

JUNIOR PAGES

Black Forest Teenager Games 2004 report

There's GOLD in them there hills !

In any British or English discipline of sport gold medals are few and far between, so for our smallest in stature and youngest ever girls' team to win gold medals in the Black Forest hills was awe-inspiring, just like the Athens Olympic Games. These youngsters showed maturity beyond their years, which all bodes well for the future of our sport. Perhaps one of these starlets will return to win the Berglauf race, like Kate Bailey in 1998, Katie Ingram in 2000 or Karrie Hawitt last year.

It's a real pity that the national athletic press chose to ignore these unsung heroes - shame on you A.W.

Alistair Brownlee tried his utmost to retain his title, but unsporting conduct prevailed, which Alistair handled in typical English fashion.

It has been voiced that the girls' team might have been too young and immature, read the reports below, and then tell us the right choice wasn't made. Well done the FRA for going with Rosie Stuart, Blue Haywood and Danielle Walker, who proved their worth at the trials race, and more importantly, in Germany.

So if you see any of these heroes, please pat them on their small backs, clap them and shake their hands, they deserve it.

Dave & Eileen Woodhead

The new look English Junior Fells Championship organised by Dave & Eileen Woodhead has introduced several debutants to the England squad for the 9th International Black Forest Teenager Games in Sasbachwalden, Germany. In the mountain race the girls' team out-performed a strong and older Slovenian team to take the gold medals, trophy and penknife prizes. Rosie Stuart at only 12 years of age exceeded all expectations in finishing 3rd against more experienced athletes, with excellent support from Danielle Walker, 4th, emulating last year's performance, and with Blue Haywood, another 12 year old, in 5th place emphasising the importance of team support. Danielle and Rosie also won their age years, while Blue finished 2nd to Rosie in the 1991/1992 year.

In the Berglauf boys' race last year's winner, Alistair Brownlee, after leading the field had victory snatched from him by shirt pulling more associated with the premiership football than our sport.

Solid debutant runs from 2004 Under 16 English Champion, Adam Peers, 7th and 800m runner Ben Lindsay, 9th, enabled England to finish 2nd behind a Slovakia squad whose last counter was 4th. Scotland finished 3rd with Michael Gillespie winning the 1989/ 90 age group.

In the 800m trails races Wales and Scotland won 6 medals with their specialist short course athletes, the "Welsh Express". Thomas James broke the course record, and helped his case for lottery funding, while Mark Davis, Wales, and Michael McKean, Scotland, took Silver and Bronze places. In the 1989/90 age group, Kurt Edwards, Wales, and Michael Gillespie won the Gold and Silver, and in the girls Wales took 1st, 2nd and 4th through Bethan Woods, Gina Paletta and Leigh Barker.

Sunday's 3 X 800m trails relays saw Danielle Walker shoot into the lead from the gun to put England in front after the 1st leg, Slovenia caught and passed Rosie Stuart on leg 2, and a spirited Blue Haywood had to hold off the fast finishing Scots runner to secure the Silver medals. In the boys' relay the Scottish team took Gold as Wales looked slightly jaded in 2nd place after the 2hr football competition on Saturday night. England did win the unofficial Golden Boot through Danielle Walker, and an F.A. coach thought she had a future at Turf Moor, if she sought a career outside athletics.

by England Junior manager, Jack Ellis.

Mountain race 2.28Km

Girls

1. M. Kosovelj	Slovenia	13-05
2. L. Krkoc	Slovenia	13-25
3. R. Stuart	England	13-42
4. D. Walker	England	14-09
5. B. Haywood	England	14-26
9. J. Toner	Scotland	15-03
10. L. Barker	Wales	15-36
12. G. Paletta	Wales	16-00
14. E. Gibson	Wales	16-04
15. H. Armitage	Scotland	16-23
17. M. Smith	Scotland	16-48

Teams Girls

1. England	12 pts
2. Slovenia	16 pts
3. Slovakia	24 pts
4. Wales	36 pts
5. Scotland	41 pts

3 X 800m Trail Relay

Girls

Boys

1. M. Otcenas	Slovakia	11-10
2. A. Brownlee	England	11-11
3. F. Janecro	Slovakia	11-14
4. T. Repka	Slovakia	11-23
5. M. Stockert	Germany	11-23
6. M. McKean	Scotland	11-27
7. M. Gillespie	Scotland	11-35
8. A. Peers	England	11-50
9. M. Davis	Wales	11-56
10. B. Lindsay	England	11-59
11. K. Cowie	Scotland	11-59
14. T. James	Wales	12-15

Teams Boys

1. Slovakia	8 pts
2. England	20 pts
3. Scotland	24 pts
4. Germany	33 pts
5. Wales	39 pts

1. Slovenia 9-10
2. England 9-30
3. Scotland 9-32
4. Germany 9-36
5. Wales 9-40

1. Scotland 7-35
2. Wales 7-42
3. Slovakia 7-44
4. England 7-57

800m Trails Races

Girls 1987/88

5. E. Gibson Wales 2-49-51

Boys 1987/88

1. T. James Wales 2-11-03 course rec.
2. M. Davis Wales 2-16-99
3. M. McKean Scotland 2-17-25
4. K. Cowie Scotland 2-17-88
5. B. Lindsay England 2-19-48
9. A. Peers England 2-24-56
12. A. Brownlee England 2-39-40

1989/90

1. B. Woods Wales 2-50-86
2. G. Paletta Wales 2-52-57
4. L. Barker Wales 2-55-34
7. H. Armitage Scotland 2-57-25
8. M. Smith Scotland 2-57-25

2. M. Gillespie Scotland 2-22-50

2004 U16 English Champion Adam Peers' thoughts on Germany

The flight to Stuttgart was taken up with Jack's testing quiz. Ben and I were the oldest and I would like to say wisest but alas even after cheating and asking a stewardess for a British Airways answer we still managed to finish last. The drive to the village seemed to go on a bit but was broken up with silly travel games. Our accommodation in the village was excellent, a huge triple room with balcony and great views of the vineyards. Jack treated us all to a late night pizza and Alistair impressed us all with his German, ordering far too many pizzas and all the wrong toppings! There was nothing to do but continue our competitive weekend with a chilli eating competition.

A short lie-in on Friday and then it was time to check the course out. I was surprised at how much was on road and now realised why last year's winner Alistair didn't bother to take his fell shoes. Despite the road the course climbed steadily and it became very picturesque passing through the woods and over several bridges. There were a whole series of steps and although the course was steep it was not as long as I would have liked. I knew that the shortness of the race would ensure a quick pace at the front.

The afternoon saw all the teams head off for Europa theme park. This was a brilliant experience and only a lack of time stopped us from trying all the big rides. We began to banter with the locals who were quick to point out England's demise in the recent European Football Championships. We fought back gallantly with memories of our 5-1 victory over Germany only for one of them to open his jacket and show proudly that he was actually Greek and wearing his Greek football top! After a really interesting ice show we headed back for a good night's sleep.

We were up early on race day and greeted with torrential rain showers that stopped just in time for the start. I was surprised at how many were on the start line with everyone pushing for best positions. Alistair, Ben and I all started well and in no time Alistair's uphill ability saw him leading the race. I battled on there or thereabouts until I was in the steep woods and found myself elbowed out of the way by three Slovaks who all looked about 7 ft tall. I was later disappointed to learn that one had managed to do the same to Alistair and pipped him to the finish. I hung on to finish in 7th with Ben a close two places behind. The girls ran really well despite being the smallest and youngest team of all the girls. Rosie was first home in third and was closely followed by Danielle and Blue giving them overall team victory.

We headed back for a well earned swim and then got ready for the individual 800 metre trail race. All six of us ran fairly well but we were no match for the Welsh boys' team who we easily outran in the fell race but we could not live with them over such a short distance. One of them broke the course record as an individual.

After tea came the much anticipated football competition. The girls turned their back on the dancing to join in with the England football team. Everyone was impressed with Ben's goalkeeping skills to such an extent that he could have replaced David James in the penalty competition! Alistair and I were drafted in to assist the Welsh team in the early rounds but were then ceremoniously dropped in favour of two Scottish lads. With great assistance from our girls we managed to reach the semi final before being beaten by a combined Welsh/Scottish team of all lads who later went on to win the final.

The next day was the inter team relay with similarly strong performances from both teams. Another quick swim was then called for to make the most of a brief spell of sunshine. The prize giving was held before lunch with many of the prizes going to the three home based teams of England, Scotland and Wales. After lunch we went for a leisurely stroll in the vineyards. This proved one activity too much for the girls who took a short cut back to the village. This allowed the three boys one last tense competition as to who could eat the most scoops of ice cream. In the end all we could do was to call it a draw!

On arrival at the airport we were reminded about 47 times by Jack not to have any scissors or knives in our hand luggage. Unfortunately Jack forgot to remind himself and was embarrassed when scissors were found in his bag. After what appeared to be almost a full strip search by the burly guards a red faced Jack and the rest of us ran to the plane, which was patiently waiting on the tarmac.

The Black Forest Games is a superb weekend of many activities including an excellent competitive fell race. Thanks must go to the FRA and to Jack and Pauline who looked after us over the weekend and made it a trip to remember.

Blue Haywood's Black Forest adventure (This is an edited version of the 6 page account, that Blue had excitedly hand written, detailing everything!!)

I've never been to an airport before, so we looked around, and played on the moving pavements and the time went quickly. The flight was amazing, I was next to the window, and could see the ground as we went up, it was like a massive fairground ride. Landing was even more fun. The journey was two hours, and we got to know each other better, Adam made everything into a joke, and Danielle was funny, so we all had a laugh.

We walked the course on Friday morning, and it was quite hard, Danielle and I ran to the top with the boys, and then turned and ran straight back down, it was good fun. Alistair took us to see the swimming pool, while we waited for Rosie, Jack and Pauline, it was a big outside pool with diving pool, slides and diving boards. We climbed up the diving board, Alistair, then Adam, then Ben. Danielle and I paused for a bit, but then we jumped in too. It hurt our shins a bit, but it was good fun so we kept having more goes.

We caught the bus to the theme park, and sat at the back next to Bayern / Germany. Their coach was only 22, and introduced us to all of his athletes, he was really cool. At the theme park I dared to go on this thing that was like the Blackhole. I have never been on a roller coaster before, and I didn't go on anything else, so walked round with Rosie and Pauline and went on really slow rides. When we met back up with the others I went on the waltzers, and then found we had lost Jack!

The next day was Saturday, this was the day of the race. 10 o'clock came, and I was so nervous, it was the time of the race, and we all lined up at the start near the Hotel. The gun fired, and we were off! We ran up the road to the steep bit, and my legs felt dead already, then there was a steeper bit, then loads of steps and loads of bridges. Altogether there were more than 200 steps, it was really good fun, but my legs were so tired and wouldn't go. I was worried I would let the team down, as Rosie and Danielle were in front, but I couldn't go any faster, and got stuck behind a big boy. I came 5th girl, but 2nd in my age group behind Rosie, and our team came 1st, it was a brilliant feeling running against everyone, and I really enjoyed it.

Then came Sunday, we got woken up at 7am again. The relay race was 800m, but mostly downhill, we went up the road, across some grass, up some steps then down, down and down, but then up to the finish. I was on the 3rd leg, Rosie on the 2nd, and Danielle on the 1st, it was fun and we came 2nd team behind Slovenia.

On getting to the airport we checked in, put our bags through, got some dinner, looked in some shops and it was time to board the plane. It was really exciting coming home, it felt like I had been away for ages, and I couldn't wait to see everyone.

This was the first time I've ever been away, and it was BRILLIANT, I felt a bit homesick, but Danielle, Rosie, Alistair, Adam and Ben were so lovely, and such good fun, they looked after me, and we had so many laughs, and I miss them now that I am home.

Thankyou to everyone that let me go, because it was so, so, so, so good.

Rosie's German rambles

We were about to fly from Manchester Airport to Stuttgart, and I was very nervous, as I hadn't flown before. After meeting up with Jack and everyone else, we were given our England kit, which was really exciting before boarding our flight. The plane was tiny, and I was right to be worried as my ears hurt all the way! We all got to know each other better in the taxi from Stuttgart to Sasbachwalden by playing I-Spy for most of the way! The rest of the team were really nice, friendly and fun.

We arrived in the dark, but I could tell it was a very pretty village, and the B&B was homely and comfy. We went out for a Pizza at the only place that was still open, because it was 10-30pm. After eating big Pizzas, and the boys daring each other to eat these disgusting looking green things that they said had hot juice inside them, we went to bed. Unfortunately none of us girls could sleep!

In the morning we looked round the course, everyone jogged it except me, because I was too tired! I was a bit worried about the start of the course, because it was alot of road, which I don't really like, but the rest suited me. In all there were 225 steps, and 13 bridges, but when we were racing it didn't seem that many. After getting freezing cold in the outdoor swimming pool we went to the town hall for lunch, and to check out the opposition who looked really big, Blue and I were by far the smallest there! It was then time to pile on to two coaches to go to the Europa Theme Park about an hour's drive away.

The roller coasters looked horrendous, so I went on rides that went slower with Blue, although she managed some of the scarier ones. It was then time for the opening ceremony with an ice skating show; the ice skaters were really good, and did lots of spins and stuff.

I was really nervous in the morning before the race, everyone looked so good when they were warming up. We had our photos taken with our flag, I started right on the back row, and couldn't see the rest of the team until after we set off. Fortunately for me, no one sprinted off, and as it became steeper I was able to catch up, and then overtake all the girls. As we reached the woods, Maria Kosovelj, a 16 year old Slovenian, who had won twice before overtook me, and then another older Slovenian. I was feeling really strong, and I ran most of it, even the steps. The race was over quickly, and I was very surprised and pleased with my 3rd position. Danielle quickly followed me in for 4th and Blue in 5th, that meant we had won gold in the team race.

In the boys Alistair was 2nd, he should have been 1st, but a Slovakian pulled him back at the end, Adam 7th and Ben 10th, so they took silver, which was brilliant. We all went to the swimming pool after the rain stopped, and then went to cheer the boys on in their 800m Trail race, who all did really well. We hoped the boys weren't too tired, because at night it was time for the football matches. The girls played too, well Danielle did, and got the bruises to prove it, while Blue and I were brilliant at ducking and weaving.

Next morning we walked the relay course, which unfortunately for me was a bit hillier than I expected. I was going to be on the 2nd leg, Danielle on the 1st and Blue on the last. We did really well, and finished 2nd behind guess who? The Slovenians. After the presentation, where we won knives, and I cut myself on mine, the team went for a walk in the vines, before leaving for the airport.

I had a fantastic time, and everyone was so nice, and I'm sure everyone else enjoyed it as much as me. So I would like to say thanks to Jack, my mum for taking us, and the Fell Runners Association for a brilliant trip, and my England kit.

Postscript by Rosie's mum, Pauline Stuart, who travelled as escort and assistant;

First, it was a real privilege to accompany the teams to Germany; they were a super bunch, played hard, ran hard and showed fantastic team spirit, deservedly coming away with an impressive medal haul of gold and silver. I was particularly impressed with our lads who looked after our wee girls and were not tempted away by more mature 'talent' on show!

Special mention must go to Alistair who showed great attitude and maturity, after having victory literally snatched away from him on the line by a heavy handed Slovakian. A crash course in martial arts might well be the answer before next year!

Many thanks are due to Jack who took on this onerous task of organising the trip at short notice, and without whom it would probably not have been possible.

Finally I would like to thank Adam and Ben for their extraordinary entertainment in the long delayed taxi journey back to the airport, Whitney Houston versus Air Guitar - heavenly!, and Jack for his impromptu strip floor display, those burly German Frauleins certainly know how to enjoy themselves!

Ben Lindsay's England debut - 'we felt like stars'

8th July, and I was on my way to Manchester Airport, as normal I was the last to turn up, and receive my kit. That was a good feeling, knowing I had my England tracksuit and vest. I got talking to Adam and Alistair, and knew that we were going to have a good laugh, especially when sitting next to Adam on the plane. Blue was really eager to get on the plane, because it was the first time she had flown, she was really excited! When we had taken off we all started to listen to music, and just chill out, but Jack made a quiz up, and we had to work in pairs. Adam and myself were pretty confident that we had beaten the others, but to our surprise we came a dismal last, and didn't even reach double figures in score. To this day we believe it was a FLIX! Alistair and Danielle won, with Blue and Rosie second.

Landing in Germany, it was around two hours' driving to reach Sasbachwalden, here we were greeted by the owner Bruno, and then shown to our rooms. The girls quickly went for the biggest room, but they didn't have a balcony like us. Alistair got the single bed, which meant Adam and I had to share a double bed, but when looking at it closer we realized there were separate mattresses. At the restaurant I ate a big piece of my pizza, but didn't realise it had a big pepper on it - that was one hot pepper, my mouth was on fire all night. Back in our room Adam and I were chatting most of the night, and Alistair wasn't very impressed, he needed his beauty sleep.

The next day we walked the course and on reaching the stairs and bridges in the forest, we saw other teams walking back down, so thought we had better show off a bit. We started running up the stairs and passed them, showing our determination, it was really funny. While on our way to the theme park we tried talking to some of the other teams, Blue was our translator, she would use a direct method of asking: 'DO YOU SPEAK ENGLISH?'. It was really funny, because she said it slow but loud. It worked though, as we got talking to the German team, whose manager was called Vitarly, he was only 22, and so cool. For some reason the conversation was about football, and a score line; oh yeah, 5-1! We wore our England tracksuits whilst in the theme park, and wherever we went the Germans would shout, 'England, Beckham, ha whoosss!', and point to the sky, taking the mick out of his penalty.

The nerves had kicked in next morning, we got our kit on, and went down to the start to warm up. As usual Blue was the first down, really eager. In the race the lads' tactic was to get into a good position before we hit the steps. When the gun went we sprinted about 50m and set a pace. Alistair and Adam were in front of me all the way, but I was concentrating on my position, I reached the steps in about 12th, and half way up the steps took two lads. Closer to the top I saw another lad, and noticed that he wore the Scottish vest, I thought I'd have him, and took him before the line. It felt so good, but I was knackered.

The Welsh team asked us if we should join teams for the footie, so later played in the football tournament, we won our first match, and then the Welsh lads said they didn't need us, and dumped us. We got through to the quarter finals, and had to play Wales, we wanted revenge and it started well but in the end we lost 7-2. I was in goal, but the defence wasn't that good, although I scored the two goals. The final was Wales against Germany, we obviously wanted Germany to win, under the dumped circumstances, but Wales got the winner with two minutes left. After this we went back to our room and did our best to annoy Alistair, by keeping him awake, he wasn't impressed. On the final day, we had the 3 x 800m relay where we were hopeful of doing well but we ended up coming 4th, only 5 seconds behind the 3rd placed team. After saying our goodbyes to the Welsh team who we got on with really well, we also said our goodbyes and thanks to Bruno and his wife for having us.

Half way through the flight back I got talking to the stewardess, and she asked us what we had been doing, I told her and asked her if she could get the Captain to announce it, she did, and WE FELT LIKE STARS.

When we got to Manchester it was emotional, but I knew it was the best experience of my life, those three days were amazing.

I would just like to thank Jack and Pauline for taking us, and helping us in the races with their encouragement.

Thanks guys!

WOODENTOP'S CHIN-WAG

We apologise for the lack of junior results, photos and reports in the last issue of this magazine, you will notice that this has been taken on board, so you, the junior athletes, are not forgotten. These junior pages are primarily for championship race results, reports, trials races, international news and events and it isn't possible to have all junior results here from every race. But the FRA have promised to publish more junior results, so if you compete in a non-championship junior race, Dave Weatherhead and Barbara Carney, 16 Birchlands Grove, Wilsden, Bradford, BD15 0HD, are more than happy to receive your results sheets, then maybe you'll get your name in print! Our second apology is that only one FRA junior training weekend has taken place, that being on 22nd & 23rd May, at Westfield Lodge, Oxenhope, near Haworth, West Yorkshire. This we know can be improved, and we are looking into it.

We advertised a border raid on the information sheets, regarding the classic Snowdon mountain race in Wales, which this year reintroduced junior races in various categories, hopefully with Jane & Tim Lloyd in charge this will continue to grow. So imagine our delight when U12 Andrew Harrison crossed the finish line first to start the ball rolling, next came Adam Peers, plus two England flags fluttering, Heather Timmins, Jonny Mellor and Karrie Hawitt all to show the Welsh a clean pair of heels; just like senior Ian Holmes! A special mention must go to a unique junior double, at the July Wharnton Dash, where Paul Wadsworth, Rossendale and Anna Anderson, Pendle AC, both beat all the seniors to collect the 1st man & 1st woman trophies, for the 2m/600ft race which forms part of Saddleworth Country Show. Also to Blue Haywood on setting a new ladies' senior record in Ricky's race, Derbyshire on 12th August, and Adam Peers on winning the Craig-Y-Rhiw race in Shropshire.

Well done - who says it's an old mans sport ?

EXCITING NEWS

For 2005 the FRA have agreed that the juniors should have their very own English Relay Championships, which will be hosted by Helm Hill Runners at Sedbergh on 25th September.

Relay teams must comprise of one athlete from U12, U14 and U16 age category to qualify for the championship medals, boys and girls only, no mixed, no ad-hoc; ages are as on 1st January 2005. Please note these will be the English championships, therefore only English clubs can be awarded the championship medals. Other nationalities will be most warmly welcomed to participate and are eligible for the other prizes.

You will note no under 18 runners, the reason for this is that most clubs would probably struggle fielding these athletes, plus with there being an open race, they can compete there.

EVEN MORE EXCITING NEWS!

Under 10's will have their own NON-CHAMPIONSHIP SERIES, with the minimum age 8 years on the day of the race. Although disappointingly no championship medals can be awarded due to UK Athletics, the governing body, there will be a specially designed commemorative T-Shirt to all under 10's who finish 4 or more races from the 6 Junior Championship races. Of course there will be normal prizes at each event, and we thank the 2005 championship race organizers for their support in getting this idea off the ground, and being so enthusiastic.

FRA JUNIOR TRAINING WEEKEND

22ND & 23RD MAY 2004

'The Fell Weekend'

'I thought that the fell weekend was a great success, and an experience for everyone who attended. I particularly wanted to improve my downhill running and to try and learn more about fell running ; I did that, and more!

As well as conquering my small fear of downhill running I made new friends, and learnt loads from experienced runners, and people connected to running. We learnt how to massage either a friend or ourselves and learnt some things about the joints and ligaments in the body and what to do if I injure them.

I will be pleased if another weekend could go ahead as I enjoyed it so much!! '

Under 14 Alex Wheatman, Scarborough AC

'I particularly enjoyed all the team games, because you got to know the whole group, as you kept changing the team you were in after each event.

The location was good as we had all the unit to ourselves, and the sleeping area as everyone was together, and nobody was left out. Also we had lots of land to play footie.'

Under 14 Philip Bolton, Rossendale

'As a newcomer, it was super to be welcomed by a friendly face - (later I found out it was Eileen) and put straight into action, once I had dropped off my gear in the boys dorm - tops as I got a smart bunkbed. I would have been earlier if my dad had checked the map properly!! Still now I have done some orienteering, I can help him get me to races on time in the future. After a warm up it was round the nearby quarry for some real training, it was hot, but there were plenty of drinks.

Real fell runners need plenty of food as I found out, so I was well fed at lunch, and had a session on nutrition that made me even hungrier. The coaches took us out again to give us an appetite for our evening meal, I am sure the meat & potatoe pie was homemade and delicious. I really got to know everybody over a game of footie, and there was plenty to do as it was like camping, but comfy and dry. We all planned for a midnight feast, and started about 11 o' clock thanks to goodies mum had put in my bag for emergencies. We swapped crisps, chocolates, sweets & biscuits as everybody in the dorm had come prepared.

I am sure we did get some sleep before breakfast, then after re-energizing with several bowls of cereal it was time for more training, just the right pace as I wasn't aching after the day before. Then we had a session on looking after yourself to avoid injuries and, if you did injure yourself, how to recover properly. More refuelling at lunch, then a harder training session, to end the weekend on a high everybody went home with big chocolate eggs - I had no room left to eat another thing.

It all went too quickly, and it has been fab to make new friends from Halifax to Rossendale, much hillier than Preston. But with another couple of weekends like this I should build up to giving the guys a good run. A really fun time, very well organized, and a big thank you to everyone involved. '

Under 12 Andrew Harrison, Preston

'The weekend was a brilliant experience for me, which I really enjoyed. We did a number of activities which didn't just include skills for fell running, but included a lot of team games such as football, relays, table football and quizzes, these gave me the opportunity to get know people who enjoy the same sport as me. The fell weekend was a great laugh and now I can go to fell races and socialise with people who I now know which I couldn't do before the weekend. '

Under 16 Danielle Allen, Leigh Harriers

'I would like to thank everyone for an enjoyable time at the FRA fell weekend, where I learnt a lot about fell running, from how to go up & down fells, to the stretches and drills. But this weekend was not just all about running, it also was about enjoying ourselves, and meeting new people. We did a number of games, which was a lot of fun. I would definitely go on another, and certainly recommend it.'

Under 16 Dionne Allen, Leigh Harriers

ENTHUSIASM, FUN and LEARNING were the prime directives to this successful weekend at Westfield Lodge, Haworth, West Yorkshire. From the outset our aim was to help and develop the young athletes of all abilities, hopefully everyone learnt something even the English champions that attended. Besides all the normal things you'd expect from a training weekend i.e. orienteering/navigation to get you mixing and working together; running analysis, running style demonstration on a treadmill, physiotherapy talk and a practical there were also massage techniques, a celebrity in 1997 World Champion, Victoria Wilkinson, giving her experiences good and bad as a developing athlete, nutrition and of course coaching. Former England coach, Pete Shields, covered getting the basics right, putting them in action, flexibility, strength work, general conditioning, uphill techniques with International guest, Anne Buckley volunteering as 'guinea pig', and downhill techniques - pretending to be a plane !

Over the whole weekend a points system was run, although only the organisers understood its working. You lost points for failing to wear name badges, gain them for no staff having them, winning the orienteering challenge, pop quiz, mime game, table football & outdoor tournaments, activity races and any sporting gesture done unprompted.

The final relay had 4 teams finishing within 3 seconds, echoing the spirit of the weekend. Rob's Runners consisting of Robert Hall, Danni Allen & Oliver Webster just won, with Bolton's Lightning, Krafty's Krew & Pages Posse finishing fast.

It was felt they earned a treat, 'by working their little socks off' and with proud parents watching everyone was awarded a certificate, and of course chocolate, because a little bit of something you fancy does you good !!

QUARRY RACE				OVERALL BOYS	POINTS
1	PAUL WADSWORTH	1-20	1	PHILIP BOLTON	42
2	ALEX WHEATMAN	1-29	2	OLIVER WEBSTER	37
3	AMY BRIDGEMAN	1-34	=3	PAUL WADSWORTH	35
4	ROBERT HALL	1-35	=3	ROBERT HALL	35
5	SAM TOSH	1-38			
6	HOLLY PAGE	1-39			
ORIENTEERING		CHALLENGE POINTS		OVERALL GIRLS	POINTS
1	PAUL WADSWORTH	15	1	DANNI ALLEN	38
2	SAM WEBSTER	13	=2	HOLLY PAGE	33
=3	OLIVER WEBSTER	12	=2	ALEX WHEATMAN	33
=3	ELLIOT DAWSON	12	4	AMY BRIDGEMAN	29
=3	BEN PAGE	12			
=3	DIONNE ALLEN	12			
=7	DANNI ALLEN	11			
=7	ALEX WHEATMAN	11			
=7	HOLLY PAGE	11			
=7	JAMES KRAFT	11			

RACE REPORTS

HELVELLYN 30TH MAY 2004 3RD ROUND

'I enjoyed this race. The pace was quite fast over the flat fields, and I started to climb the hill in 3rd position. The uphill was steep which suited me, I reached the turning point in 1st place, but on the way down i was caught by Ryan and Jonathon, because I am not as confident with steep downhills. I kept with them back through the fields, but couldn't overtake them, that meant it was a close finish with about 3 seconds between the first 3 runners.'

Under 12 Thomas Sessford, Keighley & Craven

What a setting in the heart of the Lake District, in St. Johns In The Vale, near Threlkeld, from Bram Crag Farm, the home of Duncan & Gillian Stuart, the race organisers. This was fell running as it's traditionally known. Beforehand many parents and juniors were worried whether the races would traverse the very rocky steep terrain which rises behind the farm on to the Dodd ridge. Well this pleasure only befell the 100 seniors on their way to Helvellyn summit, 3118ft and back, for the juniors all races ran up and down High Rigg, of a more modest elevation of 1163ft.

The courses involved a very flat, lung bursting run out through 3 fields, then a climb that soon reduced only the fittest to a fell walk, a marshal turn then the plummet back down on a good clean grassy slope, before a jelly legged run on the flat back to the finish.

This was the first time the junior English championships have been held here, so it wasn't surprising that all 10 age records were broken with 140 competitors all eager to make their mark. In fact junior races were only started here last year, when Cumberland Fell Runners

asked the Stuarts about a possible club championship race. Then 35/40 juniors attended, mainly from the thriving CFR junior section, who run about 8 junior events which are well worth a run, if you can't find anything in your area.

The glorious weather just added to the day and courses, Duncan and Gillian put on an excellent array of refreshments for all the junior competitors, they got scrumptious home made cakes, tea, pop and crisps. They even provided the younger ones the chance of a run in the under 10's event, where Douglas Jardine and Bo Haywood won a big bar of chocolate each, with the other 16 finishers collecting a 'L'AL' bar of chocolate.

Former British champion and Helvellyn winner, Simon Booth presented the Pete Bland Sports vouchers in the various age categories, and drew out Under 12, Ryan Gould's name from the Inov-8 winners prize draw hat for a pair of their popular fell shoes.

The whole day went like clockwork, with even Duncan having time to supply spectators with a running commentary on the races, and all the marshals, tea ladies and helpers deserve our thanks, especially the Stuart clan. They even had the summit marshal in the form of the legendary Kenny Stuart, Duncan's brother, who turned each race at the correct point, and had the best seat in the house for viewing the day's races.

UNDER 12

	BOYS				GIRLS		
1	R. GOULD	E. CHESHIRE	10-54	1	A. MCGIVERN	HOLMFIRTH	12-11
2	J. WRIGHT	HELM HILL	10-57	2	B. PETTIT	HOLMFIRTH	12-50
3	T. SESSFORD	KLY & C	10-58	3	J. ADDISON	HELM HILL	13-08
4	T. DOYLE	HELM HILL	11-10	4	S. DEVLIN	SKIPTON	13-15
5	J. ELLIS	W.CHESHIRE	11-39	5	L. MILLER	CFR	13-31
6	O. WEBSTER	BINGLEY	11-43	6	F. JORDAN	ILKLEY	13-42

UNDER 14

1	J. MOUNTAIN	SKIPTON	14-21	1	R. STUART	CFR	15-51
2	T. YATES	KESWICK	14-33	2	B. HAYWOOD	LINCOLN W.	16-22
3	G. CUNLIFFE	BURNLEY	14-47	3	A. WHEATMAN	SCARBORO'	17-13
4	N. GOULD	E. CHESHIRE	15-00	4	G. CROWTHER	HELM HILL	17-23
5	J. WALKER	CFR	15-05	5	H. TIMMINS	WARRINGTON	17-32
6	M. LOUGHLIN	SKIPTON	15-09	6	H. PAGE	HALIFAX	17-40

UNDER 16

1	A. PEERS	WIRRAL	14-49	1	DIONNE ALLEN	LEIGH	17-56
2	M. JONES	HOLMFIRTH	15-19	2	E. STUART	CFR	18-09
3	S. MITCHELL	V. ROYAL	15-36	3	R. MCGIVERN	HOLMFIRTH	19-34
4	R. HALL	LEEDS C.	15-49	4	DANNI ALLEN	LEIGH	20-45
5	B. FARRELL	KESWICK	15-53	5	K. WOODHEAD	HOLMFIRTH	22-37
6	M. HURST	SKIPTON	16-00	6	K. ROBINSON	HELM HILL	22-46

UNDER 18

1	C. DOYLE	TRAFFORD	25-36	1	K. HAWITT	WARRINGTON	29-36
2	J. MELLOR	LIVERPOOL	26-36	2	R. THOMPSON	HORWICH	31-20
3	S. HUNN	SKIPTON	27-03	3	S. TUNSTALL	BORDER	32-28
4	J. TEECE	MATLOCK	27-27	4	K. COLE	HORWICH	34-20
5	J. KEVAN	HORWICH	27-43	5	S. SLATER	SETTLE	36-24
6	K. COOKE	HALLAM	28-40	6	M. MORPHET	CFR	46-57

UNDER 20

1	R. LIGHTFOOT	CFR	26-07	1	L. GRIFFITHS	HOLMFIRTH	37-37
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BLACK FOREST TEENAGER GAMES SELECTION RACE

13TH JUNE 2004 2.5K / 220M

Initially the BTG trial was scheduled for the Rivington area, where it had been for the past few years and although the water authority had given permission, it was felt this venue had several drawbacks. Competitors, parents and coaches expressed their disillusionment at the start time, 9-30am, no toilet facilities and no prize giving, amongst other concerns. Hence with Ilkley Harriers' help and a course designed by last year's Black Forest winner Alistair Brownlee, a new venue was established on Ilkley Moor. Being more central, country wise, with a more sensible start time of 11-30am, toilets and a spectator-friendly course, i.e. virtually view most of the route, the totally uphill route on road, then tracks and steep steps, was a resounding success with 44 youngsters having a go. Normally these trials races are not particularly well attended, maybe the introduction of each year age category prizes had a small part to play in ringing the changes and bringing enthusiasm to all.

Predictably, Brownlee and Adam Peers took the automatic selection places, with Ben Lindsay having an inspirational run to finish 3rd, less than 24 hours after winning the silver medal in the Lancashire Schools 800m championships and only 100th of a second separating the first two. Small in stature, but unbelievably talented and best friends, Blue Haywood and Rosie Stuart scorched a path to qualify; third was Danielle Walker, who had also competed in the Lancashire schools winning gold in the 3000m the previous day, being 'given the nod'.

At the finish line all enjoyed the free ice pops to cool down with in the heat before retracing their steps back to the café at White Wells and the prize giving. There G.B. and England superstar, Chris Cariss, who typically just shrugged his shoulders at his introduction as being only 8 seconds outside the Olympic qualifying time for the marathon in Athens, much to the amusement of the assembled crowd - what a role model. Engraved trophies donated by Ilkley Harriers were presented to the first two boys and girls past the post as mementos, then there followed a fun filled award ceremony for the age prizes and spot prizes supplied by Up & Running, plus a congratulatory hand shake from Chris.

Joanna Gray on behalf of Scarlett & Jessica wrote; "Thank you. At last weekend's Ilkley event everything was organised well, a runner at the back in case anyone dropped out, encouragement shown and even an ice pop at the finish! Plus the fact that every finisher got a prize - showing that they had all achieved something on finishing the course. Well done - your organisational skills are appreciated".

	BOYS			YR		GIRLS			YR
1	A. BROWNLEE	BINGLEY	11-38	16	1	B. HAYWOOD	LINCOLN W	13-55	13
2	A. PEERS	WIRRAL	11-57	16	2	R. STUART	CFR	14-18	13
3	B. LINDSAY	PENDLE	12-12	16	3	D. WALKER	BURNLEY	14-26	15
4	R. HALL	LEEDS C.	12-41	15	4	A. MCGIVERN	HOLMFIRTH	14-29	12
5	M. HIRST	SKIPTON	12-45	16	5	DIONNE ALLEN	LEIGH	14-57	15
6	B. FARRELL	KESWICK	12-48	15	6	H. TIMMINS	WARR'TON	15-09	14
7	J. PAWSON	SKIPTON	12-51	15	7	R. MCGIVERN	HOLMFIRTH	15-13	15
8	J. HARMAN	HOLMFIRTH	12-55	16	8	H. NAYLOR	SKIPTON	15-51	14
9	J. MOUNTAIN	SKIPTON	12-57	14	9	E. STUART	CFR	15-54	16
10	J. KEVAN	HORWICH	13-05	17	10	B. PETTIT	HOLMFIRTH	16-00	12
12	N. GOULD	E.CESHIRE	13-17	13					
36	A. JONES	HOLMFIRTH	16-31	12					

SETTLE HILLS 27TH JUNE 2004
4TH ROUND

' This was only the second fell race I had run in, apart from the Bunny Runs - they were what made me want to do more fell racing. My first race was Helvellyn, and I thought it was really hard after a winter of cross country races with much smaller hills - I couldn't believe how steep it was in some places, but I still enjoyed it. After Helvellyn the Settle Hills race was a lot more like what I expected. At the start I struggled a bit with the steep hill, but I could see I wasn't far behind the leading girl, Danielle Walker. After that first section I really enjoyed the whole thing, especially the flat road section at the back. I couldn't see any other girls then, so I wasn't sure of my position, and was a bit disappointed at the finish to find that I was 3rd girl, as I'd thought I was 2nd. But I was ok with that, as I had also come 3rd at Helvellyn. We had to rush off straight after the race as I was running in the Young Athletes League match, and my race was at 2-30, so we couldn't wait for the presentation. As soon as we reached the match my friends rushed up to tell me that they'd heard the first two girls had gone the wrong way at one point, so I had won the race. I couldn't believe it! Dave Woodhead then rang me in the

evening, and told me that I had also won the Inov-8 winners prize draw for a pair of Inov-8 shoes. It had been a fantastic day, and that made it even better. I can't wait to get them at the next race.

Under 16 Ruth McGivern, Holmfirth Harriers

Having changed the courses last year, to make them more spectator friendly and better for the athletes, which was a resounding success, this year Anthony Shepherd and Settle Harriers decided to run the Peat Crag and Attermire course the opposite way round after taking on board comments made that it had been dangerous the other way, do feel free to express your opinion.

With no forward planning an U10 race was quickly introduced, unfortunately they competed with the U12's, a mistake that has been realised and will be rectified next year.

Sweets were certainly the order of the day, with every finisher receiving a large bag of Haribo's, which included such favourites as fried eggs, fizzy cola's, tongue painters etc. etc. Each category winner collected a family size tin of Quality Street, 'made for sharing', with 2nd & 3rd also having a chocolate theme in the shape of large Toblerone bars and boxes of Celebrations.

Sadly, we had two athletes who went wrong, at the same place, but at different times in the under 16's race, and it was left to the English Junior Co-Ordinators to unravel / sort out what had happened. Leading girl, Danielle Walker was first to miss a turn, but then the 4th girl Aimee Kevan also mirrored Danielle's actions, which highlighted a possible problem on the course. Admittedly everybody else followed the correct route. On talking with the athletes and the organiser it was decided that since Danielle wasn't chasing championship points, she'd be disqualified, which she and her parents were in full agreement with. Regarding Aimee, the situation was a little different, in that championship points were being contested, so she was relegated to last girls' place and awarded those points. Everybody seemed happy with this decision and prizes for sportsmanship were awarded to the girls for their honesty and maturity.

UNDER 12

	BOYS				GIRLS		
1	R. GOULD	E. CHESHIRE	12-17	1	A. MCGIVERN	HOLMFIRTH	12-53
2	J. WRIGHT	HELM HILL	12-28	2	B. PETTIT	HOLMFIRTH	13-54
3	O. WEBSTER	BINGLEY	12-30	3	J. ADDISON	HELM HILL	14-16
4	T. SESSFORD	KLY & C	12-33	4	F. JORDAN	ILKLEY	14-38
5	T. DOYLE	HELM HILL	12-52	5	M. MORPHET	CFR	14-50
6	R. ADDISON	HELM HILL	12-58	6	S. DEVLIN	SKIPTON	14-52

UNDER 14

1	J. MOUNTAIN	SKIPTON	16-11	1	B. HAYWOOD	LINCOLN W.	17-17
2	P. BOLTON	ROSSEDALE	16-24	2	R. STUART	CFR	17-54
3	R. SHUTTLEWORTH	PRESTON	16-34	3	A. WHEATMAN	SCARBORO'	18-57
4	N. GOULD	E. CHESHIRE	16-42	4	R. SEARSON	BLACKBURN	19-09
5	J. STUART	CFR	16-46	5	C. LILLEY	SKIPTON	19-24
6	J. WALKER	CFR	16-50	6	H. NAYLOR	SKIPTON	19-57

UNDER 16

1	A. PEERS	WIRRAL	21-40	1	R. MCGIVERN	HOLMFIRTH	27-52
2	J. PAWSON	SKIPTON	22-49	2	E. STUART	CFR	28-34
3	M. JONES	HOLMFIRTH	23-08	3	A. LILLEY	SKIPTON	33-39
4	D. SHEPHERD	SETTLE	23-52	4	A. KEVAN	PRESTON	N/T
5	J. KELLY	SKIPTON	23-57	5			
6	D. HAYWOOD	LINCOLN W.	23-59	6			

UNDER 18

1	J. MELLOR	LIVERPOOL	27-39	1	K. HAWITT	WARRINGTON	30-07
2	S. HUNN	SKIPTON	28-11	2	S. TUNSTALL	BORDER	32-42
3	D. WALMSLEY	SKIPTON	29-14	3	K. COLE	HORWICH	36-07
4	J. KEVAN	HORWICH	30-02	4	S. SLATER	SETTLE	38-43
5	W. JACKSON	CFR	30-06	5	R. THOMPSON	HORWICH	42-42
6	J. TEECE	MATLOCK	30-15	6	S. MORPHET	CFR	43-46

UNDER 20

1	R. LIGHTFOOT	CFR	53-55	1	L. GRIFFITHS	HOLMFIRTH	75-02
2	W. ALI	FELLDANCER	58-04				
3	A. GODWIN	ROSSENDALE	79-53				

JUNIOR SNOWDON RACES Sat. 24th July

BORDER RAIDERS

At the Yr Wyddfa, Snowdon, race, although the seniors was an international race, an English invasion resulted in a clean sweep in the juniors, with World Junior Champion Karrie Hawitt giving the boys a run for their money in the U18's race, whilst English U16 champion, Adam Peers, took the honours in that category. A battle royal happened between Jonny Mellor and James Kevan, with James being over turned on the descent, and Jonny taking the U18 crown. James could take some comfort though, with sister Amie winning the U16's. Adding to English dominance, Heather Timmins won the U14's, and Andrew Harrison the U12's.

Consolation for Wales was in local runner Glynn Griffiths winning the U14's race (ah, a Welshie at last), and supplying the U8, U10 boys and girls winners in Rhys Llewelyn Jones, Kate Pritchard, Owain Llyr James and Elin Angharad James from the Menai track & field club, making this more relevant to the local community. With all the finishes being under the gantry erected for the 600 senior finishers, this provided a fantastic atmosphere as the youngsters ran on to the field, where they received rapturous applause from the crowds. Maybe in years to come one of these juniors will follow in this year's winners, Ian Holmes' or Claire Miller's foot steps.

'One of the main objectives when taking on the organisation of the International Snowdon Race was to reinstate the junior races after their 4 year absence. It wasn't easy, and some people took a bit of persuading, but in the end we had 58 juniors taking part which is great.

Most people's concerns were with the course; many consider it too arduous for young runners, and have concerns about the impact of running down steep tarmac. We reached a compromise, and all U12 runners ran new courses based down in the village. Local children who weren't members of a club attended training nights so that we could satisfy ourselves that they were capable of running the courses, any other juniors had to be club members in order to be able to run. Thanks here to Gwynfor Owen and Stephen Edwards for their endless hours sorting out courses, and running with the local kids, plus the many parents who helped with marshalling and registration. I really felt that the older runners want to run on Snowdon, that is the point after all.

Feedback has been positive, and there has been interest from some of our European teams who would like to bring juniors next year, if we could get this going, it would be fantastic, especially since it's the 30th race, and I'd like it to be one to remember.'

Jane Lloyd, Snowdon organiser

UNDER 12

BOYS

1	A. HARRISON	PRESTON	9-40
2	A. WOODCOCK	MENAI T F	9-43
3	T. OWEN	BRYNREFAIL	9-48

GIRLS

1	H. TOMOS	BRYNREFAIL	11-17
2	S. O'DONNELL	BRYNREFAIL	11-20
3	S. LIVETT	MENAI T F	11-21

UNDER 14

BOYS

1	G. GRIFFITHS	COLWYN BAY	22-34
2	A. JONES	MENAI T F	22-42
3	L. JONES	BRYNREFAIL	23-03
4	C. BRAND-BARKER	KESWICK	28-13

GIRLS

1	H. TIMMINS	WARRINGTON	25-06
2	C. LLOYD	BRYNREFAIL	34-05
3	M. PRITCHARD	BOLBADARN	38-22

UNDER 16

BOYS

1	A. PEERS	WIRRAL	19-03
2	R. CHALLONER	DEESIDE	22-03
3	B. McGEE	FORMBY	23-32
4	K. JONES	DOLBADARN	25-03

GIRLS

1	A. KEVAN	PRESTON	26-09
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UNDER 18

1	J. MELLOR	LIVERPOOL	29-29
2	J. KEVAN	HORWICH	29-38

GIRL

1	K. HAWITT	WARRINGTON	33-28
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WORLD JUNIOR UPHILL TROPHY TRIALS RACES Sat. 14th August

The monstrous mountain of Grisedale Pike, 2593ft, on the outskirts of Keswick, plus sizzling temperatures provided the challenge for the competitors wishing to run in the World Mountain Running Trophy at Sauze d'Oulx, Italy on 4th - 5th September.

Selection for the junior ladies was easy, as no one had indicated their interest in pre-selection, so the first 3 were selected.

In the junior mens' however, problems occurred with the two front runners Andy Ellis and Alistair Brownlee. After reaching Grisedale Pike and then Hobcarton Crag they did not turn left down the path to Coledale Hause, but continued on the path towards Hopegill Head.

Circumstances led to the off path flagging being inadequate for the rolling misty conditions which descended just as the runners approached the summit. Hopefully lessons will be learned from this. But considering the two runners' advantage at the Pike summit, the selectors felt that these athletes should be selected, along with the first two across the line back on the summit of Grisedale Pike.

The safety of the athletes was paramount, and everything else was secondary, however as junior co-ordinators we fully endorse the difficult decision made by the England selection committee.

Thanks to Inov-8 for providing prizes which were awarded to the first three in each race on their respective finish lines, and the race numbers.

Junior Ladies

1. Katie Ingram	Horwich	24-30
2. Sarah Tunstall	Border	24-52
3. Emma Stuart	CFR	25-44
4. Rachel Thompson	Liverpool	27-08
5. Polly Veazey-French	Matlock	27-41
6. Thalie Jones	Holmfirth	28-11
7. Becky Ellis	Vale Royal	28-42
8. Rachel Crowe	Lytham Sarr	29-49

Junior Men

1. Mark Buckingham	Holmfirth	48-52
2. Chris Doyle	Trafford	48-56
3. Ricky Lightfoot	CFR	49-28
4. Thomas Cornthwaite	Blackburn	50-34
5. Joe MacDonald	Trafford	52-19
6. Adam Peers	Wirral	54-08
7. James Kevan	Horwich	54-42
8. Wayne Jackson	CFR	58-34
9. Stuart Hunn	Skipton	58-36
10. Ben Lindsay	Pendle	59-01
11. Jonny Mellor	Liverpool	61-58

SEDBERGH RACES Sat. 21st August

Floods, freak storms and even twisters ripped through parts of Britain in August, the torrential rain brought about the wettest month since records began in 1961. All this was forgotten as the grassy Howgill Hills were blessed with glorious sunshine and warm conditions, for the 5th round of the junior championships; obviously Jon Broxap's prayers had been answered.

Circumstances meant that Jon had to change the race from the Sunday to the Saturday, which meant frantic E-mails, telephone calls and leaflets being distributed, all this paid dividends, because 96 juniors and 80 seniors toed the various start lines - actually more than last year !

Now in it's 22nd year, although a 'youths' race was introduced by then organiser Mike Walford, it was his successor Dave Richardson who introduced junior races as we know them today. Dave also had the distinction of being the FRA Junior Co-ordinator for 9 years and still is a stalwart for the progression of junior racing.

The U16 & U18/U20 courses were slightly changed for the runners' benefit and the organisers', meaning fewer marshals were called upon. Both races climbed to the Winder Trig Point, via different routes, before using the under 16's descent back to the finish. All the courses were superbly flagged, with no chance for any errors, but then it does help having a wonderful view of all the courses from the start line. Another feature of all these races is that no track or road is used, it's all on grassland or true fell, so maybe x-country spikes could be an option, besides fell shoes. Although there's one lucky person that might want to use her brand new fell shoes, the winner of the inov-8 winners' prize draw, being under 14 girl, Rosie Stuart.

Three English Championship titles were decided at these races, Amy McGivern, in her first season, won the under 12's, whilst team mate Beth Pettit took the silver medal, also for Holmfirth Lucy Griffiths collected the U20 title; while Chris Doyle collected the U18 title.

After their exertions, everybody deserved the large Kit Kat all finishers received, and could be seen sat around enjoying the day, forget the new slogan, the old ones are the best, 'Have a break have a Kit Kat' still leads the way !

'Sedbergh Hills was my fourth championship race of the season. When I lined up at the start I was very nervous because I could see many of my rivals, but I was excited as it was my kind of race (steep). The course was basically straight up to the top of Winder and back down the way we came.

I set off at a steady pace and was near the back of the field. As we started the steep climb I managed to tag onto the back of Settle's David Shepherd and he pulled me through the field until I was lying about seventh. Still, I felt comfortable and pushed on a bit. I kept up my pace until I found myself leading the front group up Winder. I could not believe I was leading, but still I kept on pushing myself up

the climb helped by a lot of vocal support from family and my coach Billy Procter. David Shepherd was chasing me all the way to the summit and when I reached the top my legs were as weak as anything.

On the turn I knew David would eventually catch me going down the steep grassy descent although I was determined not to give in without a fight. Twenty metres down the descent I was passed by David, I was just trying to hang on to second place but as I reached the base of the fell I lost track of the flags and ended up running into some gorse bushes along with Max Jones. At this point I fell flat on my face and Max shot past me. This made me have to up my pace through the next couple of fields to try to catch him. I could hear Matthew Hurst chasing me until he was on my shoulder and we crossed the line together. He was given third place despite us both recording the same time.

I was shattered at the end but loved every minute of it and I was pleased just to get fourth place.'

Under 16 Thomas Addison, Helm Hill

UNDER 12

1 T. SESSFORD	KLY & C	12-39
2 T. DOYLE	HELM HILL	12-52
3 R. GOULD	E. CHESHIRE	13-14
4 J. WRIGHT	HELM HILL	13-47
5 J. ELLIS	W. CHESHIRE	14-13
6 J. ADDISON	HELM HILL	14-14

GIRLS

9 A. McGIVERN	HOLMFIRTH	14-28
12 B. PETTIT	HOLMFIRTH	14-53
13 J. ADDISON	HELM HILL	15-02
17 F. JORDAN	ILKLEY	15-38
19 M. MORPHET	CFR	16-41
20 R. GYTE	SCARBORO'	16-53

UNDER 14

1 T. YATES	KESWIVK	15-07
2 R. SHUTTLEWORTH	PRESTON	15-22
3 B. MORPHET	CFR	15-27
4 S. TOSH	ROSSENDALE	15-30
5 J. STUART	CFR	15-45
6 N. GOULD	E. CHESHIRE	15-59

GIRLS

13 R. STUART	CFR	16-26
19 H. TIMMINS	WARRINGTON	17-54
20 R. SEARSON	BLACKBURN	18-38
21 H. PAGE	HALIFAX	18-45
22 H. BATESON	LANC & MORE	18-47
23 S. VARLEY	HOLMFIRTH	19-19

UNDER 16

1 D. SHEPHERD	SETTLE	18-27
2 M. JONES	HOLMFIRTH	19-14
3 M. HURST	SKIPTON	19-20
4 T. ADDISON	HELM HILL	19-20
5 J. PAWSON	SKIPTON	19-43
6 P. WADSWORTH	ROSSENDALE	19-51

GIRLS

16 E. STUART	CFR	21-53
18 DIONNE ALLEN	LEIGH	22-15
21 R. McGIVERN	HOLMFIRTH	25-28
22 DANNI ALLEN	LEIGH	26-10
23 K. WOODHEAD	HOLMFIRTH	29-38
24 S. GRIFFITHS	HOLMFIRTH	30-02

UNDER 18

1 C. DOYLE	TRAFFORD	23-11
2 J. TEECE	MATLOCK	24-42
3 S. HUNN	SKIPTON	24-58
4 J. KEVAN	HORWICH	25-19
5 T. ELLIS	BOLTON	26-33
6 W. JACKSON	CFR	27-58

GIRLS

10 R. THOMPSON	HORWICH	30-14
12 K. COLE	HORWICH	35-48
13 S. MORPHET	CFR	37-51

UNDER 20

1 W. ALI	FELLDANCER	25-08
2 T. ELLIS	BOLTON	26-33
3 D. KEVAN	WIGAN	28-12
4 A. GODWIN	ROSSENDALE	30-07

GIRLS

11 L. GRIFFITHS	HOLMFIRTH	33-08
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from Mike Hancock

Hi there young athletes! My name is Mike and I look after a mixed group ranging from 12 years old up to those like myself whose age is unknown or unquestioned. I've done this for 25 years and some bright spark actually thinks I might have a few hints to pass on before I expire and become eligible for 'sky burial' on a fella of my choosing.

For juniors, the fell season is ending and perhaps cross-country is looming large. Let's concentrate on the winter's activities anyway. Hopefully you are a member of a group where there are older and better athletes you can learn from and socialise with. Winter, especially the first part of it, is when you build a platform or base for the whole year. That applies to track runners (sprinters or middle distance), fell runners and cross country / road runners. So what do you do? Do you just run for miles on all those lovely cold, wet, dark nights with an even longer run at weekends with maybe a race, or is there another way? Try incorporating some of the following ideas or activities, though preferably not all on the same day.

1. A gym session and you don't need a gymnasium, just a sizeable room or small hall, some mats and a bench or two. You need about an hour including some short rest spells. Remember to start with shorter sessions and build up in intensity and length, otherwise you may not move again till the following week. Our session includes:

- a) stretching
- b) sprint and hurdle drills
- c) bounding and jumping
- d) a circuit of 10 exercises

Yes! Sprint and hurdle drills (all year in fact). Something tells me that fell and cross-country runners need 'fast feet', co-ordination and the ability to adjust their stride. Younger athletes obviously do fewer reps or less time on each rep or activity. It can be fast and furious; it can be made competitive or a bit of a game. Girls love it all, and in the end, the lads don't want to be left out. Besides that, they get to train with some cracking young ladies. Don't wince at the thought of stretching if you are rubbish at it! All you have to do is get better than you were previously. Who knows, some of the lads might get to find out where their toes are, even count them? Seriously though, this is all a big part of injury prevention.

2. A track session and you do not necessarily need a track. I've used a field lit up by street lights nearby and with sets of cones laid out so that faster athletes use bigger, outer loops and slower/younger athletes use smaller, inner ones. If you have ever wondered if you will ever beat someone who is miles in front of you over cross-country, then have a look at their 800m/1500m times. They will usually be way faster there too. It's no use saying 'I'm not a track runner'. You don't have to be, but you do need to improve your speed and times so that when you race over the country, you can marry your strength from the fells with your newly-discovered pace. That way, you can have a chance against someone who is 20 seconds faster than you over 1500m.

3. Try some other new activities. Hill reps / up and down sprints on sandhills are a 'killer' but can be a real laugh. An up, down, up switchback run can put someone into orbit, providing great entertainment value and a head full of sand for some unfortunate. If you do not approve of this at least do your hilly reps at a series of different venues in varied terrain. How about a training weekend away from home - or even a week? Our group (13 - 65) went to Club la Santa in Lanzarote just before Easter. Great fun, great facilities, great training. Perhaps a racing weekend away for those of you 15/16 plus. The Isle of an Easter Festival has a hill race, a 5k and a 5 miler on successive days, (plus a beer drinking contest for those whose running and liquid consumption abilities are in inverse proportion). These trips have a great effect on morale of a training group. So if you aren't in a group, now you know what you are missing. Another idea is to try racing cross-country in several different leagues instead of just the same one. You get to race over new courses and against a wider variety of athletes.

4. Acquire some new skills and tactical 'wrinkles'. Fell runners do not need to attack uphill sections in cross-country. Surely they are better off cruising up just behind someone who is gasping their last breath and then 'run off the top' really hard and like a loony downhill, so as to open up a decent gap on the athlete who just 'bust a gut' uphill. Downhill takes less out of you too. Weekends in winter might be a good time to rehearse 'power walking' technique. I know an English junior champ who has just discovered that he can power walk a steep climb just as fast as a rival who runs continuously. If using a mixture of walking and running, it might be best for the main effort to be focused on the walking and to use the running to provide relief and relax. This may not be agreed by macho seniors, but it certainly works for juniors.

5. Plan Ahead. Decide on your main target races and allow for rest periods. Our national / world champ plans a year ahead and has a few days rest every 7 - 10 weeks on average. No one runs well all year. The cross-country season lasts 6 months but nearly all the big races are after Christmas so why race every week up to December and hit a peak too early. If you have ambitions at national / international level, you may need to hold back and lie low. Plan to taper down the week before the biggest races. Have you ever considered doing a speed taper rather than just a distance one? I've tried 5 or 6 x 400 on Monday, 4 or 5 x 300/400 Wednesday and 150's or 30m/30m/30m acceleration runs on Thursday - and that's before the Nottingham British / Intercounties

Championships. You may have noticed how fast you need to start to get out of trouble and equally how fast you may need to finish to hold off a swarm of bodies closing in on you.

6. Plan for injury

- a) The best way is to plan to prevent it by stretching etc and adopting a really sensible running programme.
- b) Should eventually you still get injured, then be ready for it. Oh dear ! Are you going to feel sorry for yourself or be positive and do something. Certainly you can and should, no matter what your age. There are places called swimming pools and others called gyms. One has water and the other has weird and wonderful machines to be explored. Did you know that you can run in water ? (No, not touching the bottom). Especially with the aid of a simple flotation belt. Just think - weightless reps ! Then you can dry off and get on a turbo bike to keep up your leg speed. The elliptical (cross) trainer allows you to do your long run or reps/intervals to get your heart rate up to whatever you wish. All this with no impact or shock to your legs / feet. Some would say just swim and ride a bike. It doesn't matter - just be positive and stay in shape, ready for the time when you can build up your running again. Older athletes can use the weights machines (low weights / resistance). If you are going to do any of these activities, get your coach to structure it properly for you. You need more support when you are injured. A lot depends on the nature of your injury and your age. It is worth considering the retention of some of this 'cross-training' in your programme so as to reduce pure running mileage and the risk of another injury.

7. Get tough, mentally and physically. **Fifty percent of running 'is in the head'**. What do I mean by this ? Let's just say that the best young fell runner I have been privileged to take care of made their potential and toughness abundantly clear to me in their very first fell race and in one of their earliest cross-countries. In the fell race (age 11) the descent was mainly a series of somersaults, whilst in the cross-country there was a diversion into a bed of stinging nettles at the base of a steep descent with a 90 degree turn, which was taken flat out at 180 degrees. No complaints were made, no tears in evidence - just an acid comment from coach about it being useful to remain upright and navigate corners. So, go out into your races afraid of 'nowt and nobody'. You can go a long way in sport if nothing fazes you and if you remember W is for work ethic, **not** for whinging.

If your coach, mum or dad reads all this and says '*the man is a nutter*', hopefully you will at least take just one new idea on board and I will be happy. If someone asks again, I'll elaborate on some of the activities suggested and come up with some new ones to help with kit, race and mental preparation.

Mike Hancock Telephone Nos: 0151 336 4561/07799 298799

The International Snowdon Race 2004 Andrew Harrison (Preston Harriers).

Fell running is a part of athletics that I have only started since January. I think Alan Appleby of Preston Harriers is to blame as he asked me to take part in The Helm Hill Junior Team Fell Relay at the end of last year when I ran with Richard Shuttleworth who had been in the top 5 in the English Fell running Championship.

The trip to Snowdon was a test for my new method to avoid travel sickness - chewing gum seemed to do the trick & my ears only popped once. From cross-country I have found the importance of walking the course; while my dad is company he needs a rest at least once on the way round ! I had the pleasure of meeting the Welsh coach who was putting out the markers for the course and we had a good chat about positive thinking and the right mental attitude it was good that he wished me well in the race against one of his own athletes.

It was even better before the race as I met several members of the England team looking very smart in their vests. Also there were the Italians and the Irish Team.

I warmed up properly as always and had a fruit bar for energy-Pete Benson the Chairman of Preston Harriers told me about that so I am certain it makes all the difference. I was really looking forward to this race somehow.

As it was an International race there was a big crowd lining the start, still there after the main event involving about 500 runners had only started 10mins earlier. The course involved starting on the main field then into hilly woods with slate boulders before going around the local castle. The last part was downhill on the road then back to the field for the finish.

After settling into a top 4 place through the woods I picked off two runners on the uphill part. Then on the final downhill it was close with one of the local guys until the last few hundred yards when I really surprised myself with a burst of energy. Coming in first was a super feeling for my first race on foreign soil and now I know that fell running is for me. I even have a pair of 'Walshies'. The medal has taken pride of place and the stopwatch and a goodie bag were fabulous prizes.

The event was like many of the fell races I have been to in my short career - with a fun fair. My pocket money was soon spent on the coconut shy and I enjoyed firing a bow and arrow although trying to smash a plate on a stand was my favourite. The junior fell runners were friendly as always and I applauded in many of the finishers in the older age group races.

For the future I will continue to compete in the under 12's junior English Championships as there are two races left. I would hope to improve on my best of 5th but I have only competed recently, as training in Preston for the fells is a little difficult due to the flat nature of the city. So the offer of training with my friend Tom Doyle at Helm Hill will be taken up once all my track commitments have finished.

It would be absolutely fabulous to be wearing an England vest in a few years' time but I know I will have to get stronger and practice with the best. I am quite looking forward to the thought of it though.

So if anyone at your club asks you to try fell running sometime why not give it a go - you might just enjoy yourself.