and huge areas of Wharfedale in Yorkshire to name just a few. ■

GULLIBLE GLORIA SAYS:

COMMON LAND IS PUBLIC LAND!



1.5 million acres of England and Wales is designated as "Common Land". This doesn't mean, however, that the public can roam across it at will - only one fifth of common land is open for legal access, and most of that land is in urban areas (parks, wastegrounds, etc). Over 1.2 million of the 1.5 million acres of common land is privately owned; people wandering across it can be treated as trespassers.

NAIVE NORMAN SAYS:

NATIONAL PARK LAND BELONGS TO THE NATION!



In fact only 1% of the Parks' land area is publicly-owned - the rest is owned by the MOD, the Water Board, the Forestry Commission and private landowners. All of these owners have no obligation to rate the conservation of Parkland beauty above their own economic objectives; meaning that the National Parks can be quarried, afforested, blown up, mined, fenced, ploughed and developed whether "the nation" (i.e., us) likes it or not. Which is often the case, in fact. ■

Fell Running Psychology: Relay Partners...

OK nice and steady now

this pace OK for you?

go on, you're doing great!

He! He! He!





► "Studmarks On The Summits" has it that the earliest recorded fell race took place at Braemar in Scotland in 1040, when three McGregor brothers battled out a category A climb for a hefty sword and a purseful of gold; that from then, fell racing as a sport grew around the village gatherings across Britain, each village throwing up it's own champion. Not mentioned in Bill Smith's book is the case of a young lad called Raynor, who lived in the neighbourhood of Brighouse in Huddersfield in 1812.

Raynor was the local champion fell runner, and an active Luddite. The Luddites were gangs of men who gathered together to protect their industry (cloth-finishing) from the introduction of new machines; machines which put them out of work in an area where the only alternative to such labour was starvation and the poor-houses. (The common use of the word "Luddite" to mean someone who opposes progress does the original Luddites an injustice. Luddism was a way of defending whole communities against poverty and hunger).

Raynor's involvement in the Luddites wasn't too great - his eagerness outmatched his good sense. However, on this particular night in 1812 his foresight and his skill as a fell runner was to save his life. Meeting at a pre-arranged spot at dead of night, the Luddites had planned to attack Rawfolds Mill, a huge factory which used the new machinery and which was run by a rich aristocrat.

The drawback was that the mill was protected by local troops, armed with rifles and cannon. The mill was like a fortress, and unless the Luddites could muster many thousands of men, they would not succeed in getting at the machines. As the body of peasant men marched towards Rawfolds, Raynor had a sudden impulse to get away, fearing the outcome of the night's battle. Shortly after the men left the meeting point, he darted over a wall and headed at great speed towards his home village. He ran for all he was worth across the fells and fields around Huddersfield, through woods and over walls. His victories at numerous festivals and shows put him in good stead as he bounded over hedge and ditch, never stopping for breath until he reached the entrance to his village street.

Fearful now of being seen, he changed to a rapid walk, past a couple of houses and cottages and into the centre of the village, to the churchyard gate.

As he passed the church he heard the footsteps of the village sexton behind him, and changed his quick walk into a careless saunter, passing the old man and wishing him "good night". The sexton lifted up his lamp to the boy's face and added, "Oh, Raynor, is that thee? Good night, Lad. I've just been into the church to see all was right before I turn in for the night. Old Skelton has been mending the clock."

Just then there was a hoarse whir in the tower above them, and the clock began to strike. The sexton counted the strokes.

"Why, Raynor," he exclaimed, "it's struck thirteen!"

With that, the two men wished each other a final good night and went to their homes. Raynor collapsed on his bed and fell promptly asleep.

Within a year many of the Luddites had been rounded up and sent for trial, including many who had taken part in the attack on Rawfold's Mill - an attack which, as many expected, had gone awfully wrong - many men were killed and injured and the machines stood unscathed. At the York assizes, any man who could be proved to have been involved in the plot was either hanged or deported. Raynor stood in the dock, an informer pointing an accusing finger at him and naming him as "one of the men who met at the Dumb Steeple on that awful night, preparing to attack Rawfold's."

The trial began. It transpired that, at the Luddite's meeting place, the gang's leader had announced to those assembled the exact time as they set off on the march to the Mill. After cross-examination of witnesses, this was proved true. It had been exactly twenty minutes to twelve. Into the witness box came the old church sexton. Because of the peculiarity of the broken clock, he was able to show that he had encountered Raynor at the striking of midnight; and the clock-mender himself was brought forward to confirm that, on that particular night, the clock struck thirteen times for twelve o'clock.

The Judge, a Mr Radcliffe, sat back in his chair. Having proved all the evidence correct, it remained only for him to believe that Raynor could have covered the distance between the Luddite meeting point and Raynor's village church - a distance of just over four miles. A generous estimate meant that Raynor had covered the distance in just nineteen minutes, across moorland and fell. Had the Judge enquired deeper into Raynor's fell-running past, his local victories in fell and cross country, he might have entertained the idea. As it was, he refused to believe it was possible. Raynor was released.

Of course, things are different these days... But you know a funny thing happened on the way back from the Anti-Poll Tax demonstration the other night...



CHILLY, WILLYS



WINTER WEAR

What gets a fell runner through the early-season chill? We take a discerning look through the fell runner's winter wardrobe, and offer some timely fashion tips.

TIGHTS

Those thick blue helly-hanson tights that bunch up round your ankles in muddy races are *last year's thing*. If you're taking your fell running seriously, you *must* invest in a pair of lycra spandex strides (around £20, though you can buy almost exactly the same thing for about 4.99 on the market, masquerading as women's stretch-fit disco tights. But then, they haven't got "Sub 4" written on them).

Once you're in the shop trying to get yourself a pair of these essential running tights, you'll discover that they're *not available in plain colours*. The choice is between some bizarre multi-coloured crazy-paving design which might camouflage you in a tropical jungle or an outlandish day-glo glittery, shimmering effect, last seen on a member of Iron Maiden on Top Of The Pops.

And if you thought parting with 20-odd quid for a pair of tights was hard, wait till you come to running out of the front door and down the street in them.

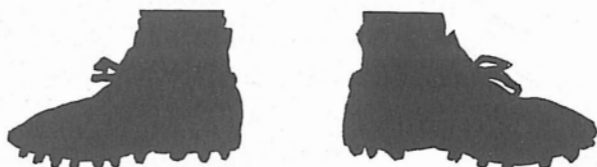
BOB HATS

Traditional, classic, warm, and practical. One tip: don't embarrass the fell running fraternity by leaving the fluffy bobbie on the top - you *know* it looks silly.

GLOVES

Thermal running gloves have several properties: they're warm, light, and above all certain to be left in a changing room at some far-flung fell race.

Tear your hair out no longer! Ron Hill Sports have just perfected "Run-A-Cord", a thermal, non-abrasive, reflective string which will tie together both gloves via the sleeves of your Lifa, an idea so simple that it's been used for babies and infants for nigh on a hundred years. Price: £13.99 + VAT. ■



'fell talk' WITH BILLY BLAH

Na then, everybody likes a laugh (I laughed meself once, as a child - though my mother swears it was the gripes), but this Fellalternative stuff is going too far. "Enforcer" indeed - spikes on yer elbows? I've asked to be transferred to the Fellrunner but the bloody editors won't release my contract. "Hairless and Toothless" I call 'em.

Now don't get me wrong. I can be very humorous when the mood takes me. Take my wedding night. I told my missus a little joke to get her in the mood like - it were just as I was getting me tracksters off, as it 'appens - and I'll tell you, she fell about fit to bust a beergut, even if I do say so meself.

And down the club the other week when I legged up a couple o' Juniors who tried to keep up wi me (for a giggle like), well, they laughed till the tears ran down their faces.

But seriously now, joking aside, everything must have it's place, and there's nothing at all funny about fell racing. I mean, there y'are: properly attired in your lycra tights; shorts over the top for modesty; crotch full of vaseline; jelly beans in your bum bag; good thick hat on; all keyed-up and ready for a no-holds barred tussle in the mud with the lads - and some smart arse sidles up all friendly like and takes the rise.

"Piss off!" I tell 'em. I don't know, you do your best, give your all unselfishly for the sport and they just stab you in the back. I was watchin' t'other legs at a relay once, and our lad runs past, all smiles and joys o' spring. "Hi there Billy," he says. "Never mind bloody grinning, get bloody running!" I shouts, quick like. You have to set the young 'uns straight, it's the least you can do.

And whilst we're on t' subject: what's funny about a summit marshall dressed as Santa? Marshalls are for tellin' you t' right way, not for handin' out tubes o' toffees, like.

So what I say is, keep humour where it belongs: on the telly at Saturday tea-time while you're sleeping off a race with a few pies and pints in your belly. All these cartoons and micky-takes are lowering the whole dignity of our sport and let's face it, there's nowt more dignified than getting blathered in mud and sweat trying to run up and down a big rock.

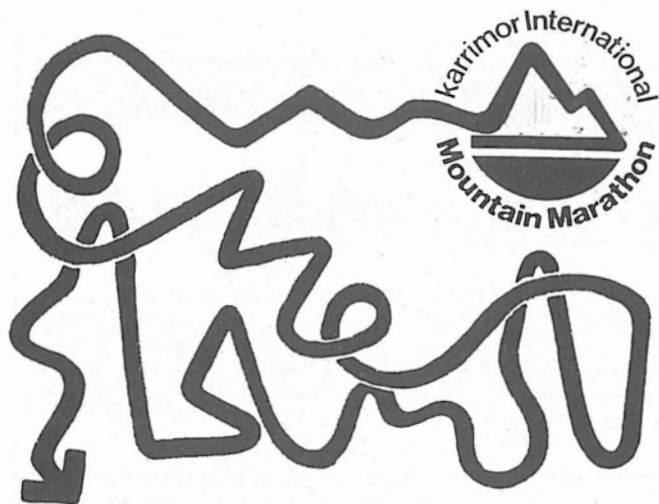
Now, the editor of 'The Fellrunner' putting a big picture of himself on the front cover - now that *would* be funny...

Laughing Billy



Santa (or was it one of his helpers?) tells us that only *one* runner taking part in the Whinberry Naze Dash last Christmas *refused* to take the traditional tube of Smarties... thus saving a vital 3 seconds. Which was exactly the amount of time needed to beat the wand-toting fairy in pink tutu. ■





► Following Up & Down's insight into the equipment carried by Sue Walsh and Wendy Dodds on their winning Karrimor run, The Fellternative decided to ask two random pairs of runners for their equipment lists. What we found goes some way to explaining why some teams succeed where others simply bonk.



Firstly, Elite Class runners and currently Iceland's top Mountain Marathon pairing, Arnie Sacknussen and Magnus "I've started so I'll finish" Magnussen.

Arnie wore just one sock, which was swopped to the other foot at two-hourly intervals. A saving of one whole ounce there. I asked Magnus about extra clothing, a woolen jumper for instance.

"I prefer to take an extra paper handkerchief," he told me "and if the weather's bad I can fashion a balaclava - of sorts - from used Mars Bar wrappers."

For a tent, the pair simply stretched the one sock until both could squeeze into it. Arnie's Lifa - with the sleeves sensibly cut off and the bottom half pulled down and pinned to ensure maximum warmth around the groin (in the absence of weighty shorts) - made a fine water-receptacle when knotted. In the morning the item was wrung out and re-worn.

"Our real economies were on food," said Magnus "but you have to be careful to eat enough. So we simply took it from other people's tents whilst they were checking their results or visiting the latrines. That is perhaps why so many people on the Karrimor think they have forgotten some important part of their meal."

In contrast, old-timers Jeff Freiburghaus and Allan Entwistle failed to finish the event for the 23rd time (despite the event only having been run 22 times), and so we asked them whether their equipment had anything to do with this.

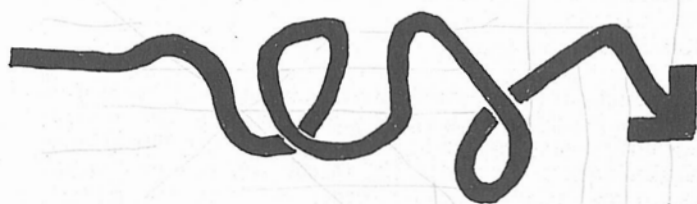
"Not at all, no. Just bad luck," explained Jeff. So what were the pair carrying? Well, Allan had cut down this year by borrowing a four-man tent instead of the family unit they carried last year. Not so impressive at the overnight camp, but around 6 stones lighter. Still, the new lightweight tent (only 322 lbs) was not without it's comforts. Cooking porch, side-awning, plastic windows.

Jeff carried only a few minor items which weren't listed on the KIMM "essentials" list. The extra tent was of course a safeguard, though it had to be the family unit tent they'd used previously. A well-stocked icebox, spare binoculars and of course a football for the evening kick-about were all regulars in the trailer which Jeff tugged round behind him, but new this year was the 22" colour television. Allan explained that the duo were fans of TV wildlife programmes, and they didn't want to miss the documentary on the lochs and mountains of Scotland's Glen Lyon area.

"Reception was awful!" said Allan.

The pair dropped out with only two checkpoints remaining on the second day, after they had discovered at the overnight camp that some important parts of their evening meal had been forgotten.

"I'm sure I packed them, right there next to the microwave," said a puzzled Jeff.



PHASE YOUR TRAINING- the Fellternative Way!

WEEK 1	JOG SLOWLY
WEEK 2	RUN STEADILY
WEEK 3	TRAIN HARD
WEEK 4	GET ILL
REPEAT UNTIL BEDRIDDEN	

Forget training blocks!
Forget key races! In fact, forget all races!
 Just pop those pills, swig that Benilyn, and we **GUARANTEE** you will be, like, really, really phased. y'know?
 For more details, see ME at races 'Lassy Virus'.

GET PSYCHED UP FOR RACES!



throw yourself down the stairs..



TRUE! MANDY SANDERSON OF ROCHDALE FINISHED THE TANGLE HILL RACE (MIDDLETON) BY BORROWING A HORSE AND RIDING IT FOR THE LAST MILE! SEEN HERE (R) WITH JO SCHRIEBER AFTER THIEVELY PIKE.

CLASSIC FELL RACES No 5

Charnwood Hills Race

Charnwood Forest is where you get stuck behind lorries grinding their way up a long hill south of Junction 23 on the M1. On either side of the motorway are several hills with rocky summits, some of them nearly half as high as Pendle Hill! Unfortunately the Charnwood Hills race doesn't actually visit any of these summits: you see, 200+ runners would cause erosion problems. The route therefore contours round below St John's Hill in Bradgate Park, unlike the 1.3 million other people who visit Bradgate Park each year. Recommended for devotees of real cross-country, but not real fell-running.

CLASSIC FELL RACES No 6

Trans-Fan Race

Originally intended to be the South Wales 2000-foot peaks race, the organiser got bored after 4 hours, so decided to stop the race below Pen-Y-Fan. A series of steep, grassy climbs and descents is enlivened by stretches of thigh-deep tussocks, and occasionally even deeper river crossings. The hills are wild and lonely, the silence only broken by the cry of the wild johndarby as it calls lost runners back from their navigational blunders. But all this changes when you cross the A470 onto the tourist path up Pen-Y-Fan: here you have to fight your way through crowds of ramblers, and as you watch brats hurling rocks down the escarpment you can ponder on the damage done to mountain paths by fell runners.

(Classic Fell Races this issue sent in by Anthony Kay, Leicestershire)

a BUNCH of gripeS

Dear Tapeworms,

Our sadness was deeper than the snow drifts on the Rossendale Way when we found bits of plastic marker tape abandoned on bracken, trees and fences on the courses of the Turnslack and Blue Pig races. This certainly won't make landowners and other users of the countryside want to cuddle fellrunners. Please can we ensure that *all* bits of tape, string, ribbon etc are removed straight after the race - not just those beloved flags! Thanks,

Disgusted of Tunbridge Fells

(I'm not that keen on cuddling most fellrunners meself)

Dear Persons,

It is amazing that some race organisers are still uncertain about the benefits to our sport of a proper prize list for female competitors. Surely we can expect a *basic minimum* of: 1st three women, 1st women's team, 1st V35 and 1st V40 women, at least! So what if there are fewer women in the field? Shall we deny prizes to Juniors and Super Veteran men simply because there aren't many of them?

The women that do manage to turn out, despite their extra commitments, deserve our full support and recognition. It's not just women that want this - I am a man! (Or at least I was last time anyone checked).

Yours in Expectation, A. Man

Lefty Is Right...

Graham "Lefty" Wright is my hero for reversing the route of the Rossendale Fell Race each year! Now let's be hearing of some other races doing the same, or moving their checkpoints round a bit. Infant runners' trods can be nipped in the bud by shifting a check half a mile across the fell, and having to think out a good line is one of the joys of fell running!

OK we get attached to certain routes, and elite runners can tackle records, but don't you get tired of the same old route sometimes? Let's not get stuck in a rut, literally of our own making - how about it, organisers?

Yours in creative Sport,

Phantom Fanny of Random Runners

Eds' note: Two questions - 1) why do people use pseudonyms for letters? 2) Do *you* get tired of the same old route sometimes? Write and tell us...

OK. We've run the access issue (and our readers) into the ground. The next soaraway Fellternative (the paper that supports our boys - and girls - on the fells) will be about Juniors: or "little bleeders" as Billy Blah calls 'em. The golden future of fell running, or victims of parental obsession? Interviews, personalities, facts and a few vicious fabrications. Thanks to Anthony Kay, Selwyn Wright, and the fell running Papperazzi: Steve Bateson and Peter Hartley. See you in the queue for the bogs - Geoff and Boff ("*Hairless and Toothless*")



Three of a Kind (Continued from p.31)

staged the local favourite Richard Drinkall to achieve the first of 4 wins that year. The others were at Farnill, Arncliffe and the tarmac Silsden Murder Mile in 7 minutes 14 seconds for the 525ft ascent. This with numerous top 10 placings was worth 4th in the championship and a second vest against the Scots, though the marauding Pictish hordes took revenge!

In March 1990 brother Mick took over setting Graham's training schedules which included training twice a day on three days of the week, with a total of 60mpw. Making a steady start with 5ths at Coniston Gullies and Moorcock, he improved his time for the latter by a minute, so obviously Mick's guidance was paying off. He also attained his highest position, 6th, at the formidable Alva race. But the following weekend at Cray, challenging Craig Bottomley and Steve Carr for the lead with 50 yards ago he leapt a crag and landed badly. Hobbling in 3rd, he knew something bad had happened, torn ligaments in fact which proved bad en-

ough to sideline him ever since. Ironically one of the problems has turned out to be that the ankle was strapped too tightly for too long, seizing the joint and making matters worse not better. Now getting expert advice and treatment he hopes to be training again shortly.

"I just hope I have not reached my peak in pro/open fell racing as it seems I have levelled off at around 5th place in races and cannot crack the top three regularly. My training times over specified fell courses are often far better than my performances in the actual events. I've trained over Kilnsey in sub-8.40 yet on the day have managed only 9 minutes. I'd dearly like to win there".

Kilnsey is his favourite race but Graham does feel he puts himself under pressure in the weeks beforehand and also that nearby Hebden sports the day before does not help because being local he is expected to do well at both.

Confidence is perhaps the key Graham need to unlock his full potential and achieve his ambitions not only of winning at Kilnsey but also maybe emulating his brothers and winning the B.O.F.R.A. title. Then and only then, he says, will he contemplate turning amateur so as to have a crack at the Three Peaks and other long fell races.

PRIZE COMP.

Wordwise by Alan Greenwood

The following list of Fell Runners and Clubs can be found within the square. The names may run in any direction by always in a straight line. Some letters are used more than once. Run a line through each name as you find it and delete it from the list. When you have found them all you will have 20 letters left which will give you the name of a famous Fell Race.

D	A	R	K	P	E	A	K	S	D	N	O	M	Y	S	B
O		M	R	O	C	H	D	A	L	E	L	L	A	H	R
D	M	A	B	L	A	N	D	O	N	N	E	L	L	Y	A
D	Y	O	L	L	W	A	L	Y	E	L	L	A	H	W	S
S	W	I	L	D	E	R	E	K	L	A	W	N	D	A	S
N	N		E	L	T	S	A	C	W	E	N	E	E	H	W
I	R	W	I	N	D	X	I	M	Y	O		Y	V	S	H
A	K	U	N	U		L	A	D	N	E	K	T	I	D	I
R	Y	C	P	A	P	A	T	T	E	R	S	O	N	A	T
D	E	R	I	G	B	Y	I	N		Y		E	E	R	F
Y	L	O		W	G	O	B	E	H	R			V	B	I
L	G	F	M	A	S	H	O	R	W	I	C	H	R	I	E
L	N	T	A	T	H	E	Y	T	I	C	S	D	E	E	L
A	I	S	F	I	F	E	K	O	E	D	A	E	R	N	D
B	B	S	R	O	O	M	E	L	N	O	T	Y	A	L	C

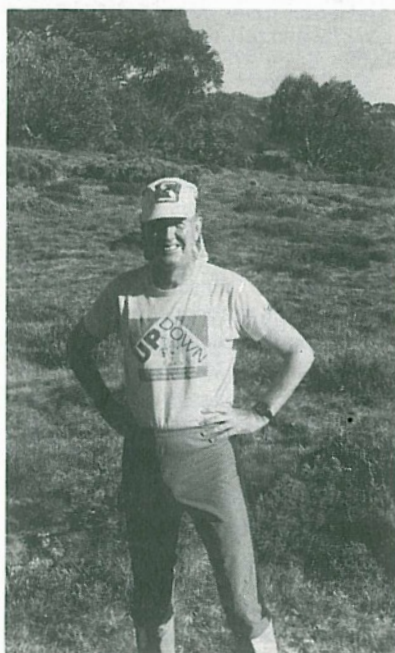
Sweatshirt & T-Shirt Winners (Who Won What?' Puzzle)

1st Bob Moore, Grasmere Cumbria.
2nd Mandy Gott, Hebden Bridge,
W. Yorks. HX7 6LS.

Solution

Darren Hall, Keswick, Junior.
Will Davis, Clayton, Senior.
Stan Greenwood, Dark Peak,
Veteran.

Ian Baker of Australia,
winner of *Up & Down's*
inaugural issue
competition, displays his
vest at the High-O, a
2-Day Capricorn-style
mountain orienteering
competition in the
Australian Alps.



AMBLESIDE
BALLYDRAIN
BINGLEY
CLAYTON-LE-MOORS
DARK PEAK
ERYRI
FIFE
HEBOG
HORWICH
KENDAL
KESWICK
LAW
LEEDS CITY
NEWCASTLE
PUDSEY
ROCHDALE
BLAND
BRADSHAW
BRASS
CROFTS
DEVINE
DODDS
DONNELLY

HALL
IRWIN
LANEY
LIVESEY
LLOYD
PATTERSON
READE
RIGBY
SYMONDS
WALKER
WHALLEY
WHITFIELD
WILDE

When you have discovered the famous fell race, send or give your solution to the Editor by April 15th (address on p.3). First correct solution draw will receive an *Up & Down* Sweat Shirt and a T-Shirt will be awarded to the runner up.

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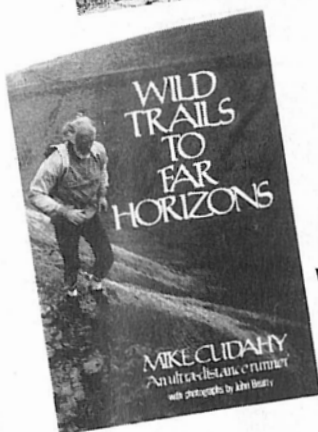
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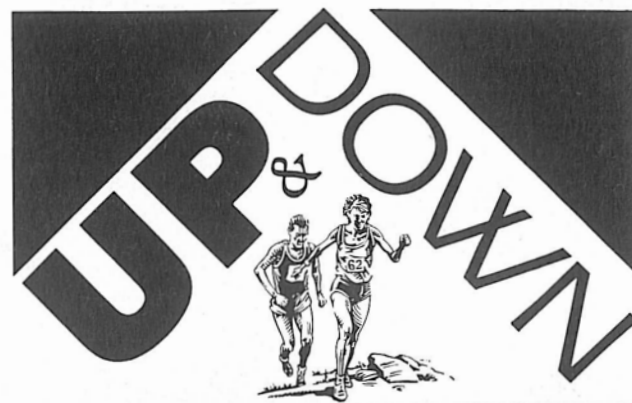
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