

12th June 1976

R E S U L T S

PRIZEWINNERS

Individual:

1. J. Naylor - Kendal A.C. 3.46.08
 2. M. Short - Horwich R.M.I 3.57.32
 3. H. Blenkinsop - Kendal A.C. 3.58.17
- The first 12 finishers received prizes.

Team Trophy:

1. Kendal A.C. "A" 11.54.38
(Naylor, Blenkinsop, Nicholson)

Other finishing teams:

2. Horwich R.M.I. 13.07.09
3. Keswick A.C. 13.10.27
4. Morpeth A.C. 13.33.11
5. Clayton-le-Moors H. 13.48.20
6. Kendal A.C. "B" 14.37.40
7. Rochdale H. 15.15.33
8. Keswick A.C. "B" 15.35.31
9. Clayton-le-Moors "B" 15.38.44
10. Kendal A.C. "C" 17.05.47
11. Clayton-le-Moors "C" 17.41.45
12. Kendal A.C. "D" 18.13.45

Veterans: (over 40)

1. J. Naylor - Kendal A.C. 3.46.08
2. E. Roberts - Kendal A.C. 4.29.05
3. A. Heaton - Clayton-le-Moors 4.51.32

Super Veterans: (over 50)

- E. Leal - Ryde Harriers 5.44.15

Sealed Handicap Winner:

- M. Sydney - Keswick A.D. 2.57.50

CRAG FELL RACE

1. A. McGee - Keswick A.C. 33mins 24 secs.
2. B. Robinson - Kendal A.C. 38 " 46 "
3. S. Crimes - Horwich R.M.I. 39 " 20 "

PRIZES DONATED BY:

The Cumberland Fell Runners Association, Mr & Mrs J. Long,
Mr & Mrs C. Magorrian, Mr A. Humphries, Mr T. Orr (Team Trophy)

PRIZES PRESENTED BY:

Mr P. Hotchen - Works Manager Calder Hall Nuclear Power Station

Pos.	Name & Club	R.F.	B.E.	G.G.	K.F.	F.	H.	I.C.	C.F.	M.C.C.	A.C.C.
1.	*J. Naylor MBE Kendal A.C.	0.54	1.28	1.49	2.08	2.36	2.58	3.13	3.34	3.46.08	3.46.08
2.	M. Short Horwich RMI	0.54	1.30	1.52	2.15	2.44	3.09	3.25	3.42	3.57.32	3.48.32
3.	H. Blenkinsop Kendal A.C.	0.55	1.30	1.53	2.15	2.44	3.09	3.25	3.45	3.58.17	3.27.17
4.	A. Styan Horwich RMI	-	1.34	1.56	2.18	2.47	3.15	3.31	3.51	4.03.42	3.31.42
5.	W. Bland Keswick A.C.	0.57	1.32	1.58	2.18	2.46	3.15	3.31	3.51	4.04.14	3.32.14
6.	H. Walker Blackburn H.	0.55	1.34	1.56	2.18	2.46	3.15	3.31	3.51	4.04.45	3.51.45
7.	P. Walkington Blackburn H.	0.55	1.34	1.57	2.18	2.47	3.15	3.31	3.53	4.07.50	3.36.50
8.	A. Philipson Gateshead H.	0.56	1.33	1.56	2.18	2.47	3.15	3.31	3.54	4.08.15	3.33.15
9.	D. Booth Thames H. & H.	1.00	1.36	1.58	2.21	2.52	3.17	3.35	3.57	4.09.16	3.36.16
10.	M. Nicholson Kendal A.C.	0.57	1.39	2.02	2.25	2.58	3.22	3.39	3.58	4.10.13	3.38.13
11.	J. North Clayton	1.00	1.35	1.59	2.22	2.52	3.17	3.35	3.58	4.12.15	3.37.11
12.	M. Gilbert Preston H.	0.59	1.37	2.02	2.27	2.58	3.22	3.40	4.01	4.14.25	3.39.25
13.	D. Bland Keswick A.C.	0.57	1.32	1.58	2.20	2.51	3.17	3.35	4.00	4.16.25	3.21.25
14.	I. Roberts Holmfirth H.	0.55	1.35	1.59	2.22	2.54	3.26	3.47	4.10	4.23.35	3.43.35
15.	M. Garratt Mandale A.C.	0.57	1.34	1.57	2.20	2.51	3.37	3.54	4.15	4.27.10	3.31.10
16.	K. Taylor Rossendale AC	0.59	1.44	2.09	2.36	3.06	3.33	3.52	4.16	4.27.25	-
17.	A. Harmer Portsmouth AC	1.00	1.46	2.12	2.36	3.09	3.35	3.54	4.17	4.28.35	3.55.35
18.	*E. Roberts Kendal A.C.	0.57	1.41	2.06	2.34	3.06	3.33	3.53	4.16	4.29.05	-
19.	W. Buckley Morpeth H.	1.03	1.45	2.12	2.36	3.10	3.35	3.54	4.17	4.29.10	3.48.10
20.	M. Newell Morpeth H.	1.03	1.45	2.12	2.36	3.10	3.35	3.54	4.17	4.29.31	3.26.31
21.	G. Wright Rossendale AC.	1.00	1.42	2.09	2.36	3.08	3.33	3.53	4.17	4.32.05	-
22.	W. Ryder Morpeth H.	1.00	1.41	2.06	2.34	3.06	3.33	3.53	4.18	4.34.30	3.29.30
23.	W. Lambert Holmfirth H.	0.57	1.41	2.06	2.34	3.06	3.33	3.53	4.18	4.35.32	3.51.32
24.	P. Dawes Kendal A.C.	-	1.51	2.18	2.44	3.17	3.45	4.02	4.25	4.38.43	3.36.43
25.	A. Shaw Rochdale H.	0.59	1.48	2.19	2.46	3.18	3.47	4.05	4.26	4.40.10	4.04.10
26.	R. Womersley Manchester YMCA	-	1.52	2.20	2.45	3.17	3.44	4.07	4.28	4.42.15	2.58.15
27.	M. Hayes Dark Peak F.R.	1.01	1.44	2.12	2.36	3.09	3.39	3.59	4.24	4.43.40	3.10.40
28.	J. Loxam Clayton H.	-	1.47	2.17	2.42	3.16	3.47	4.06		4.44.33	3.48.33
29.	M. Pearson Keswick A.C.	0.58	1.45	2.12	2.36	3.11	3.44	4.06	4.33	4.49.48	3.58.48
30.	*A. Heaton Clayton H.	-	1.52	2.26	2.50	3.25	3.56	4.15	4.37	4.51.32	3.50.32
31.	J. Blair-Fish Lochaber A.C.	1.01	1.59	2.27	2.51	3.24	3.56	4.15	-	4.53.23	4.17.23
32.	R. Jackson Sale H.	-	1.48	2.18	2.47	3.25	3.57	4.16	4.41	4.54.20	4.15.20
33.	P. Knott Blackpool H.	1.03	1.47	2.18	2.44	3.18	3.49	4.15	4.41	4.55.38	4.15.38
34.	S. Jackson Sale H.	-	1.47	2.18	2.47	3.25	3.57	4.16	4.41	4.57.00	3.43.00
35.	M. Sydney	-	1.54	2.26	2.50	3.25	3.57	4.16	4.42	4.57.50	2.57.50

100.	Name & Club	R.P.	B.B.	G.G.	A.F.	P.	H.	I.O.	O.P.	1000	1000
36.	D. Kelly Barrow A.C.	1.00	1.38	2.03	2.29	3.08	3.47	4.09	4.40	4.58.25	4.28.25
37.	D. Winterbone Salford H. & AC.	-	1.54	2.26	2.51	3.27	3.57	4.16	4.42	4.58.40	-
38.	*C. Ratcliffe Clayton H.	1.03	1.47	2.18	2.44	3.18	3.49	4.15	4.42	4.59.50	4.08.50
39.	J. Makin Durham H.	1.03	1.47	2.18	2.46	3.21	3.58	4.20	4.45	5.01.25	4.31.25
40.	*K. Ledward Eskdale OBMS.	-	1.57	2.27	2.55	3.30	3.59	4.21	4.46	5.01.45	3.31.45
41.	P. Fleming Horwich RMI	-	1.52	2.26	2.52	3.30	3.59	4.21	4.48	5.05.55	3.32.55
42.	J. Smith Bury A.C.	1.03	1.47	2.19	2.47	3.26	4.00	4.24	4.53	5.12.30	4.24.30
43.	W. Grindley Clayton H.	-	1.58	2.28	2.56	3.36	4.12	4.32	4.57	5.13.26	4.43.26
44.	A. Bland Keswick A.C.	0.58	1.33	1.58	2.22	3.01	3.35	4.30	4.57	5.14.02	4.44.02
45.	R. Connor Unattached	-	1.52	2.22	2.51	3.28	4.12	4.34	4.59	5.14.40	3.31.40
46.	J. Monks Rochdale H.	-	1.52	2.27	2.59	3.35	4.14	4.35	5.00	5.17.41	4.13.41
47.	*T. Sykes Rochdale H.	-	1.52	2.27	2.59	3.35	4.14	4.35	5.00	5.17.42	4.07.42
48.	* L. Pollard Horwich RMI.	-	1.57	2.28	2.59	3.38	4.12	4.35	5.03	5.19.20	3.36.20
49.	E. Harvey Ed. S. O.C.	-	1.52	2.27	2.59	3.41	4.14	4.36	5.04	5.19.40	4.49.40
50.	T. Godolphin Harrogate A.C.	1.00	1.38	2.02	2.27	3.04	3.35	4.30	4.59	5.19.45	-
51.	A. Evans Kendal A.C.	1.01	1.59	2.27	2.56	3.37	4.12	4.35	5.01	5.19.52	4.28.52
52.	I. Holloway Unattached	-	2.01	2.31	2.56	3.35	4.14	4.35	5.03	5.20.56	4.50.56
53.	J. Evans Unattached	-	1.57	2.27	2.59	3.37	4.12	4.35	5.03	5.21.58	4.10.58
54.	A. Richardson Cleveland O.K.	-	1.55	2.23	2.59	3.36	4.07	4.32	5.04	5.23.14	4.27.14
55.	C. Bland Keswick A.C.	-	2.04	2.32	2.59	3.38	4.12	4.37	5.06	5.23.39	3.32.39
56.	R. Barnby Unattached	-	2.04	2.33	3.02	3.42	4.14	4.38	5.07	5.24.21	4.53.21
57.	S. Moyle Clayton H.	-	1.58	2.28	2.56	3.37	4.12	4.35	5.05	5.25.28	4.55.28
58.	M. Walford Kendal A.C.	-	2.10	2.41	3.11	3.48	4.24	4.46	5.12	5.29.50	4.43.50
59.	P. Sydney Unattached	-	2.05	2.34	3.08	3.46	4.21	4.45	-	5.30.10	4.50.10
60.	A. Queen Unattached	-	2.05	2.34	3.08	3.48	4.21	4.45	5.13	5.31.10	4.51.10
61.	*W. Gould Ed. S. O.C.	-	1.58	2.31	3.04	3.47	4.28	4.52	5.19	5.36.55	4.26.55
62.	M. Winstanley Unattached	-	1.57	2.33	3.05	3.54	4.31	4.54	5.22	5.38.00	-
63.	R. Astles Horwich RMI	-	2.10	2.44	3.16	3.53	4.25	4.49	5.19	5.39.12	4.18.12
64.	W. Millen Kendal A.C.	-	2.12	2.52	3.23	4.05	4.39	5.01	5.23	5.40.57	4.36.57
65.	N. Shuttleworth Keswick A.C.	-	2.21	2.50	3.20	4.04	4.39	5.00	5.23	5.40.58	4.38.58
66.	H. Ball Clayton H.	-	1.55	2.31	3.08	3.51	4.28	4.55	5.22	5.41.05	4.10.05
67.	*M. Drook Unattached	-	1.57	2.31	3.08	3.52	4.29	4.55	5.22	5.41.06	-
68.	E. Barron Durham H.	-	1.54	2.27	2.56	3.43	4.28	4.55	5.23	5.41.07	5.01.07
69.	R. Nelson Lozells H.	-	2.10	2.41	3.20	4.03	4.39	5.00	5.25	5.43.45	4.24.45
70.	**R. Lee	-	1.58	2.33	3.20	4.05	4.39	5.02	5.25	5.44.15	4.08.15

Pos.	Name & Club	R.P.	B.B.	G.G.	K.F.	P.	H.	I.C.	C.F.	Race	H'cap
71.	I. Beverly Unattached	-	2.05	2.41	3.20	4.03	4.39	5.00	5.31	5.48.30	-
72.	F. Milner Clayton H.	-	2.18	2.53	3.23	4.04	4.39	5.01	5.30	5.49.15	3.19.15
73.	A. Barber E. Cheshire H.	-	2.18	2.52	3.23	4.04	4.39	5.04	5.31	5.49.16	3.46.16
74.	*D. Rigg Unattached	-	2.01	2.34	3.08	3.52	4.29	4.57	5.27	5.51.40	4.21.40
75.	P. Bathgate Kendal A.C.	-	1.59	2.34	3.12	3.56	4.34	5.00	5.28	5.55.00	4.33.00
76.	P. Beasley Kendal A.C.	-	2.17	2.53	3.23	4.05	4.40	5.03	5.47	5.55.25	-
77.	**D. Rowe York U. A.C.	-	2.05	2.42	3.16	4.01	4.40	5.04	5.32	5.55.55	3.56.55
78.	P.R. Young Keswick A.C.	-	2.17	2.50	3.20	4.06	4.40	5.02	5.47	5.57.06	4.06.06
79.	K. Heywood Kendal A.C.	-	1.57	2.33	3.24	4.10	4.51	5.21	5.48	6.06.25	4.26.25
80.	D. Hamilton Ed. S. O.C.	-	2.10	2.44	3.17	4.12	5.05	5.29	5.55	6.09.51	-
81.	M. Raine Clayton H.	-	2.20	2.56	3.33	4.20	4.56	5.23	5.54	6.11.25	-
82.	**F. Carradus Kendal A.C.	-	2.17	2.52	3.31	4.20	4.56	5.23	5.54	6.11.55	3.48.55
83.	T. Hargreaves Newcastle U. AC.	-	2.06	2.41	3.24	4.13	4.52	5.22	5.54	6.13.44	5.3.44
84.	W. Smith Clayton H.	-	2.20	2.53	3.21	4.12	4.56	5.23	5.55	6.14.25	5.34.25
85.	D. Whitaker Gosforth H.	-	2.30	3.09	4.01	4.40	5.09	5.32	5.57	6.14.45	5.44.45
86.	V. Hubbard Unattached	-	2.20	2.56	3.31	4.19	4.56	5.23	5.53	6.15.10	3.45.10
87.	G. Scott Unattached	-	2.11	2.52	3.30	4.15	4.56	5.27	5.56	6.17.03	5.05.03
88.	G. Buffet Unattached	-	2.10	2.44	3.17	4.13	5.05	5.29	5.57	6.17.04	5.05.04
89.	D. Brandon Eskdale OBMS	-	2.14	2.57	3.33	4.23	5.01	5.33	6.05	6.22.45	5.52.45
90.	D. Curry Kendal A.C.	-	2.12	3.02	3.44	4.34	5.13	5.39	6.13	6.35.35	5.55.35

Retired:

F. Edge Unattached	1.00	1.42	2.10	2.47	3.32	Retired.					
B. Tatham Kendal A.C.	-	1.57	2.29	Retired.							
R. Courchee Airsports	-	-	2.30	3.09	3.44	4.36	Retired.				
P. Schofield Horwich RMI	-	2.06	2.42	Retired.							
M. McGovern Horwich RMI	-	2.06	2.42	Retired.							
R. Price Clayton H.	-	2.12	2.50	Retired.							
**Bob Jackson Salford H.	-	2.20	2.56	Retired.							
A. Collinson Unattached.	-	2.38	3.09	Retired.							
H. Biggins Dark Peak F.R.	-	Retired.									
*H. Hartley Clayton H.	Retired.										
*P. Thompson Warrington A.C.	-	2.30	3.05	Retired.							
D. Siddall Unattached	Retired.					P. Whewell	Retired.				
*R. French	Retired.					A. Edgington	Retired.				

Notes:

* = veterans over 40
** = veterans over 50

Crag Fell Race Results

1.	A. McGee	Keswick A.C.	33 mins.	24 secs.
2.	B. Robinson	Kendal A.C.	38 "	46 "
3.	S. Crimes	Horwich R.M.I.	39 "	20 "
4.	A. Sunter	Horwich R.M.I.	39 "	30 "
5.	D. Scott	Ambleside	45 "	00 "
6.	I. Donaldson	-6	52 "	25 "

Entries - 8 Starters - 6 Finishers - 6

After a night of torrential rain (I was working night shift!) the weather miraculously improved to provide ideal race conditions - not too warm, and plenty of top mist to test out navigation as well as running ability. Congratulations to Jos, the only man ever to win the Ennerdale Horseshoe, celebrating his M.B.E. with a comfortable victory over Mike Short.

A close look at the stage times is very interesting:(we apologise for those missed times, and for being unable to give times for Great Bourne) Jos led all the way as he always does. Hard luck for T. Godolphin and A. Bland, running well until they led each other astray between Haycock and Iron Crag! The name of "Bland" has certainly burst in on the fell running scene with the brothers/cousins foursome from Keswick A.C. - thank goodness their initials are different.

I leave you to judge the success of our attempt at a sealed handicap. It produced the correct sort of result in enabling some of the most improved runners to be recognized - M. Sydney, closely followed by R. Womersley. The handicap, set up by Eric Roberts and approved by the Committee, was based on our knowledge of performances in long fell races. Runners we had no knowledge of were given rather severe handicaps.

On behalf of the C.F.R.A. committee and athletes, I would like to thank all who helped to make the race a success: Check point manners, Wasdale and Millom Mountain Rescue and radio control, R.A.F. Leeming, St. John's Ambulance, Eskdale Outward Bound (for use of their tent), Mrs Long and Co. for refreshments, Mrs Roberts and Col for orange juice, Finish Officials, and those who donated prizes.

Danny Hughes - Hon. Secretary.

Wasdale Fell Race

Please note that the Fell and Rock hut will not be available for changing this year - please change in cars. Start in advertised place. Registration will be by the main river bridge, just before you reach Brackenclose.

D.H.