

WESTERLANDS CCC

NEWSLETTER APRIL/MAY 1997

APRIL/MAY 97

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WESTERLANDS CCC

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Captain's Scribbles Welcome...

To the famous Drew Turnbull who has decided to join us on second claim basis from East Kilbride AC. Most of us recognise Drew as the 'aerodynamic' one at all the races. Drew ran for us at the burdens and the Ireland trip. Also to Rosemary Masterton who took some good advice and signed up to Westies Wummin section. Well done at the 'in the dark handicap' Rosemary. Also Robert Meney (on second claim basis) from Garscube AC has become an official Westie by signing on the dotted line.

Rostrevor

A big thankyou to all who participated in the Ireland trip. Matt's dinner, Pat's cakes, Drew's singing! It all goes down in the history books as a classic. Carnethy also helped make the event one to remember. The results from a purist's point of view were not the best, but we didn't care - it was the taking part that was great. I hope you find that wall Elsie. Well done Westies!

Trig Trog '97 7th/8th June

I've got 3/4 volunteers at the moment but I will need at least another six to marshal effectively. **Please** - if you know you won't be running, lend me your services for the Sat/Sun of the race (phone 01236 822928).

If you do intend running, please note there is a fifty limit on the entry on a first come basis so get your forms to me now!

Ben Lomond

Big AI needs every available body for marshaling duties for the Ben Lomond Hill Race. It takes place on Saturday the 10th May and don't even think about asking for an entry.

Big AI - 0141 357 1393

Lucky White Heather

to Ewan Ramsay who after his long overdue return at the Burdens has managed to crunch his ankle tendon/ligaments. Get well soon.

Tiso Calendar

Be warned, various races in this year's list have got wrong information next to them (dates, start times etc.). I suggest if you plan traveling any

distance for an event, that you check directly with the organiser before leaving. Bishop Hill and Criffel had the wrong start time (- ask Murdo), and the Dinghy 3 Peaks Race is on the 18th May **not** the 25th as the calendar states. There may be other mistakes in there so check first!

Keeper of the Book

I must appeal to someone to step forward and look after the log book. The old story of a few doing a lot is meaning that the book has to take a back seat at my 'office'. I would prefer if one of you, who is not already involved with club organising, would hold up your hand. It does not take up too much time as long as it's done regularly (once a fortnight). It does require an honest commitment to ensure all Westies results get inserted and a sense of humour for writing up race reports or stories of extravaganzas/days on the hills etc. There are no deadlines for writing up and therefore can be done at one's leisure which actually allows it to be an enjoyable task rather than a chore. Note: it's **everyones'** duty to ensure the book receives results from any race in which you take part. (Send in photos too!)

Carnethy Caper

Plans are afoot for a joint Westies/Carnethy evening hill run for sometime in April. The idea would be to meet about 7pm at the hill, run, and then go for a curry. Possible dates are either Wednesday the 23rd or 30th of April, to be confirmed with Carnethy. Suggestions for a suitable venue for run and curry would be welcome. Contact Ronnie on 0131 468 0653.

Westies Anniversary

Just to remind you all to keep sending in stuff for the Westies 21st Anniversary Journal. Send your photos, articles etc. to Ian Struthers at 14 Falkland St., Glasgow G12.

Lairig Ghru Race

Anybody interested in running this year's Lairig Ghru Race (Sunday 29th June)? This is a great race and would make a for a good club outing. The race runs the 28miles from Braemar to Aviemore with 2100 ft. of ascent, through the Cairngorms. If there's enough interest, transport could be arranged. Get in touch with Brian Bonnyman - 0141 332 5708.

Race Reports

Carnethy 5 Hill Race

Saturday 22nd February 1997

'Ian, can you write an account of this year's Carnethy Race?'

Was'nt quite sure whether it was a question or a command. Tried to wriggle out of it. 'But Brian, I was at the back of the field. Better asking Ronnie. He seems to have had a really good race.' However, the editor was quietly insistent. He clearly wanted some sort of human disaster story for the newsletter.

So, it's Saturday, late February, and the crocuses are beginning to flower. It's a bright breezy day but dark clouds are lurking on the horizon. Winter and Spring coexist. We're all assembled in a sodden field next to the main Edinburgh to Biggar road; a cast of hundreds huddled together at the start like some battle scene from Braveheart. The Westerlands clan is out in force but not all are running. As usual everybody is claiming to be unfit; minor injuries, colds, lack of training - you name it. Prizes go to Brian Brennan for his imitation appendectomy scar purchased in some cheap back street establishment in London, and to Manny for his convincing portrayal of a 'New Man'.

A skylark chants above; unusual for February. The assembled throng surge forward and the leaders accelerate away effortlessly. The ground trembles as the rest of us squelch through the mire at a more sedate pace. In any case, half a mile and the 'hole in the wall' brings everybody to a halt. There's the equivalent of a major traffic jam. Mind you, there's no hysterical pushing and shoving to get through the narrow gap; everybody's glad of the breather.



Ian having a disaster



Through the bottleneck, down a short slope, across a low drystone dyke and the slog up Scald Law begins. The incline soon takes its toll. Adopt the standard hill running position; walking bent double, hands pressing on thighs, accompanied by a lot of heavy breathing and grunting. Gradually the signs become ominous as people start passing me. The legs feel dead.

On the top of Scald Law there's a biting wind, sharp and cutting. Can only manage a feeble jog over to South Black Hill, buffeted by the wind. Then on to The Kips. A few more people pass and despondency sets in because I'm seized by intractable lethargy.

There's somebody on my shoulder. 'Many more hills to climb?' the voice inquires. 'Aye. You've just done the easy bit,' I gasp, but the psychology works because a little further on, he drops back.

The initial descent from West Kip to Loganlea reservoir provides shelter from the wind, but no respite for the legs - the PBs grip tenaciously but both knees wobble, almost out of control. The supertanker of the fleet, Dick Wall, slips by.

Actually manage to overtake someone on the last steep slope down to The Howe. Mind you, she's descending slowly, like a cragfast climber. Then Armageddon - the battle up Carnethy Hill. Looking up, a continuous winding line of toiling humanity stretching right to the top. There's more than a tinge of envy for those nearing the top. It's a daunting climb, seemingly Himalayan in scale to a reluctant body.

Half way up Mark and Jenny shout encouragement. I move up a few places maintaining a steady plod. The suffering is real, but thankfully relatively short lived. It's

onto the top, round the massive cairn and back into the blustery wind. The summit marshal looks like the Michelin Man as his waterproofs billow in the stiff breeze.

And the final torment, thick clinging heather on the precipitous descent. Mark and Jenny reappear at the bottom. Try to look controlled and coordinated despite rubbery legs although the body language is a giveaway.

Mark observes wryly, 'Like the style.'

The last half mile is flat. There's a couple of runners up ahead. Their pace gradually quickens. I keep in contact. At last the legs splutter into life as I splash past, then up the slight incline to the finish.

Feel utterly deflated. Glance apprehensively at the watch and biggest fear realised - 86 minutes, a personal worst. Must be suffering from some sort of terminal illness. In any event, they should have counsellors on hand for this sort of psychological trauma.

Graham and Pat finish.

'Need to lose some weight' comments Graham fondling his abdomen. Announces he had an early bath when he fell near the last stream. I try to estimate the likely size of his impact crater.

It's getting chilly so in a final act of self flagellation, decide to jog the few miles back along the road to Penicuik rather than take the bus. The rubber studs don't like it but I definitely need the training.

And by the way, talking of studs, 'How was it for you, Ronnie?'

Ian Struthers

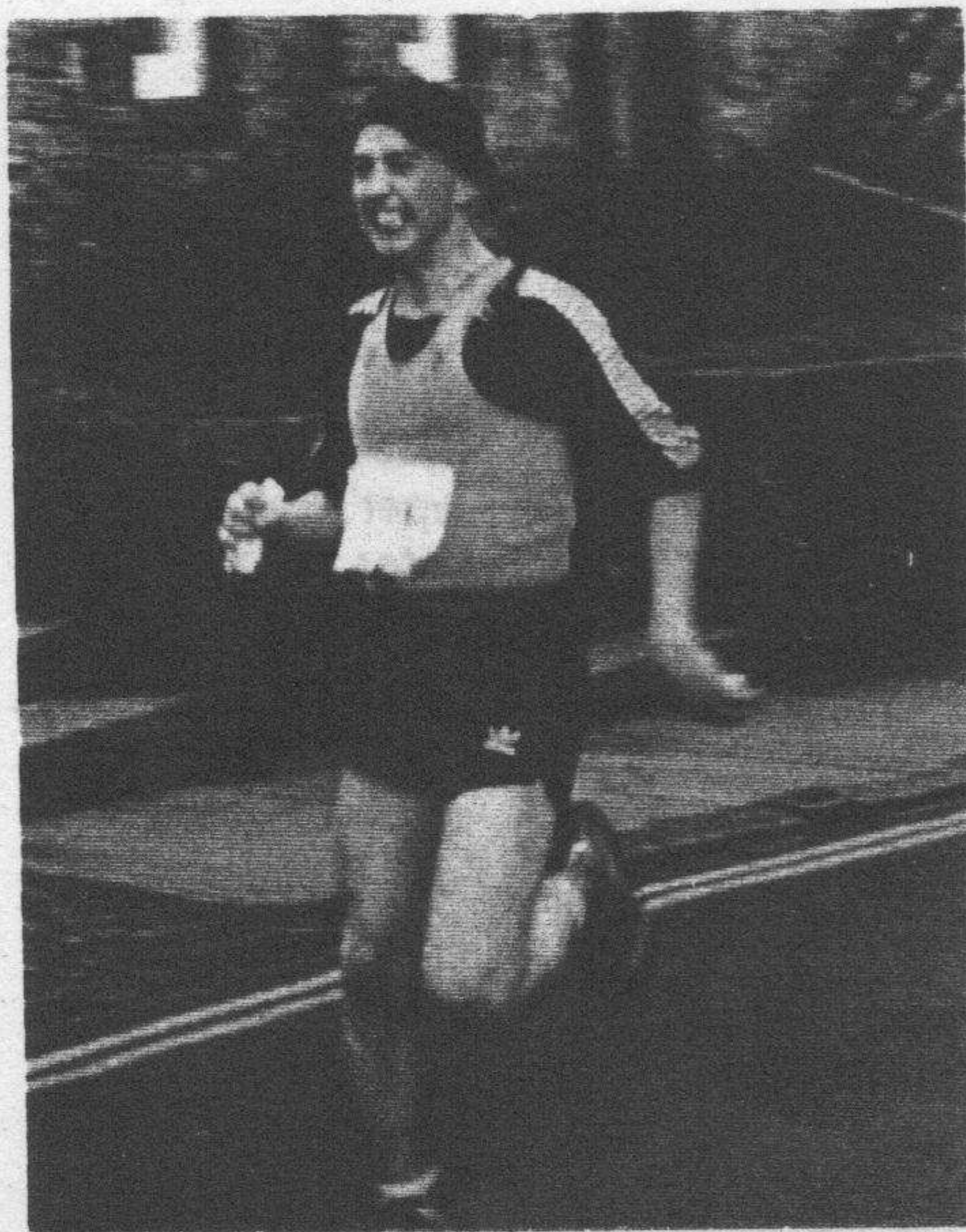
001 John Brooks	Lochaber AC	48:39
002 Jon Duncan	Edinburgh Uni H&H	49:15
003 Jim Davies	Borrowdale FR	49:52
041 Ronnie Gallagher	Westies	58:30

057 Helene Diamantides	60:02
059 George Reid	60:06
093 Stephen Bell	63:34
100 Gibson Fleming	63:41
101 Matt Ogston	63:46
105 Brian Bonnyman	64:00
147 Don Reid	66:58
152 Kevin Doonan	67:27
185 Murdo MacLeod	69:35
206 Brian Brennan	72:02
231 Jane Robertson	74:38
335 Ian Struthers	85:17
346 Pat McLaughlin	86:06
349 Helen MacPherson	86:20
358 Tracey Cooper	87:54
369 Greame Benny	91:33
388 Moira Hall	Carnegie 101:03



Devils Burden

8th February 1997



Well done to all thirty five of you who took part! Six teams ran the course with Westies A doing best in 7th place after poor old Shettleston got disqualified for missing a punch. (Nevermind John - next year you can run for a proper hillrunning club - W). The guys B team was in 15th place but I'm quite sure they would have been in the top ten if Robert had ran a road section instead of his first hill run with Gibson. Nevermind, hindsight's a great thing! The Wummin's A team had a great run only being overhauled by Carnethy on the third leg, but Angela 'zoom' Mudge was running their last leg and even the amazing Muffy couldn't catch her. So a good second for the Wummin A, but an oh so sweet victory over two guys teams. The Vets team gave a hard chase on the last leg with Pete just out of reach of Muffy and Kevin only minutes behind Pete! (Kev the hero was running his second leg of the day after having vomitted his way around the second leg of the course!). Taking up the

rear was the Wummin's B team, dubbed the 'mums' team, who did well to battle through the foul conditions at the end. This was a great start to the year for everyone and I hope you can all help make it an annual kickstart to seasons in the future. Most people will know the course better and results ought to improve accordingly. Well done all!

M.Gorman

- 1 Carnethy A
- 2 Livingston A
- 3 Dundee Hawkhill A
- 7 Westerlands A
- 15 Westerlands B
- 22(1W) Carnethy Women
- 26 (2W)Westerlands E Women
- 27 Westerlands D VET
- 28 Westerlands C
- 34 Westerlands F Women

Bishops Hill (or not - Pat)!

2nd March 1997

A nice round dozen Westies turned out for the first championship race (Graham was the roundest!). Mark had a good run to land 7th, but I'm sure he's looking forward to getting them all Stuc in May. Stuc in their Mark! Sadly there was a huge gulf before the 2nd Westie came in, and this is where things get confusing. A large number of bods had waterproofs over their vests and numbers, and I was one. As a result the one and only timekeeper at the finishing line was having his own private lottery with numbers 1 to 133. With up to twenty runners a minute finishing, the results ended up a bit of a mess.. If positions 1 - 53 are correct, then I know I was 54th - four seconds behind Fife's Tom Ross, in a time of 22:17, followed exactly thirty seconds later by Gibson, who I passed on the descent. However, the results show me as 73rd in 23:15?!

Murdo also has doubts as to his position. Although he was not timing his run, he did have the suspicion that he beat Jenny home, although the results show otherwise. Gibson won out of the deal, the results have him 26 seconds closer to Tom Ross than he should be!

If this is championship level results, the Westies must be in with a shout of winning - if only they would put me 19 places forward instead of back!

The day itself was foul. The wind was incredible and the sight of the fifty or so runners in front of me, plodding along the side of a hill at an angle of 45 degrees was unusual to say the least! Thank the Wee man above, it stayed dry long enough to run the race, otherwise the timekeeper's paper would have got wet too!

Various fit Westies were 'missing in action' that day for a variety of 'good' reasons. Pat could not find Scotland(well)!, the Baxters were lording it up on skis somewhere, Dave Rodgers still claimed to have a cold, Big George, Stevie, Ronnie and Helene were doing some wee jog around the Peak District, and your editor Brian had been threatened by his big sister to stay at home for a change. Fair enough folks - but you have all to run twice as fast at the next championship race. (Stuc!!!).

Westies (approx) places.

- 7 Mark
- 54 Manuel
- 56 Gibson
- 74 Don Reid
- 77 Jen?
- 79 Murdo?
- 88 George Doonan
- 91 Chris M.
- 112 Jane
- 121 Lesley
- 126 Graham B.

127 Lynne
1st Spectator - Sandy

P.S. Well done to Jen for a superb comeback run!

M.Gorman

Highly Peaky

28th Feb - 1st March 1997

Day started well, i.e. all made it to the correct meeting place in Glasgow, outside Buchanan St. bus station. Team consisted of Stevie, George, yours truly and Gavin Stewart (who?, from Carnethy), a stand in for Dave Rodgers who jibbed it on the day before the race, muttering something about a runny nose (we love you really Dave). Thus there were only two surviving members from the original team, these being Stevie and me. At least Keith had a good excuse for not going, although I feel that throwing yourself off a mountain just so that you don't have to spend the night with me is a bit much: others might not think so.

The drive down to Edale was relatively uneventful, with only minor route variation compared to other people who might have been going to the same place. Though this, with hindsight, could be seen as a harbinger of things to come. One good point, we found a great chip shop on OUR route which supplied us with our last carbo-load before the event.

The start time for our team was 11.42pm, which meant that we were one of the last teams to leave. Before getting off the road from the start, a distance of some 400 metres, we were the last team. This was a position we managed to hang on to resolutely for several miles, and several check points. Alas all good things must come to an end, and after check point 4 we started to pass other teams. George by this stage had been practicing for receiving his knighthood by genuflecting several times. The net result was that by about the 20 mile stage his knees were like one of Mrs Thatcher's cabinet ministers (not sure about his tongue).

It was at about the 23-25 mile stage that the Bell-Gallagher axis decided that things had been going far too smoothly. We had been looking at the lovely comet, our first sighting, and it had crossed our minds that in some ancient civilizations a comet was a portent of doom.... So instead of going up the nice track to checkpoint 11, our gallant heroes were led on a mission of no return. In other words we missed out said checkpoint and went over the hills directly to number 12, and no one felt like returning to number 11 to

stamp the card. However, little things like this should not be allowed to spoil a night out and the dawn was lovely, and only about another 15 miles to go.

On reaching Snake pass we filled up with hot-dogs, tea and biscuits, and a cuddle from Helene. As the Dolly Mixtures (Helene's team) had been forced to withdraw, due to Angela Mudge having been injured. Setting off from Snake with fresh heart, not far from here about 10 miles or so, we soon developed a steady rhythm. You know the sort of Westies thing, me annoying George, Stevie leaping to George's defence and young Gavin looking totally dumbfounded at the machinations of Westies out for a jaunt. The rhythm of abuse established, the navigational recriminations continued until we actually finished - I blame George, who drove, getting us down to the start on the correct day. If we had not got there we would never have missed a checkpoint. All in all it was a great event and should be considered by other members of the club.

Total distance: 40ish miles (depending on which checkpoints you miss out).

Total running time: Too long.

A special well done must go to Gavin Stewart who stood in for Dave the day before the event. Copies of the Bell/Gallagher Guide to Navigational Errors and How to Make Them are available directly; if you can find us. And if you do find us, can you tell us where we are, please.

R. Gallagher

'In The Dark' Handicap

5th March 1997

Brilliant turnout on a beautiful clear night. People worthy of mention; Big Al for crap handicaps (ha ha - you were second last!), me for nodding my thick head in agreement, Archie for not falling down a hole, Anne Marie for felling a telegraph pole with one punch (ouch!), Shelagh for taking a Wednesday plunge with Westies, and last but certainly not least, Rosemary on her inaugural Westies race - welcome to the club. The Wednesday curry night followed the race and I only hope Big Al picked you all better pakora than he did handicap times! Anyway, well done to you all - cheers with your beers!

M.Gorman

Pos	H/Cap	Finish	R.Time
15 Shelagh King	0	41:33	41:33
14 Rosemary	0	39:21	39:21
13 Pat	0	39:17	39:17

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11 Ian Struthers	2:00	39:19	37:19
5 Dave Calder	2:15	34:20	32:05
7 Muffy	2:45	36:25	33:40
12 Big Al	3:00	40:38	37:38
10 Anne Marie	3:15	38:38	35:23
8 Robert Meney	3:30	38:25	34:55
9 Greame Orr	3:45	38:53	35:08
4 Jim Hall	4:00	34:30	30:30
2 Brian Bonnyman	4:15	33:53	29:38
3 Archie Cameron	4:20	34:34	30:14
1 Stevie Bell	4:30	32:46	28:16
6 Mark Rigby	5:30	38:00	32:30

Freeze dried spectators -

Manuel 'Jnr' Gorman

Manuel 'Snr' Gorman

Lesley 'Mum' Gorman

Maureen 'mum to be again' Scott

Isobel 'timekeeper' Coombs

Keith 'nae curry for a while' Adams

Scottish National Cross Country

Perth Sunday 16th Feb

001 C.Robison	Shett	37:19
002 J.Downes	Salford	37:40
003 R.Quinn	Kilbarchan	38:00
094 M.Rigby	Westerlands	42:55
208 A.Bennet	W	46:06
233 G.Reid	W	46:46
246 M.Ogston	W	46:59
485 P.Baxter	W	54:23
492 M.Brennan	W	54:49
508 I.Struthers	W	55:51

KIMM 96

26th - 27th October 96

Captains log, Ben date: Pete and Elspeth's Wedding reception.

I'd been plying myself with alcohol and mad, whizzing dances all evening. My brain had settled down into a comfortable stupor where the world and all local life forms had developed a rosy persona. Even Alistair Campbell's Cailaidh induced liquid shirt was looking damned attractive. Then. Shettlestonian on the starboard bow. I switched from far range radar to close visual. Yep, it was life Captain Manie, but not as we know it. John Donnelly rattled through the

Universal Social Opening Gambit Protocols with practised ease. My abiding impression was that John had fuzzy edges; slightly weird but not altogether unpleasant. John had timed his approach to perfection. The ships defences were inoperable, I didn't require a further pint and my phaser banks were on stunned.

His broadside curved though my auditory channel and fired off a couple of neurons that could still effect synaptic formation.

'George', qouth he, 'I'm devoid of a fellow life form for the forthcoming Karrimor mission, are you fit?'

Note here the subtle assumption that I was in. I stood (listed) no chance. I therefore happily agreed to accompany John on this trek of self discovery, to boldly go where only a few thousand PB's had gone before! {Pah Dah, Dee Dee Dee Dee Dum ..}

John, to his everlasting credit, telephoned the USS Torrance (currently declared an intergalactic disaster zone for the duration of the decoration of the dining room) later on in the week to check that I would still run. I tried to palm him off with stories of a forthcoming organ transplant brought on by excess jigling with the Westies Wimen. However, John declared that I must attend or I'd be up on a charge of contravening Hamilton Local Authority directive 433

(a), subsection (iv), para. (ii). To whit:- No local yokel (or otherwise) can invoke memory loss deemed to result from the use of any foreign agent (chemical or physical) to escape civic duty ensconced on them by a current agent of the aforementioned local authority. I realised the watertight nature of this threat immediately and so gave in with grace. John's evocation to train harder rang in my ears as I contemplated my fate.

Captains Log, Ben date: Karrimor -1, Keith's flat in Broomhill.

Time was rapidly running out. I'd been dropped off outside Keith's flat and rang the doorbell. Not surprisingly, the loud noise emanating from Keith's sonic door furniture was sufficient to rouse him from his contemplative (no doubt) slumber. Keith blearily bade me welcome and proffered a hot beverage. I selected the tea option and was rewarded with the herbal infusion presented to me in one of Keith's many Karrimor mugs. These hung on an endless precession on a rack above his sink in testament to passing years and endless endeavour. As I supped, I was moved to a peak of inspiration with the result that I too resolved to commence a mug collection.

Keith piloted his shuttle vehicle to Shettlestone. John made us welcome and

introduced me to his cat and claimed he would have introduced me to his flatemate who, unlike the cat, was not at home.

Curiosity aroused, I inquired after John's flatemate. John's woolly reply, and subsequent questioning of several of John's acquaintances, lead me to the conclusion that his flatmate was not of this world.

Either John has an imaginary friend or senior members of the Constabulary should direct that the soil in a certain Shettlestone garden be given a good aeration. A tender moment then ensued as John said goodbye to his cat. Keith and I, slightly embarrassed, retired discretely from this scene to sit silently in Keith's car to await John's arrival.

Some time later, John was able to join us. Together, we made the long journey southwards to the Galloway hills. This journey was enlivened by a thunder storm, complete with lightning, as we made our way to registration. On our arrival, I fled from the car, forced my way through a massive crowd of intimidatingly fit looking individuals to emerge, triumphant, clutching a 1997 Karri:mor mug. It doesn't get much better than this!

The evening was then spent supping tea and swapping stories at The Westies lads, plus a few homeless odds and sods, soon retired to the barn for a very decent nights kip. Lovely place, complete with roaring log fire and carpets on the floor. I had the good fortune to bed down next to Pete for the night. Pete had selected a cosy spot adjacent to the fire and no one seemed that keen to fill the space near him.

However, I'm sure everyone suffered just as much as I did from Pete's wee small hour ventilation vibrations.

Captains Log, Ben date: Karrimor event, somewhere in the Galaway sector.

The morning dawned grey and cold. No breakfast for me as we rushed our way to the start area. We narrowly avoided reducing Lillian and her partner to road kill as they dashed for the start. As it turned out, they were about half an hour past their start time and did not get any allowance for this, poor things. Further drama ensued as it emerged that Keith and Pete's control card had encountered a random fluctuation in the local reality field resulting in its loss from this universe and presumed appearance at some other event in a parallel dimension. Unfortunately, as no one's PB's were equipped with transmog studs (which were banned, along with ski poles, as artificial aid by the 1985 SHRA intergalactic convention), severe grovelling (ultimately successful) from the Adams/Baxter partnership at the start

line was necessary to save the day.

John and I had a late start, so we passed time by scoffing lots and staying dry. This culminated in a last minute panic and swift trot to the start line. I was hauling on waterproofs and packing my rucksac as John shot away from me at our appointed time. The game's afoot, Watson!

We were initially fortunate with the weather, with my waterproofs coming off as we travelled high above the Glenhead lochs on the way to our first check point, entitled the Clints of the Buss (You run all day then three come along at once.). Bingo! Perfect run to the first clipping experience. My talent for making 180o errors at the start of long runs had failed to inflict itself on us. John and I were now at one with the map. We navigated to perfection, selecting perfect route after perfect route, shaving corners off, contouring as required, men and map in perfect harmony. Well, that and the fact that we were following a six foot muddy trail made by around five hundred pairs of PB's ensured that, at least for day one, navigation was not as difficult as it could have been.

The first day continued with the main event being deterioration of the weather. We worked our way from Glen Trool to the north end of the aptly entitled "Range of the Awful Hand". A steep pull brought us out at the Nick of Carclach, which was followed by delightful ridge running and ankle crunching contouring over to the Merrick. I suffered a little on the climb up the Merrick but recovered on the perfect descent to our overnight camp at the Culsharg bothy. Again, we encountered Lillian and partner, who both seemed hale and hearty as we cheerfully elbowed our way past them. John and I then followed the tapes to the finish, completing day 1 in 5hrs 15 mins; in 8th position overall.

We set up camp in a nice dry spot and settled down for a night of serious scoffing. The weather then really closed in as we tried to sleep. I found out later that one pair at the alternative overnight camp were washed out and decided to pack up to return to their car. However, they couldn't manage to cross the stream beside the camp in the dark, fell in, got wet (got everything wet!), returned to the camp and repitched their tent to spend a night shivering in wet sleeping bags. The most shivery thing to happen to me was John mumbling 'Night night kittiekins' just before he dozed off.

The second day dawned wet and cold. We busied ourselves with breakfast and I set off to claim our control card. We had made it into the staggered start, which necessitated

quick packing up of the tent and off we went. About 200 m into the second day we encountered our first stream crossing. I thought I could jump it but landed in freezing cold mud and water in the middle of the sodding thing. John quickly learned from my example and found a much drier crossing a little further down.

(Eds note:- This is now far too long and rambling - finish it off!)

OK then! Many horrible stream crossings were then encountered, with a hard climb over a high pass with the lovely name of 'Nick 'O the Curlywee'. John bombed down the last three miles, taking me by surprise. Where was all that energy before, John? We passed another 'B' team right on the finishing straight to finish in a totally unexpected sixth place overall! Hurah!

Roll credits, final epic tune and put the kettle on.

George Reid

Rostrevor to Newcastle Relay

22nd March 1997



Well done to the Westie squad that headed over to Ireland at the weekend for the Rostrevor to Newcastle Relay. It was deceptively warm and sunny at the



race start in Rostrevor as the fourteen teams, four of which Westies, set off on the first leg - a gruelingly steep three mile road section. Part time-Westie John Donnelly arrived back for Westie A team just ahead of Matt 'floaty' Ogston who handed over to Sandy and Drew. Next back was Captain Manny for Westies mixed, followed by Lynne for the Westies Women. So far so good. As we left the first changeover point, however, the clouds lowered and the temperature dropped.

Despite the worsening conditions, Sandy had a cracking run for the A team to arrived back in third place overall and hand over to Archie for the second road section. Jane arrived back next for the women's team, handing over to Pat for the second road section. Meanwhile Drew and Lesley and several other of the second leg runners were still scrambling around in the thick mist. In the surprise result of the day Moira destroyed Pete on the road section, taking more than ten minutes off her previous pb for the distance. (The scalped Pete was later heard mumbling something about a mix up with the times, but Moira is sticking to her story.)

At the third changeover Archie handed over to new signing Chris Speight while the rest of us fourth leg runners waited in the wind and rain for the 'mass' start at two o'clock. There were ugly scenes as the seven of us jostled for pole position.

After confidently following Elspeth for the first mile, John and myself made the fatal navigational error of going up the wrong hill. Chris was going well until on reaching the summit of the mist shrouded Slieve Donard discovered he was compass-less and subsequently took a less than direct route back to Newcastle. Elspeth, meanwhile, not to be out done by the Westies men, lost her way searching for the elusive Mourne Wall that reputedly leads to the summit of

Donard, making it a stunning 100% Westies-lost-in-the-mist last leg.

Newcastle A won the mens and BARF the women's titles (results in the next newsletter). But as I always say, when I lose, its the taking part that's important and any disappointment in the results were soon forgotten after a great night out and a splendid pack run on the Sunday with the Carnethy mob. Special thanks must go to the captain for an excellently organised weekend. B.Bonnyman



Forthcomming Events

29 March	Norman's Law HR Luthrie, Fife: 15.00
12 April	Knockfarrel HR Strathpeffer: 14.00
19 April	Hunters Bog Trot Holyrood Park: 13.00
20 April	OPS Clachnaben HR Strachan, South Deeside 12.00
30 April	Whangie Whizz HR 19.30

- 03 May **Stuc A'Chroin HR**
Strathyre : 13.00
- 07 May **Dumyat HR**
Stirling Uni : 19.00
- 10 May **Ben Lomond HR**
Rowardennan : 13.00
- 14 May **Kinnoull HR**
Perth : 19.00
- 16 May **Scottish Islands Peaks**
Oban : 12.00
- 17 May **Goatfell HR**
Brodick, Arran : 12.00
- 18 May **Lochaber Dinghy 3 Peaks Race.**
Fort William: 13.00
- 24 May **Isle of Jura Fell Race**
Craighouse, Jura
10.30
- 7-8 June **12Trig Trog**
Carron Bridge, nr Kilsyth
12.00
- 11 June **Kilpatricks HR**
Old Kilpatrick : 19.00

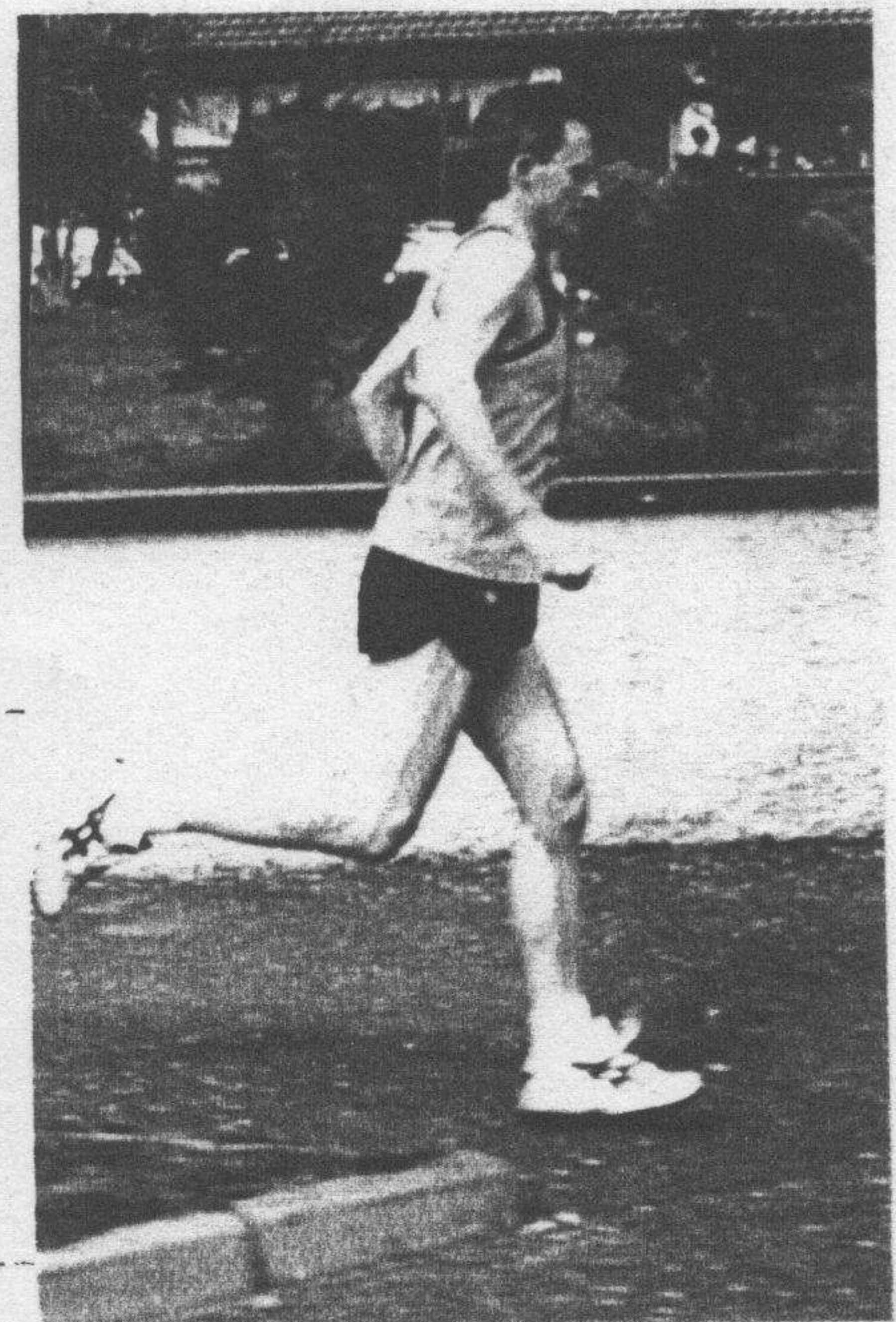
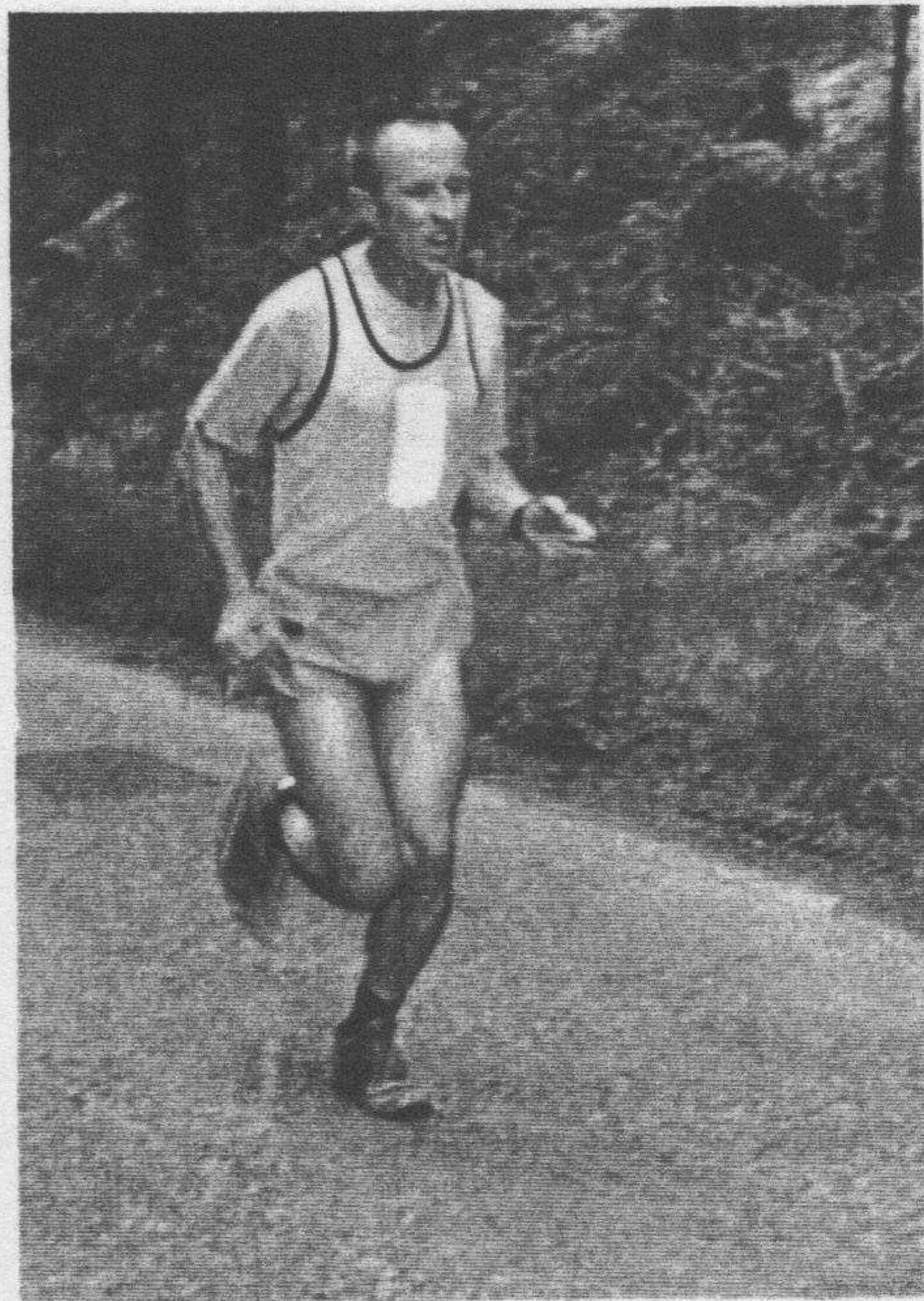


Thanks

to Ronnie, Ian, Manny, and George for the reports etc. Please keep sending in your news/race-reports/results/articles/photos etc. The next newsletter should be out for the beginning of June - please send articles in by Wed. 21st May (address on page 1). Cheers!

Rostrevor 97

Top: Archie in full flight
Centre: Rostrevor posse atop Slieve Donard
Bottom: John and Matt on Leg one
Below: Descent off Donard



PRE RACE PEPTALK



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GOOD LUCK TO ARCHIE + AL IN THEIR NEW MODELLING CAREERS

There's
no disguising
problem
toenails

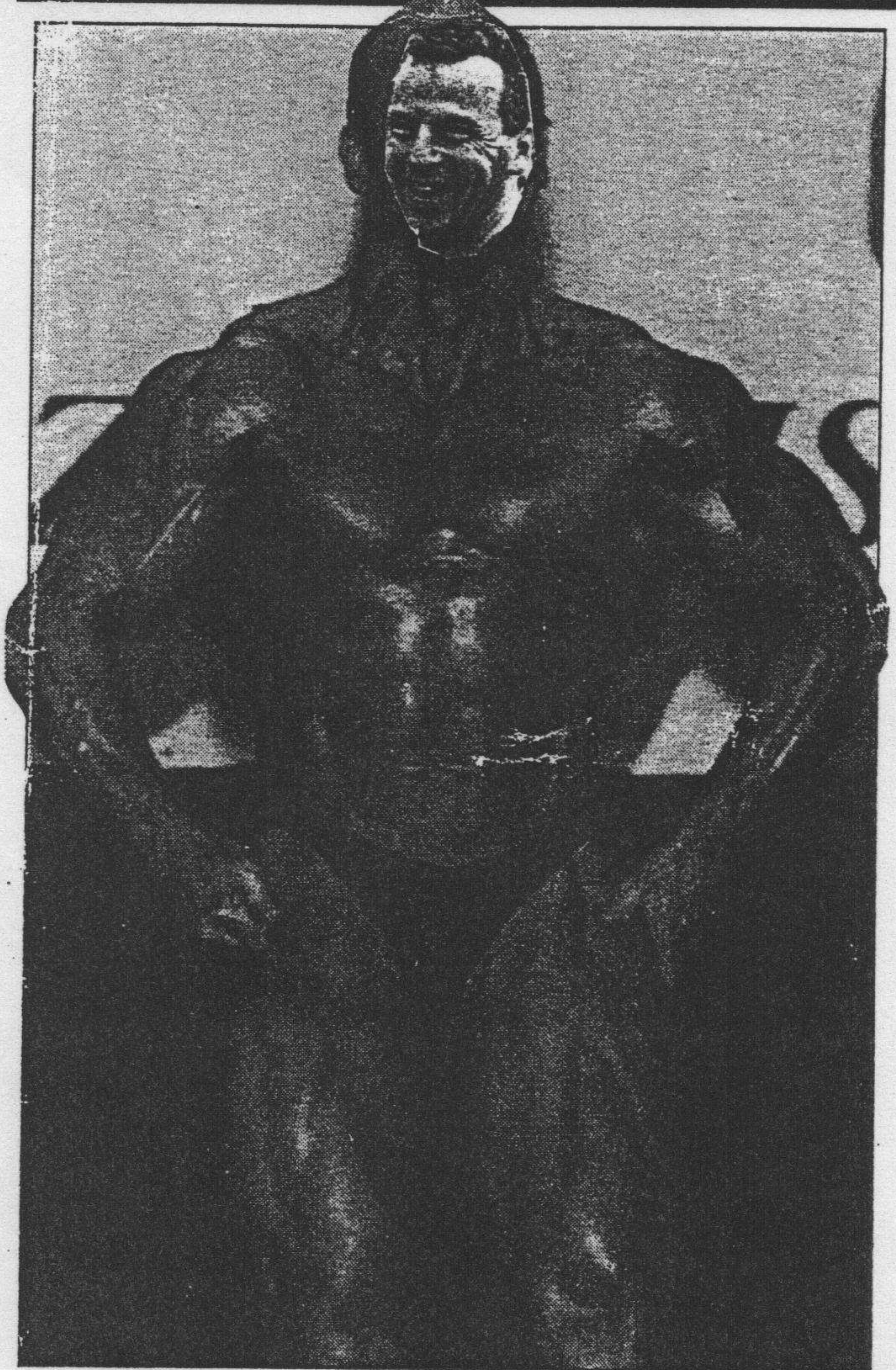


YOUR FIRST STEP TOWARDS
STEPwise
HEALTHIER LOOKING NAILS

Thick, brittle, discoloured toenails may be caused by a fungal infection. For a free leaflet and advice on how they can be cured write to FREEPOST STEPWISE, Dept. AM, PO BOX 5314, London W6 0GQ, or call FREEPHONE 0800 200 210.

FREEPHONE 0800 200 210

SERVANT SHOWS HIS MUSCLE



Winner off course: shows off his body beautiful

The building of
a winning body,
By Appointment

THE DEVIL'S BURDENS RELAY

SPONSORED BY CRAIL POTTERY
AND KINGSLAW GOLF

The 2nd Devil's Burdens Hill Relay, 8 February 1997

Thank you all for making this a very successful hill race relay. A record entry of 36 teams, comprising 27 male, 5 vets and 4 ladies teams competed this year. The winners were Carnethy A (mens) and ladies, with Fife Vets D team taking the over 40 award. There were new records on all of the legs and the winning times were considerably faster than last year because of the better ground conditions (i.e. no snow).

The start in Falkland was rather hectic this year and this will have to be changed next year. **The Falkland Community hall will be used for changing and will be the new start.** The Finish will remain the same. The details which are sent out with the orienteering cards must be read as it is still apparent that some teams do not familiarise themselves with the race rules. It is extremely important that we all take responsibility for ourselves, carry full waterproof body cover on the hills and follow waymarked sections. It is evident that there were some problems so it is highly recommended that teams reccy the courses beforehand to avoid mistakes and possible concerns being raised by landowners, the race depends on them giving us the permissions for access in some places.

The race was led from start to finish by Carnethy A in a new record of 2.23.59 with Livingston coming up fast toward the end, finishing in second place. Unfortunately Shettleston chose a slightly different route on leg 3 and had to be disqualified so Dundee Hawkhill were promoted to third place. Carnethy ladies came through strongly at the end to overhaul Westerlands. Fife vets went well and finished in 6th place overall, first vets with the second Fife vets team not far behind them. Congratulations to all the teams especially the new record holders Mark Taviner/Jim Davies -34.06 leg1, Mark Rigby - 25.43 leg2 , Mark Johnston/Adrian Davis - 46.40 leg 3 , and Peter Dymoke - 32.51 leg 4. The womens records are now Jean Cairns/Jane Robertson - 49.19 leg1, W Powell -34.42 leg 2, H Diamantides/E Scott 1.01 30 leg 3 (1996) and A Mudge - 38.14 leg 4.

There was some late alterations in route 3 which was the result of fallen trees at the Scotlandwell changeover and a small modification to the map. These details were reported prior to the start of the race and no-one seemed to get confused. However it is impossible to predict what the weather will do in February and the race organiser reserves the right to inform the team captains of changes on the day. The team captains should relay any changes to their teams. The last changeover was difficult because of the small parking area and we hope to be able to arrange alternative parking next year. However it is still likely that we will have to put a limit on the number of teams allowed to compete.

Once again thanks , the marshals, course markers, landowners and Falkland community for all your support help. There may be further festivities next year, such as a ceiledh, so if interested please let me know what you want.

Finally, there were a number of items, clothes left behind as well as some lost items reported to me. If you have any clothing that does not belong to you or have lost anything let me know so we can arrange for it to be collected etc., contact Adrian Davis 01337 831196.

sition	Team	No	Leg 1	Leg 2	Leg 3	Leg 4
1	Carnethy A	1	34.06 (1)	1.01.52 (1)	1.48.32 (1)	2.23.59 (1)
				27.46 (4)	46.40 (1)	35.27 (6)
			M Taviner/J Davies	J Coyle	A Davis/ M Johnston	A Ward
2	Livingston A	4	36.30 (3)	1.04.15 (2)	1.54.08 (2)	2.27.33 (2)
				27.45 (2)	49.53 (3)	33.25 (2)
			G Ackland/B Hartman	T Brand	C Eades/D Simmons	C Meek
3	Dundee Hawkhill A	10	35.54 (2)	1.05.25 (3)	1.56.47 (4)	2.33.43 (3)
				29.31 (7)	51.21 (6)	36.56 (10)
			N Raitt/D Adams	S Boland	A Wilson/C Love	B Cook
4	Ochill Hill Runners	6	39.22 (6)	1.06.44 (5)	1.56.47 (3)	2.35.37 (4)
				27.22 (2)	50.03 (4)	38.50 (22)
			J Stevenson/E Mackay	P Buchanan	J Gallacher/J Clark	R MacCraw
5	Cosmic A	31	41.36 (13)	1.11.31 (12)	1.59.33	2.35.55 (5)
				29.55 (9)	48.02 (2)	36.22 (9)
			M Wann/G Elrick	D McDonald	G Barber/J Buchan	B Sheridan
1 V)	Fife D VET	26	40.17 (8)	1.10.39 (8)	2.00.56 (96)	2.38.39 (6)
				30.22 (13)	50.18 (5)	37.42 (14)
			S Knowles/G Barker	C Ross	T Ross/D Cassidy	J Lumsden
7	Westerlands A	17	40.55 (10)	1.06.38 (4)	2.01.33 (8)	2.39.31 (7)
				25.43 (1)	54.55 (12)	37.58 (17)
			R Gallacher/A. CAMERON	M Rigby	Reid/S Bennet	C. SPEIGHT
3	Fife A	23	39.10 (5)	1.09.12 (7)	2.01.15 (7)	2.39.39 (8)
				30.02 (11)	52.03 (7)	38.24 (20)
			J Watson/N Young	S Gillespie	S Cassidy/B Landels	J Murdoc
0	Lomond Hill Runners	0	43.23 (17)	1.11.33 (13)	2.05.31 (10)	2.40.04 (9)
				28.10 (6)	53.18 (9)	34.33 (4)
			A Graham/A Jackson	N Wallace	G Pryde/D McLean	N Martin
0	Fife A.C. 5 1/2	14	41.13 (11)	1.10.50 (9)	2.05.53 (10)	2.40.05 (10)
				29.37 (8)	55.03 (13)	34.12 (3)
			A Cassels/S Latimer	J Thompson	B McManus/B Cruikshanks	T Mitchell
1	Standard Life	13	41.30 (12)	1.11.28 (11)	2.06.56 (12)	2.41.26 (11)
				30.58 (16)	55.28 (16)	35.30 (7)
			D Shanks/C Durn	J Ewing	B Smith/P SHaw	K Smith
2	Dundee Hawkhill B	8	40.15 (7)	1.11.25 (10)	2.06.39 (11)	2.43.41 (12)
				31.06 (17)	55.14 (14)	37.02 (11)
			G Barrie/J Osborne	S Kerr	J Durnin/C Love	D Sullivan
3	Minolta Black Isle	12	42.12 (14)	1.12.22 (14)	2.11.31 (15)	2.48.56 (13)
				30.10 (12)	59.09 (18)	37.25 (13)
			A Brett/P Garner	G Bruce	I McDonald/R Wilby	A McLoed
V)	Fife E VET	27	42.48 (15)	1.15.02 (16)	2.10.42 (14)	2.49.26 (14)
				32.14 (20)	55.30 (14)	38.44 (21)
			D Gunstone/S Graves	A Barker	J Holden/A McGuire	R Mill
	Westerlands B	18	48.55 (26)	1.19.41 (22)	2.13.48 (17)	2.51.59 (15)
				30.46 (15)	54.07 (9)	38.11 (18)
			R. MENEY /G Fleming	M Ogston	D Rodgers/B. BONNYMAN	S Bell
	Carnethy B	2	43.10 (16)	1.16.40 (19)	2.16.06 (20)	2.53.59 (16)
				33.30 (22)	59.26 (18)	37.53 (16)
			M Burton/G McInnes	B Gauld	B Waldie/R Ramsdale	E Harvey

17	Ochill Hill Runners B	34	40.45 (20)	1.15.53 (17)	2.15.37 (17)	2.57.33 (17)
				31.08 (19)	59.44 (19)	42.16 (26)
			V Crompton/H Lean	J Stephen	B Hughes/M McIntosh	G Wilton
18	Livingston B	5	52.54 (32)	1.30.15 (20)	2.25.19 (21)	2.58.10 (18)
				37.21 (29)	55.24 (15)	32.51 (1)
			M Kassyk/S Jack	H Hartman	S Wilson/P Caban	P Dymoke
19	Dundee Hawkhill C	9	43.47 (19)	1.17.47	2.19.59 (19)	2.59.19 (19))
				30.00 (10)	1.02.12 (24)	39.20 (23)
			J Phelan/R Tavendale	C Phelan	S Mason/I McNulty	B Rennie
20	Fife B	24	47.06 (23)	1.19.49 (23)	2.20.12 (20)	3.04.10 (20)
				32.43 (21)	1.00.23 (21)	43.58 (28)
			D Bee/B Peachey	F McLaren	C Fox/A Meiklejohn	M McLaren
21	Livingston C	30	45.26 (21)	1.13.32 (15)	2.07.40 (13)	3.05.19 (21)
				28.06 (5)	54.08 (10)	57.39 (33)
			S Cunnane/P Morant	W Jumblatt	J Emeleus/B Stansfield	A Barrie
22 (1 W)	Carnethy WOMEN	3	54.45 (34)	1.29.27 (28)	2.30.58 (22)	3.09.12 (22)
				34.42 (25)	1.01.31 (22)	38.14 (19)
			K Jenkins/H Spenceley	W Powell	A Nimmo/K Dolbie	A Mudge
23	Fife C	25	46.25 (22)	1.29.38 (29)	2.36.09 (28)	3.12.19 (23)
				43.13 (33)	1.06.31 (27)	36.10 (8)
			F Cation/F McHarg	J Cummins	S Brown/D Adams	
24	Cosmic B VET	32	49.44 (28)	1.23.41 (26)	2.32.59 (24)	3.14.08 (24)
				33.55 (24)	1.09.18 (28)	41.09 (25)
			K Greenwood/T Gunn	G Yule	G Ramsay/R Allan	G Milne
25	Dundee Hawkhill D	35	43.47 (18)	1.18.26 (21)	2.36.06 (27)	3.16.40 (25)
				36.39 (27)	1.17.40 (31)	40.34 (24)
			M Welsh/A Hedly	A Birse	J McGregor/L Provan	G Mitchell
26 (2 W)	Westerlands E WOMEN	21	49.19 (27)	1.27.31 (27)	2.31.42 (23)	3.17.26 (26)
				38.12 (30)	1.04.11 (24)	45.38 (29)
			J Cairns/J Robertson	C. MENHENNET	H Diamantides/AMREID	M. THOMAS
27	Westerlands D VET	20	50.24 (29)	1.33.22 (33)	2.35.10 (26)	3.18.16 (27)
				42.58 (32)	1.01.48 (23)	43.06 (27)
			A. CAMPBELL /D Turnbull	E. RAMSAY	J. HALL /B. Brennan	P. BAXTER
28	Westerlands C	19	48.10 (25)	1.19.50 (24)	2.34.59 (25)	3.21.09 (28)
				31.40 (19)	1.15.09 (29)	46.10 (31)
			M Gorman/G Doonan	K. DOONAN	G. BENNY /C. OSMOND	K. DOONAN
29	Dumbarton Harriers VET	16	47.07 (24)	1.20.48 (25)	2.38.38 (29)	3.22.14 (29)
				33.41 (23)	1.17.50 (31)	43.36 (31)
			J Boyd/P Burns	C Wastaney	J Robertson/P Baker	P Corrigan
30	Cosmic C Women	33	50.38 (30)	1.31.40 (32)	2.47.49 (30)	3.26.59 (30)
				41.02 (31)	1.16.09 (30)	39.10 (22)
31	Carnegie A	28	40.50 (9)	1.15.57 (18)	2.49.06 (31)	3.36.44 (30)
				35.07 (26)	1.33.09 (34)	47.38 (32)
			G Clark/L Holland	A Soutar	T Litterick/T Walter	K Daniels
32	Westerlands F WOMEN	22	55.55 (35)	1.57.50 (33)	3.20.58 (33)	4.21.41 (31)
				1.01.55 (34)	1.23.08 (33)	1.00.43 (34)
			P McLaughlin/M Rodgers	G Irvine	H McPherson/L Gorman	M. HALL

**EDDIE CAMPBELL MEMORIAL BEN NEVIS RACE 1997
OFFICIAL ENTRY FORM**

**Saturday, 6th September, 1997, at 2.00 p.m. New Town Park, Fort William.
Under BAF Rules - SAF Permit Event.**

**Entries close: Thursday, 31st July, 1997. No late entries.
Only first 500 entries will be accepted. No substitution of names or numbers.**

**Entries to: Mr G. MacFarlane, Hon. Secretary,
16, Grange Terrace,
FORT WILLIAM.
PH33 6JG**

Please enter me for the 1997 Ben Nevis Race.

I enclose my entry fee of £7-00 (Cheques to "BNRA") and agree to abide by the rules of the BAF and BNRA. I declare that I am an amateur as defined by BAF rules. I am over 19 on 1st April 1997. I take part in the Ben Nevis Race entirely at my own risk.

Three Category "A" Hill Races I have completed:

1 2 3

Time allowances:

To Halfway - One hour; To Summit - Two hours; To Finish - Three hours 15 minutes.

FULL WATERPROOF BODY COVER MUST BE CARRIED.

PENALTY: IMMEDIATE DISQUALIFICATION.

RETIREMENT: Report to BNRA Official on retiral and at Race Safety Tent.

Please tick as appropriate:

- A Lochaber District Resident _____
- B Under 23 _____
- C Over 40 (Men); Over 35 (Ladies) _____
- D Over 50 (Men); Over 45 (Ladies) _____
- E First Ben Nevis Race _____
- F This is my 21st Ben Nevis Race _____
- G Serving in H. M. Forces _____
- H Member of Police _____
- I Member of Fire Brigade _____
- J Affiliated to Southern Counties _____
- K Lady _____

Scottish _____ English _____ Irish _____ Welsh _____ Other _____

Signature _____ Date of Birth _____

Name (please print) _____

Address _____

Club _____ **No unattached runners allowed.**

PLEASE ENCLOSE A STAMPED ADDRESSED ENVELOPE

22nd. INTERNATIONAL SNOWDON RACE

Saturday 26 July 1997 at 14.00 hours

This is the Official Entry Form for the Snowdon Race and all those interested must complete the form and return it to the Secretary by 1st July, 1997.

No late entries will be accepted. Entry limited to 450.

SURNAME

FIRST NAMES.....

ADDRESS

.....

.....

CLUBAGE ON DAY OF RACE

TELEPHONE (Include STD)

CLASS: LADIES / MEN / VETERANS / JUNIOR (under 18). *(Delete as appropriate)*

I enclose an entry fee of £8.50 (Junior £1.50) payable to the Snowdon Race.

Senior entry fee includes the cost of a Buffet.

I have read the rules (enclosed with this form) and agree to abide with the organisers' decision.

The following questions must be answered in full for your entry to be considered

YES / NO

Have you previously competed in the Snowdon Race?

IF YES, DATE OF YOUR LAST SNOWDON RACE AND YOUR TIME

Date..... Time.....

Recent experience in class 'A' Mountain Race or your most recent Half or Full

Road Marathon time: Date | Time

Event | |

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22nd. INTERNATIONAL SNOWDON RACE

Saturday 26 July 1997
at 14.00 hours

SUPPLEMENTARY RULES AND REGULATIONS

1. Race Information Centre will be at the start line. Competitors must report to the reception centre before 13.30 hours.
2. The start line will be on the Padarn Park, Llanberis (opposite the Snowdon Railway Station).
3. Retiring competitors should do so by reporting to the Course Officials.
4. Competitors must follow the main Llanberis-Snowdon Summit path, and must not intrude onto the Snowdon Mountain Railway track.
5. The Organisers reserve the right to cancel, postpone or change the course of the race.
6. Limited changing rooms and shower facilities are available at the Llanberis Football Club changing rooms.
7. Liquid refreshments will be available at the Summit and base. An evening buffet will be held at the Royal Victoria Hotel, Llanberis for all senior competitors.
8. Competitors will be issued with race instructions well before the event.
9. The team shall consist of a minimum of three accepted runners.
10. Run under F.R.A. and AAW Laws.

Signed..... Date.....

Confirmation of acceptance will be issued after 1.07.97 (Closing Date).

Please return this form BY POST together with stamped addressed envelope to:

K. JONES, 6 BLAEN-Y-DDÔL, LLANBERIS, GWYNEDD, LL55 4TL.