



# THE FRA NEWS

10p

Issue Number 1. September 1984.

## 1985 Championship Races

The following **provisional** list of championship races was selected at the FRA committee meeting at Sedbergh on 19th August. There are still outstanding queries to be answered regarding some races, and the organisers confirmation is also awaited. The definitive list will be published later:

Long:- Edale, Welsh 1000's, Ennerdale, Wasdale, Langdale.

Medium:- Kentmere, Coniston, Fairfield, Snowdon, Ben Nevis.

Short:- Blisco, Eildon, Melantee, Gategill (Threlkeld), Burnsall.

## Broxap changes jobs

*Jon Broxap (FRA General Secretary) assistant warden at Patterdale for several years, has left the YHA and jointed "Pete Bland sports". He has bought a house in Kendal and as from 4th September his address will be 34 Burnside Road, Kendal.*

*Jon will be at many fell races with the PB sports equipment van and will utilize this presence to keep members informed of FRA news via a new notice board which Norman Matthews produced. So look out for Jon and the notice board at "Pete Bland Sports" van in future.*

## KENNY STUART WINS 1984 CHAMPIONSHIP

Stuart proved himself a worthy champion by wins in 9 out of his 10 counting races. Only Billy Bland in the Borrowdale (long) managed to edge in front. Apart from this, Ken's only other defeat this season was at the hands of the Italians in the Snowdon race.

Club mate at Keswick, and living only a stones throw from Kenny, Pauline Howarth still has a chance to go one better. If she can win either the Thieveley Pike or Ben Nevis, her second position at Saddleworth will be replaced by a first, giving her 10 wins out of 10 counting races.

The mens runner-up position looks like going to Jon Broxup after his Sedbergh win, where his main challenger Hugh Symonds could only manage 6th position.



## Stuart heads strong English team in Italy

Replacing the original World Cup plans, Italy are staging an invitation event for senior men on September 30th in Zogno, Bergamo. The England team is as follows: K. Stuart (Keswick), J. Broxap (Keswick), H. Symonds (Kendal), D. Cartridge (Bolton), S. Breckell (Blackburn), M. Patterson (Dark Peak).

## JUNIOR CHAMPIONSHIP Devine and Bergstrand Neck and Neck

*The first year of the FRA junior championship for 15-17 year olds has produced a fine struggle between Garry Devine of Skyrac and Robin Bergstrand of Rochdale. The former leads by 161 points to 153 with two races to go.*

*M. Wilson of Hallamshire is 3rd with 148 and G. Richardson 4th on 124 points.*

## "America's Ultimate Challenge"

Hugh Symonds (Kendal A.C.) finished an exhausted second in this years Pikes Peak Mountain Marathon in America. His time of 3 hours 50 minutes, 26 seconds was some 20 minutes slower than the winner who was once again the phenomenal Indian, Al Waquie (record holder at 3 hours, 28 mins).

The race starts at 7 a.m. to avoid the worse heat of the day. Even so, the thermometer stood at 30°C by the time the winner came in. There is 7,300 feet of climbing, about the same as the Ennerdale but with the big difference of starting at 6,800 feet and reaching 14,100 feet at the summit. The distance covered in 28 miles. Hugh describes it as the hardest race he has ever run and mentioned that Waquie's lead was all established on the climb. The descent is very frustrating for a British fell runner because the path zig-zags and has to be adhered to.

About 2000 people too part in what has become a mass participation event on the mountains, attracting many walkers and outdoor adventurers who don't take their athletics too seriously. Will a British fell race ever attract such popular attention?

## Welsh Team for Italy

The provisional team is B. Woodward, H. Griffiths, M. Jones, L. Williams, A. Darby, S. Orrells.

## EDITORIAL

The first number of the FRA News is an experiment in communication.

The FRA committee feel that their highly praised magazine, essential for a durable record of the fell running scene, needs to be supplemented in the intervening months by some means of getting news items to the members.

As always, one of the major hurdles is cost, especially if postage is involved. To keep costs down to those of production we have decided to try distribution by hand. Inevitably, not all members will receive this news, but the intention is to ensure clubs have copies for distribution and they will be on sale at all fell races. This issue cost 16p to produce so at 10p it is an attractive buy. We are grateful to our advertisers who have helped to finance the first copy.

If you feel that the "news" is useful and should continue, it is essential that you should let us know (see the questionnaire) and contribute to it with your letters or news items. It is not intended that all articles express official FRA views, but one of the principle aims of the news is to keep you up to date with what is going on behind the scenes.

Danny Hughes, Chairman.

## Insurance for race organisers

The majority of fell races take place without any insurance cover whatsoever. For a sport with such potential for danger, it makes sense for organisers to ensure that **any claims made against the race organisation** are adequately covered. The F.R.A. have negotiated an agreement with a Lloyds broker to the effect that every race appearing in the F.R.A. fixture calendar will be insured against claims for damages up to £500,000. The cost is £2 per event, and this covers all races, ladies, juniors and seniors held on the same day at the same venue. Since this is a group arrangement that covers the whole fixture

list, it is not possible to publish events who refuse such insurance, or who don't want to pay the extra money because they are already insured. We hope that individual insurance arrangements will be dropped in favour of this very comprehensive one provided by the company who also operate the AAA's insurance scheme. We are indebted to John Martell, Treasurer of the AAA who assisted us in making arrangements.

There is also a nominal charge being made to cover the publication of the calendar so that race organisers will be asked for £2.50 in order that their event appears in the 1985 fixture list.

## World Cup Plans Suspended

The FRA and CNCM (the Italian equivalent) have been planning a World Cup mountain running event for the past twelve months. However, the International Amateur Athletic Federation (IAAF) have indicated their interest in such an event and are reluctant to see it launched as such until an established international competitive forum is evident. Since both the FRA and CNCM come under the auspices of the IAAF, via their respective parent bodies, we are obliged to be guided by them on this matter. John Holt, General Secretary of IAAF, has indicated that they wish to be closely associated with the development of the sport at the international level.

The original plans, published in the Summer Fell Runner have had to be modified and although Italy are to stage an international event there will be no ladies or juniors events, much to our disappointment.

## Jos Naylor's 24th Mountain Trial on September 9th

Always a glutton for setting long distance records, Jos is intent on setting a record in the mountain trial (now the "O.S. Lakes") that will never be beaten. Adherents of this particular race such as Ted Dance may have run as many as Jos, but an examination of his record gives a clear picture of who has been boss over the years.

1960 16th  
1961 Disqualified for missing a check point on Seatoller.  
1962 Only George Brass finished this one.  
1963 ?  
1964 ?  
1965 4th (Mike Davies)  
1966 1st

1967 5th (Mike Davies)  
1968 3rd (Winner Chris Fitt)  
1969 1st  
1970 2nd (Winner Mike Davies)  
1971 1st  
1972 1st  
1973 1st  
1974 1st  
1975 1st  
1976 1st  
1977 1st  
1978 (Winner Billy Bland)  
1979 1st  
1980 3rd (Winner Billy Bland)  
1981 3rd (Winner Martin Hudson)  
1982 4th (Winner Billy Bland)  
1983 10th (Winner Martin Hudson)  
1984 Another Win?

## UNDER F.R.A. RULES

Many race organisers will have a great sigh of relief at being able to run their events under the straightforward (compared to AAA rules) F.R.A. rules in 1985 (subject to approval by the AGM). There are however some events where organisers may be uncertain of their status. These are Category C events, "O" type events and Scottish events. Each of these could, are, or will be, run under rules other than F.R.A.

Since **only races run under F.R.A. rules will be published in the 1985 F.R.A. fixture calendar**, some guidance is necessary.

Category C event organisers need to decide whether or not their race would more properly be run under normal ECCU (cross country) rules. We have had communications with the E.C.C.U. on this matter and at the present time we are both happy for organisers of these borderline events to decide for themselves whether their race is cross country or fell. Scottish events must at present be run under S.A.A.A.'s rules, but since none of these rules cut across F.R.A. rules (and

vice versa) we hope to publish them as under S.A.A.A.'s/F.R.A. rules, pending agreement with the S.A.A.A.'s. Orienteering type event such as the Saunders, the Karrimore, the Copeland Chase and O.S. Mountain trail could be run under B.O.F. (British Orienteering Federation) rules. Here again, the race organisers will have to decide which category their event belongs to. We hope that "O" type races on the mountains will be run under F.R.A. rules since it is a variation on the straightforward event which we want to encourage. It is only fair to point out that we have had no contact with B.O.F. about those events, preferring to leave decisions with the organisers.

Copies of F.R.A. rules will be circulated with the fixture secretaries race information sheet.

## Sport a Badge

The FRA have produced a good quality track suit badge selling at 80p. It displays the FRA logo and is green on an off white background. They are available from most committee members or the secretary.

## Billy Bland Retains C.F.R.A. Championship Trophy

Cumberland Fell Runners, who organise 8 fell races during the year award a trophy to the runner who scores most points in their events. A race winner gets 22 points, second 19 and so on.

Billy scored a total of 90 points with positions as follows: Copeland Chase 3rd, Northern Counties 4th, Ennerdale 5th, Wasdale 1st, Kinniside 4th. He did not compete in the Muncaster, Blake Fell or Black Combe.

Harry Jarrett (C.F.R.A.) was runner-up with 75 points from four races and Geoff Clucas (C.F.R.A.) third with 65 points from four races.



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## Welsh Regional Championships

Considerable interest has been generated by the new Welsh championships and increased race numbers are evident in all races chosen to count. With 2 races to go the leading positions are:

- |                    |    |
|--------------------|----|
| 1. Bernie Woodward | 32 |
| Andy Darby         | 32 |
| 3. Hefin Griffiths | 31 |
| 4. D. Davies       | 29 |
| M. Jones           | 29 |
| 6. Les Williams    | 25 |
| 7. Glyn Griffiths  | 19 |
| 8. Steve Orrells   | 17 |
| 9. Paul Stott      | 15 |
| 10. Phil Dixon     | 11 |

The championship race Llanddeusant has been cancelled and will be replaced by the Elidir.

## Membership continues to increase

Membership secretary Norman Berry reports increased F.R.A. membership for 1984 at about 2,250 and 500 of these are new members. About 300 of last years members have failed to renew. There are 23 clubs registered with the F.R.A.

Previous years membership levels were 1983, 2,020; 1982, 1,627; 1981, 1,271.

This is Norman's last year as membership secretary, but he leaves the job well organised for whoever takes over. Thank you Norman.

## REMINDER

The F.R.A. A.G.M. will be held after the Thievelly Pike Fell Race on 29th September. Nomination for Club Representatives and any resolutions should be sent to the Secretary immediately.

## FRA Dinner Plans Finalised

Graham Wright has once again made arrangements for the annual FRA dinner/dance/presentation evening at the Dunkenhall Hotel near Clayton-le-Moors. This was a well attended and very successful end to the fell running season last year, so don't miss 1984's event.

Famous cartoonist-cum-fell-runner Bill Bentall is the guest speaker, and Championship winners will be presented with their awards. Tickets cost £7.50 and are obtainable from any committee member.

## FRA Badge Scheme

Badges are to be awarded to the leaders of each of the FRA Championship categories.

The badges will be of a distinctive colour and shape. They will carry the year of award and are intended to be worn on vests. Details of the scheme have yet to be finalised but it is hoped that the awards will provide an incentive and reward for those finishing lower down the ranking lists.

## Cumberland Fell Runners Association Annual Dinner

Those seeking a combination of good racing with some social activity could do no better than travel west to the popular West Cumberland events in November. On Saturday 10th, Black Coombe Runners repeat their well organised and successful Dunnerdale Fell Race. Then in the evening there is time to relax and reminisce over the summers adventures (with perhaps a film to prompt the memory) at the C.F.R.A.'s annual dinner. This will be held at the Bridge Inn, Santon Bridge. The weekend is completed by the Copeland Chase, an "O" type event from the Ennerdale Scout Camp. Book your dinner now to ensure a place (we are limited to 100), by returning this form, plus money, to Danny Hughes, Hallsteads, Gosforth, Cumbria. CA20 1BJ.

Please reserve . . . . . places at the 1984 C.F.R.A. dinner at 7.15 p.m. on 10th November.

Enclosed is . . . . . in payment (which is reimbursable given a few days notice).

Cost of the dinner is £7.00 per head.

Name . . . . .

Address . . . . .

## Questionnaire

This questionnaire has been designed to give the F.R.A. committee some feedback from the members on various aspects of it's activities. It will be followed by more, depending on your response. So if you want the best out of your organisation, complete it now and return to John Broxap. (Secretary F.R.A.)

- |  | YES                      | NO                       |
|--|--------------------------|--------------------------|
| Q.1 Are you satisfied with the present championship arrangements.                        | <input type="checkbox"/> | <input type="checkbox"/> |
| Q.2 Would you like the F.R.A. to arrange group transport (coaches) to races.             | <input type="checkbox"/> | <input type="checkbox"/> |
| Q.3 Would you like to see this newspaper published regularly to supplement the magazine. | <input type="checkbox"/> | <input type="checkbox"/> |
| Q.4 Do you think the F.R.A. provide good value for money.                                | <input type="checkbox"/> | <input type="checkbox"/> |

Note that there is no need to elaborate on your answers since further questions will be asked to elicit your views.

STUART WINS BEN NEVIS
PAULINE HOWARTH 7th out of 300

Table with 4 columns: POS, NAME, CLUB, TIME. Lists runners for Ben Nevis including K Stuart, J R Maitland, H Symonds, R E Whitfield, W Bland, J Broxap, C Valentine, D Cartridge, M Patterson, S R Moore, R Ashworth, P Barron, R Owen, A H Smith, R Campbell, P Stott, D Woodhead, D J Hall, D Stuart, A R Curtis, N P Llanaghan, P Lambert, P S Mitchel, B Brindle, T Birtwistle.

LADIES

Table with 4 columns: POS, NAME, CLUB, TIME. Lists ladies runners: P Haworth, R Coates, G Wilkinson.

BORROWDALE FELL RACE

Table with 4 columns: POS, NAME, CLUB, TIME. Lists runners for Borrowdale Fell Race including W Bland, K Stuart, K Taylor, J Broxap, B Brindle, M Rigby, R Owen, R Ashworth, S Livesey, S Moore, P Barron, K West, D Hall, P Tuson, D Stuart, S Priestley, J Naylor, P Lambert, D Cartridge, R Adcott, B Peace, I Charlton, C Wilkinson, S Breckell, A Jones, D Woodhead, A Richardson, A Clarke, P Skelton.

1984 BRITISH FELL RUNNING CHAMPIONSHIPS

(SEDBERGH and NEVIS not included)

SENIOR MEN

Table with 4 columns: POS, NAME, CLUB, POINTS. Lists senior men runners including K Stuart, J Broxap, H Symonds, S Breckell, B Brindle, G Gough, K West, J Maitland, C Valentine, K Rawlinson, R Ashworth, A Smith, D Cartridge, D Hall, R Owen, R Pilbeam, K Taylor, M Patterson, W Bland, S Moore.

VETERANS

Table with 4 columns: POS, NAME, CLUB, POINTS. Lists veteran runners including R Aucott, R Clemens, R Jackson, D Kay, N Berry, P Murray, A Philipson.

LADIES

Table with 4 columns: POS, NAME, CLUB, POINTS. Lists ladies runners: P Howarth, B Hogg, L Lord, A Soper, G Wilkinson.

TEAMS

Table with 4 columns: POS, CLUB, POINTS. Lists teams and their scores including Keswick A C, Rosendale H, Horwich R M I, Kendal A C, Cumberlan F R, Dark Peak F R, Holmfirth H, Clayton-Le-Moors H, Ambleside A C, GLOSSOPDALE H, Pennine F R.

(All Championship races up to and including the Borrowdale)

MOEL SIABOD FELL RACE

Table with 4 columns: POS, NAME, CLUB, TIME. Lists runners for Moel Siabod Fell Race including J Broxap, D Cartridge, J Maitland, S P A Breckell, B Ashworth, A Buckley, R Owen, A Smith.

WASDALE FELL RACE

Table with 4 columns: POST NAME, CLUB, TIME. Lists runners for Wasdale Fell Race including W Bland, H Symonds, R Ashworth, D Ratcliffe, M Hoffe, K Taylor, A H Smith, B Moore, R Aucott, D Bland, I Holloway, M Prady, J Blair Fish, J Naylor, N Llanaghan, A Jones, C Taylor, A Addis, J Nixon, G Webster.

THE SNOWDON RACE

Table with 4 columns: POS, NAME, CLUB, TIME. Lists runners for The Snowdon Race including F Bohenzi, P Pezzoli, K Stuart, Mike Bishop, J Norman, J Maitland, A R Darby, A Almalfa, A Adams, P Bowler, B Woodward, D Woodhead, D Hall, S Orrells, P Standing, E Twouig, B Brindle, A Jeffries, (L) H Griffiths, S J Longdon, L R Williams, R Wood, G Mostacchetti, D Fairclough, M Foschi.

EILDON TWO HILLS RACE — MELROSE

Table with 4 columns: POS, NAME, CLUB, TIME. Lists runners for Eildon Two Hills Race including K Stuart, J Maitland, H Symonds, J Broxap, D Cartridge, G Gough, R Owen, S Breckell, R Pilbeam, A Spenceley, R Rawlinson, A Smith, K West, A Curtis, D Hall, H Jarrett, M Lindsay, C Valentine, G Byres, S Parker.

ENNERDALE FELL RACE

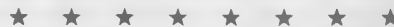
Table with 4 columns: POS, NAME, CLUB, TIME. Lists runners for Ennerdale Fell Race including K Stuart, H Symonds, J Broxap, R E Whitfield, W Bland, P Irwin, A H Smith, R Ashworth, K Taylor, S R Moore, A Richardson, S Breckall, B Brindle, D Bland, P Lambert, R Pilbeam, C Valentine, J Naylor, K West, R C White.

Will clubs who finished Five Siabod please inform K. Shand of their positions.

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