

THE FELL RUNNERS ASSOCIATION

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

Officers and Committee currently in office:-

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

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

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

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

Membership:- Individuals 25p. .

 Patrons £1.00

The First Magazine

SEPTEMBER 1971

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C H E C K P O I N T S

(News and Views)

1. Magazine Material:-

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

2. Availability of information:-

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

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

3. Annual Review - "Athletics Weekly"

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

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

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

MEMBERSHIP OF "THE FELL RUNNERS ASSOCIATION"

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

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

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

P denotes "Patron"

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

FELL RUNNING PERSONALITIES
QUESTIONNAIRES

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

1. JEFF NORMAN

Q. Name? A. Jeffrey Norman

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

Q. Age? A. 26

Q. What are your favourite events:-

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

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

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

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

A. Rivington Pike, 1964 - Age 19

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

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

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

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

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

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

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

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

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

Fri. Rest

Sat. Road or Fell Race

Sun. 20 miles, preferably over mountainous country.

(b) out of the Fell running season:-

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

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

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

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

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

A. No

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

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

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

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

Q. How often do you like to compete

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

Q. Have you any particular target(s)

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

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

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

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

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

(b) Any suggestions?

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

PERSONAL QUESTIONNAIRE

2. JOSS NAYLOR

Q. Name ? A. Joss Naylor

Q. Club ? A. Kendale A.C.

Q. Age ? A. 34

Q. What are your 3 favourite events:

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

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

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

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

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

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

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

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

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

(b) out of the Fell Running season:

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

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

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

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

A. None

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

A. One or two Orienteering events if any local.

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

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

Q. How often do you like to compete:

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

Q. Have you any particular target(s):

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

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

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

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

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

(b) any suggestions ?

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

Q. Any other remarks:

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

PERSONAL QUESTIONNAIRE

3. ALAN HEATON

Q. Name ?

A. Alan Heaton

Q. Club ?

A. Clayton - Le - Moors Harriers

Q. Age ?

A. 42

Q. What are you 3 favourite events;

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

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

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

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

A. Pendle Fell Race (27)

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

A. Ben Nevis Race.

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

A. Tuesday:- Club training night local hills up to 10 miles
Weds.) Shorter run sometimes on one night
Thurs.) sometimes on both.
Weekend:- Competing or training up to 15 miles , mostly on local hills.

(b) out of the Fell running season

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

Thursday:- occasional short runs on road.

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

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

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

A. No

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

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

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

A. Soccer, Orienteering (All year).

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

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

Q. How often do you like to compete:

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

Q. Have you any particular target(s):

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

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

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

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

(a) Any pet hind?

A. No

(b) Any suggestions

A.

Q. Any other remarks:

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

PERSONAL QUESTIONNAIRE

4. DAVID A. CANNON.

Q. Name ? A. David A. Cannon.

Q. Club ? A. Kendal A.C.

Q. Age ? A. 20 years 3 months

Q. What are your 3 favourite events:

A. Burnsall, Musbury Tor and Thiveley Pike.

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

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

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

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

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

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

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

(a) In the Fell running season:

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

(b) Out of the Fell running season:

- Sunday a.m. 2 Hours Fell
p.m. 6 miles easy Cross Country
Monday 1½ hours easy Road
Tues. 8 miles Fartlek Road
Wed. 10 - 12 miles steady Road
Thurs. 6 miles steady Road
Fri. Rest
Sat. Race

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

A. No

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

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

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

A. Cross - Country, Road Races.

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

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

Q. How often do you like to compete:

A. Once a week.

Q. Have you any particular target(s):

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

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

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

Q. Regarding the sport generally - have you

(a) Any pet bind:

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

(b) Any Suggestions:

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

Q. Any other remarks:

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

"FELL RUNNER OF THE YEAR"

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

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

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

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

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

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

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

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

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

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

THE 16th ANNUAL THREE PEAKS RACE - 1969

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

RESULTS.

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

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

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

D. Scott.

THE PENNINE WAY

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

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

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

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

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

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

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

BEN NEVIS RACE

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

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

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

1970 RESULTSPENDLE

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

RIVINGTON PIKE

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

THREE PEAKS

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

FAIRFIELD

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

TEAM - Sale

TEAMS

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

CHEVY

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

TEAM - Sale

ENNERDALE

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

TEAM - Kendal

HARDEN MOSS

1. D. Cannon 13.20
2. K. Darlow 13.22
3. R. Harrison 13.30

TEAM - Airedale & S.V.

SKIDDAW

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

TEAM - Rochdale

BURNSALL

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

TEAM - Holmfirth

BEN NEVIS

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

TEAM - Kendal

1970 RESULTSVAUX MOUNTAIN TRIAL

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

ROSSENDALE

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

THIEVELEY PIKE

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

THREE TOWERS

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

OTHER RESULTS

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

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

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

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

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

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

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

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

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

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

HALF NEVIS 1 J. Norman 58.15.8 (rec) 2. D. Cannon 3. T. Proctor

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

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

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

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

1971 RESULTSCARNETHY HILL RACE

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

PENDLE

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

CHEVY

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

THREE PEAKS

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

FAIRFIELD

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

ENNERDALE

1. J. Naylor	3.35.40
2. D. Weir	3.57.00
3. M. Nicholson	3.57.50
4. P. Walkington	4.02.00
5. D. Hughes	4.07.20
6. R. Jackson	4.12.12
7. H. Walker	4.13.10
8. H. Blenkinsop	4.23.10
9. J. Craven	4.24.50
10. M. Meath	4.28.45
Team	
1. Kendal	11.46.10
2. Sale	13.47.22
3. Rucksack	14.15.40

BEN LOMOND

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

SKIDDAW

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

BURNSALL

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

BEN NEVIS

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

VAUX TRIAL

1. J. Naylor	4.18.00
2. N. Carrington	4.39.12
3. A. Heaton	4.51.45
4. P. Bland	4.56.30
5. W. Gauld	4.58.18
6. H. Blenkinsop	4.59.41
7. E. Roberts	5.03.25
8. J. Strickland	5.07.25
9.	
10. D. Hughes	5.10.48
Team	
1. Kendal 'A'	14.32.04
2. Kendal 'B'	15.46.32
3. Clayton	16.16.55

ROSSENDALE

1. C. Robinson Rec	61.26
2. D. Cannon	61.27
3. R. Belk	62.59
4. H. Walker	63.25
5. R. Harrison	64.20
6. T. Proctor	64.32
7. P. Watson	65.18
8. P. Wood	66.02
9. R. Rawlinson	66.15
10. R. Asquith	66.33
Team	
1. Airedale & S.V.	16
2. Rochdale	24
1st vet G. Rhodes	19th

THIEVELEY PIKE

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

OTHER 1971 RESULTS

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

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

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

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

ENNERDALE JUNIOR 1. D. Cannon 1.25.25

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

MUSBURY TOR 1. D. Cannon 8.31.05 2.R. Rawlinson 8.38.00 3. P. Watson 9.13. Team Bury & Radcliffe

MAMORE 1. G. Eadie 2. B. Finlayson

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

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

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

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

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

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

TWO - DAY MARATHON

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

CANNOCK CHASE

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

RIVINGTON PIKE

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

HARDEN MOSS

1. D. Cannon	13.09
2. H. Walker	13.28
3. C. Robinson	13.38

TEAM. 1 Rochdale
2. Holmfirth
3. Sheffield

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