

The Cumberland Fell Runners Assoc.

10TH FINNTERDALE HORSESHOE

11th June 1977

R E S U L T S

PRIZEWINNERS

Individual:

1. M. Short - Horwich R.M.I. 3.41.11
2. W. Bland - Keswick A.C. 3.41.39
3. *J. Maylor (Vet.) Kendal A.C. 3.53.00

The first 20 finishers received prizes.

Team Trophy:

1. Keswick A.C. 11.35.28
(W. Bland, A. Bland, D. Bland)

Other finishing teams under 14 hrs:

2. Kendal A.C. 11.53.12
3. Kendal "B" 12.58.31
4. Blackburn H. 13.03.40
5. Horwich R.M.I. 13.17.36
6. Clayton-le-Moors H. 13.36.46
7. Keswick "B" 13.38.11

Veterans: (over 40), not in first 20

1. B. Millen - Kendal 4.40.39
2. J. Llewellyn - Lanc. & Morcambe 4.41.53

Super Veteran: (over 50)

- F. Carradus - Kendal A.C. 5.41.04

Most Improved Runner:

- D. Whitaker - Gosforth H. (40th) Improvement of
1hr. 31m. 15s. on
previous best.

C R A G F E L L R A C E

1. A. McGee - Keswick A.C. 31. 56.
2. B. Robinson - Kendal A.C. 36. 26.

L A D I E S C R A G F E L L R A C E

1. J. Glass - Wrexham A.C. 45. 34.
2. A. Bland - Kendal A.C. 48. 20.

PRIZES DONATED BY:

The Cumberland Fell Runners Association, M. Sydney, W. Niles

PRIZES PRESENTED BY:

Joe Naylor , M.B.F.

Pos.	Name & Club	G.B.	R.P.	B.T.	G.G.	K.F.	P.	H.	I.C.	C.F.	Time
1.	M. Short Horwich R.M.I.	0.30	0.55	1.29	1.50	2.06	2.35	2.58	3.11	3.30	3.41.11
2.	W. Bland Keswick A.C.	0.30	0.55	1.27	1.50	2.06	2.35	2.58	3.11	3.31	3.41.39
3.	*J. Naylor Kendal A.C.	0.30	0.55	1.29	1.53	2.09	2.39	3.03	3.19	3.40	3.53.05
4.	A. Bland Keswick A.C.	0.32	0.58	1.31	1.55	2.16	2.46	3.09	3.23	3.43	3.54.25
5.	D. Bland Keswick A.C.	0.32	0.58	1.31	1.56	2.16	2.46	3.09	3.24	3.46	3.59.24
6.	M. Nicholson Kendal A.C.	0.33	1.00	1.40	2.04	2.24	2.54	3.16	3.30	3.49	3.59.35
7.	H. Walker Blackburn H.	0.31	0.56	1.36	1.59	2.18	2.48	3.12	3.27	3.48	3.59.53
8.	K. Taylor Rossendale	0.31	0.57	1.35	2.00	2.18	2.48	3.12	3.27	3.48	4.00.00
9.	R. Whitfield Kendal	0.31	0.57	1.35	2.00	2.18	2.48	3.12	3.27	3.49	4.00.32
10.	H. Blenkinsop Kendal A.C.	0.32	0.58	1.35	2.00	2.18	2.48	3.12	3.27	3.49	4.02.04
11.	M. Hudson Unattached	0.35	1.01	1.38	2.03	2.24	2.51	3.16	3.31	3.52	4.05.25
12.	J.S. Bland Keswick A.C.	0.33	1.06	1.41	2.09	2.28	2.57	3.20	3.34	3.55	4.06.49
13.	J. Wagstaffe Tipton H.	-	1.00	1.40	2.05	2.25	2.56	3.21	3.35	3.56	4.09.01
14.	C. Pooley Lanc. & Morcambe	0.31	0.57	1.35	2.01	2.21	2.54	3.20	3.35	3.57	4.09.53
15.	J. Blair-Fish Ed. S. H.	0.35	1.01	1.40	2.08	2.26	2.57	3.21	3.35	3.58	4.10.19
16.	A. Phillipson Gateshead H.	0.36	1.02	1.39	2.05	2.24	2.55	3.21	3.36	3.58	4.11.06
17.	D. Ratcliffe Rossendale	0.33	1.00	1.39	2.04	2.24	2.53	3.17	3.31	3.55	4.11.56
18.	I. Roberts Holmfirth	0.30	0.55	1.29	1.51	2.08	2.44	3.15	3.33	3.59	4.12.35
19.	H. Forrest Gosforth H.	0.31	0.58	1.40	2.05	2.24	2.55	3.21	3.37	3.59	4.12.54
20.	S. Jackson Sale H.	0.34	1.00	1.40	2.08	2.28	3.00	3.27	3.42	4.06	4.20.7
21.	T. Robertshaw Clayton-le-M.	0.35	1.01	1.40	2.07	2.26	3.00	3.28	3.45	4.09	4.22.35
22.	S. Breckell Blackburn	0.33	1.01	1.44	2.10	2.33	3.07	3.33	3.50	4.10	4.23.38
23.	M. Walford Kendal	0.35	1.02	1.45	2.13	2.35	3.07	3.35	3.50	4.13	4.25.27
24.	P.J. Dixon Cwmbran	0.34	1.01	1.40	2.09	2.35	3.07	3.34	3.50	4.13	4.27.43
25.	R.W. Barnby Keswick	-	-	1.45	2.13	2.33	3.08	3.36	3.52	4.15	4.28.57
26.	J. Sharples Horwich	0.36	1.02	1.46	2.15	2.35	3.10	3.36	3.52	4.15	4.29.02
27.	L. Heslop Unattached	0.36	1.02	1.46	2.13	2.35	3.08	3.36	3.52	4.15	4.29.17
28.	J. Makin Durham City	-	1.02	1.46	2.14	2.35	3.10	3.36	3.52	4.16	4.30.01
29.	D. Beresford Clayton-le-M.	0.35	1.02	1.44	2.16	2.38	3.13	3.40	3.56	4.18	4.30.27
30.	K. Robinson Kendal A.C.	0.35	1.02	1.46	2.14	2.35	3.09	3.37	3.53	4.17	4.31.00
31.	G. Berry Dark Peak F.R.	0.34	1.01	1.42	2.12	2.33	3.09	3.38	3.56	4.18	4.32.14

Pos.	Name & Club	G.B.	R.P.	B.T.	G.G.	K.F.	P.	H.	I.C.	C.F.	Time
32.	M. Hayes Dark Peak F.R.		1.01	1.42	2.12	2.33	3.10	3.38	3.56	4.22	4.37.27
33.	R. Futrell Holmfirth	0.33	1.00	1.42	2.11	2.33	3.10	3.38	3.56	4.23	4.37.58
34.	T. Richardson Kendal A.C.	-	1.02	1.46	2.15	2.38	3.16	3.45	4.02	4.25	4.38.14
35.	P. Walkington Blackburn	-	1.04	1.46	2.15	2.35	3.08	3.36	3.55	4.24	4.40.09
36.	W. Ryder Morpeth	0.36	1.02	1.42	2.11	2.33	3.13	3.45	4.02	4.26	4.40.11
37.	*B. Millen Kendal	0.37	1.05	1.49	2.20	2.43	3.19	3.46	4.03	4.27	4.40.39
38.	*J. Llewellyn Lanc. & Morcambe	-	1.02	1.52	2.22	2.43	3.19	3.46	4.03	4.28	4.41.53
39.	M. Reynolds Unattached	0.36	1.05	1.49	2.21	2.43	3.19	3.48	4.04	4.29	4.43.06
40.	D. Whitaker Gosforth	-	1.02	1.46	2.16	2.38	3.16	3.45	4.04	4.29	4.43.30
41.	I. Beverly Clayton-le-Moors	0.36	1.04	1.48	2.21	2.44	3.21	3.50	4.06	4.30	4.43.44
42.	I. Holloway Rochdale	0.34	1.01	1.52	2.22	2.43	3.26	3.54	4.09	4.31	4.43.55
43.	K. Shand Rochdale	0.36	1.01	1.46	2.15	2.38	3.16	3.46	4.07	4.31	4.45.00
44.	W. Todd Lakeland	0.36	1.04	1.46	2.16	2.38	3.19	3.51	4.08	4.31	4.45.25
45.	*E. Roberts Kendal A.C.	0.36	1.04	1.51	2.18	2.45	3.23	3.52	4.08	4.31	4.45.52
46.	H. Artiss Verlea	0.36	1.04	1.46	2.16	2.37	3.26	3.54	4.10	4.34	4.47.38
47.	A. Shaw Rochdale	0.34	1.01	1.52	2.22	2.43	3.26	3.54	4.09	4.35	4.49.01
48.	P. Simpson Liverpool H.	0.34	1.02	1.47	2.21	2.45	3.25	3.54	4.11	4.35	4.51.03
49.	M. Baker Newcastle Un.	0.32	1.00	1.44	2.16	2.38	3.21	3.51	4.10	4.35	4.51.10
50.	P. Sydney E. Cheshire H.	0.35	1.02	1.46	2.15	2.37	3.17	3.48	4.07	4.35	4.52.48
51.	*T. Sykes Rochdale	0.37	1.07	1.50	2.22	2.44	3.22	3.51	4.09	4.37	4.59.05
52.	A. Lamb N. Shields Poly.	0.37	1.05	1.55	2.25	2.50	3.28	4.00	4.17	4.40	4.59.45
53.	R. Baumeister Dark Peak F.R.	0.37	1.06	1.53	2.25	2.50	3.28	3.59	4.16	4.41	4.59.54
54.	D. Frain Rochdale	0.36	1.03	1.46	2.15	2.38	3.19	3.51	4.12	4.41	5.00.54
55.	D. Baxter Clayton-le-Moors	0.37	1.06	1.47	2.22	2.44	3.22	3.53	4.11	4.39	5.01.46
56.	P.J. Whewell Blaydon H.	0.36	1.04	1.48	2.22	2.45	3.27	3.57	4.15	-	5.02.16
57.	J. Broxap Keswick A.C.	0.36	1.03	1.46	2.15	2.37	3.27	3.58	4.17	4.43	5.02.25
58.	J. Loxham Clayton-le-Moors	0.38	1.08	2.00	2.31	2.53	3.30	4.00	4.19	4.43	5.03.11
59.	P. McNamara Clayton-le-Moors	0.38	1.06	1.52	2.22	2.45	3.27	3.59	4.17	4.43	5.04.15
60.	A. Loader Unattached	0.35	1.02	1.52	2.25	2.48	3.28	4.00	4.17	4.44	5.04.28
61.	*D.J. Barton Clayton-le-Moors	0.37	1.06	1.49	2.22	2.45	3.27	3.59	4.17	4.44	5.04.43
62.	P. Dawes Kendal	0.37	1.06	1.48	2.21	2.43	3.22	3.51	4.09	4.37	5.04.51

Pos.	Name & Club	G.B.	R.P.	B.T.	G.G.	K.F.	P.	H.	I.C.	C.F.	Time
63.	R. Canavan Verlea	38	1.08	2.00	2.30	2.57	3.34	4.05	4.22	4.46	5.06.09
64.	*K. Ledward Eskdale OBMS	0.38	1.08	2.00	2.30	2.53	3.30	4.00	4.19	4.46	5.07.00
65.	D. Holt Horwich	0.38	1.07	1.52	2.24	2.47	3.33	4.05	4.22	4.47	5.07.23
66.	C.J. Worsell Dark Peak F.R.	0.38	1.10	1.59	2.31	2.57	3.37	4.08	4.24	4.50	5.09.10
67.	M. Newell Gosforth H.	0.32	0.58	1.40	2.07	2.35	3.21	3.55	4.17	4.45	5.09.19
68.	*D. Rigg Liverpool H.	0.37	1.05	1.55	2.27	2.53	3.34	4.08	4.26	4.51	5.11.03
69.	*M. Winstanley Horwich R.M.I.	0.37	1.08	1.59	2.33	2.57	3.37	4.08	4.24	4.52	5.11.10
70.	S. Cox Keswick A.C.	0.38	1.09	1.59	2.31	2.53	3.34	4.06	4.23	4.51	5.11.20
71.	H. Forrest Gosforth H.	0.38	1.08	1.59	2.31	2.53	-	4.08	4.25	4.52	5.11.25
72.	*P.F. Lockey Gosforth H.	0.38	1.10	1.57	2.31	2.53	3.34	4.08	4.24	4.51	5.13.10
73.	A. Lewsley Dark Peak F.R.	0.36	1.04	1.49	2.22	2.46	3.29	4.02	4.24	4.50	5.14.00
74.	J. Woolridge Unattached	0.38	1.06	1.49	2.23	2.47	3.31	4.05	4.24	4.52	5.15.42
75.	B. Timms Wrexham	0.38	1.09	1.59	2.31	2.53	3.34	4.08	4.25	4.55	5.15.56
76.	B. Wilkinson Unattached	0.38	1.09	1.55	2.25	2.50	3.32	4.05	4.25	4.55	5.17.14
77.	*E. Barron Durham	0.37	1.06	1.49	2.22	2.47	3.33	4.08	4.25	4.56	5.17.42
78.	K. Heywood Kendal	0.38	1.09	1.56	2.29	2.55	3.36	4.08	4.30	4.57	5.18.50
79.	G. Scott Unattached	0.37	1.06	1.53	2.25	2.51	3.34	4.08	4.26	4.56	5.19.11
80.	G. Buffett Unattached	0.38	1.07	1.53	2.25	2.51	3.34	4.08	4.26	4.56	5.19.12
81.	C. Firstbrook Salford	0.38	1.13	2.08	2.46	3.11	3.51	4.21	4.38	5.02	5.22.12
82.	A. Brooksbank Kendal	0.35	1.03	1.43	2.15	2.38	3.22	4.08	4.35	5.02	5.22.36
83.	W. Grindley Clayton-le-Moors	0.39	1.13	2.10	2.42	3.09	3.49	4.21	4.39	5.04	5.24.25
84.	A. Collinson Dark Peak	0.37	1.06	1.49	2.22	2.46	3.31	4.08	4.28	5.00	5.25.42
85.	J. Page Holmfirth	0.37	1.08	1.59	2.32	3.00	3.43	4.17	4.38	5.06	5.27.15
86.	E. Trowbridge Dark Peak F.R.	0.37	1.06	1.52	2.25	2.51	3.34	4.08	4.31	5.05	5.28.55
87.	A. Walker Bingley	0.38	1.07	1.50	2.22	2.51	3.39	4.21	4.41	5.09	5.29.26
88.	B. Walker Bingley	0.38	1.06	1.49	2.22	2.51	3.39	4.21	4.41	5.09	5.29.27
89.	R. Unwin Lancaster Un.	0.37	1.06	1.49	2.25	2.50	3.41	4.19	4.39	5.07	5.30.00
90.	R. Womersley Manchester YMCA	0.44	1.17	2.12	2.46	3.10	3.51	4.25	4.47	5.13	5.31.34
91.	A. Hauser Lancaster Un.	0.35	-	1.51	2.25	2.51	3.41	4.19	4.40	5.11	5.32.55
92.	G. Coverdale Unattached	0.39	1.13	2.10	2.46	3.12	3.56	4.30	4.53	5.21	5.38.10
93.	H. Davis Unattached	0.41	1.14	2.08	2.44	3.13	3.56	4.30	4.53	5.21	5.40.39

Pos.	Name & Club	G.B.	R.P.	B.T.	G.G.	K.F.	P.	H.	I.C.	C.F.	Time
94.	**F. Carradus Kendal	0.38	1.13	2.10	2.46	3.12	3.56	4.30	4.53	5.21	5.41.04
95.	R. Moore Unattached	0.42	1.15	2.08	2.44	3.13	3.56	4.35	5.01	5.31	5.49.17
96.	*M. Brook Holmfirth	0.38	1.10	2.05	2.42	3.17	4.06	4.40	5.07	5.36	5.55.53
97.	R. Standring Salford	0.38	1.13	2.09	2.46	3.12	3.57	4.35	5.07	5.40	6.00.59
98.	P. Gray Horwich	-	1.11	1.59	2.32	3.10	3.59	4.44	5.11	5.47	6.14.10
99.	M. McGovern Horwich	0.38	1.10	2.02	3.04	3.41	4.29	5.07	5.32	6.00	6.16.30
100.	*G. Wood Horwich	0.38	1.08	2.02	3.04	3.41	4.29	5.07	5.32	6.01	6.16.30
101.**D.	Rowe York Un. A.C.	0.42	1.19	2.13	2.55	3.28	4.18	5.00	5.25	5.59	6.20.57
102.	*N. Atkins Verlea	0.39	1.14	2.14	2.55	3.32	4.29	5.07	5.32	6.02	6.28.00
103.	*H. Hartley Clayton	0.46	1.25	2.23	3.07	3.41	4.33	5.12	5.35	6.10	6.35.25

Retirements:

No.	Name & Club	G.B.	R.P.	B.T.	G.G.	K.F.	P.	H.	I.C.	C.F.	Time
3.	*L. Prater Annan	0.44	1.20	2.18	3.01	R.					
4.	R. Barr Annan	0.35	1.16	2.18	3.00	R.					
5.	P. Jones Barrow A.C.	0.38	R.								
6.	M. Lambert Bingley	0.33	1.00	1.40	2.08	2.35	3.09	R.			
12.	F. Wood Bolton	0.38	R.								
14.	J. Smith Bury	0.35	1.05	R.							
26.	J. North Clayton-le-Moors	-	0.57	1.37	2.04	R.					
50.	J. Edwards Dark Peak F.R.	R.									
55.	*B. Bentall Dark Peak	0.41	1.15	R.							
73.	B. Lambert Holmfirth	-	1.02	2.03	2.59	3.29	4.18	R.			
77.	J. Sykes Holmfirth	0.38	R.								
85.	A. Edgington Horwich R.M.I.	0.46	1.26	R.							
100.	K. Mingay Kendal	0.38	1.09	R.							
111.	N. Heaton Keswick	0.36	1.04	1.51	2.22	2.51	R.				
113.	P. Barron Keswick.	0.36	1.05	1.50	2.22	2.46	3.34	R.			
140.	*M. Davies Reading A.C.	R.									
156.**E.	Leal Ryde A.C.	0.39	1.14	2.10	2.49	3.29	R.				
169.	*L. Opper Verlea A.C.	-	1.14	2.14	2.55	3.32	R.				
184.	T. Thorpe Unattached.	0.42	R.								

* = over 40 yrs. ** = over 50 yrs.

CRAG FELL RACE RESULTS

1.	A. McGee - Keswick A.C.	31.56	
2.	B. Robinson - Kendal A.C.	36.26	
3.	S. Tosh - Rochdale H.	40.11	
4.	P. Rooney - Unattached	40.25	
5.	I. Donalson - Unattached	42.32	
6.	P. Nuttall - Rochdale	44.15	
	Entries - 9	Starters - 6	Finishers - 6.

LADIES CRAG FELL RESULTS

1.	J. Glass - Wrexham A.C.	45.34	
2.	A. Bland - Kendal A.C.	48.20	
3.	J. Lancaster - Unattached	48.32	
4.	C. Walkington - Kendal A.C.	48.32	
5.	J. Dawes - Unattached	51.53	
6.	S. Styant - Holmfirth H.	53.40	
7.	S. Wright - Unattached	58.27	
	Entries - 10	Starters - 7	Finishers - 7

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 Mountain Rescue and radio control, R.A.F. Leeming, St. John's Ambulance, Mrs Long and Co. for refreshments, Mrs Roberts and Co. for orange juice, finish officials, Mr J. Long for the use of the Ennerdale Scout Centre, and those who donated prizes.

Our thanks also to Eric Roberts for writing the History of the Ennerdale Horseshoe, which made very interesting reading. Copies of this were distributed after the race and will also be available at the Wasdale race.

We look forward to seeing you again at Wasdale on July 9th.

Danny Hughes - Secretary