

The Cumberland Fell Runners Association

5th Wasdale Fell Race

10th July 1976

RESULTS

PRIZEWINNERS

Individual:

- | | | |
|----|---------------------------|------------------|
| 1. | I. Roberts - Holmfirth H. | 3.38.35 (Record) |
| 2. | M. Short - Horwich R.M.I. | 3.41.10 |
| 3. | J. Naylor - Kendal A.C. | 3.47.18 |

The first 12 received prizes.

Veterans: (over 40)

- | | | |
|----|---------------------------------|---------|
| 1. | J. Naylor - Kendal A.C. | 3.47.18 |
| 2. | A. Heaton - Clayton-le-Moors H. | 4.28.56 |
| 3. | E. Roberts - Kendal A.C. | 4.34.03 |

Super Veterans: (over 50)

- | | | |
|----|-------------------------------|---------|
| 1. | E. Mitchell - Dark Peak F. R. | 5.31.30 |
| 2. | R. Jackson - Salford H. | 5.40.53 |

Team:

- | | | |
|----|---|----------|
| 1. | Kendal A.C.
(Naylor, Overton, Blenkinsop) | 11.44.18 |
| 2. | Holmfirth H.
(Roberts, Styan, Lambert) | 11.51.55 |
| 3. | Clayton-le-Moors H.
(Berisford, North, Loxham) | 12.31.21 |
| 4. | Dark Peak Fell Runners
(Hayes, Berry, Baumister) | 13.02.43 |

Entries - 139 Starters - 95 Finishers - 90 Retirements - 5

PRIZES DONATED BY:

George Fisher (Climbing Shop, Keswick)
The Cumberland Fell Runners Association

PRIZES PRESENTED BY:

Rev. R. Bowers, Priest in Charge of Wasdale.

On behalf of the athletes, thank you to all who assisted in making the race a success:-

Wasdale Mountain Rescue Team,
St. John's Ambulance Brigade,
Mrs Long and helpers on refreshments,
Checkpoint and finish officials,
The Warden of the National Trust Campsite, Wasdale Head.

Pos.	Name & Club	Whin Rigg	Seat-tailon	Pillay	Great Gable	Law House	Scafell Pike	Time
1.	I. Roberts Holmfirth H.	0.32	1.20	1.57	2.35	2.59	3.19	3.38.35
2.	M. Short Horwich RMI	0.32	1.20	1.58	2.35	2.59	3.20	3.41.10
3. *	J. Naylor Kendal A.C.	0.32	1.20	1.58	2.35	3.00	3.23	3.47.18
4.	D.G. Overton Kendal A.C.	0.33	1.22	2.01	2.42	3.08	3.31	3.54.30
5.	A. Shaw Rochdale H.	0.34	1.24	2.03	2.43	3.09	3.32	3.54.41
6.	P. Walkington Blackburn H.	0.35	1.26	2.07	2.45	3.11	3.34	3.55.00
7.	A. Styan Holmfirth H.	0.35	1.26	2.08	2.47	3.14	3.37	3.58.20
8.	H. Blenkinsop Kendal A.C.	0.36	1.26	2.06	2.47	3.15	3.38	4.02.32
9.	M. Down Oct. Droobers	0.35	1.28	2.09	2.52	3.19	3.42	4.04.40
10.	J. North Clayton	0.35		2.11	2.52	3.20	3.44	4.06.19
11.	I. Clarkeon Rochdale H.	0.35	1.28	2.09	2.51	3.19	3.44	4.07.25
12.	M. Gilbert Preston H.	0.35	1.30	2.12	2.54	3.21	3.46	4.08.34
13.	R.E. Whitfield Kendal A.C.	0.35	1.30	2.12	2.55	3.25	3.49	4.10.5
14.	D. Beresford Clayton H.	0.35	1.32	2.16	2.56	3.24	3.48	4.11.52
15.	M. Hayes Dark Peak F.R.	0.35	1.30	2.13	2.57	3.26	3.50	4.12.27
16.	J. Loxham Clayton H.	0.35	1.30	2.14	2.57	3.27	3.50	4.13.10
17.	G. Berry Dark Peak F.R.	0.35	1.30	2.14	2.57	3.27	3.51	4.13.29
18.	B. Lambert Holmfirth H.	0.35	1.29	2.10	2.55	3.26	3.50	4.15.00
19.	J. Blair-Fish Lochaber A.C.	0.35	1.29	2.12	2.57	3.26	3.53	4.15.50
20.	D. Bland Keswick A.C.	0.35	1.31	2.16	3.00	3.30	3.56	4.18.22
21.	W.A. Buckley Morpeth H. & A.C.	0.35	1.30	2.14	2.58	3.30	3.56	4.20.20
22.	R. Malenko Clayton H.	0.36	1.31	2.16	2.57	3.30	3.56	4.21.18
23.	M. Nicholson Kendal A.C.	0.39	1.32	2.13	2.58	3.34	3.57	4.25.22
24.	A. Heaton Clayton H.	0.38	1.36	2.23	3.10	3.41	4.07	4.28.56
25.	R. Jackson Sale H.	0.37	1.35	2.23	3.12	3.44	4.08	4.30.36
26.	J. Makin Durham City H.	0.35	1.32	2.18	3.04	3.35	4.05	4.31.24
27. *	E. Roberts Kendal A.C.	0.35	1.32	2.17	3.05	3.39	4.07	4.34.03
28.	G. Wright Rossendale A.C.	0.36	1.30	2.17	3.04	3.39	4.09	4.34.35
29.	R. Womersley Manchester YMCA	0.43	1.42	2.31	3.16	3.47	4.12	4.35.02
30.	J. Wagstaff Tipton H.	0.37	1.35	2.22	3.10	3.43	4.08	4.35.25
31.	J. Smith Bury A.C.	0.35	1.30	2.15	3.02	3.37	4.08	4.35.34
32.	R. Baumister Dark Peak F.R.	0.37	1.35	2.22	3.10	3.41	4.09	4.36.47
33.	J.B. Monks Rochdale H.	0.36	1.31	2.19	3.16	3.47	4.14	4.36.49
34.	A. Bland Keswick A.C.	0.40	1.40	2.30	3.18	3.49	4.16	4.38.59
35.	K. Taylor Rossendale	0.35	1.30	2.16	3.04	3.47	4.15	4.43.48

Pos.	Name & Club	Whin Rigg	Sea-tallan	Pillar	Great Gable	Esk Hause	Scafell Pike	Time	Pos.	Name & Club	Whin Rigg	Sea-tallan	Pillar	Great Gable	Esk Hause	Scafell Pike	Time	
36.	P. Armstrong Derwent V.	0.35	1.30	2.17	3.11	3.55	4.20	4.44.05	71.	M. Winstanley Unattached	0.47	2.01	3.04	4.03	4.37	5.06	5.31.05	
37.	P. Sanderson Rossendale A.C.	0.35	1.30	2.12	3.00	3.36	4.09	4.45.00	72.**E. Mitchell Dark Peak	0.41	1.46	2.44	3.45	4.27	4.59	5.31.30		
38.	M. McGovern Horwich RMI	0.40	1.39	2.27	3.17	3.51	4.20	4.46.00	73.	N. Forrest Derwent V.	0.41	1.52	2.48	3.47	4.26	4.59	5.32.54	
39.*	W.R. Smith Clayton H.	0.40	1.38	2.26	3.17	3.51	4.21	4.49.45	74.	P.R. deW.Young Keswick A.A.C.	0.43	1.51	2.47	3.45	4.34	5.11	5.39.42	
40.	C. Brad Keswick A.C.	0.40	1.40	2.31	3.22	3.55	4.24	4.51.48	75.**R. Jackson Salford H.	0.45	1.51	2.55	3.52	4.35	5.06	5.40.53		
41.	M.S. Reynolds Derwent Valley	0.42	1.43	2.33	3.23	3.55	4.24	4.54.04	76.	D. Tomkinson Sale H.	0.43	1.51	-	3.52	4.36	5.08	5.42.38	
42.*	K. Brooks Leyland Motors	0.39	1.40	2.33	3.24	3.58	4.29	4.54.28	77.	D. Blanden Eskdale OBMS.	0.45	2.00	2.59	3.57	4.39	5.12	5.44.35	
43.	W. Ryder Morpeth H. & A.C.	0.36	1.36	2.31	3.21	3.55	4.25	4.57.45	78.	G. Holloway Eskdale OBMS.	0.43	2.00	2.59	3.57	4.39	5.12	5.44.40	
44.	I. Holloway Unattached	0.40	1.40	2.35	3.25	4.04	4.32	5.00.00	79.	J. Hubbard Longwood H.	0.38	1.35	2.25	3.28	4.19	5.12	5.45.43	
45.*	K. Ledward Eskdale OBMS	0.40	1.45	2.35	3.25	4.03	4.31	5.04.00	80.*	F. Williams Manchester YMCA.	0.44	1.56	2.55	3.57	4.38	5.11	5.45.54	
46.	C. Bland Keswick A.A.C.	0.40	1.46	2.35	3.28	4.07	4.38	5.04.03	81.	R. Astles Horwich RMI.	0.44	1.48	2.41	3.47	4.36	5.15	5.46.28	
47.	G. Bell Dark Peak F.R.	0.40	1.40	2.31	3.23	4.02	4.36	5.05.05	82.	A. Collinson Unattached	0.40	1.47	2.50	4.05	4.45	5.15	5.51.25	
48.	A. Scott Lochaber A.C.	0.38	1.37	2.30	3.22	4.02	4.36	5.06.15	83.*	R. Caulcutt Unattached	0.43	1.51	2.48	3.52	4.38	5.20	6.02.4	
49.	K. Hesketh Oxford City	0.38	1.37	2.26	3.23	4.00	4.36	5.06.30	84.	D. Holt Unattached	0.41	1.45	2.44	3.57	4.47	5.22	6.08.44	
50.*	E. Manning Clayton A.C.	0.36	1.35	2.25	3.22	4.00	4.34	5.06.55	85.**F. Carradus Kendal A.C.	0.44	1.55	3.00	4.06	4.53	5.33	6.12.11		
51.	A. Richardson Cleveland O.K.	0.41	1.45	2.38	3.34	4.11	4.40	5.19.10	86.	F. Wood Bolton Un.	0.40	1.46	2.50	4.00	4.48	5.35	6.12.11	
52.	P.N. Fleming Horwich RMI	0.40	1.39	2.31	3.26	4.04	4.36	5.09.44	87.*	H. Hartley Clayton H.	0.47	2.01	3.08	4.15	5.00	5.37	6.18.05	
53.	I. Beverly Unattached	0.41	1.44	2.38	3.23	4.11	4.40	5.10.24	88.	N. Shuttleworth Keswick A.A.C.	.40	1.45	2.37	3.51	4.47	5.35	6.23.49	
54.	C.J. Worsell Dark Peak F.R.	0.42	1.46	2.39	3.32	4.11	4.40	5.12.04	89.	P. Whewell Blaydon H.	0.43	2.01	3.16	4.23	5.08	5.46	6.30.17	
55.	A. Addis Lancaster Un.	0.40	1.41	2.33	3.32	4.10	4.42	5.13.59	90.	D. Cobourne Liverpool	0.44	1.57	3.10	4.22	5.10	5.50	6.47.19	
56.	J.A. Evans Unattached	0.41	1.46	2.39	3.33	4.04	4.46	5.15.03	<u>Retired:</u>									
57.	W. Grindley Clayton H.	0.43	1.50	2.44	3.36	4.15	4.44	5.15.22	W. Bland Keswick A.A.C.	0.35	1.26	2.10	Ret.					
58.	A.R. Lamb N. Shields Poly.	0.40	1.45	2.34	3.32	4.14	4.44	5.16.14	M.J. Garratt Mandale A.C.	0.35	Ret.							
59.	I. McMillan Holmfirth H.	0.44	1.48	2.39	3.32	4.11	4.43	5.16.58	S. Jackson Sale H.	0.37	1.35	2.40	Ret.					
60.*	E. Foley Bolton Un.	0.39	1.44	2.40	3.37	4.17	4.48	5.17.14	D. Curry Kendal A.C.	0.41	Ret.							
61.	A.W. Simpkins Leyland M.	0.42	1.46	2.42	3.37	4.17	4.48	5.17.54	K.M. Heywood Kendal A.C.	0.46	1.27	Ret.						
62.	P. Jackson Bolton Ha.	0.40	1.48	2.42	3.38	4.18	4.50	5.18.52										
63.	M.E. Raine Clayton H.	0.43	1.47	2.44	3.41	4.19	4.51	5.19.29										
64.	B. Tatham Kendal A.C.	0.39	1.40	2.31	3.28	4.11	4.48	5.20.50										
65.	A. Barber E. Cheshire H.	0.43	1.54	2.50	3.45	4.24	4.53	5.22.05										
66.*	M.F. Brook Unattached	0.40	1.46	2.41	3.38	4.24	4.54	5.27.35										
67.	C. Firstbrook Salford H.	0.41	1.47	2.39	3.37	4.19	4.54	5.28.39										
68.	M. Taylor Derwent V.	0.40	1.44	2.39	3.38	4.24	4.55	5.28.57										
69.	M. Hutchinson Lanc. & Morecambe	0.40	1.45	2.44	3.43	4.24	4.53	5.29.20										
70.	P. Trainor Keswick A.A.C.	0.40	1.40	2.38	3.38	4.25	4.56	5.30.31										

Congratulations to all who completed the course, only five retirements is fine testimony to the high level of fitness and determination of the long distance fell running fraternity - which grows bigger each year. Congratulations too to Ian Roberts who led them all home in a new record time, closely followed by Mike Short who was also inside the previous record held by Jos Naylor. The initial time for the course set up by Harry Walker and Jeff Norman has now been improved in three out of the four races held since. Ian's team - Holmfirth - now have the potential to take over the premier position from Kendal who have dominated the Ennerdale & Waddale and most other long distance fell races for several years now. However, the "old boys" of Kendal still squeezed in front to take the team title once again. The new trophy, not yet ready, will bear Kendal's name for this year.

I hope as many of you as possible will join us for the November weekend of the A.G.M. & Orienteering type fell race. D. Hughes.